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Indian Joe remembered

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The skinny on the DASH Diet

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A look inside Cocoon

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Rotary ensures Christmas for 75 students

► Rotary Club of Downey treated 75 third-graders to lunch, presents, and a visit from Santa Claus.

Students were chosen by the Downey Unified School District.

By Lorine Parks
Society Columnist

DOWNEY – I shared a table with Imperial School, six boys and girls and their principal Peggy Meehan. Isaac, who is 8, sat right next to me, his eyes big with excitement.

How many brothers and sisters does Isaac have? He counted on his fingers as he named them, then spread his hand and said “five.” Then he began again, with more names, and pretty soon we had two hands full.

“I’ve been good and prayed a lot,” said Isaac. He rolled his eyes at the idea that Santa might be coming, but just the same he was hoping.

Annabelle sat on his other side and she seemed preoccupied, toying with her knife and fork and spoon. She was wearing a white tee shirt with “Life Is Beautiful” spelled out in sequins and flowers. Isaac was dressed in a red Spiderman tee shirt. “Your favorite action hero?” I asked and he nodded vigorously.

It was my good fortune to be seated at the Rotary Christmas Children’s Luncheon next to an articulate little boy, but with the din and my poor hearing I couldn’t understand much that he said. It didn’t matter. Isaac loved to talk and didn’t need any prompting from me.

“Do you like to read?” I asked him, and he nodded enthusiastically yes. “Good readers are good talkers,” I said “because they know lots of words.”

The children were served a lunch of chicken nuggets and mac’n cheese, and Isaac cleaned up every bite and then began on his box of tropical punch. Most of the others really had no appetite, excited and waiting for Santa.

President of Downey Rotary Greg Welch called the room to order and offered a prayer of thanks for the children visiting us, “their bright faces, loving hearts and eager minds.” Then we said the Pledge of Allegiance, at half our normal speed, because the children enunciate every syllable carefully to understand every word. Except for “indivisible,” that is, which lost a little clarity. That concept is not that easy to get, and the schools will be teaching that one through all the grades. Maybe for President’s Day they’ll let Abe Lincoln do the explaining about the Civil War.

Then for the songs – we all sang “Jingle Bells,” with car keys and water glasses for chimes. I had to tap on Shirley Johnson’s glass, because she had emptied hers and it made a much better ring than mine which was nearly full. Some of us grown-ups were excited too.

Will Medina announced he will be helping distribute some of the Spin Master Toys on Thursday in Santa Fe Springs through the department of Children and Family Services, Darren Dunaway’s organization, and invited volunteers to join him. What a labor of love and showing of the Rotary Spirit.

Each child had been given a yellow ticket for the raffle, and the winner of the first number was one of the young women principals, in a black sweater with Frosty the Snowman and a snowflake

Continued on page 2

Suspect reaches plea deal, admits to murdering Ricky Galvez

► Although he was not the triggerman, Abel Diaz, 16 at the time, admitted he was part of a group that tried to rob Downey police officer Ricky Galvez when he was fatally shot in 2015.

Despite his admission, a new state law means Diaz could be released in 3-5 years, officials say.

By Alex Dominguez
Staff Writer

DOWNEY – More than three years after the tragic death of Downey police officer Ricardo “Ricky” Galvez, one of the defendants in the murder trial has entered a plea deal to evade criminal charges.

Abel Diaz was 16 years old when he participated in a botched robbery attempt that resulted in the fatal shooting of 29-year-old Downey police officer and Marine veteran Galvez in the DPD parking lot on Nov. 18, 2015.

Diaz, now 20 years old, and his attorneys made a deal with prosecutors before his court appearance on Friday, agreeing to admit to the murder and attempted robbery of Galvez, and the robbery of Edward Garcia, in exchange for the plaintiff’s withdrawal from a pursuit of the matter in criminal court.

With this deal, Diaz’s case is settled in the Juvenile Justice system.

Despite having already reached an agreement, Diaz still had to sit and face many of the fallen officer’s fellow officers, friends, and loved ones.

During an impact statement, Police Chief Dean Milligan said that Galvez “was always eager to help.”

“Ricky was stolen from us when he was insensibly murdered in the parking lot of the Downey Police Department,” said Milligan. “We will never be the same following his murder.”

An emotional Captain Mark McDaniel also gave a statement.

“My life has not been the same since. The Downey Police Department has not been the same since,” said McDaniel. “The last three years have been agonizing to say the least.”

“Ricky would have done more good in one traffic stop than the accused will ever think of doing in his life.”

As proceedings continued, Senate Bill 1437 – recently signed



by Gov. Jerry Brown in September – hung over the room like a thick, black cloud.

Under SB 1437, prosecutors’ ability to use the “felony murder rule” to charge accomplices with homicide is limited, stating that a person can be convicted of murder only if he or she “was the actual killer” or “aided, abetted, counseled, commanded, induced, solicited, requested, or assisted the actual killer” or “was a major participant in the underlying felony and acted with reckless indifference to human life.”

On the night of the Galvez killing, Diaz says that he was attempting to enter Galvez’s car from the passenger side door – which was locked – when he heard the gunshot

Still, Galvez’s siblings blamed Diaz during their statements.

“There is consequence to sin, and they deserve to pay...,” said brother Pedro Galvez.

Galvez’s sister, Sandra, shared the same sentiments in her statement.

“Whether you pulled the trigger or not, you’re still guilty,” she said. “I hope your attorneys can sleep knowing they are defending a criminal, because for the last three years they have become our family’s worst nightmare.”

“Someone like you deserves to rot behind bars...no matter what, you will always be a murderer in my eyes.”

Diaz faces between 15 years to life in prison, but Downey police officials are skeptical he will serve anywhere near that amount of time.

That answer hinges on

whether Diaz will serve his time in juvenile detention or state prison, which will be decided by a judge on Jan. 4.

That’s exactly why DPD officials are less than satisfied.

“The law requires that when someone turns 19 years of age that they be housed in men’s prison,” said Milligan. “The debate now is whether he will be retained in the juvenile detention system until the age of 25, or in the men’s prison system until the court determines that his sentence has been fulfilled.”

“In the juvenile system, you can’t be maintained in custody past the age of 25, so with him being 20 now the maximum time he would serve in the juvenile system would be five years, and often times rehabilitation is believed to have occurred and he can be released prior to that. There’s an expectation that he may only be in the juvenile justice system until the age of 22 or 23, we just don’t know for sure until they decide which way it’s going to go...”

McDaniel said that he was “disappointed in the system.”

“It’s heartbreaking because Ricky’s family has been re-victimized over and over again, and that’s what’s hurting me,” said McDaniel. “As a community, as a police department, as just doing the right thing, some of these laws that are being passed up in Sacramento...is jeopardizing the safety of our communities.”

“For Ricky’s admitted murderer to be released from jail in the next few years is an outrage, because there’s no doubt that he should spend the rest of his life behind bars.”

Downey restaurant grades

La Chiva Loca
8157 Firestone Blvd.
Date Inspected: 12/19/18
Grade: **A**

Bar Louie
8860 Apollo Way
Date Inspected: 12/19/18
Grade: **A**

Tacos Don Chente
8339 Firestone Blvd.
Date Inspected: 12/19/18
Grade: **A**

Movita Juice Bar
8860 Apollo Way
Date Inspected: 12/19/18
Grade: **A**

Mr Pete’s Patio
7811 E Firestone Blvd.
Date Inspected: 12/19/18
Grade: **A**

Oasis Water and Bionicos
9061 Imperial Hwy.
Date Inspected: 12/19/18
Grade: **A**

Royal Food Express
9125 Imperial Hwy #C
Date Inspected: 12/18/18
Grade: **A**

Edible Arrangements
8855 Apollo Way
Date Inspected: 12/18/18
Grade: **A**

Same Ol’ Saloon
9560 Firestone Blvd.
Date Inspected: 12/18/18
Grade: **A**

Bob’s Big Boy
7447 Firestone Blvd.
Date Inspected: 12/18/18
Grade: **A**

El Salto Del Fraile
7639 E Firestone Blvd.
Date Inspected: 12/18/18
Grade: **A**

The Stinkin’ Crawfish
8240 Firestone Blvd.
Date Inspected: 12/18/18
Grade: **A**

Class 302 Cafe
8855 Apollo Way #224
Date Inspected: 12/18/18
Grade: **A**

Subway
9131 Imperial Hwy. Ste B
Date Inspected: 12/18/18
Grade: **A**

Narai Thai Cuisine
7611 Firestone Blvd.
Date Inspected: 12/18/18
Grade: **A**

Circle K
12000 Paramount Blvd.
Date Inspected: 12/13/18
Grade: **A**

Masa Sushi Bon Appetit
7808 Florence Ave.
Date Inspected: 12/13/18
Grade: **A**

USA Donuts & Croissants
8009 Imperial Hwy.
Date Inspected: 12/13/18
Grade: **A**

Pop’s Cafe
7840 Florence Ave.
Date Inspected: 11/13/18
Grade: **A**

Bionicos Express
7818 Florence Ave.
Date Inspected: 11/13/18
Grade: **A**

Subway
8011 E Imperial Hwy.
Date Inspected: 11/13/18
Grade: **A**

Weekend at a Glance

Friday 65°

Saturday 65°

Sunday 65°

THINGS TO DO



Smokey Robinson

Saturday - Cerritos Center for the Performing Arts, 8 pm

Legendary Motown singer and songwriter Smokey Robinson performs his timeless hits. \$100-\$150



The Origins of Loteria

Saturday - Bowers Museum, 1:30 pm

Dr. Gloria Arjona will present a historical overview of Mexico’s most popular board game, La Loteria, which originated in medieval Italy. \$12



George Lopez

Saturday - Microsoft Theater, 8 pm

Comedian and actor George Lopez stops in LA as part of his “The Wall: World Tour.” \$40-\$70



Pasadena Walking Tour

Sunday - Pasadena Heritage, 10 am or 1 pm

A guided walking tour of Pasadena’s Hillcrest neighborhood, which features many architectural treasures. \$20



Ludacris

Saturday - House of Blues Anaheim, 8 pm

Atlanta rapper and actor Ludacris performs live. \$50



UFC 232

Saturday - The Forum, 3:15 pm

Headlined by a rematch between Jon Jones and Alexander Gustafsson, plus a featherweight match between Cris Cyborg and Amanda Nunes. \$76

In 2019, remember you’re the captain of your own life

By Dr. Alan Frischer

DOWNEY – Another year has gone by. Have you accomplished what you set out to do during 2018? Did things go as you intended? Does life ever go as we intend?

If your year was anything like mine, many things happened that were not exactly on your radar. It can feel as though we are passengers on our journey, and not the captain.

Plenty of adjustments to our path are required as we travel through life. (I recommend reading “We Plan, God Laughs: 10 Steps to Finding Your Divine Path When Life Is Not Turning Out Like You Wanted.”)

Nevertheless, I would argue that we are indeed each

ultimately the captains of our own life. How we react to these unplanned life events is what determines our ultimate path. I like to keep in mind the following words. My understanding is that the name of the original writer is lost, but the message is clear:

► Carefully watch your thoughts for they become your words.

► Manage and watch your words for they will become your actions.

► Consider and judge your actions for they will become your habits.

► Acknowledge and watch your habits for they shall become your character.

