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Changing how we exercise

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Blanca Pacheco chosen as 2020 mayor

When sworn-in Dec. 10, she will become the first Latina mayor in Downey history.

By Alex Dominguez
Staff Writer

DOWNEY - History was made Wednesday night, with council members Blanca Pacheco and Claudia Frometa appointed as the mayor and mayor pro tem respectively for 2020.

Although never a guarantee, it is often anticipated that the Mayor Pro Tem will be elevated to mayor the following year. Pacheco - who was elected in 2016 - served as mayor pro tem for the past year.

She now makes history, becoming the first Latina mayor of Downey.

Pacheco said that she was excited for the opportunity to serve as mayor, and expressed understanding of the added weight her mark on history makes.

"It's been an honor and a privilege being able to serve as mayor pro tem with our mayor," said Pacheco. "I think this is a great opportunity for our city...I hope this will motivate Latinas to pursue whatever career path they want to, whether elected office, STEM field, as attorneys, whatever it may be. I hope this shows more of an example of what they can strive to be."

Pacheco already had a fair amount of momentum towards the mayor's chair heading into the vote, having covered for current Mayor Rick Rodriguez at meetings and in the public eye during the mayor's recent extended medical leave.

After the meeting, Rodriguez expressed great confidence in his successor, saying she was ready to "rock and roll."

"The fact that she came in, carried the gavel, and did a wonderful job; I'm so proud of her," said Rodriguez. "She's ready, I'm just in the way...I've learned so much from her watching from a hospital bed, watching her take all the hits for me, all these hits for the city, all these complicated issues, her taking those, being so judge-like...I have so much faith in her."

The 2020 appointments also mark the first time that both the mayor and pro tem positions will be occupied by women.

Frometa, also thankful to be given the opportunity, described the decision as "something to be really proud about and celebrate as a community."

"I don't take this responsibility lightly," said Frometa. "I'm looking forward to working with our Mayor Blanca Pacheco on some exciting projects, and serving our residents."

"I think this is the moment in time where we, as women, continue to make strides in our community, and I think that this also sends a message to the younger generations that as women leaders, we can continue to forge new paths. It's an exciting time."

DOWNEY DECLINES TENANT PROTECTIONS

Citing private property rights, the City Council declined to join other cities in stopping no-fault evictions.

By Alex Dominguez
Staff Writer

DOWNEY - An attempt to establish a moratorium on no-fault evictions went for naught on Wednesday, failing to convince a majority of the council to side with several frustrated renters.

Rising rental rates and no-fault evictions have been one of the city's hot-button issues for the last several weeks, stemming primarily from the concerns of tenants at the Eden Roc apartment complex.

With AB 1482 - a legislative bill designed to protect renters signed by Gov. Gavin Newsom in October - only a few weeks away from taking effect, there have been several concerns surrounding landlords potentially hiking rental prices or evicting their tenants outright in an attempt to "get ahead" of the new law.

Specifically, residents of the local Eden Roc Apartments have pleaded that AB 1482 is too little too late, and that intervention by the Council was needed in the meantime.

This climaxed in a late-night meeting last week, where the council - unable to take any action at the time due to the number of council members available - directed staff to prepare an emergency ordinance on no-fault evictions, which was spearheaded by Councilman Sean Ashton.

It would be an up-hill battle for the proposed ordinance from the get go, needing a "super majority vote" (four out of the five councilmembers) to pass.

With Mayor Rick Rodriguez abstaining from the item due to his status as a landlord in the city, the difficulty was only compounded, as this meant the ordinance would need a unanimous "yes" from the remaining four elected officials, allowing for no wiggle room.

An almost full house came out to speak on the issue, with a majority in favor of the moratorium.

Included in that number were several of the tenants from Eden Roc, who as they had in recent weeks, made appeals to the council's sympathy with anecdotes of poorly kept properties, stubborn landlords, and families and children facing down the barrel of what seemed to be imminent homelessness.

On the opposite end, many of those opposed to the moratorium were realtors or property owners. This group, significantly outnumbered by the former, spoke to the point of property owners' rights, and that any kind of control on rent and evictions would be damaging to the housing market as a whole.

However, when it came time for the council's input, it became clear almost immediately that the evening would not fall in renters' favor, starting with comments made by Councilman Alex Saab.

"I realize this is a very emotional issue...especially one when it touches people's hearts involving housing, children, our freedoms, whatever it may be,"



PHOTO BY ERIC PIERCE

A vacancy sign hangs at the Eden Roc Apartments in Downey on Thursday. Residents of the complex claim they are being targeted with unfair rent increases and evictions.

said Saab. "Yes, we are in the middle of a housing crisis. Yes, there is a need for affordable housing. The experts all agree, there is a need for housing.

"However, the means by which we're going to try and resolve that is obviously a big point of contention. Owning a property is essentially having a business, and passing an ordinance that usurps that right goes against property rights..."

Saab continued, saying that rent control had been proven "time and time again" to hurt the housing market, and that such an ordinance "would not have an effect on [fixing] homelessness."

He also added that passing the ordinance would send the wrong message to the community.

"...That at any time the government is going to push pause when there is an issue that is going to affect one part of the community and not the other? What kind of confidence is that going to give the community," said Saab. "That just creates havoc, it reduces the law and order we have in our community, and that just doesn't make sense."

"There are many rules that protect our tenants... although I'm very sympathetic to the situation, obviously we're all sympathetic, I simply can't support this. It has way too many unintended consequences on the tenants themselves, on the property owners, on the real estate market, and the community in general."

Councilman Ashton took a different stance than his colleague.

"We were kind of given AB 1482 and told 'Okay, here it is. You've got this, you get to deal with the ramifications of it.' Some of those ramifications aren't our fault, per se," said Ashton. "We are dealing with residents who are given 60 day,

no-cause evictions to correct market inequalities, and we're being asked to help those residents to at least give them the opportunity to have some safety during this time until the law takes effect.

"I'm the one who asked for this; obviously, you kind of know where I stand on it. This is something that might not be the right law, but it's the law that we've been given and it's the ramifications that we're dealing with. There are certain things that were considered lawful, but not necessarily right...for me, the right decision at this time is to give our residents the opportunity to have a way to deal with this in a way that gives them an opportunity to at least stay where they're at until things can stabilize."

Ashton made a motion to pass the moratorium but with Mayor Pro Tem Blanca Pacheco and Councilwoman Claudia Frometa aligning with Saab, the motion died without a second or a final vote.

AB 1482 takes effect Jan. 1, 2020.



A motion by Councilman Sean Ashton seeking a moratorium on no-fault evictions failed to get a second at Wednesday's City Council meeting.

Downey restaurant grades

KFC
7865 E Florence Ave.
Date Inspected: 11/20/19
Grade: **A**

Pizza Hut
7936 Florence Ave.
Date Inspected: 11/19/19
Grade: **A**

Subway
7930 Florence Ave.
Date Inspected: 11/19/19
Grade: **A**

Downey Supermarket
13240 Woodruff Ave.
Date Inspected: 11/19/19
Grade: **A**

Ralphs
8628 Firestone Blvd.
Date Inspected: 11/18/19
Grade: **A**

Ralphs (Bakery)
7900 Imperial Hwy.
Date Inspected: 11/18/19
Grade: **A**

Ralphs (Starbucks)
11039 Downey Ave.
Date Inspected: 11/18/19
Grade: **A**

Louisiana Chicken and Chinese Food
8843 Rosecrans Ave.
Date Inspected: 11/14/19
Grade: **A**

A&T Liquor
12202 Downey Ave.
Date Inspected: 11/14/19
Grade: **A**

Circle M Mini Market
12142 Downey Ave.
Date Inspected: 11/14/19
Grade: **A**

Wyamn's Liquor
9300 Firestone Blvd.
Date Inspected: 11/14/19
Grade: **A**

Mr. B's Liquor
12624 Bellflower Blvd.
Date Inspected: 11/14/19
Grade: **A**

Starfish Sushi
8244 Firestone Blvd.
Date Inspected: 11/14/19
Grade: **A**

Club DB Lounge
8206 Firestone Blvd.
Date Inspected: 11/14/19
Grade: **A**

G & M Oil
9851 Imperial Hwy.
Date Inspected: 11/14/19
Grade: **A**

Masa Sushi Bon Appetit
7808 Florence Ave.
Date Inspected: 11/14/19
Grade: **A**

Pop's Cafe
7840 Florence Ave.
Date Inspected: 11/14/19
Grade: **A**

Holding Corp Downey Elks
11233 Woodruff Ave.
Date Inspected: 11/14/19
Grade: **A**

Downey Brewing Company
10924 Paramount Blvd.
Date Inspected: 11/14/19
Grade: **B**

Arco
11846 Downey Ave.
Date Inspected: 11/13/19
Grade: **A**

Dollar Tree
8330 Firestone Blvd.
Date Inspected: 11/13/19
Grade: **A**

Weekend at a Glance

Friday 71°

Saturday 76°

Sunday 75°

THINGS TO DO



Winter Fantasy

All Weekend - Sawdust Art Festival in Laguna Beach

A 3-acre art village is turned into a winter wonderland with falling snow, a petting zoo, carolers, live entertainment, and thousands of Christmas lights and trees. \$4 for kids, \$8 adults



Crane-Making

Saturday - Barbara J. Riley Center, 11 am to 1 pm

The Downey Rose Float Association is working to fold 10,000 origami cranes. Help them reach their goal.



Youth Fishing Derby

Saturday - El Dorado Regional Park in Long Beach, 8 am

A free fishing derby for kids ages 15 and younger. Fishing poles and tackle provided at no cost. Kids 16 and older require a state fishing license.



L.A. Car Show

All Weekend - Los Angeles Convention Center

One of the world's largest auto shows with 1,000 vehicles, free test drives, celebrity appearances, virtual reality, and pet adoptions.



Whittier Symphony

Sunday - Vic Lopez Auditorium in Whittier, 3 pm

The Whittier Regional Symphony's 65-piece orchestra performs music from "Star Wars." Free admission.

TWEET OF THE WEEK

@AADwrites: @RealSeanAshton makes a motion to adopt the ordinance for emergency moratorium, but there is no second. There may be more protests, but at least officially that settles the discussion for Downey.

Follow us on Twitter at: [Twitter.com/DowneyPatriot](https://twitter.com/DowneyPatriot)

Father-Con stresses importance of being a dad

By Lorine Parks
Society Columnist

Yellow balloons marked the way to the Warren High School gym, where the first Father-Con in Downey was being held last week. Father-Con's target audience is "fathers, future fathers, father figures," and the goal is to build strong family relationships, father son and father-daughter.

Inside, a stage had been erected about mid-court and 30 white tables with black and gold balloons donated by Patty's Balloons N Flowers and dressed with black tablecloths offered comfortable and informal seating. The walls were lined with another 30 tables from different agencies telling how help and resources could be gotten.

By noontime, the crowd of a hundred or more was mostly young, mostly male. More attendees constantly drifted in.

Homes without a father have been linked to many social problems, and this conference was composed of local groups attempting to introduce the audience to these new contemporary challenges, such as sex trafficking and pornography, as well as gangs and juvenile delinquency. A tall order, but as Anne Frank was quoted as saying, "Isn't it wonderful that none of us need wait a moment before starting to change the world."

Cecilia Goñez, the Soroptimist and community activist on behalf of stopping sex trafficking, came over to welcome me and offer a bottle of water. "Through Father-Con," said Cecilia, "I believe we can and will make an impact in this war against human trafficking. We are combating the issue at its source and focusing on prevention. 'Con' can stand for conversation too."

Looking around the gym walls I saw league champion banners, both for Warren boys and girls. Of all their trophies the boys need not one but two banners to list all the years they have won the league in Wrestling, and the Lady Bears excel in cross country. Title IX has opened enormous opportunities and raised self-esteem for girls and women through sports.

The speaker when I came in was telling about youthful delinquency that results in death. "We need to break a way out," said Armand King of Paving Great Foundations. He deals with his experiences in the streets and his goal is to rehabilitate the marginalized and at-risk communities in San Diego. As a reformed former pimp whose closest friend was killed, he now speaks about his experiences in sex trafficking all over the country.

Another speaker asked "Are you loving your daughter?" Girls without a father figure are susceptible to the kind of lies from strangers that can lead them to leave home and into sex trafficking. "What she sees in you is what she's going to look for in other men."

"A man's role is to be Top Gun in the family," the speaker said in forceful terms guys would understand. "Here's what I did and what you can do: love your wife; model your faith; and take your daughter on trips."

We saw pictures of Disneyland and a marine tide-pool outing. "Move heaven and earth to fulfill your daughter's dreams," he said.

Later, I talked with Ronnie Fernandez at his display table.

Ronnie has started a counseling service: Therapy... but for Guys.

"Men won't talk about their feelings," Ronnie said. "And they have to be challenged strongly to do something. Or else they won't do it."

"Twenty-five years ago," said Ronnie, "there was the movement, 'You don't have to have a man in the house.' That was to empower the single women who had to bring up their children without a father figure. But the pendulum has swung and now we are seeing that males whose self-esteem is already frayed could be discouraged, hearing that, from playing their part."

The Father-Con Conference was sponsored in part by the YWCA - the W stands for Women - of San Pedro and the South Bay Area. In April of 2020 the YWCA is holding a Film and Arts Festival, a prevention and awareness event. Their slogan is, "To end it we must first see it."

Shari Farmer is the field deputy for the Bureau of Victim Services, part of the office of Jackie Lacey, District Attorney for Los Angeles County that has sponsored a symposium on child exploitation.

"This outreach got started 42 years ago," said Shari, "to protect victims who testified against possible retribution." Now every county in the state has a witness protection unit providing an array of services to help victims become survivors. Program services are provided free of charge.

"Your state and county tax dollars at work," I suggested, but "No," said Sheri.

"This money comes from the fines the guilty defendants pay. We like to think of it as the bad guys paying for their crimes. At the end of every year we have a holiday party and take about 200 needy witnesses and their families out for dinner."

Other organizations invited to display their contributions included the Crittendon Services for Children and Families, a nationwide social services group with a local branch in Fullerton partnering against sex trafficking.

The Southeast Academy had a table right by the entrance. It is a tuition-free public high school that prepares students for a future career in law enforcement, military and fire services, with a small campus, fully accredited curriculum, and 100% graduation rate.

Cecilia introduced me to Patrick Erlandson, of Men Standing Against Trafficking. Trafficking is not only for sex purposes: there is labor trafficking too. Patrick founded this event, and his watchword is, "If you see something, say something."

"Cyber experience of children," said Patrick. "That's something new to be aware of. Up to nearly a million predators are online at any one time, hunting for children who will talk to them. Being a father in the 21st century is a whole new ball game."