► Understand and embrace



your character for it becomes your destiny and your dreams.

No matter what befalls us – and let’s be clear, some of them are real doozies – let’s remain in in the pilot’s seat.

I urge you to continue to make choices that are good for you, your family, your community, and your health. I wish you all joyous holidays!

Third-graders get personal visit with Santa Claus

Continued from page 1

center front. Each of Downey's 13 elementary schools was invited to send six third graders, the principal and teachers, and they all enthusiastically complied.

Next call brought a little boy who literally ran through the room to the podium. Big applause for him. Last number belonged to Jaimee Sul Baker, cheery in a red sweater and bright red patent leather shoes to match. We have Jaimee to thank for the superior quality toys, but she didn't win more than a token either.

Dr. John Garcia, superintendent of the Downey Unified School District, took over the emcee duties and introduced the teachers and principals who had brought our little guests, and many of the staff from the DUSD office.

Then Dr. John called for "Jingle Bells" again. Where were Debbie and Dan Fox, our songmasters, to lead us in "Santa Claus is Coming to Town," which we had rehearsed so often? John urged us to sing out, so our "special" guest would know he was invited, but there was a little confusion till John gave the mike to Chad Berlingheiri, whose soaring solo tenor, singing "I'll be Home For Christmas," quieted the room.

The song, which I remember when it appeared in 1943, is sung from the point of view of a soldier stationed overseas writing his family a letter home. As Chad got to the chorus and hit the high notes, all attention was on him. And then, just as Chad got to the melancholy final phrase, with the soldier saying, "I'll be home for Christmas, if only in my dreams," the sound of bells and "Ho Ho Ho" told us our surprise guest had appeared, and he was no other than Santa Claus.

The jolly old elf had a wonderful real white beard and moustache so that children could see he must be the real deal. But let's hope that by next Christmas, 2019, our own Wayne Wilcox will be back from his two-year stint in Argentina, again playing the role he loves to do.

Dr. John called the first school "The Mustangs of Rio San Gabriel," and Rich Strayer in his red elf hat came to help Santa distribute toys. After the

Mustangs came The Bulldogs of Imperial Elementary School, our table. When Isaac went up, I saw he had on long shorts, with red trim, but on his chair was also a black hoodie to keep him warm.

First each child went to Santa and spoke with him, and Santa took time to listen to each of the 75 or so children. Dan Fox was stationed right in front of Santa and took a souvenir picture of each.

The girls got a wonderful Spin Master Little Charmer doll, either Lavender, Hazel or Posy, each with long acrylic hair and a sturdy little brush to groom her with. When I told Annabelle that my little girl had once had a Mary Poppins doll with a pony tail and a hairbrush, and an umbrella with a parrot's head, her eyes brightened.

Boys got a Spin Master Hot Wheels Monster Mutt race car, the kind that goes faster than the speed of sound and they were painted with flames.

Then each came to Shirley sitting in a big comfortable chair for a kind word and a KitKat from the voluminous sack she brought. Shirley has frequently sponsored charity events for abused kids. Each child also received a jumbo size sturdy zip-lock bag, filled with another toy, more candy and a stained-glass kit, then went back to their seats.

The stained-glass kits were appreciated by the teachers. "That fits with our STEAM program," Principal Peggy Meehan said. STEAM stands for Science, Technology, Engineering, the Arts and Math.

The children waited till their teachers told them they could take off the Christmas wrap, which our members applied so carefully last week.

Then the Panthers of Maude Price were called, and so it went for all 13 schools. The teachers expected the main toy's sturdy plastic packaging would last intact till they got home, but as soon as one child opened theirs, everyone did, and they loved playing with them. Boys were zooming their Hot Wheels at their place at the table, and little girls could be seen talking to their dollies and re-arranging their hair.

At our table Amy came over to show me the package of charms

she had gotten, but Annabelle, who hadn't opened hers, was still pensive, arranging the knives and forks. Some children take the unopened toys home to share with brothers and sisters who will get nothing at Christmas.

"We have 13 wonderful elementary schools in Downey" said Assistant Superintendent Roger Brossmer, who sat with Jim Mogen at a table full of children. "They are so well behaved," I said and Roger nodded. "They're carefully chosen, for their needs," said Jim.

To amuse themselves, Amy and a friend at my table were playing Scissors, Paper, Rock. That takes coordination and quick reaction time, I thought, because at each throw, the winner reached out and tapped the loser before going on. They laughed and played, and then they added a complication, two-handed throws from each. Still they kept moving swiftly, the tapping redoubling and quick new choices constantly being made.

And then just when I thought their coordination was at its limits, little blond-haired Paul joined them and there were three of them, throwing six little fists and tapping away. What a good way to use up all that energy, I thought.

One has a stereotype of disadvantaged children also having dull eyes and wan faces, due to poor nutrition and lack of

stimulation. But obviously the schools don't lose track of these kids when they go home. They are very much healthy and engaged.

Going across the room I sat with the Gallatin School contingent. One of the little girls at the table offered me a bite of her Kit Kat, a generous act. These children are selected, Roger had told me, because of their extreme neediness. Other than this, they won't have any Christmas at all.

Rich and Don and Shirley stayed at their posts till the last child, and Mike Pohlen helped Dan, both grandfathers, with getting each child to focus and smile when Dan took their pictures. President Greg and Treasurer Barbara Lamberth, who wore a glittery blue and black sweater with her white pants, sat back and watched with approval. Barbara oversaw the event and the decorations for the table, red bells and a scattering of little peppermint canes.

Santa had appeared at about 12:25, and by 1:40 the children had all left to go back to their classrooms. No Rotary group picture this year. Nary a crumb was left.

But I do believe Santa was heard to observe, "Merry Christmas to all, and to all a Good Night."



Photo courtesy Downey Unified School District

Indian Joe, Downey's original friendly neighbor

Things You Didn't Know About Downey

By Bobbi Bruce
Downey Historical Society

DOWNEY - A remembrance of Indian Joe from the Easter Bangle Morrison Book:

The writer's first remembrance of Indian Joe was about 1880 when he lived in a tule hut in the jungle northwest of Gallatin school, near the present home of Tim Downen (about Downey and Gallatin School House Road).

As I remember, some mischievous boys set fire to his hut. He made a camp of boards and tin cans on the south side of the Southern Pacific tracks west of College Avenue in Downey. The wagon road at that time was

located on the north side of the railroad.

He helped himself to fruit, nuts, eggs and such things as he needed, wherever he found them, feeling that this was right, and he kept two hunting dogs for retrieving. When he knew a neighbor was butchering, he often went to the home and was given meat.

He was peaceful, molesting no one, and often giving emergency aid in time of sickness by his knowledge of herbs and medicines. During the 80's, he often passed my home, but he always carried a small bundle, presumably of food, tied in a red bandana hankerchief; another he wore around his head in such a manner as to cover one eye. How he lost this eye was a secret he never divulged.

The following has been related by James A. Bangle: "One hot summer day, I was seated under an immense walnut tree at our home when Indian Joe came along. He seemed so feeble and weary that I invited him to share the melon I was about to cut.

I asked him where he was born.

"San Gabriel," he said. "When, I do not know. Maybe 125 or 135 years ago."

While he rested I sought to learn something further of his past life. He was reluctant at first, but I reasoned with him. He had lived long, I told him, and would like to know more, perhaps put in a book which white people call history.

"White man think me not know," he replied.

"Wise white men know there

are wise indians also," I said. Were you ever married, Joe?

"No."

Did you ever have a girl you wanted for a wife?

"Yes, when I was a young man I loved a girl, but the priest at San Gabriel would not let me see her because I would not join his church."

When the community grew too close to Indian Joe's camp, he moved near the beet dump west of Church Street. When game became scarce, he worked around the slaughter house for butchered meat.

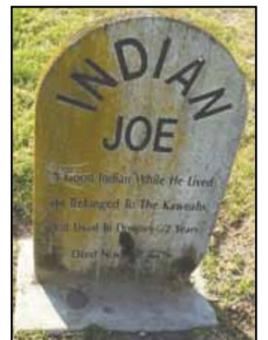
On Sunday morning, Nov. 24, 1896, while the community was summoned by the village church bells for a day of religious worship, the golden bells rang for Old Joe to go to the Happy Hunting Grounds. The generation that had known him for nearly a quarter of a century buried him in a suitable casket at the northwest corner of Downey Cemetery.

One of the pallbearers was Judge I.N. Cochran. Harvey Gray, a painter, installed a market with this epitaph: "Indian Joe of the Kaweah Tribe -- a good Indian while he lived. November 24, 1896 -- a resident of Downey for 22 years."

NEWSPAPERS: One question we are often asked is, "How many newspapers has the city of Downey had?"

The first newspaper, the Los Nietos Valley Courier, was established by Alonza Waits on March 13, 1875. Most of the publishing of this first paper was done in one of the rooms in the Central Hotel. Although many efforts to save it were made, the paper was discontinued in 1881.

The Downey Outlook was first published in the late 1870's, but like the Los Nietos Courier, the



Outlook was also discontinued.

In 1885, James Rives published the Downey Review, but two years later it was sold and moved to the new town of Whittier to become its first newspaper, renamed The Graphic.

In July 1888, the Democratic Committee asked C.H. Eberly to come to Downey to start a Democratic paper, which he did, calling it the Downey Champion. On Aug. 27, 1898, M.M. Purcell and Jessie McCoy established the Downey Mirror. The Downey Dispatch came out in the spring of 1902, but was discontinued in November of 1907.

In 1910, H. Hull established the Downey News, which combined with the Champion in September of 1914. The Champion changed hands several times. It is now known as the Southeast News, which was delivered free to residents of the Downey area.

The Los Angeles Times started about the same time as the Champion during the 1880's. People in Downey at that time could subscribe to the Times.

Another Downey paper -- the Downey LiveWire -- was established Feb. 28, 1924, by Knowles C. and Fanny E. Weiss. In July 1954, Mr. and Mrs. Weiss started their second paid subscription newspaper, The Leader. Their subscribers could receive news twice a week.

The Downey LiveWire also maintained a commercial printing department which served all of this area.

Today, Downey residents can have other papers of the metropolitan area delivered to their homes, such as the Los Angeles Times and Long Beach Press-Telegram, and previously the Huntington Park Daily Signal and Los Angeles Herald Examiner.

Information about Downey's early newspapers came from a resource book entitled "Downey - Our Community - Past and Present 1965-1966."

Bobbi Bruce is a docent with the Downey Historical Society.

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

"People like what they know. So I try to understand people's tastes, but I also believe in educating and offering variety," said Thomas Osborn, newly-appointed director of our orchestra. He'd guest-conducted across this country and abroad, and was Music Professor at Pepperdine University, Malibu. Soon he would establish for us a Young Artist Competition and Music in the Schools program.

Symphony Archives
Compiled by Joyce Sherwin



Danny grew up in Whittier and La Mirada and his wife Jeri grew up in Norwalk and Downey. They lived in the area in the 50's and 60's; it's ironic that 15 years later they would manage their automotive business just a few miles from where they rode their bikes to school.

While Danny, Jeri and their bulldog Hazel work at the Volkswagen, BMW, Porsche and Audi stores, they have grown the business to 9 dealerships in Southern California adding

Subaru, Mini and Volvo. Their son Hutton (the third generation) is now working at McKenna Porsche. Danny and his family have developed close personal relationships with their customers and like to be on a first name basis. He gives out his cell phone number so he can resolve issues or answer questions as quickly as possible. Please stop in, meet the entire McKenna family, and experience the "neighborly" customer service they've become famous for.