"Pornography actually changes the brain," Patrick said. "We call to men to take a stand against what is a male demand driven industry of exploitation. It impacts up to 500,000 divorces a year."

Also seen: Martha Medford Sodetani, talking with several men from Courage Forward, a Downey-based group helping vets recover from stress. They partner with youth at risk, to create a new community feeling. Martha helps with grief counseling, so



Chris Garrido. Photo by Lorine Parks

the stages can be identified as the vets go through post traumatic stress.

"I like working in Downey," said Chris Garrido, president of the group. "It's like my second home. There is such a feeling of solidarity in the community." Frank Dean, one of the organizers of Courage Forward, agreed.

Spotted across the room: Downey Mayor Rick Rodriguez, cheerful as always but looking a little leaner after his recent hospital stay. The last time we talked was in August at an open air screening of "Star Wars," his Movies with the Mayor Night at the Columbia Space Center, when he was dressed as Obi-Wan Kenobe, a father figure to Luke Skywalker.

By now it was 2 o'clock, and Mayor Rick addressed the group. "I want to say thank you to my father," he began by saying. He then awarded proclamations from the City of Downey to 15 or so of those present, "in recognition by this city" for their help. Then Mayor Rick himself was given a Heart of the Family award.

Free turkeys available for families in need

DOWNEY - The Southeast Bruins will be distributing free turkeys on Wednesday, Nov. 27. The free turkeys will be given to families in need who reside in Southeast Los Angeles County, including the cities of Downey, Bell Gardens, Cudahy, Maywood, Lynwood, South Gate, Bell, and Huntington Park.

Distributions will begin at 9 a.m. and will take place at the Law Office of Ricardo Perez, 10919 Lakewood Blvd. in Downey. Space is limited and families must first register and bring ID or a recent mailing letter showing the address matching the address on the RSVP form.

Known officially as the UCLA Alumni Los Angeles Southeast Network, the Association is officially recognized by UCLA and strives to create a sense of community among the 5,000 UCLA alumni in the area.

To receive the registration form or for more information, contact attorney Ricardo Perez at (562) 862-1700 or at rperez@alumni.ucla.edu.

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As Measure S rounds third, youth sports struggle to make it out of the batters' box

Major construction at nearly all of Downey's parks have left sports leagues scrambling for alternate fields.

By Alex Dominguez
Staff Writer

DOWNEY - In the wake of mass construction and development around the city, many of the youth in the community are finding it increasingly hard to "play ball."

The city of Downey is quickly approaching the final stretch of Measure S, a half cent sales tax increase approved by voters in 2016 meant to generate approximately \$9 million per year towards community enhancement.

Most notably, the measure is credited for the enhancement of the city's parks and public safety.

The development is not without its critics, some of whom believe that the planning of all the construction is less than ideal and too much at once.

However, according to Assistant City Manager John Oskoui, much of the work is actually on time - and in some cases, ahead of schedule - considering the condensed timetable that the city was forced to work under.

"Between the time that we secured the funding, and the time that we had to spend the funding...essentially, we had about 2 1/2 years to finish all the projects," said Oskoui. "That's a feat; that's quite a bit of work to be done."

Oskoui noted that despite receiving the funding in 2017, by January 2018 there were still no designs for anything.

"There's still the process of completing the design, and there

is a due process that the city has to follow," said Oskoui. "Typically, from the day you decide to design something, to the day that you have a set of design documents in hand that you can go out there and advertise for competitive bidding... it takes about a year. We had to condense that whole process into about nine months."

Oskoui said that the city began designing around May and June, and was able to complete the design process in just "four or five months." He described the entire process as a "monumental task."

When it came time to coordinate the order of construction, Oskoui says that he "knew that we could not shut down all the parks at the same time," describing the process more as an "overlap."

"We had three phases for our parks. Phase one was Apollo and Dennis the Menace Park," said Oskoui. "Guess what, we finished the construction in six months, and we have a grand re-opening for both of those parks this Saturday."

"Phase two was Golden Park, Independence Park, and Wilderness Park around the ponds...those projects are going to get done in early Spring."

Phase three - Furman Park - will be completed in June / July next year.

Oskoui added that planning was attempted to be set up in a way that when one park became unavailable, there was another park that families could travel to that was "reasonably distanced" and "reasonably accommodates their pragmatic needs."

"We were trying to accommodate the public," said Oskoui. "You can't close all the parks for 2 1/2 years, so how do you stage that, balance those needs, and how do you also use

the economies of scale, because one thing we didn't want to do is bid one park at a time, because that would have stretched out the duration beyond 2 1/2 years, and it would have been much more expensive."

Still, if there is one group that this comes as little comfort to, it's many of the organized youth sports organizations. As work on each park progresses, board members, coaches, parents, and children alike are somewhat scrambling to keep their players on the field in the meantime.

According to Sesilia Gonzalez, Regional Commissioner of AYSO, the organization has had to "make some adjustments" due to the sudden lack of available play space.

"We have about 1,400 players," said Gonzalez. "Now that we have daylight savings, I know that our usual schools that we use, we can't use them because there's no lights, and we don't have the resources to be able to use a park with lights so [our teams] can continue practicing. Our season doesn't end for another four weeks."

Ernesto Valle, President of Northwest Downey Little League (NWDLL), mirrored these sentiments.

"It's been hard," said Valle. "First and foremost, obviously, we're happy that they're investing and our parks and schools; it's been needed for many years. But to do it all at the same time has been a struggle, because the parks that are left over, they themselves need work or they don't have lights."

"When you're looking at the number of kids - last year, with Challengers, we pulled in about 550 kids - we're all fighting for the same little piece of land available...most of our sports - AYSO, soccer, baseball - they're year-round sports."



PHOTO BY ALEX DOMINGUEZ

Mayor Rick Rodriguez, City Manager Gilbert Livas and Assistant City Manager John Oskoui tour newly-renovated Apollo Park.

This was a fact that came up between each organization and Pam Passow, Director of the Parks and Recreation Department, who sat down with league presidents to try and coordinate a time that would be the least impactful on each sport season.

However, Passow said that the relatively new trend of year-round play made attempting to make these plans "a lot more challenging."

For NWDLL, it's affected recruitment.

"It definitely hit us hard in Winter Ball," said Valle, who added that NWDLL is currently in an adjustment period with its new Board. "[Parents] didn't know if we were going to have Winter Ball...we have to constantly communicate with the parents, because they're scared,

"Where are we going to play at."

Johnny Lemucchi - who coaches for AYSO and NWDLL in addition to serving as the latter's Coach Coordinator - added that "Nobody knows where game sites are gonna be."

"That was a big conversation at winter ball," said Lemucchi. "We didn't know how many teams we were going to have; soccer, the same thing."

"Kids want to play; that's it. That's what we try to do as coaches. We try to work together; we try to share the fields...you try to make the best."

Gonzalez added, "Give them a patch of grass, we'll do something with it."

Valle says that there is a tentative agreement with the

Parks and Recreation Department to play at Discovery Park until mid-April when NWDLL "is encouraged that we'll get Furman back," - although there is nothing set in stone.

Jason Chacon of Parks and Rec said that this is true "in part," describing the situation as a "big puzzle piece." Chacon clarified that the field at Discovery is one of several fields - including at Downey Adult School and Rio San Gabriel, that could be utilized.

Gonzalez agreed that despite the frustration, communication with Parks and Rec has been consistent.

Continued on page 12

A Recycling Reminder...