McKenna

New 2018 BMW i3 BEV

Lease for **\$268***
per month, plus tax for 36 months



New 2018 BMW 330i Sedan

Lease for **\$338****
per month, plus tax for 36 months



New 2018 Audi A3 2.0T

Lease for **\$299*****
per month, plus tax for 39 months



New 2018 Audi A4 2.0T Sedan

Lease for **\$299******
per month, plus tax for 39 months



New 2019 VW Jetta 1.4T S

Lease for **\$159†**
per month, plus tax for 36 months



ZERO Due at Signing, 7,500 miles per year

New 2019 VW Tiguan S

Lease for **\$259††**
per month, plus tax for 36 months



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*2018 BMW i3 BEV closed end lease for \$268/mo. + tax for 36 mos. on approved tier 1+ credit with BMW Financial Services. \$2,777 due at lease signing (after the application of \$7,500 Lease Credit and \$2,000 BMW Loyalty Credit-11**), which includes \$0 cap cost reduction, first month payment, tax, license and fees. No security deposit required. 10k mi/yr with \$0.25/mi thereafter. 5 at this offer. Photo for illustration only. Offer expires 12/31/2018. **Available to current or former BMW owners or lessees only. Must show proof of ownership or BMW Financial Services account number. See dealer for full details. ***2018 BMW 330i Sedan closed end lease for \$338/mo. + tax for 36 mos. on approved tier 1+ credit with BMW Financial Services. \$2,412 due at lease signing (after the application of \$4,000 Lease Credit and \$1,000 BMW Loyalty Credit**), which includes \$0 cap cost reduction, first month payment, tax, license and fees. No security deposit required. 10k mi/yr with \$0.25/mi thereafter. 5 at this offer. Photo for illustration only. Offer expires 12/31/2018. **Available to current or former BMW owners or lessees only. Must show proof of ownership or BMW Financial Services account number. See dealer for full details. ****2018 Audi A3 2.0T Sedan closed end lease for \$299.99/mo. + tax for 39 months on approved tier 1+ credit with Audi Financial Services. \$4,684.99 due at lease signing (after the application of \$500 Season of Audi and \$1,000 Audi Loyalty **), plus tax, license and fees. \$0 security deposit. 10,000 mi/yr with \$0.25/mi thereafter. See dealer for full details. Offer expires 11/30/18. † at this offer, VIN# XJ1057862. Photo for illustration only. **Must currently own or lease a MY2005 or newer Audi model. Limit two incentives per eligible VIN. \$1,000 towards the lease or purchase of a new, unused 2017 or 2018 Audi model when you finance your lease or purchase through Audi Financial Services. Not all customers will qualify for financing through Audi Financial Services. No trade-in required. Offers are non-transferable. Not redeemable for cash. Incentive paid to dealer and requires dealer participation. May not be combined with Conquest, Dealer Small Fleet Incentive, or Courtesy Vehicle Lease Programs. Fleet leasing, fleet management or dealer-affiliated fleet companies are not eligible. Offer ends January 2, 2019. ††2019 VW Jetta 1.4T S closed end lease for \$159/mo. + tax for 36 months on approved credit with Volkswagen Credit. \$0 due at lease signing, after the application of \$1,000 Drive to Decide Customer Bonus and \$500 VW partners rebate (all U.S. Full-time, direct employees and retirees of eligible VW Partner Program organizations qualify), plus tax, license and fees. \$0 security deposit. 7,500 mi/yr with \$0.20/mi thereafter. 1 at this offer, VIN#KM110908. See dealer for full details. Offer expires 1/2/19. Photo for illustration purposes. ††2019 VW Tiguan S closed end lease for \$259/mo. + tax for 36 months on approved credit with Volkswagen Credit. \$0 due at lease signing, after the application of \$1,000 Drive to Decide Customer Bonus and \$500 VW partners rebate (all U.S. Full-time, direct employees and retirees of eligible VW Partner Program organizations qualify), plus tax, license and fees. \$0 security deposit. 7,500 mi/yr with \$0.20/mi thereafter. 1 at this offer, VIN#KM006613. See dealer for full details. Offer expires 1/2/19. Photo for illustration purposes.

Paging Dr. Frischer...

By Dr. Alan Frischer

2019 is right around the corner. Many of us make New Year's resolutions, and in my practice, the ones I hear the most concern eating better and losing weight.



Every year, U.S. News and World Report assembles a panel of experts to rank leading diets in a variety of categories. Ranked #1 for Best Weight-Loss diet was once again the Weight Watcher diet. What was the very last (worst!) one on the Best Overall diet list? I recently dedicated an entire column to it: the very popular low carb, high fat Ketodiet.

These results don't surprise me. Also unsurprising is that once again, the DASH diet ranked the best overall diet, sharing the lead with the Mediterranean diet. The DASH diet also ranked best for healthy eating, and best for heart-healthy eating.

DASH stands for Dietary Approaches to Stop Hypertension. It was developed to lower blood pressure without medication, and emphasizes portion size, eating a variety of foods, and proper nutrients. It encourages us to reduce the sodium in our diet and to

consume foods rich in potassium, calcium, and magnesium. It is also in line with recommendations to prevent osteoporosis, heart disease, stroke, diabetes, and some cancers. This diet is intended to be a lifelong approach to healthy eating.

Some of the DASH highlights:

- ▶ Grains are OK. Look for labels that specify 100% whole grain.
- ▶ Vegetables fill the diet with fiber, vitamins and minerals. Variety and quantity are great. Try stir-fry, soups, salads, and juicing.
- ▶ Fruit is important, as it is packed with fiber, potassium, magnesium, vitamins and minerals. Use fruit as a snack, dessert, or in juicing along with vegetables.
- ▶ Dairy is a major source of calcium, vitamin D, and protein. Make it low- to no-fat. Try substituting frozen yogurt for ice cream.
- ▶ Lean meat, poultry and fish are good sources of protein, B vitamins, iron and zinc. Keep the portion sizes small, and trim away fat and skin. Bake, broil, roast or grill instead of frying in fat. When selecting fish, focus on those that are rich in omega-3 fatty acids, which help to lower cholesterol.
- ▶ Nuts, seeds and legumes (including almonds, seeds, beans, peas, and lentils) are good sources of potassium, magnesium, fiber and protein.
- ▶ Fat is essential to a good diet, but too much fat increases the risk of diabetes, heart disease, arthritis, hypertension, and obesity.

Minimize saturated fats (found in meat, butter, cheese, whole milk, cream and egg yolks) and trans fats (found in processed foods such as crackers, solid shortenings, palm and coconut oils, and lard).

- ▶ The diet permits sweets, but in moderation.
- ▶ Alcohol raises blood pressure. Limit consumption to no more than two drinks per day for men and one drink per day for women.
- ▶ Caffeine can raise blood pressure in the short term, so if you already have hypertension, you should limit caffeine.

I encourage you to make changes in your diet gradually, to reward yourself for successes, to include physical activity, and to build support around you. Approach this together with your family. Eating healthy food is not an all-or-nothing goal. The more positive changes you make, the more successful you will be.

In 2019, let's feel better, live well and eat healthfully!

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.

Spur of the Moment Gifts

Short Story

By Dora Silvers Contributor

It was 1943, our family had just finished a Hanukkah dinner with potato pancakes with applesauce. My friend Sylvia knocked on the door; we were both 14 years old and she was looking for something to do.

It was also Christmas Eve. The stores were open late. WE decided to walk to the five-and-ten and buy a jigsaw puzzle to put together later.

It was a cold and windy night but we enjoyed the walk as the bright window decorations and Christmas trees were on display.

A block from Woolworths,

we passed the Catholic orphanage. A nun was sweeping snow from the steps. I knew some of the girls from my class -- not everyone was an orphan, some parents had to work, so they left their children with the nuns.

"Merry Christmas, Sister Ana Marie," I said.

"Merry Christmas, girls," she replied.

"Is the tree decorated?" I asked.

"The children will decorate it after dinner," the nun replied. "There are not many gifts this year." She then went inside.

"How much money do you have?" Sylvia asked me? I looked in my wallet and found \$4.

"I have \$3 from babysitting," Sylvia said. We looked at the sign at the five-and-ten store: "Clearance

Sale."

That gave us an idea. Why don't we buy things for the children instead of ourselves?

It felt good to get out of the cold and into the warm store. Jigsaw puzzles and books were 25 cents; we bought four of each. Knitted caps were 50 cents each; we bought two blue and two red.

At a table there was wrapping paper for 2 cents each; we bought 12 sheets. We chose 14 candy canes, a penny each. We bought 14, two for us.

"How are we going to wrap the gifts?" Sylvia asked. I remembered -- the library was always open to return books.

We walked the two blocks to the warm library. We wrapped the gifts in the bright wrapping paper. Then we walked back to the orphanage.

The children were in bed, waiting for Santa. Sylvia

and I put the gifts under the decorated tree. Now the children would have extra gifts; what a wonderful feeling.

The nuns invited us into the kitchen for some homemade fudge. Sister Ana Marie said, "In the Bible it says 'do a good deed.' Girls, you have done a good deed. Thank you for charity in your hearts."

We thanked them for the delicious fudge and started to walk back to my house. It was 9 o'clock, time for Sylvia to go home. When I went upstairs, my brother Ben brought the jigsaw puzzle. All six of us stood around the dining table to put it together.

Mama lit the candles in the menorah and Papa gave us a gold-wrapped chocolate candy.

Dora Silvers is a former Norwalk resident who currently resides in Cerritos.



Downey's Paloma Usquiano signs to play softball at Arkansas

DOWNEY – Paloma Usquiano, a Downey resident and senior at Orange Lutheran High School, has committed to play softball at the University of Arkansas.

Usquiano is part of the Razorbacks' 2019 signing class, which also featured standout players Jenna Bloom and Rylin Hedgecock.

"We are excited to welcome Jenna, Rylin, and Paloma to the Razorback softball family," said head coach Courtney Deifel. "Although this class is small in size, there is no doubt they will have a huge impact from the day they step on campus. We cannot wait for them to get to Fayetteville and begin to make their mark on the program."

Usquiano is a 5-ft., 5-in. Infielder who batted over .350 in each of her sophomore and junior seasons, including a .435 average during her sophomore campaign.

She belongs to the So Cal Athletics Jendro travel ball team, batting .350 and .360 during her sophomore and junior seasons, respectively.

She is the daughter of Downey residents Armando and Dianna Usquiano, and has two sisters, Sofia and Julie.

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The generosity of Americans

By Laura Hollis

Nine days ago (at this writing), Iraq War veteran and triple amputee Brian Kolfage launched a GoFundMe page to help build the wall on the United States southern border with Mexico. In a week and a half, Kolfage has raised over \$17 million (toward his stated goal of \$1 billion) with gifts from over 285,000 people.

The explosion of support for Kolfage’s grassroots fundraising has gotten a great deal of attention, not all of it positive, needless to say. On my own Facebook and Twitter feeds, I read many snarky posts to the effect of, “Oh, sure — these people can give money for a wall but can’t donate funds to help (veterans/the poor/the disabled/fill in your cause of choice here).”

This — like so many pronouncements on the shortcomings of Americans these days — is not just false but a staggering distortion of reality. Perhaps because I teach entrepreneurship, I am well aware of America’s long history of philanthropy. America’s entrepreneurs have always been generous with their wealth — and we have countless universities, civic institutions and medical facilities as proof. Americans as a rule are among the most generous people on Earth, giving to support hundreds and thousands of causes each year — a fact that the esteemed Smithsonian noted when it launched its Philanthropy Initiative in 2015, by which its curators sought “to document, preserve, interpret, and exhibit ... the role of philanthropy in American history, as well as the role of Americans in encouraging and using philanthropy throughout the world.”

According to the Giving USA Foundation, which publishes an annual report of charitable giving, Americans gave over \$410 billion in 2017, 2.1 percent of the nation’s gross domestic product. This was a record-breaking amount — the first time that annual charitable giving crossed the \$400 billion mark — and substantially in excess of the \$389 billion record set in 2016.

The report reveals other important data about Americans’ charitable inclinations and debunks popular myths propagated by those whose political machinations depend upon characterizing Americans as “selfish” and “greedy.” For example, individuals — not foundations or even corporations — constitute the largest number of givers, representing 70 percent of all gifts. Individual gifts increased

by 5.2 percent in 2017 to an estimated \$286.65 billion.

That said, corporate giving increased by 8 percent to an estimated \$20.77 billion, and \$405 million of those funds was earmarked for victims of natural and manmade disasters.

Furthermore, Americans’ generosity is directed to an extraordinarily broad spectrum of causes. Eight of the nine types of charitable subsectors tracked by the Giving USA Foundation saw substantial increases in 2017: religious charities (up 2.9 percent), education (up 6.2 percent), human services (up 5.1 percent), health organizations (up 7.3 percent), public-society benefit organizations (up 7.8 percent), organizations that promote the arts, humanities and culture (up 8.7 percent), environmental and animal welfare organizations (up 7.2 percent) and foundations (up 15.5 percent).

Experts quoted by Giving USA cited the booming economy as a primary reason for the increase in giving in 2017 and predicted that the tax cuts that went into effect in 2017 would have a multiplier effect on giving in 2018 as well. Dr. Amir Pasic, the Eugene R. Tempel dean of the Lilly Family School of Philanthropy at IUUIU, said, “(S)ome of our most fortunate citizens are using their wealth to make some significant contributions to the common good.” In fact, 91 percent of high net worth individuals gave to charity last year — at an average of over \$25,509 per household.

This flies in the face of the popular sloganeering that Americans who benefit from tax cuts are greedy and want those less fortunate to suffer. Increased prosperity in the United States results in increased generosity. (It’s worth mentioning here that while corporate pre-tax profits rose by 4.1 percent in 2017, corporate charitable giving rose by nearly double that percentage.)

But it is not only wealthy individuals and families who give generously; middle-class and lower-income Americans do as well. Average household giving among middle- and lower-income families was over \$2,200 last year — another record. Nor is it a white phenomenon: African-Americans, Hispanics, Asian-Americans and other minorities have a strong history of philanthropy in this country.

Keep in mind that the \$410 billion figure cited above is for one year. Americans have given over \$350 billion a year every year since



2014, over \$300 billion a year since 2005 and over \$200 billion since 2000, according to Giving USA. In other words, Americans have given over \$5 trillion in charitable donations just since the year 2000.

Nor is it simply a matter of money. Last year, 63 million Americans — 25 percent of the adult population — donated their time, talents and energy by volunteering for one or more charitable organizations of their choice. This, too, is a distinctly American tradition going back to the country’s founding (as author Alexis de Tocqueville famously observed in his book “Democracy in America,” published in two volumes between 1835 and 1840).

It should therefore be unsurprising that hundreds of thousands of Americans are willing to pony up for something as important as border security — and further, that this priority does not come at the expense of support for people’s many other needs.

2018 has been a tumultuous year, filled with propaganda and polemic. As the year comes to a close, look at your neighbors and countrymen through a kinder lens; we are much more generous than we give one another credit for.

Laura Hollis is a nationally syndicated conservative columnist whose experience in the law and politics spans more than 25 years.

Leaving Syria beats the alternative

By Steve Chapman

There are two established rules for withdrawing American troops from foreign conflicts. The first is: Don’t do it now. The second is: Don’t do it later.

Donald Trump’s reasoning and strategy in demanding a pullout of our forces from Syria suffer from his usual decision-making flaw: lacking both reasoning and strategy. The timing is also questionable. He says now is the right time because the Islamic State has been defeated, a judgment that is premature at best. And he disregarded the advice of Defense Secretary James Mattis, who promptly resigned.

But if Trump is too eager to get out, his critics are too committed to staying. The direct U.S. intervention began in 2014, when Barack Obama ordered a campaign of airstrikes against Islamic State targets in Syria. Special operations forces were deployed to Syria in 2015. Trump expanded our ground troops to about 2,000.

Once we put boots on the ground, the default option is to keep them there. If the fight is going badly, we need them to avert defeat. If the fight is going well, we need them to keep the enemy down. If there’s a stalemate, we need them to preserve it. If the fight ends in victory ... well, we don’t have a contingency for that, because no one imagines it happening.

The foreign policy hawks are unhappy because they treat intervention as a one-way tunnel with no exits. Earlier this month, Joint Chiefs Chairman Joseph Dunford said we’ve trained only 20 percent of the local forces that are needed. “We still have a long way to go, and so I’d be reluctant to give a fixed time,” he said.

Brett McGurk, whose title is special presidential envoy for the global coalition to defeat ISIS, seemed to think he would have a lifetime job. “Defeating a physical caliphate is one phase of a much longer-term campaign,” he said Dec. 11. “This will really take a period of years.”

Where have we heard that before? Aside from a short break, we’ve been in Iraq since 2003. Before long, we’ll have men and women serving in Afghanistan who weren’t born when we invaded Afghanistan.

Until recently, Trump administration officials were trying to lock us into a commitment in Syria that went beyond defeating the Islamic State. “We’re not going to leave as long as Iranian troops are outside Iranian borders, and that includes Iranian proxies and militias,” national security adviser John Bolton vowed, adding, “That means we are not in a hurry.”

No kidding. To get an idea of how long he might have in mind, consider that Iran has been supporting its proxy organization Hezbollah, which operates mainly in Syria and Lebanon, for more than 30 years. Bolton’s pledge was to make this another front in a modern Hundred Years’ War.

Neither Obama nor Trump ever tried to mobilize public support for a venture that was unclear in purpose, open-ended and peripheral to our national security. If Syria were as vital as many people in Congress insist, they could have authorized the president to wage war there. Instead, members on both sides of the aisle did their best impersonation of potted plants.

Now that the president wants to take our troops out of harm’s way, a chorus of critics want to direct U.S. policy. Sen. Lindsey Graham, R.-S.C., said the pullout is “akin to surrendering.” Sen. Marco Rubio, R-Fla., called it “a terrible decision.” Even some Democrats agree.

The problem is that every U.S. military intervention leads us into another, with dismal results. The invasion of Iraq to topple Saddam Hussein was supposed to be a brief project, but the chaos we unleashed forced us to stay on. Our occupation generated an insurgency, and our effort to crush it helped spawn the Islamic State.

The group expanded into Syria, inducing us to fight there. If the hawks had their way, we would remain indefinitely. In the process, we would probably create new enemies who would also have to be fought.

Trump’s impulsive nature suggests that this policy, like most of his, will be executed as poorly as humanly possible. It’s always easier to get into a war than to get out. It’s entirely possible that withdrawing will make things worse in the near term. But the idea that the old policy would yield a successful conclusion — or any conclusion — had no basis in reality.

If the choice were between leaving Syria right away and leaving in six months or a year, taking our time might be defensible. More likely, though, it’s now or never.

Steve Chapman is a columnist for the Chicago Tribune.

Is CBD helpful, or just hype?

By Richard A. Freeman

Suddenly, CBD is everywhere. CBD, short for cannabidiol, a non-psychoactive component of cannabis and hemp, is being promoted as the latest miracle cure. Enthusiasts rave about its supposed anti-anxiety, anti-inflammatory, antidepressant and, well, anti-everything-you-don’t-like effects.

You can get your CBD in a cocktail (a “Stoney Negroni” is being served at a Queens bar), skin creams and coffee. It’s only a matter of time before it turns up in avocado toast.

From pills to edibles, CBD is wildly popular, and it is easily available online and in stores. Indeed, sales are predicted to reach \$22 billion by 2022, according to the Brightfield Group, a cannabis market research firm.

I first encountered CBD while on sabbatical a few years back. As I drove up the Oregon Coast Highway, it was hard to miss all the cannabis shops along the Pacific. I stopped in one, perused the menu, and selected two marijuana specials — Nine-Pound Hammer and Trainwreck — and some CBD gummy bears. The

cannabis was, well, as advertised, and the CBD candy, as far as I could tell, was a fruit-flavored placebo.

Many of my patients have tried it or want to learn more about it. One of them, an educated, successful and anxious man in his 40s, recently told me he tried mixing CBD oil in his tea, but it didn’t make him calmer. Then he rubbed the oil on his injured knee, and pronounced it a magic cure.

Which invites the critical question: Just how effective is CBD, and for what kinds of ills?

Cannabidiol has little direct effect on the cannabinoid receptors in the brain, so it is largely devoid of the euphoric effects of THC, the major intoxicant in marijuana. But if CBD really had no psychotropic effect at all, it would be hard to understand its popularity. In fact, because it alters the brain’s serotonin receptors and may interfere with the breakdown of anandamide — a cannabidioid that is produced naturally in the brain — it could well affect feeling and thinking.

But what does the evidence show?

In 2017, the National Academies of Sciences, Engineering and Medicine convened a panel of experts to review the health effects of cannabis and cannabinoids. They examined more than 10,000 studies, most of which examined marijuana, not CBD. They found evidence that some cannabinoids — not including CBD — are effective for pain, nausea from chemotherapy and muscle spasms in multiple sclerosis.

When it comes to CBD, the panel found only a few small randomized clinical trials, and concluded that there was insufficient evidence that CBD was effective in treating conditions like insomnia, addiction to cigarettes and Parkinson’s disease, and limited evidence in its ability to treat anxiety.

This year, the Food and Drug Administration approved Epidiolex, a CBD concentrate, for two rare and severe forms of epilepsy, on the basis of several clinical trials.

To be fair, the paucity of data about CBD’s efficacy and safety in part reflects the federal government’s irrational restrictions on cannabis research. Because cannabis is classified as a Schedule 1 drug, you need a license from the Drug Enforcement Administration to research it and, until two years ago, you could use only the cannabis grown at the University of Mississippi.

The good news is that in 2017, the National Institutes of Health funded cannabinoid research to the tune of \$140 million, including \$15 million on CBD. The F.D.A. also loosened restrictions on CBD research in 2015 and has announced that it is considering “pathways” to allow the sale across state lines of CBD in food and beverages, sales now confined to states that have approved CBD use.

Still, the explosive popularity of CBD is way ahead of any



evidence to support its efficacy — or reliable reassurances that it has no serious adverse effects. Where is the healthy skepticism when we need it?