Keeping Our Oceans Clean = Keeping Used Oil out of Storm Drains

"When cars drip motor oil, it gets washed away into the storm drain, which leads to the ocean and hurts animals."

Delia Espinoza Carpenter Elementary School Ms. De Leon's Class

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| 4. Amine Chahbouni DO | 25. Scott Lee MD | 46. Neal Shindel MD |
| 5. Jose Dalprat DO | 26. George Lin MD | 47. James Song MD |
| 6. Robert Deere MD | 27. Marcus Lum MD | 48. Vinodhini Sriram MD |
| 7. Geetha Gabbita MD | 28. Jackson Ma MD | 49. Eduardo Tovar MD |
| 8. Gregory Galbreath MD | 29. Sandra Madrid MD | 50. Alex Tran MD |
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Another looming threat to e-cigarettes

BY JACOB SULLUM

President Donald Trump reportedly has reconsidered a plan to ban flavored e-cigarettes, a reversal that was widely portrayed as a triumph of politics over public health. Yet that criticism more aptly describes the proposed ban, which would have sacrificed the interests — and potentially the lives — of current and former smokers in the name of curtailing underage vaping.

There were political arguments on both sides of this debate. Advocates of the flavor ban argued it would appeal to suburban women concerned about the recent rise in e-cigarette use by teenagers, while opponents warned that it would alienate vapers who were otherwise inclined to support the president, endangering his reelection.

The opponents, bolstered by rallies and polling data suggesting that vapers were highly motivated and apt to vote (or refrain from voting) based on this issue, seem to have prevailed. But they not only had the stronger political argument; they also had the stronger public health argument.

Millions of Americans have quit smoking by switching to vaping, a far less hazardous source of nicotine. Consumer surveys and sales data show they overwhelmingly prefer the products targeted by the proposed ban.

That policy, which was expressly designed to make vaping products less appealing, would have driven some former smokers

back to their old habits while deterring current smokers from making a switch that could save their lives. Even The New York Times saw the folly of this approach, warning that it “would almost certainly force people who already use these products, including roughly 11 million adults, to choose between traditional cigarettes (which remain widely available, despite being deadlier than e-cigarettes) and black-market vaping products.”

For the time being, the vaping industry, including thousands of mom-and-pop shops across the country, seems to have dodged a bullet. But it still faces the looming threat of federal regulations that are expected to drive most businesses and products from the market.

Under a 2016 rule, manufacturers, which include vape shops that mix their own e-liquids, have to persuade the FDA that allowing sales of their products is “appropriate for the protection of public health.” Although it’s still not clear exactly what that means, vaping businesses must submit a “premarket tobacco application” (PMTA) for each of their products by May 12 — less than six months from now.

A PMTA is required for every product variation. The FDA puts the “average cost” at \$132,000 for e-liquids and \$467,000 for devices, although it says some applications could cost more than \$2 million.

Either way, those costs are likely to deter all but the largest vaping companies. The FDA itself predicts that “54 percent of delivery systems and somewhere between 50 and 87.5 percent of e-liquids”

will “exit the market” before the application deadline.

If a business manages to file adequate applications in time, it will be allowed to keep those products on the market for up to a year while the FDA decides whether to approve them. But even at this late date, the requirements for approval remain opaque, as a lawsuit filed last month by a coalition of small vaping companies points out.

The FDA, for instance, demands “sufficient information regarding the potential abuse liability” of each product and suggests it would be satisfied with “a double-blind, placebo-controlled, within-subject study comparing several doses of a new product to a comparator product with a known abuse liability.” It’s not clear whether anything short of that prohibitively expensive option would suffice. And while manufacturers are supposed to list “harmful or potentially harmful constituents,” the FDA still has not fully specified what those are.

“Our next focus will be on ensuring that the Trump administration recognizes the need to reform the FDA’s regulatory system for these products,” says Gregory Conley, president of the American Vaping Association, an advocacy group that supports vaping as a harm-reducing alternative to smoking. “If President Trump wants to win in 2020, mere inaction on this issue is not enough.”

Jacob Sullum is a senior editor at Reason magazine. Follow him on Twitter: @JacobSullum

Elizabeth Warren’s crazy healthcare plan

BY LARRY ELDER

Sen. Elizabeth Warren, D-Mass., wants “Medicare for All,” as does Sen. Bernie Sanders, D-Vt., her self-described “Democratic socialist” rival. Unlike Sanders, however, Warren claims she can finance her plan by raising taxes only on the superrich. The middle class, Warren insists, will see their health care costs go down and their taxes will not go up.

Some of her nearly equally left-wing rivals demanded specifics. Who pays? And how much? After a Democratic debate, one rival, Mayor Pete Buttigieg of South Bend, Indiana, said Warren was “more specific and forthcoming about the number of selfies she’s taken” than about her plan.

Buttigieg said: “Not only is it important to have ‘yes-or-no’ answers to ‘yes-or-no’ questions at a time when people are so frustrated with Washington-speak, but also there’s still been no explanation for a multitrillion-dollar hole in this plan.”

Not that Democrats and their media sympathizers truly care about costs or whether promises about costs are even kept. President Barack Obama made numerous unrealized promises about his health care plan. He insisted Obamacare would save the average family \$2,500 a year, that it would “bend the cost curve” downward and that people could keep their health care plan if they wanted to. PolitiFact pronounced Obama’s “if you like your health care plan, you can keep it” promise 2013’s “Lie of the Year.”

Democrats, of course, quickly employed their fallback position on rising costs: blame Republicans. Sally Pipes of the Pacific Research Institute, a conservative think tank, said last year: “Despite the

fact that premiums rose throughout President Barack Obama’s second term, Democrats claim that the most recent rate increases are President Donald Trump’s fault. In August, four liberal cities — Baltimore, Chicago, Columbus and Cincinnati — filed a lawsuit alleging that Trump is ‘waging a relentless campaign to sabotage and, ultimately, to nullify the law.’ That’s nonsense. Obamacare is imploding under the weight of its own regulations.”

A month before Warren finally revealed the cost of her plan, the Urban Institute, a center-left think tank, estimated the cost of a single-payer plan for everyone, including illegal aliens, at \$34 trillion “in additional federal spending” over 10 years. Other conservative groups, like the Heritage Foundation, put the price almost as high. Last year, Heritage estimated the cost at \$32.6 trillion. The American Enterprise Institute warns that these cost estimates don’t consider the number of health care-related jobs that will be lost. According to a recent article in The Washington Post, some economists estimate the number of jobs lost at 2 million.

About Medicare for All’s price tag, the center-left Atlantic magazine said: “That’s more than the federal government’s total cost over the coming decade for Social Security, Medicare, and Medicaid combined, according to the most recent Congressional Budget Office projections. ... Over the next decade, the plan on its own would represent a nearly 60 percent increase in total expected federal spending, from national defense to interest on the national debt.”

Under pressure, Warren recently revealed the cost of her plan: \$52 trillion over 10 years, including \$20.5 trillion in new federal spending. About Warren’s plan and her promise not to raise taxes

on the middle class, the executive vice president of Third Way, a “centrist” Democratic organization, said: “The gap between what she says it will cost and what it will really cost is in the trillions of dollars, and the middle class will be on the hook to fill that gap. My guess is that with accurate numbers, she’s somewhere between \$5 trillion and \$10 trillion short. (Her plan taps) the rich and corporations as much as possible. Who’s left? The middle class.”

The Kaiser Family Foundation executive vice president for health policy told The Atlantic: “The only way to make that math add up is to pay doctors and hospitals and drug companies a lot less, as Warren has proposed. The fundamental question here is: Can you lower health-care prices enough to offset the increased costs from universal coverage and very comprehensive benefits?”

The answer to that question is an unequivocal yes, provided one doesn’t care who pays, how much or whether a Medicare for All plan can actually achieve its objectives of insuring everyone for less money while maintaining quality. To Democrats, this isn’t even a heavy lift. They believe there is such thing as a free lunch and the Republicans are stopping them from eating it.

Larry Elder is a bestselling author and nationally syndicated radio talk show host.

Love for the Meralta

Dear Editor:

I grew up in Downey, and loved going to the Meralta Theater for Saturday matinees. While the theater was not opulent in its looks, it belonged to Downey and people loved it. It was part of our history.

The theater made it a point to show good decent movies that everyone liked. I never once saw the theater dirty, the floor slippery or sticky. It was always kept clean.

My first job was working at the Meralta Theater, I was the happiest teenager in the world. I worked at the theater for a number of years, even after graduating from Downey High, I worked another six years.

I loved working at the old beautiful (to me) theater so much so that I juggled two jobs to do it. When you ordered popcorn with butter, you got real popped corn and real butter. How do I know this? Because I was one of the employees who made it.

Once I got to go in the back of the theater and to my surprise found old Vaudeville items as well as a couple of doors that had a faded star on it and on one the name “Buster Keaton.”

I can not count how many times I cleaned all the glass inside and out of the theater, how many times the employees cleaned the inside of the theater with only a few minutes to spare before the evening shows began.

I loved both those old theaters, the Meralta and Avenue, and cried when I saw the Meralta demolished, knowing a part of Downey history was gone forever.

I no longer live in Downey. I moved to Utah several years ago but will always consider Downey my home and never forget the theaters I loved.

**Carolyn Arzac
Midvale, Utah**

City Council meetings

Dear Editor:

Thank you, Alex Dominguez, for your editorial (11/14/19) on City Council meetings. I hope the mob conduct report does not take him to court as did the gaffly that took Downey to court and received a settlement for \$5,000.

Mr. Dominguez was “right on;” we don’t need any more jackasses in Downey.

**Bill Minasian
Downey**

RVs on city streets

Dear Editor:

Here is a problem that you might not notice that is sneaking into Downey. Driving through the streets of Downey, I am noticing a few homeless RVs parked along the curb of our streets. Downey needs to take care of the problem before it gets worse.

When I worked in Los Angeles, I observed the RV problem first hand. RVs that are trashed, falling apart, flat tires, and draining toilets, that took over the streets.

Legal problems could hinder solving the problem. Homeless civil rights, parking time limits and social activists hindered the problem solving in certain big cities. Towing the RVs is another problem. RVs are considered as hazardous waste so no tow yard wants to impound them.

Take a family drive to Venice Beach or downtown LA and ask yourself if Downey deserves this.

**Bob Rodriguez
Downey**

Medicare for all or endless wars?

BY LINDSAY KOSHGARIAN

If you’re following the presidential race, you’ve heard plenty of sniping about Medicare for All and whether we can afford it. But when it comes to endless war or endless profits for Pentagon contractors, we’re told we simply must afford it — no questions asked.

According to one study, even if universal health insurance didn’t bring health care prices down — an unlikely worst-case scenario — we’d need an extra \$300 billion a year beyond our current spending to provide full insurance for everyone.

Where can we find it? In a giant pot of money that’s already rampant with waste and abuse: the Pentagon.

Right now, only about one quarter of the \$738 billion Pentagon budget goes to our troops. The rest is mainly three things: the cost of maintaining 800 military installations all over the world; lucrative Pentagon contracts, which account for nearly half of the entire Pentagon budget; and, of course, our never-ending wars in the Middle East.

According to my research, if we end those wars, shut down wasteful and failing weapons programs, and close unnecessary foreign bases, we could come up with an extra \$350 billion to spend on Medicare for All — without sacrificing security.

As experts of various political stripes will tell you, the U.S. military is carrying out a costly 20th-century security vision in a 21st century world. For instance, the Pentagon still keeps tens of thousands of troops in Germany and Italy. Maybe 75 years after the end of World War II (and nearly 20 years into our ill-fated Iraq adventure) is a good

time to finally bring those troops home?

Closing 60 percent of our foreign bases would save \$90 billion a year. There’d be enough left over for more than one foreign military installation in each country on earth, if we insisted.

Right now, those bases enable our endless wars. Troops rotate from Germany into the Middle East and Africa, and tens of thousands are stationed in the conflict-ridden Middle East at any given time. Yet our wars have only further destabilized the region. It’s time we brought our troops home for good — and saved \$66 billion each year in the bargain

Then there are those highly paid contractors. For instance, the F-35 fighter jet is projected to cost more than the entire military budget of Iran. But even after many years and massive cost overruns, the lead Pentagon tester just reported that the F-35 is still “breaking more often than planned and taking longer to fix.”

We should halt the F-35 boondoggle, cut back on 20th century war technology like the aircraft carrier, and freeze nuclear weapons spending, with the eventual goal of eliminating these weapons that could wipe us all out at a keystroke.

All told, we could cut \$100 billion from outdated, ill-conceived, or outright dangerous programs like these. The contractors will howl, but they’ve run things long enough.

None of this is as radical as it sounds. Today, military spending is higher than it was at the peak of the Vietnam War. Even with a \$350 billion cut, it would simply return to levels from the late 1990s.

Together with common-sense cuts to runaway overhead costs, and by rolling current Pentagon health care costs into a universal health plan, we easily get more than the \$300 billion needed for Medicare for All.

Which would make us safer: Medicare for All or endless wars? The choice is ours.

Lindsay Koshgarian directs the National Priorities Project at the Institute for Policy Studies.

Abstaining council members

Dear Editor:

I would like to know why we have council members who cannot vote?

Every time there is an important concern in the city, there is always at least one council member who cannot vote. Our elected officials seem to have too much personal interest in our city.

Our mayor, Rick Rodriguez, has been missing for months. I understand he is very old and has health issues. Now that he has returned, the mayor was not able to vote on the housing issue.

This is important to my family and myself. If he was able to vote, the city council could have had the four votes needed to pass an emergency housing measure.

Another example of unjust elected officials running for office to elevate their status and increase their own financial gain.