The public, rightly, is quick to demand proof of safety and efficacy when it comes to synthetic pharmaceuticals. Why should natural products, like CBD, get a pass?

Perhaps it’s because many people have romantic and misplaced notions about nature. Some even point out that we come hard-wired with cannabinoid receptors in our brains and they must have a purpose, so why not use them? This is not exactly a persuasive argument: Nature endowed us with our own cannabinoids, so unless you have a deficiency of them or sluggish receptors, you really don’t need supplementation.

Consumers who are still keen on the idea of CBD might want to know exactly what they are getting for their money — considering that the manufacturing of CBD products is completely unregulated.

Here, the evidence is not going to make them happy. A 2017 study in JAMA reported that only 26 of 84 samples of CBD oils, tinctures and liquids purchased online contained the amount of CBD claimed on their labels. Eighteen of them contained THC, which could lead to intoxication or impairment in some individuals. And a quarter had less CBD than advertised. The F.D.A. has likewise found many products that did not contain the amount of CBD they were claiming.

Future studies may show otherwise, but at present CBD looks more like an expensive placebo than a panacea.

Richard A. Friedman is a professor of clinical psychiatry and the director of the psychopharmacology clinic at the Weill Cornell Medical College.

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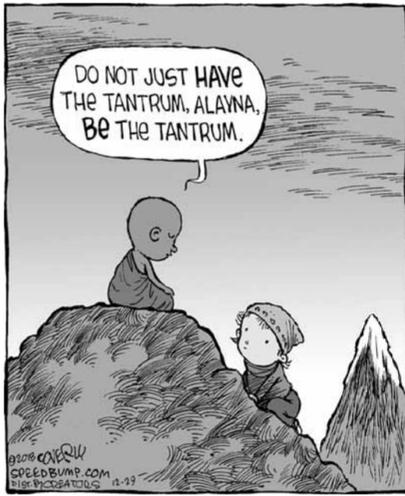
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Downey Community Calendar

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.
- 3rd Wed., 6 pm: Sister Cities of Downey, at Downey City Library, call Gloria Nezahualcoyotl (562) 776-6136.
- 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., 6:30 pm: Downey Lions Club, at Mimi's, call Lenora (310) 283-9825.
- 3rd Thurs., 4 pm: Public Works Committee, at City Hall Training Room.
- 3rd Thurs., 6 pm: Downey CIPAC, at Sizzler's Restaurant, call Rich Tuttle 413-6045.
- 4th Thurs., 10 am: Assistance League, at Casa De Parley Johnson, call 869-0232.
- 4th Thurs., 7:30 pm: Downey Historical Society programs, at Community Center, call 862-2777.

FRIDAYS

- 7:30 am: Pro Networkers, at Mimi's Cafe, call Barbara Briley Beard at 869-7618.
- 3rd Fri., 8:30 am: Women's "In His Glory" Ministry at Los Amigos C. C. 622-3785.

SATURDAYS

- 9 am: Farmers Market, Downey Avenue at 3rd Street, call 904-7246.
- 4th Sat., 12:00 pm: Downey Arts Coalition, email contact@downeyarts.org.

On This Day...

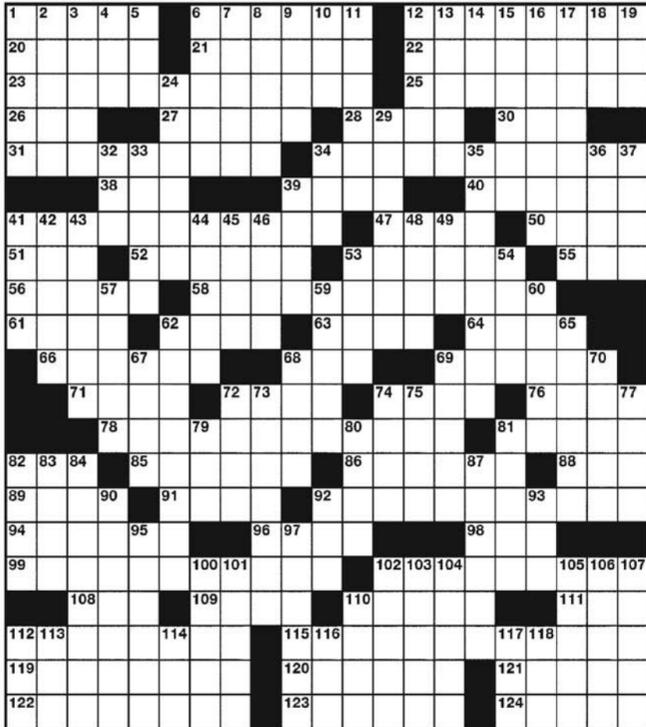
- Dec 27, 1831:** Charles Darwin set out on a voyage to the Pacific aboard the HMS Beagle. Darwin's discoveries during the voyage helped him form the basis of his theories on evolution.
- 1904:** James Barrie's play "Peter Pan" premiered in London.
- 1971:** Snoopy, Charlie Brown, Linus, Lucy and Woodstock of Charles Schulz' "Peanuts" comic strip were on the cover of "Newsweek" magazine.
- 2000:** Mario Lemeiux (Pittsburgh Penguins) returned to the National Hockey League (NHL) as a player after over 3 years of retirement. He was the first owner-player in the modern era of pro sports.

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)
REIN CHECK: All eight, in order, to start with
 by Greg Johnson

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Advertising Policy

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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.



DOWNEY HAPPENINGS

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 and blanket. Solar Lotus, 11016 Myrtle St.

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

Masquerade Ball, 8 pm. Masquerade theme party with two rooms of entertainment plus a balloon drop at midnight. 562 Ultra Lounge (formerly Godttis), 7931 Firestone Blvd.

New Year's Eve Countdown, 9 pm. Beats by DJ Music and a champagne toast while watching nationwide countdown celebrations on TV. Downey Brewing Company, 10924 Paramount Blvd.

New Year's Eve Party, 9 pm. Three-course dinner, complimentary champagne, and a balloon drop at midnight. BRB Restobar, 11040 Downey Ave.

New Year's Eve Party, 6-9 pm. Music by J Valentino and DJ Juice. Dress to impress, 21 and older. DB Lounge, 8206 Firestone Blvd.

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. Hully Gully, 9559 Imperial Hwy.

TUESDAY, JAN. 1

New Year's Workout Party, 6 pm. Start the new year with a fun workout. DJ, neon lights and glow

sticks, giveaways, and a special "fire workout." Premier Fitness, 8813 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.

The Alternative Lounge, 8 pm. Live music by Drivewell, City Rabbits, Beach Cities, Slaughterhouses, Benny's Forgotten Garden, and Beach Ball of Death. Epic Lounge, 8239 2nd St.

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.

Suicide Queen & Vertigo Shock, 9:30 pm. The goth bands perform live, plus music by DJ Terminal and DJ Terror. Stardust Club, 7643 Firestone Blvd.

MONDAY, JAN. 7

Clergy Council Meeting, 6 pm. A collaboration of residents, clergy, law enforcement and service providers working together to better our community. Downey City Library, 11121 Brookshire Ave.

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.

WEDNESDAY, JAN. 9

Tarot Class, 7 pm. The first in a

4-class series that will teach you how to read tarot with confidence. Solar Lotus, 11016 Myrtle St.

THURSDAY, JAN. 10

Business Watch Meeting, 9 am. The first in a quarterly series of crime prevention seminars for the Downey business community. City Hall, 11111 Brookshire Ave.

SATURDAY, JAN. 12

Human Trafficking Awareness Forum, 10 am. Hear from a panel of speakers about modern day human trafficking. Downey Adult School, 12340 Woodruff Ave.

Vendorama, 11 am to 4 pm. A monthly marketplace featuring local small business vendors. St. Mark's Church, 10354 Downey Ave.

SUNDAY, JAN. 13

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

WEDNESDAY, JAN. 16

Quilt Presentation, 10 am. Pat Knoechel, a noted quilter and author, will present a trunk show entitled, "40 Fabulous Years with Eleanor." Eleanor is Eleanor Burns of "Quilt in a Day" fame, and she is celebrating her 40th quilting anniversary. Woman's Club of Downey, 9813 Paramount Blvd.

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.

Black Sabbath Tribute, 8 pm. Live performances by Mistress of Reality, an all-female Black Sabbath tribute band, and also The Burning Doors. Epic Lounge, 8239 2nd St.

WEDNESDAY, JAN. 23

Landlord Workshop, 3 pm. Learn how to seek prospective tenants, the rental process, credit checks, and your rights and responsibilities. Downey City Library, 11121 Brookshire Ave.

THURSDAY, JAN. 24

No Excuses Show, 9 pm. Artists are invited to go on stage and showcase their talents, "no excuses." Stardust Club, 7643 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.

Mid-Life Crisis on Stage, 8 pm. Los Angeles band Mid-Life Crisis is joined by Erratik Behavior for live classic and hard rock from the '70s, '80s, and '90s. Stardust Club, 7643 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 Drv.

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.

NWDLI 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 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 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

It's crunch time for Downey Rose Float Association

►Downey's entry in the Tournament of Roses Parade will feature nearly 12,000 roses.

By Alex Dominguez
Staff Writer

DOWNEY - With the 130th Tournament of Roses Parade less than a week away, it is officially crunch time for the Downey Rose Float Association.

In coordination with the 2019 parade's theme "Melody of Life," Downey's 2019 entry into the Rose parade is called "Let's Go to the Hop" and will take viewers on a rip-roaring, swinging and jiving nostalgic cruise back through the 1950's.

Downey's entry remains one of only six floats that are designed, built, and decorated solely by volunteers.

Art Director Jeff Shadic says that when designing the 2019 float, he wanted to go with a music theme with a "fun retro aspect to it."

"We have the giant juke box which is kind of the diner idea,

and then the two cars - the roadster and the Cadillac that are driving to the hop...There's going to be approximately 11,800 roses on this float. They range from orange and yellows and pinks; I wanted to keep it bright and vibrant."

Shadic says that he wants "the older generation to reminisce," and "feel excitement about something from their youth."

According to Construction Chairman Kelley Roberts, it's the cars that are the most exciting part of the float.

"It's gotta be the hotrods," said Roberts. "You've got a custom-built T-bucket on the front that's oversized, and then you have a 13-ft. long 1959 pink El Dorado Cadillac satellite float that's running in front of the float."

"As the theme says 'let's go to the hop,' so they're all cruising to go to the hop."

As Roberts mentioned, the pink Cadillac will cruise down Colorado Boulevard separately from the main float with Shadic

and Downey Rose Float President Jennifer DeKay on board. It is the first time "in a long time" that Downey's entry will feature a satellite float, according to Roberts.

"To have an extra element in front of it to give more character to the float makes it more festive," said Roberts.

Riding on the main float will be Miss Downey Mariah Lora and members of her court, as well as several Downey Rose Float Association members, former mayor Fernando Vasquez, and Downey resident Alex Dominguez.

Dominguez entered a raffle for a seat on the float and was selected at random as the winner in October.

Downey Rose Float has been fortunate throughout the year to get material donations from local companies, including their steel from Beyond Steel Inc.

"They donated all the steel to make all the different shapes

that you see on the float. If it wasn't for Beyond Steel we would have to pay that bill," said Roberts.

Both Shadic and Roberts expressed that the float is farther along than in past years at this point in time. However, there are still many long days and nights ahead if the association is to bring the float to completion.