**Darline Alvarez
Downey**

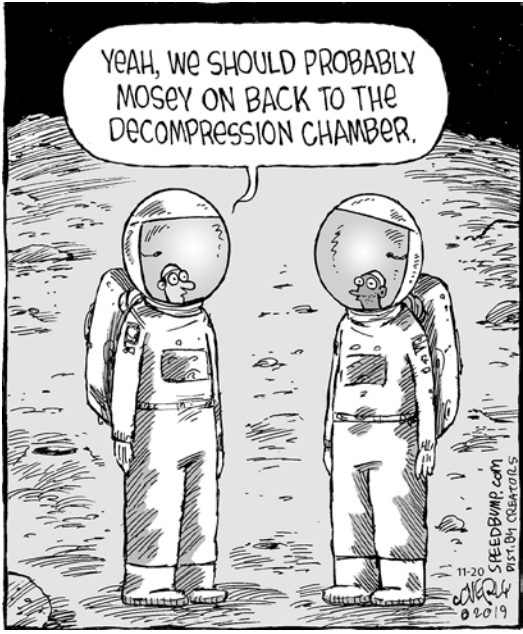
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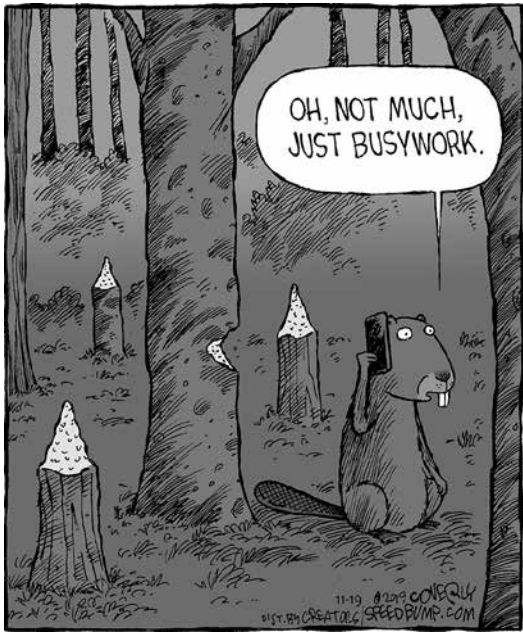
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THE DOWNEY PATRIOT.COM | ADJUDICATION #BS124251

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

SPEED BUMP



DAVE COVERLY



Downey Community Calendar

CITY MEETINGS

1st & 3rd Wednesday, 6:30pm: Planning Commission, Council Chamber at City Hall.
 1st Tue., 4:00pm.: Recreation and Community Services Commission, Council Chamber, City Hall.
 2nd & 4th Tue., 6:30pm: City Council, Council Chamber.
 3rd Tue., 6:30pm: Library Advisory Board, at Downey City Library.
 3rd Thurs., 6:30pm: CERT, at Downey City Council Chamber at City Hall, for more info call 299-5462.
 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 Nate Mahoney 416-1826.
 6 pm: Toastmasters Club 587, at First Baptist Church, contact Salvador Cervantes: tmsalcpuede@gmail.com.
 7 pm: Downey Knights of Columbus Bingo, at 11231 Rives Ave., call 923-1932.
 7 pm: Healing Room and Prayer, at Desert Reign Church 11610 Lakewood Blvd, call 861-6011.
 7:30 pm: Downey Master Chorale, at Cornerstone Church, contact info@downeymasterchorale.org.
 1st Tues., 7:30 am: Gangs Out of Downey, at City Hall training room.
 2nd Tues., 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.
 1st: 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 860-8821 or 927-3635.
 3rd Wed., 10 am: OLPH Women's Guild, at OLPH School Auditorium, contact Melodie Santana, (562) 806-3102.
 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 Barbara 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...

Nov. 21, 1973: President Richard Nixon's attorney, J. Fred Buzhardt, revealed the existence of an 18 1/2-minute gap in one of the White House tape recordings related to Watergate.
1980: A fire at the MGM Grand Hotel-Casino in Las Vegas killed 87 people.
2000: The Florida Supreme Court granted Democrat Al Gore's request to keep the presidential election recount going.
2004: The NBA suspended Indiana's Ron Artest for the rest of the season following a brawl in the stands during a game against the Detroit Pistons.

THE NEWSDAY CROSSWORD

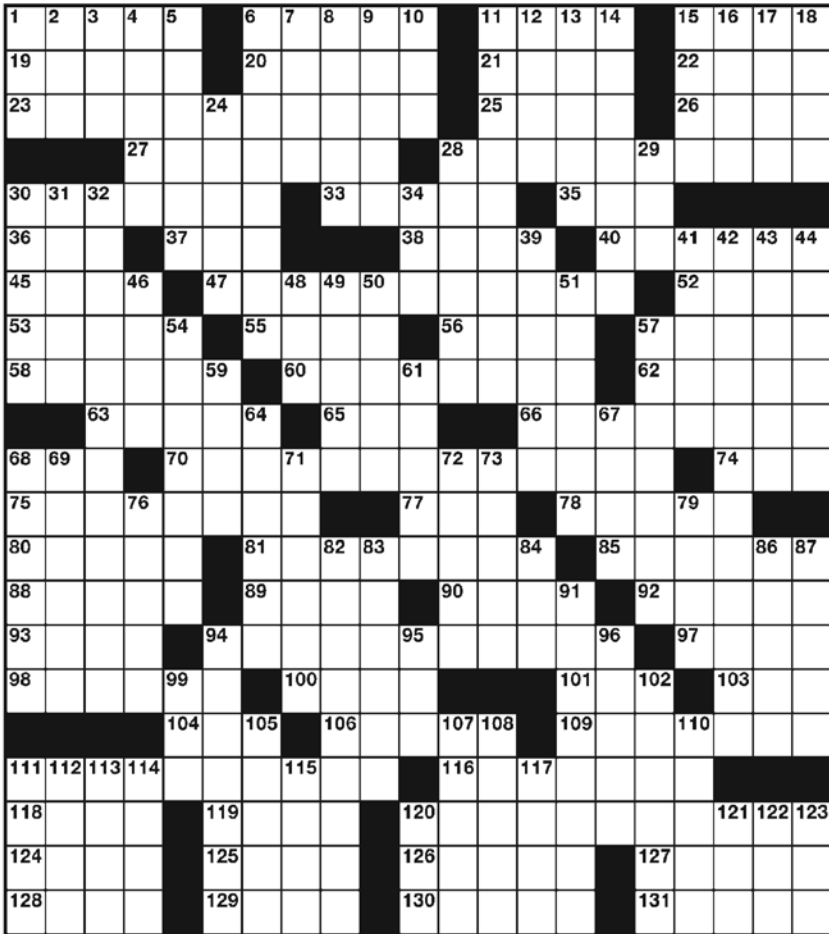
Edited by Stanley Newman (www.StanXwords.com)
RATING MOVIES: A double-feature theme
 by S.N.

- ACROSS**
- 1 "... and _ a good night!"
 - 6 Shoe stat
 - 11 Thick carpeting
 - 15 Tumbler of rhyme
 - 19 Needle or nettle
 - 20 Dizzying drawings
 - 21 Zorro's zlich
 - 22 Something to think up
 - 23 Pilot portrayer in *Airplane!*
 - 25 Norwegian royal name
 - 26 Imperfection
 - 27 Meredith who composed *The Music Man*
 - 28 Kevin Costner and Don Johnson, in *Tin Cup*
 - 30 *Mayflower* anchorage before Plymouth
 - 33 Cornfield stem
 - 35 Hot *saison*
 - 36 Ending for Cray-
 - 37 Part of SPCA: Abbr.
 - 38 Must-have thing
 - 40 Stove-top staple
 - 45 ABA member
 - 47 007 foe in *Goldfinger*
 - 52 Henry VIII's sixth
 - 53 Mouselike mammal
 - 55 Type of thin bread
 - 56 Video game giant
 - 57 Without a doubt
 - 58 Labor over
 - 60 Fused, as on a circuit board
 - 62 Portrayals
 - 63 "O" in the OWN Network
 - 65 Rightmost sundial numeral
 - 66 Targeting
 - 68 84 Down operative
 - 70 *Rear Window* star, after retirement
 - 74 Shoo- (easy winners)
 - 75 *Animal House* chant
 - 77 Training for EMTs
 - 78 Gymnast Comaneci
 - 80 Apathetic
 - 81 Eisenhower National Site
 - 85 Everyday
 - 88 Guy writing commercials
 - 89 Turn over ground
 - 90 Nastase of tennis
 - 92 Retro "Cool!"
 - 93 Knotted together
 - 94 Composer for *Fantastic Four*
 - 97 Ending for pun or prank
 - 98 Bun seed source
 - 100 Grimm story
 - 101 Cornfield sound
 - 103 Roof coat
 - 104 Ask with earnestness
 - 106 Laundry cycle
 - 109 "Mental" asset
 - 111 Wallace Beery, in *Billy the Kid*
 - 116 Madrid art museum
 - 118 Become bushed
 - 119 Voice of Apples
 - 120 Tom Hanks, in *The Green Mile*
 - 124 Common quote notation
 - 125 Sunni leader
 - 126 Cybercommerce
 - 127 Kids' song conclusion
 - 128 Underworld river
 - 129 11 Wall St. occupant
 - 130 No longer trendy
 - 131 Contractual details
- DOWN**
- 1 Keg access
 - 2 Early afternoon
 - 3 Colony creature
 - 4 *My Fair Lady* composer
 - 5 What Lerner teamed with 4 Down for
 - 6 US women's 2019 victory
 - 7 Contents of some kegs, for short
 - 8 Swiss ski resort
 - 9 Former senator Lott
 - 10 Shaker __, OH
 - 11 Certain underwater explorer
 - 12 Radiant ring
 - 13 "Time is money," e.g.
 - 14 French folk dance
 - 15 No time at all
 - 16 Having the day off
 - 17 Business jet pioneer
 - 18 Newton's __ of Motion
 - 24 Thick liquid
 - 28 Cater to
 - 29 See 34 Down
 - 30 Land by the sea
 - 31 Even if, for short
 - 32 '92 Harrison Ford spy film
 - 34 With 29 Down, *Gemini Man* director
 - 39 Page-corner fold
 - 41 Home-center staffer wear
 - 42 Manager portrayer in *Cinderella Man*
 - 43 *The Orchid Thief* author
 - 44 Secret meetings
 - 46 Distress signal
 - 48 Family nickname
 - 49 Not easily moved
 - 50 Ivy Leaguer
 - 51 Angular measure, in math
 - 54 Unattainable *Star Trek* velocity
 - 57 Checked for fit
 - 59 Polynesian root crop
 - 61 Bee Gees-era music
 - 64 Far from acidic
 - 67 Shoe brand surname
 - 68 Baseball card stats
 - 69 Kate Hudson's mom
 - 71 Perform perfectly
 - 72 Piece of garnish
 - 73 Barbecue, for example
 - 76 Carne __ (burrito filling)
 - 79 States of wrath
 - 82 Reckoning via sundial
 - 83 Glowing at dusk
 - 84 Espionage org.
 - 86 Irritated
 - 87 Petrol utiliser
 - 91 Salad green
 - 94 Looks through a keyhole
 - 95 Cattle holder
 - 96 Neil Tyson mentor
 - 99 Degree for GWB
 - 102 Gizmo
 - 105 Needing a good scrubbing
 - 107 Sealy alternative
 - 108 Inventor Howe
 - 110 Donald Duck nephew
 - 111 Base sale orgs.
 - 112 Informal negative
 - 113 *Illad* setting
 - 114 Boomers' kids
 - 115 Baseball card stats
 - 117 Trident-shaped letters
 - 120 Vigor
 - 121 Prefix like atm-
 - 122 Tumbler edge
 - 123 Recommended actions

Reach Stan Newman at P.O. Box 69, Massapequa Park, NY 11762, or at www.StanXwords.com

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and farm of the 34th president. Gettysburg, encompasses the home HISTORIC Site (81 Across), near mouth. The Eisenhower National before finally docking at Ply- to CAPE COD by rough seas, *Mayflower* (30 Across) was diverted (Originally bound for Virginia, the on his hometown of Mason City, Iowa setting of *The Music Man* (27 Across) based the River City, Composer Meredith WILLSON





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¹Other SCAN plan options are available in this county and plan benefits may differ from those listed here. ²Maximum \$30 per quarter; no rollover. Must be fulfilled online or through catalog. No more than two shipments per quarter. *2020 star rating applies to all plans offered by SCAN Health Plan except SCAN Healthy at Home (HMO SNP) and VillageHealth (HMO-POS SNP) plans. Each year, Medicare evaluates plans based on a 5-star rating system. **U.S. News & World Report "Best Insurance Companies for Medicare Advantage 2020" 10/15/2019. SCAN Health Plan is an HMO plan with a Medicare contract. Enrollment in SCAN Health Plan depends on contract renewal. Other providers are available in our network.

At Women's Health Conference, guests learn innovative ways to self-care

By Yaga Szlachcic and Madonna Cavagnaro

DOWNEY –The eighth annual Women's Health Conference hosted by the Rancho Research Institute last month put a spotlight on drumming, taming inflammation with nutrition and the importance of maintaining good posture.

Over 100 women from the local communities learned how to maintain healthy bones and how to recognize benign and serious headaches.

Yoga, pilates, aromatherapy, meditation and balance exercises were presented in breakout sessions. Practical information

on how to change habits gave the attendees the tools to implement what they learned.

The conference was presented by Rancho Research Institute, a non-profit created over 50 years ago to facilitate research and education at Rancho Los Amigos National Rehabilitation Center. The event took place in a state-of-the-art auditorium in the new Outpatient Clinic Building of Rancho. The conference chair, RRI Chairman of Board of Directors, was Yaga Szlachcic, MD.

Dr. Susan Shaw, the Chair of Neurology at Rancho and Professor of Neurology at

USC presented on the topic of headaches, one of the most common ailments in women. She explained the various types, how to treat and when to seek care.

Dr. Stephan Bughi, Endocrinologist and Professor of clinical medicine at USC presented on the importance of music for one's health and also during rehabilitation. He explained how drumming helps with memory concerns, decreases depression and plays a role in therapy for disease such as Parkinson's.

Madonna Cavagnaro, B.S., Education Consultant presented on how to change habits with

various strategies that generally take ten weeks for the new habit to become an automatic response. Connie Wetzstein said, "the information was so relevant, I loved learning how to change my habits!"

Dr. Sylvia Shaw, Chair of Department of Medicine at Rancho, Chief of Specialty Clinic and clinical Professor of Medicine at USC discussed the need for maintaining protection against fractures and falls.

Cat Dillon, Registered Holistic Nutritionist presented how simple changes in diet and lifestyle can reduce inflammation. She recommended a focus on eating a rainbow of foods, more vegetables than fruit and to avoid high heat grilling in favor of moist heat like steaming and slow roasting.

Chuck DuBourdieu, Chief of Orthotic Department at Rancho Research Institute had a practical demonstration on good habits for healthy and happy feet.

Lisa Navarro, Clinical Director of Egoscue Methods introduced



ways to maintain healthy posture with simple yet effective exercises. How well we move ties back to good posture. Lisa guided the audience to perform several exercises that strengthen upper extremities, torso and back muscles.

"This is a wonderful opportunity for Rancho to be able to do this for our community" Dr. Szlachcic said. "We plan the next one to be in October of 2020. Since the conference is free and

seating is limited, we encourage the community to check the RRI website periodically."

For more information regarding the Annual Women's Health Conference, the Rancho Research Institute, or any of the research and education programs we support at Rancho Los Amigos National Rehabilitation Center, please visit www.ranchoresearch.org or call (562) 385-8111.