"So far, we're looking pretty good," said Roberts. "It's going to be almost a nonstop workforce to finish this float, paint it, decorate it, seed it."

And of course, that's where the community will come in during the rest of the week.

"It wouldn't be done without all the volunteers that come on down," said Roberts.

Roberts says he expects to see anywhere from 1,000 to 1,500 viewers and volunteers over the next few days.



Volunteers work on Downey's float, titled "Let's Go to the Hop." The float features two vintage cars at a 1950's diner.

Photo by Alex Dominguez

The Downey Rose Float Association would like to thank BEYOND STEEL INC

for DONATING THE STEEL TO BUILD "Let's Go to the Hop" 2019 Entry into the Tournament of Roses Parade

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 Downey, CA 90241

With league match-ups starting next week, Bear wrestlers stay active

By Mark Fetter
Contributor

DOWNEY – The Warren High School wrestling team has been busy this preseason participating in several tournaments.

The Bears competed in the Spartan Classic Kick-off at South Torrance on Nov. 24 where they finished fourth overall with a total of 130 points.

Villa Park finished first with a total of 241 points, Paramount finished second with a total of 150 points, South Torrance finished third with a total of 130.5 points and West Torrance finished fifth with a total

of 116 points, respectively.

The Bears had six wrestlers place in the top six of their respective weight classes. Warren's Josh Mariscal finished third at 106 pounds, Carlos Durazo finished second at 113 pounds and Salvador Alvarez finished sixth at 120 pounds. Joel Gutierrez finished sixth at 152 pounds, Naethan Guerrero finished sixth at 182 pounds and Kaleb McIntyre finished fifth at 220 pounds. Warren also competed in the Millikan Duals on December 1.

The Bears competed in the Edison Beach Bash December 7-8 at Edison High School in Huntington Beach. Warren finished in 13th place overall with a total of 81 points.

Rowland finished first with a total of 213 points, Mayfair finished second with a total of 205 points, La Quinta finished third with a total of 182.5 points, Edison finished fourth with a total of 137 points and Beaumont finished fifth with a total of 135 points, respectively.

Warren had five wrestlers place in the top eight of their respective weight classes. Andrew Lopez placed second at 106 pounds and Joshua Mariscal placed third at 106 pounds. Salvador Alvarez placed third at 120 pounds, Andrew Martinez placed eighth at 160 pounds and Naethan Guerrero placed fourth at 182 pounds.

The Warren High School wrestling team competed in the Mann Classic at Marina High School on Dec. 14-15. The Bears finished in 29th place overall with a total of 42.5 points.

Servite finished first with a total of 259.5 points, Bakersfield finished second with a total of 220.5 points, Villa Park finished third with a total of 179.5 points, Fountain Valley finished fourth with a total of 159.5 points and Calvary Chapel finished fifth with a total of 138.5 points, respectively.

The Bears had two wrestlers place in the top eight of their respective weight classes. Carlos Vasquez placed fifth at 106 pounds and Salvador Alvarez placed fifth at 120 pounds.

The Warren wrestling team also participated in the Ed Springs Classic Wrestling Tournament December 21st and 22nd at Brea-Olinda High School. The Bears finished in eighth place overall with a total of 102 points.

Valencia finished first with a total of 176 points, Sonora finished second with a total of 148 points, Dos Pueblos finished third with a total of 131.5 points, Brea-Olinda finished fourth with a total of 128 points and Aliso Niguel finished fifth with a total of 117.5 points, respectively.

The Bears had six wrestlers place in the top eight of their respective weight classes. Joshua Mariscal placed seventh at 106 pounds, Carlos Vasquez placed third at 113 pounds and Salvador Alvarez placed fifth at 120 pounds. Carlos Durazo placed third at 160 pounds, Troy Garcia placed sixth at 170 pounds and Kaleb McIntyre placed eighth at 195 pounds.

Warren will begin their league match schedule when they host Gahr at Warren on January 3. The Bears will then travel to cross-town rival Downey on January 8, will host Dominguez at Warren on January 10th and will travel to Paramount to face the Pirates on January 22nd. Downey and Paramount will once again be the teams to beat in league competition.

Warren is scheduled to wrestle in the Tournament of Champions at Cerritos College on January 5 and the La Puente Duals on January 12.

Coach Brogden, his staff and wrestlers are all looking forward to competing for a S.G.V.L. and C.I.F. championship.

DOWNEY WRESTLING: The Downey High School wrestling team has been busy this preseason getting ready for the start of their league dual match schedule, competing in the Edison Beach Bash at Edison High School in Huntington Beach on Dec. 7-8.

Downey finished in eighth place overall with a total of 115 points. The Vikings had five wrestlers finish in the top eight of their respective weight classes. Matthew Mendoza placed eighth at 113 pounds, Isaac Medina placed seventh at 126 pounds, Josh Burtle finished eighth at 138 pounds, Matthew Rauno finished fifth at 160 pounds and Nelson Cruz

finished second at 220 pounds.

Rowland was the Edison Beach Bash Tournament champion with 213 points, respectively. Downey finished eighth and cross-town rival Warren finished 13th.

The Vikings also hosted the Downey 32 Way Varsity Tournament December 14th and 15th. Downey finished in ninth place overall with a total of 64 points.

Paramount finished first with a total of 116.5 points, Monache finished second with a total of 97 points, Arroyo finished third with a total of 92.5 points, Beaumont finished fourth with a total of 89 points and Millikan finished fifth with a total of 85.5 points, respectively.

Downey had one wrestler qualify for the semifinals and that was Isaac Medina at 126 pounds. Other Viking wrestlers were in the mix but did not finish in the top two (bout sheet was incomplete at press time).

New Viking head coach Kyle Acevedo, his staff and wrestlers are all looking forward to league competition. Cross-town rival Warren and Paramount will be the teams to beat in San Gabriel Valley League dual meet action.

DOWNEY BOYS SOCCER: The Downey High School boys' soccer team currently has an overall record of 5-1-2 and will begin league play next week.

In recent competition, the Vikings defeated Los Alamitos 4-1 at Downey on December 13, defeated Alisal of Salinas (California) 1-0 at Downey on December 14, defeated El Toro 2-0 at Downey on December 15 and defeated Schurr of Montebello 2-1 at Downey on December 18.

The Vikings are scheduled to compete in the Arizona Showcase beginning tomorrow and will play Hamilton of Arizona in their tournament opener. Downey will also compete in the Flower Mound Marcus Tournament against Naaman Forest of Garland, Texas, on January 3.

The Vikings will then begin San Gabriel Valley League play when they host Dominguez at Downey on January 4th. Downey will then travel to Lynwood to play the Knights on January 8th and also travel to cross-town rival Warren to play the Bears on January 10th.

The Vikings will then host Gahr at Downey on January 15th and also host Paramount at Downey on January 17th. Paramount and Warren will once again be the teams to beat in league play.

Head coach Marvin Mires, his staff and players are all looking forward to the start of San Gabriel Valley League play and competing for another league championship. The Vikings are the 2018 S.G.V.L. champions.

Downey is also looking forward to qualifying for and making a deeper run in the C.I.F. Division One playoffs.

Local athletes win spots on Olympic teams

DOWNEY – Two local residents who competed for a spot on a U.S. Olympic team at an open audition at the 24 Hour Fitness in Downey were among the eight total winners.

The competition was part of an NBC show titled "The Next Olympic Hopeful," in which members of the public compete for a chance on a U.S. Olympic team. Auditions were held nationwide, including in Downey earlier this year.

Among the eight winners were Stephanie Grant, a veterinary technician from Bellflower. A collegiate track athlete, she won a spot on the women's boxing team.

Fabian Griffith, a personal trainer from Apple Valley, secured a spot on the men's skeleton and bobsled team.

LEGALS

BULK SALES

NOTICE TO CREDITORS OF BULK SALE (Division 6 of the Commercial Code) Escrow No. 181079-EK

(1) Notice is hereby given to creditors of the within named Seller(s) that a bulk sale is about to be made on personal property hereinafter described.
(2) The name and business addresses of the seller are: CALIFORNIA SUSHI & TERIYAKI, INC., 12305 NORWALK BLVD., NORWALK, CA 90650
(3) The location in California of the chief executive office of the Seller is: 12305 NORWALK BLVD., NORWALK, CA 90650
(4) The name and business address of the Buyer(s) are: WOOCHAN PARK, 1700 8TH ST, MANHATTAN BEACH, CA 90266
(5) The location and general description of the assets to be sold are: FURNITURE, FIXTURES, EQUIPMENT, TRADENAME, GOODWILL, LEASE, LEASEHOLD IMPROVEMENTS of that certain business located at: 12305 NORWALK BLVD., NORWALK, CA 90650
(6) The business name used by the seller(s) at said location is: CALIFORNIA SUSHI & TERIYAKI, INC.
(7) The anticipated date of the bulk sale is JANUARY 22, 2019, at the office of SOLOMONS ESCROW COMPANY, INC., 14730 BEACH BLVD. SUITE 107 LA MIRADA, CA 90638. Escrow No. 181079-EK, Escrow Officer: EUGENE K. YOON
(8) Claims may be filed with Same as "7" above.
(9) The last date for filing claims is: JANUARY 18, 2019
(10) This Bulk Sale is subject to Section 6106.2 of the Uniform Commercial Code.
(11) As listed by the Seller, all other business names and addresses used by the Seller within three years before the date such list was sent or delivered to the Buyer are: NONE
DATED: NOVEMBER 30, 2018
TRANSFEREES: WOOCHAN PARK
LA2170127 DOWNEY PATRIOT 12/27/2018

**FCS LA2170127
The Downey Patriot
12/27/18**

FICT. BUS NAME

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2018302640
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **JUST RIGHT BARBERSHOP, 431 E MARKET STREET, LONG BEACH CA 90805, LA COUNTY.** Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A REGISTERED OWNERS(S): (1) JUAN MANUEL VILLALOBOS JR, 6746 GAVIOTA AVENUE, LONG BEACH CA 90805 State of Incorporation: N/A THIS BUSINESS IS CONDUCTED BY: AN INDIVIDUAL
The date registrant started to transact business under the fictitious business name or names listed above: 12/2018
I declare that all the information in this

statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fin not to exceed one thousand dollars (\$1,000).)
S/JUAN MANUEL VILLALOBOS JR, OWNER
This statement was filed with the County Clerk of Los Angeles on DECEMBER 6, 2018
Notice - In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other than a change in the residence address of a registered owner. A new Fictitious Business Name Statement must be filed before the expiration. Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by the affidavit of identity form.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State or Common Law (see Section 14411 et seq., Business and Professions Code).

**The Downey Patriot
12/13/18, 12/20/18, 12/27/18, 1/3/19**

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2018310188
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **CARSON FAMILY DENTAL, 144 W CARSON ST, CARSON CA 90745, LA COUNTY.** Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A REGISTERED OWNERS(S): (1) GUADALUPE L. PEREIRA, DMD, A PROFESSIONAL CORPORATION, 155 E LOMITA BLVD, CARSON CA 90745 State of Incorporation: CA THIS BUSINESS IS CONDUCTED BY: A CORPORATION
The date registrant started to transact business under the fictitious business name or names listed above: 01/2018
I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fin not to exceed one thousand dollars (\$1,000).)
S/GUADALUPE L. PEREIRA, DMD, A PROFESSIONAL CORPORATION, PRESIDENT, GUADALUPE L. PEREIRA
This statement was filed with the County Clerk of Los Angeles on DECEMBER 13, 2018
Notice - In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other than a change in the residence address of a registered owner. A

new Fictitious Business Name Statement must be filed before the expiration. Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by the affidavit of identity form.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State or Common Law (see Section 14411 et seq., Business and Professions Code).

**The Downey Patriot
12/20/18, 12/27/18, 1/3/19, 1/10/19**

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2018310006
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **NORTH STAR LANDSCAPE, 8526 QUINN ST, DOWNEY CA 90241, LA COUNTY, 11148 WALNUT STREET, BLOOMINGTON CA 92316** Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A REGISTERED OWNERS(S): (1) NORTH STAR LAND CARE, 11148 WALNUT STREET, BLOOMINGTON CA 92316 State of Incorporation: CA THIS BUSINESS IS CONDUCTED BY: A CORPORATION
The date registrant started to transact business under the fictitious business name or names listed above: N/A
I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fin not to exceed one thousand dollars (\$1,000).)
S/NORTH STAR LAND CARE, CEO, JOSE ANTONIO MARTINEZ
This statement was filed with the County Clerk of Los Angeles on DECEMBER 13, 2018
Notice - In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other than a change in the residence address of a registered owner. A new Fictitious Business Name Statement must be filed before the expiration. Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by the affidavit of identity form.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State or Common Law (see Section 14411 et seq., Business and Professions Code).

**The Downey Patriot
12/20/18, 12/27/18, 1/3/19, 1/10/19**

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2018297939
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **STONEWOOD REALTY, 8255 FIRESTONE BLVD, STE 305, DOWNEY CA 90241, LA COUNTY.** Articles of Incorporation or Organization

Number (if applicable): AI #ON: N/A REGISTERED OWNERS(S): (1) GEORGE OLMOS, 11000 WOODRUFF AVE, #39, DOWNEY CA 90241 State of Incorporation: N/A THIS BUSINESS IS CONDUCTED BY: AN INDIVIDUAL
The date registrant started to transact business under the fictitious business name or names listed above: N/A
I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fin not to exceed one thousand dollars (\$1,000).)
S/GEORGE OLMOS, OWNER
This statement was filed with the County Clerk of Los Angeles on NOVEMBER 29, 2018
Notice - In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other than a change in the residence address of a registered owner. A new Fictitious Business Name Statement must be filed before the expiration. Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by the affidavit of identity form.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State or Common Law (see Section 14411 et seq., Business and Professions Code).

**The Downey Patriot
12/6/18, 12/13/18, 12/20/18, 12/27/18**

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2018315451
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **RELIABLE STRETCH FILM, 8444 LUXOR STREET, DOWNEY CA 90241, LA COUNTY.** Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A REGISTERED OWNERS(S): (1) ALMA L. RODRIGUEZ, 8444 LUXOR STREET, DOWNEY CA 90241 State of Incorporation: N/A THIS BUSINESS IS CONDUCTED BY: AN INDIVIDUAL
The date registrant started to transact business under the fictitious business name or names listed above: 12/2018
I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fin not to exceed one thousand dollars (\$1,000).)
S/ALMA L. RODRIGUEZ, OWNER
This statement was filed with the County Clerk of Los Angeles on DECEMBER 19, 2018
Notice - In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of

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

**The Downey Patriot
12/27/18, 1/3/19, 1/10/19, 1/17/19**

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2018302147
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **HOMELIGHT MORTGAGE, 8345 FIRESTONE BOULEVARD SUITE 325, DOWNEY CA 90241, LA COUNTY.** Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A REGISTERED OWNERS(S): (1) ZAMORAGROUP LLC, 8345 FIRESTONE BOULEVARD SUITE 325, DOWNEY CA 90241 State of Incorporation: DE THIS BUSINESS IS CONDUCTED BY: A LIMITED LIABILITY COMPANY
The date registrant started to transact business under the fictitious business name or names listed above: N/A
I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fin not to exceed one thousand dollars (\$1,000).)
S/ZAMORAGROUP LLC, CEO, DANIEL ZAMORA
This statement was filed with the County Clerk of Los Angeles on DECEMBER 4, 2018

**The Downey Patriot
12/6/18, 12/13/18, 12/20/18, 12/27/18**

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2018313210
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **MONTEBELLO MEINEKE CAR CARE #2432, 121 E WHITTIER BLVD, MONTEBELLO CA 90640, LA COUNTY, 5846 LUDELL STREET, BELL GARDENS CA 90201** Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A REGISTERED OWNERS(S): (1) GAALIYAH LLC, 5846 LUDELL STREET, BELL GARDENS CA 90201 State of Incorporation: CA THIS BUSINESS IS CONDUCTED BY: A LIMITED LIABILITY COMPANY
The date registrant started to transact business under the fictitious business name or names listed above: N/A
I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business

**The Downey Patriot
12/6/18, 12/13/18, 12/20/18, 12/27/18**

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2018302086
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **C & H TAx PLUS, 22005 AVALON BLVD UNIT C, CARSON CA 90745, LA COUNTY, PO BOX 4718, CARSON CA 90749**

Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A REGISTERED OWNERS(S): (1) HILDA YEPEZ, 21818 S EDGAR ST, CARSON CA 90745 State of Incorporation: N/A THIS BUSINESS IS CONDUCTED BY: AN INDIVIDUAL
The date registrant started to transact business under the fictitious business name or names listed above: N/A
I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fin not to exceed one thousand dollars (\$1,000).)
S/HILDA YEPEZ, OWNER
This statement was filed with the County Clerk of Los Angeles on DECEMBER 4, 2018

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

**The Downey Patriot
12/6/18, 12/13/18, 12/20/18, 12/27/18**

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2018313210
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **MONTEBELLO MEINEKE CAR CARE #2432, 121 E WHITTIER BLVD, MONTEBELLO CA 90640, LA COUNTY, 5846 LUDELL STREET, BELL GARDENS CA 90201** Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A REGISTERED OWNERS(S): (1) GAALIYAH LLC, 5846 LUDELL STREET, BELL GARDENS CA 90201 State of Incorporation: CA THIS BUSINESS IS CONDUCTED BY: A LIMITED LIABILITY COMPANY
The date registrant started to transact business under the fictitious business name or names listed above: N/A
I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business

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between owner and obligated party.
Dated this 27th Day of December, 2018 and 3th day of January, 2019.
Self Storage Management Co. Bond #: WL1254152

The Downey Patriot
12/27/18, 1/3/19

NOTICES

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NUMBER: 18NWCP00046
TO ALL INTERESTED PERSONS: Petitioner HYERIM CHUNG filed a petition with this court for a decree changing names as follows:
Present name (1) HYERIM CHUNG to Proposed name (1) ROCHELLE HYERIM CHUNG
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
NOTICE OF HEARING
Date: JANUARY 30, 2019, Time: 1:30 p.m., Department: C, Room: 312
The address of the court is 12720 Norwalk Boulevard, Norwalk, CA 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 DECEMBER 3, 2018
Judge Margaret M. Bernal
Judge Of The Superior Court
Petitioner or Attorney, In Pro Per
HYERIM CHUNG
11051 BARNWALL STREET, APT #12
NORWALK, CA 90650
(714) 833-0114
ROCHELLEHCHUNG@GMAIL.COM

The Downey Patriot
12/6/18, 12/13/18, 12/20/18, 12/27/18

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NUMBER: 18NWCP00061
TO ALL INTERESTED PERSONS: Petitioner GILBERT RODRIGUEZ filed a petition with this court for a decree changing names as follows:
Present name (1) GILBERT RODRIGUEZ to Proposed name (1) RUDY GILBERT RODRIGUEZ JR.
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
NOTICE OF HEARING
Date: JANUARY 9, 2019, Time: 1:30 p.m., Department: C, Room: 312
The address of the court is 12720 Norwalk Boulevard, Norwalk, CA 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, DOWNEY PATRIOT DECEMBER 7, 2018
Judge Margaret M. Bernal
Judge Of The Superior Court
Petitioner or Attorney, In Pro Per
GILBERT RODRIGUEZ
18707 GRAYLAND AVE, APT 1/4
ARTESIA, CA 90701
562.458-4886

The Downey Patriot
12/13/18, 12/20/18, 12/27/18, 1/3/19

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NUMBER: 18NWCP00068
TO ALL INTERESTED PERSONS: Petitioner MATTHEW STEVE PEREZ filed a petition with this court for a decree changing names as follows:
Present name (1) MATTHEW STEVE PEREZ to Proposed name (1) MATTHEW STEVE CONSTANT
THE COURT ORDERS that all persons interested in this matter appear before this

court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
NOTICE OF HEARING
Date: FEBRUARY 13, 2019, Time: 1:30 p.m., Department: C, Room: 312
The address of the court is 12720 Norwalk Boulevard, Norwalk, CA 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, DOWNEY PATRIOT DECEMBER 14, 2018
Judge Margaret M. Bernal
Judge Of The Superior Court
Petitioner or Attorney, In Pro Per
MATTHEW STEVE PEREZ
11619 DOWNEY AVENUE, APT 204
DOWNEY, CA 90241
(562) 644-6364
KRDT27@GMAIL.COM

The Downey Patriot
12/20/18, 12/27/18, 1/3/19, 1/10/19

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NUMBER: 18NWCP00045
TO ALL INTERESTED PERSONS: Petitioner SHANNA LEIGH FRANKLIN filed a petition with this court for a decree changing names as follows:
Present name (1) SHANNA LEIGH FRANKLIN to Proposed name (1) SHANNA LEIGH LOVETTE
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
NOTICE OF HEARING
Date: JANUARY 23, 2019, Time: 1:30 p.m., Department: C, Room: 312
The address of the court is 12720 Norwalk Boulevard, Norwalk, CA 90650
A copy of this Order to Show Cause shall be published at least once a week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in the county, THE DOWNEY PATRIOT NOVEMBER 19, 2018
Judge Margaret M. Bernal
Judge Of The Superior Court
Petitioner or Attorney, In Pro Per
SHANNA LEIGH FRANKLIN
12306 SUMMER AVE
NORWALK, CA 90650
(714) 928-8685
SHANNAFRANKLINDESIGNS@YAHOO.COM

The Downey Patriot
12/6/18, 12/13/18, 12/20/18, 12/27/18

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NUMBER: 18NWCP00067
TO ALL INTERESTED PERSONS: Petitioner LEOPOLDO CESAR RODARTE IV filed a petition with this court for a decree changing names as follows:
Present name (1) LEOPOLDO CESAR RODARTE IV to Proposed name (1) LEOPOLDO CESAR RODARTE BILLON
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
NOTICE OF HEARING
Date: FEBRUARY 6, 2019, Time: 1:30 p.m., Department: C, Room: 312
The address of the court is 12720 Norwalk Boulevard, Norwalk, CA 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, DOWNEY PATRIOT DECEMBER 12, 2018
Judge Margaret M. Bernal

Judge Of The Superior Court
Petitioner or Attorney, In Pro Per
LEOPOLDO CESAR RODARTE IV
7345 RIO FLORA PLACE
DOWNEY, CA 90241
562-746-5291
LRBILLON@GMAIL.COM

The Downey Patriot
12/20/18, 12/27/18, 1/3/19, 1/10/19

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NUMBER: 18NWCP00016
TO ALL INTERESTED PERSONS: Petitioner JOSEPHANIE E. CONTRERAS ON BEHALF OF DANIELLA D. CHAVEZ filed a petition with this court for a decree changing names as follows:
Present name (1) DANIELLA DAISY CHAVEZ to Proposed name (1) XENA DAISY CONTRERAS
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
NOTICE OF HEARING
Date: JANUARY 16, 2019, Time: 1:30 p.m., Department: C, Room: 312
The address of the court is 12720 Norwalk Boulevard, Norwalk, CA 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, DOWNEY PATRIOT DECEMBER 7, 2018
Judge Margaret M. Bernal
Judge Of The Superior Court
Petitioner or Attorney, In Pro Per
STEPHANIE ELISE CONTRERAS ON BEHALF OF DANIELLA D. CHAVEZ
10340 LAREINA AVE.
DOWNEY, CA 90241
562.302.3018

The Downey Patriot
12/20/18, 12/27/18, 1/3/19, 1/10/19

PROBATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF STEVEN HOWARD ERICKSON
Case No. 18STPB11207
To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of STEVEN HOWARD ERICKSON A PETITION FOR PROBATE has been filed by Michelle Y. Erickson in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that Michelle Yvette Erickson 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 January 11, 2019 at 8:30AM in Dept. No. 4 located at 111 N. Hill St., Los Angeles, CA 90012.
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

of or any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

Attorney for petitioner:
TIFFANY A HALIMI ESQ
SBN 290492
CLARK & TREVITHICK PLC
800 WILSHIRE BLVD
12 TH FLR
LOS ANGELES CA 90017
CN955671 ERICKSON Dec 20, 2018, Jan 3, 2019

CN955671
The Downey Patriot
12/20/18, 12/27/18, 1/3/19

and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made in an "as is" condition, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. Trustor: Luis E. Sarria and Aurora Sarria, husband and wife Duly Appointed Trustee; National Default Servicing Corporation Recorded 02/12/1999 as Instrument No. 99 0237175 (or Book, Page) of the Official Records of Los Angeles County, California. Date of Sale: 01/18/2019 at 11:00 AM Place of Sale: By the fountain located at 400 Civic Center Plaza, Pomona, CA 91766 Estimated amount of unpaid balance and other charges: \$337,681.79 Street Address or other common designation of real property: 8339 Albia Street, Downey, CA 90241 The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. The requirements of California Civil Code Section 2923.5(b)(2923.55(c) were fulfilled when the Notice of Default was recorded. 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 714-730-2727 or visit this Internet Web site www.ndscorp.com/sales, using the file number assigned to this case 17-20447-SP-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. Date: 12/19/2018 National Default Servicing Corporation c/o Tiffany and Bosco, P.A., its agent, 1230 Columbia Street, Suite 680 San Diego, CA 92101 Toll Free Phone: 888-264-4010 Sales Line 714-730-2727. Sales Website: www.ndscorp.com Rachael Hamilton, Trustee Sales Representative A-4679470 12/27/2018, 01/03/2019, 01/10/2019

ASAP 4679470
The Downey Patriot
12/27/18, 1/3/19, 1/10/19

TRUSTEE SALES

NOTICE OF TRUSTEE'S SALE T.S. No. 17-20447-SP-CA Title No. 170446620-CA-VOI A.P.N. 6258-006-020 ATTENTION RECORDER: THE FOLLOWING REFERENCE TO AN ATTACHED SUMMARY IS APPLICABLE TO THE NOTICE PROVIDED TO THE TRUSTOR ONLY PURSUANT TO CIVIL CODE 2923.3 NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED. YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 02/02/1999 UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, (cashier's check(s) must be made payable to National Default Servicing Corporation), drawn on 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; will be held by the duly appointed trustee as shown below, of all right, title,



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At Cocoon, no passport is necessary

Downey Doings

By Lorine Parks
Society Columnist

Looking for that special holiday gift for the person who has everything? Or a present for the Lunar New Year?

Perhaps you just want a modestly priced hostess gift that says someone is special.

Downey has a little shop of wonders, Cocoon, nestled next to a dry cleaner near Old River School Liquor, in the mini-mall at Stewart and Gray Road. Owner Jesse Quintero has traveled to the emerging countries of the world, places where jewelry is still a hand craft. Gem stones are not always set in silver: sometimes a burnished cirlet of black water buffalo horn will set off a watery moonstone.

Jesse has traveled the world and brought back amazing trinkets and treasures. He has a nice selection of incense too. When I asked him if there were places that he could no longer go, he nodded. Afghanistan with its great lapis deposits is off limits to him now. The craft of the silver-smith has become a woman's trade there, and small business loans had begun to help with village enterprises.

"So, do you have to deal with traders," I asked. "No," said Jesse. "I had established my own local contacts, and now I can deal direct without a middleman. So I still have my sources."

"And with computers you can see what you're buying right away," I said. "And I've arranged for wiring payments," Jesse said. "So the world is still out there for me."

Two black dog-faced statues guard the entrance to the shop, and cheetah and monkey masks glare and smile from the walls. A lovely wooden African totem stained in a giraffe pattern stands by the jewelry cases, and a Japanese black lacquered box tops another, next to wooden masks from Guatemala of jaguars and birds.

A delicate filigree ring with a moonstone caught my eye. It's from Bali, Jesse said. Then a bold mottled blue and green stone: "Azurite," I asked, "and from Bali?" "Yes and no," said Jesse. "It's azurite, but from New Mexico."

A lovely brooch set with six highly polished apricot colored carnelians was what I wanted. "Nepal," said Jesse, polishing each sterling silver setting as he took it out for display.

Looking for something

delicate yet dramatic for my granddaughter, I tried on a hammered silver shield-shaped band, set with an amethyst cabochon from New Mexico. Jesse showed me trays of similar styles, one like a cigar-band centered with a green striped malachite and wreathed in a silver bead setting. "Bali again," said Jesse. Another held carnelians set in brass, and onyx and silver rings, in sizes for men too.

I had bought so much by now that Jesse offered me a tray of little \$3 rings, to pick one for free. I chose a bold bejeweled Hand of Fatima, fingers outspread with a red and yellow enamel disc in the palm, the Eye of Horus.

"That's the Hand of the Prophet's Daughter, Fatima," I said, knowing that because I had seen it often enough when I traveled in Egypt. "Yes," said Jesse, "but in Israel they will tell you it is the Hand of God. Either way, it's to ward off the evil eye."

The world we see is believed by billions - literally -- to be

populated also by spirits from a vast spirit domain. Their totems and faces are carved and painted by every culture to keep us aware of the animating spirit that flows in everyone.

Jesse showed me photos from his visit in May to Surabaya in Indonesia, where an act of Isis terrorism blasted a marketplace and a Pentecostal Church, charring motorbikes and killing dozens of innocent family members.

"We had just arrived," said Jesse, "and we were going to dinner at a restaurant in that same square. But as we got up to leave" Jesse said, "I felt an invisible pressure on my shoulders, forcing me to sit down. So we didn't go, and that saved our lives."

When you get that kind of warning, you can't afford to ignore it, no matter where it comes from.

Cocoon is a comfortable way to explore for artifacts, and bizarre and odd treasures from around the world. Jesse even has a nook with clothes: skirts, blouses, and colorful cotton vests which were woven on small portable looms the weavers carry on their backs in the mountains. There's a mirror if you want to try

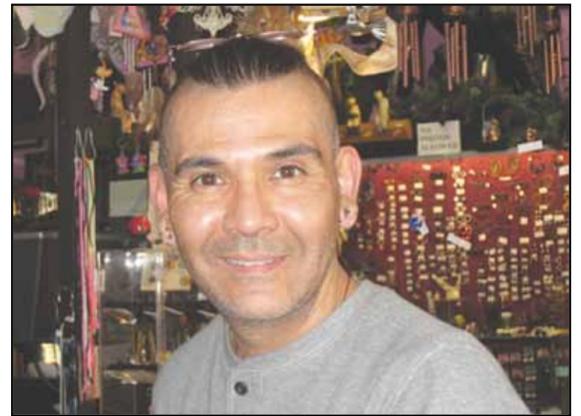
something on.

When travelling one should be ready to dive into the culture and put on the style and accessories of the country or tribe. Jesse's ears are not only pierced but have holes big enough to hold the gold and jade plugs of Mezo America. Great or small, he has seen it and collected it. Now his tiny treasures wait, to delight the armchair explorer in Cocoon, which he calls "Gifts for the Mind."

As one of the Yelp comments said, "a huge assortment of odd to cultural and everything in between. There's always so many things to see and new gems to find! It's a small shop but I've always said give yourself at least an hour to take it all in. From the floor to literally the ceiling, you'll be amazed at what you find. There's really nothing else like it."

And you don't even need a passport.

Cocoon is located at 7391 Stewart & Gray Rd. in Downey.



Jesse Quintero, above, owner of Cocoon. Photos by Lorine Parks



POETRY MATTERS

Taking Down the Tree

"Give me some light!" cries Hamlet's uncle midway through the murder of Gonzago. "Light! Light!" cry scattering courtesans. Here, as in Denmark, it's dark at four, and even the moon shines with only half a heart.

The ornaments go down into the box: the silver spaniel, My Darling on its collar, from Mother's childhood in Illinois; the balsa jumping jack my brother and I fought over, pulling limb from limb. Mother drew it together again with thread while I watched, feeling deprived at the age of ten.

With something more than caution I handle them, and the lights, with their tin star-shaped reflectors, brought along from house to house, their pasteboard toy suitcases increasingly flimsy. Tick, tick, the desiccated needles drop.

By supertime all that remains is the scent of balsam fir. If it's darkness we're having, let it be extravagant.

The tactile fragile past is packed away as clock-like the needles drop, timed like the ball on New Year's Eve. Finally, only smell, the most primitive sense and most closely connected to memory, mood, and emotion, remains. The poet revels in the richness of the moment, the last of the darkness. Poetry Matters is curated by Lorine Parks.

Jane Kenyon, Collected Poems (Graywolf Press, 2005)

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2

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

Don't Wait!

Lovely single family home nestled in a quiet neighborhood. Home features 3 bedrooms, 2 bathrooms with Jack and Jill master bathroom. Salt water pool system. Central air and heat. Elevated backyard for added privacy. Remodeled kitchen with stainless steel appliances and granite counters. Separate laundry room. **Call Today!!!**

Splish Splash!

Nice cul de sac street. Home is dated but can be very nice with some upgrades. Dining area off kitchen. Step down family room. Profile shows 2 bedrooms but large room upstairs. Utility room. Pool. **Call Today!!!**

Charmer!

Very cute and cozy remodeled home, not a flip. New paint, stucco, plumbing, roof - just move in. Spanish style. Low maintenance front yard. Large backyard, needs grass. Also needs a new garage. Home is very cute. Plus new electrical panel. **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. Newer fireproof 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!!!**

Excellent Opportunity!

This well maintained 3 bedroom, 1.75 bathroom home is on a corner lot. This home has a two car detached garage, storage shed, and covered patio. The updated kitchen has built in stove top, oven, and dishwasher. Also included are a den with fireplace and an indoor laundry room with an attached walk in closet. **Call Today!!!**

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