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More than 100 people turned out Oct. 12 to support Premier Fitness' "Awareness, Wellness, Workout & Workshop" event. The morning began with a fun but challenging workout combination of cardio and resistance training. That was followed by guest speakers Vicky Davis, Laura LaGrange Rojas and Frankie Gonzalez, who shared their personal experiences battling cancer. Local businesses and supporters including Downey Nutrishop, La Perla del Mar and the American Cancer Society provided samples, donations and educational material. The event was coordinated by Premier Fitness' nonprofit, Premier Cares, which strives to pair fitness with good causes to raise awareness on matters that affect the local community. The motto of this year's event was "No One in this Family Fights Alone." Premier Cares plans more events in the near future.

Downey Theatre presents:

Sheila E



Featuring Pete Escovedo
Friday, December 13 8:00PM

One of life's constants for **Sheila E.** comes down to a simple phrase: follow the beat. Her impeccable inner rhythm is the pulse behind a trailblazing career that still knows no bounds. World-class drummer and percussionist whose credits read like chapters in a music history book: Marvin Gaye, Prince, Beyoncé, Diana Ross, Lionel Richie and Gloria Estefan. Sheila is a fearless multi-instrumentalist, as well as an actress, mentor, and philanthropist.

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DOWNEY HAPPENINGS

SATURDAY, NOVEMBER 23

Handlettering Workshop, 10 am. A fun introductory workshop for modern calligraphy with brush pen. No experience required, and kit of my favorite calligraphy tools provided. \$55. Stay Gallery, 11140 Downey Ave.

Good Morning Blues Brunch, 11 am to 2 pm. Enjoy brunch while listening to live jazz music provided by George Dez, Jerrell Ballard and Ron Battle. Los Amigos Golf Course, 7295 Quill Dr.

SUNDAY, NOVEMBER 24

Christmas Tree Brunch, 10 am. Join the Assistance League of Downey at their annual Christmas Tree Brunch, featuring live holiday entertainment. Rio Hondo Event Center, 10627 Old River School Rd.

TUESDAY, NOVEMBER 26

Workshop: Thanksgiving Centerpiece, 6-8 pm. Learn the art of flower arranging during an evening of fall florals and fun. Cost is \$55 and includes dinner prepared by a chef-driven restaurant celebrating the colorful tastes of contemporary Argentine cuisine and tradition. Gaucho Grill, 8830 Apollo Way

SATURDAY, NOVEMBER 30

Mobile Pet Vaccinations, 11 am to 3 pm. Low cost pet vaccinations, deworming, microchips, flea and tick treatments courtesy of Spay Neuter Project LA. Iglesia Del Nazareno, 9520 Telegraph Rd.

SUNDAY, DECEMBER 1

5K Elf Run, 9 am. Dress in your favorite elf attire for this fun 5K run/walk through Downey. Civic Center, 11111 Brookshire Ave.

Christmas Parade, 1 pm. Downey's annual Christmas Parade, put on by the Downey Chamber of Commerce. Downey Avenue, between Florence and 5th Street.

THURSDAY, DECEMBER 5

Capsule Lighting, 5-8 pm. A new holiday tradition in Downey, join the Columbia Memorial Space Center as it lights up its space capsule for Christmas.

FRIDAY, DECEMBER 6

Omnium Presents, 8-11 pm. A group exhibition featuring the works of five Southern California artists: Alexander Antezena, Amanda Santos, Bryn Riihimaki, Hadasa Castro and Josh Randall. Open to the public, free admission. Stay Gallery, 11140 Downey Ave.

SATURDAY, DECEMBER 7

Christmas Boutique, 10 am to 4 pm. Shop from a large selection of vendors selling candles, handmade gifts, vintage items, homemade slime, Lipsense, Scentsy, and more. Knights of Columbus, 11231 Rives Ave.

Tree Lighting, 1:30-5:30 pm. Join Mayor Pro Tem Blanca Pacheco in lighting the Christmas tree at the Promenade shopping center. Free food samples, raffles, children's activities, and pictures with Santa Claus.

Medicare 101, 2:30 pm. Medicare can be complicated. This seminar will help clarify the different parts of Medicare to help you make the right decision between multiple plans. AppleCare partners with 12 different plans. AppleCare Medical Group, 11525 Brookshire Ave., Suite 300.

Pokemon Tournament, 2:30 pm. Standard format tournament with a \$5 buy-in. All ages welcome, maximum 30 players. Prize payout is based on attendance. Psycho Turtle Collectibles, 8428 Telegraph Rd.

Women's Christmas Tea, 4 pm. A catered tea with guest speaker Darlene Sala from Guideposts International Ministries. The tea is open to all women 14 and older. Calvary Chapel Downey, 12808 Woodruff Ave.

SUNDAY, DECEMBER 8

Downey City Library 60th Anniversary Celebration, 1-4 pm. Come take part in games, crafts, stories, face painting, guest speakers and hula dancers at the Columbia Memorial Space Center.

MONDAY, DECEMBER 9

Tree-Lighting Ceremony, 6 pm. Downey rings in the holiday season with its annual tree-lighting ceremony, featuring snow rides, games, and family activities. City Hall, 11111 Brookshire

Ave.

Holiday Family Night with Mr. and Mrs. Clause, 6:30 p.m. Come spend an evening of family time with Santa and Mrs. Clause at the Columbia Memorial Space Center. Presented by the Downey City Library's Adult Literacy Program.

TUESDAY, DECEMBER 10

Mayor Installation, 6:30 pm. Blanca Pacheco is sworn-in as mayor of Downey for 2020. City Hall, 11111 Brookshire Ave.

THURSDAY, DECEMBER 12

Book Lovers Club, 12 pm. Join other book lovers in discussing "The Good Neighbor: The Life and Work of Mr. Rogers" by Maxwell King. Call (562) 904-7363 for locatoin.

Rock en Vivo, 8 pm. An art and music festival featuring live rock music. Ages 21 and older, \$10 cover. The Palms Steak & Seafood, 8060 Florence Ave.

SATURDAY, DECEMBER 14

Vendo-Rama Pop-up Shop, 11 am to 4 pm. Thirty-plus vendors selling food, clothing, home furnishings, toys, and one-of-a-kind items. St. Mark's Episcopal School, 10354 Downey Ave.

Santa Paws, 11 am to 1 pm. Have your pet photographed with Santa Claus for a \$10 donation, with proceeds benefiting SEAAAC. Donation includes one 4x6 photo. Lazy Dog Restaurant, 8800 Apollo Way

SATURDAY, DECEMBER 21

Winter Wonderland, 10 am to 3 pm. A free family event with music, games face painting, arts and crafts, raffles, and photos with Santa Claus. Good Shepherd Lutheran Church, 13200 Columbia Way

KidsCreate: Family Paint Day, 10:30 am to noon. Enjoy a fun-filled day of painting and creativity with your little one(s). Make lasting memories & take home your works of art. One ticket includes: Child-friendly paint theme, guided workshop, two take-home canvases (for you and your child), paint brushes & paint supplies, snacks & refreshments. Each additional child or parent is \$15. Stay Gallery, 11140 Downey Ave.

TUESDAY, DECEMBER 31

New Year's Eve Soiree, 8 pm to 12 am.

A 1920's themed party with live music by Synthesi. \$125 admission includes appetizers, open bar, and dinner. St. George's Greek Church, 10830 Downey Ave.

Shake, Rattle & Rock, 9 pm to 12 am. Ring in the New Year with entertainer Dean Z and music from Elvis Presley, The Beatles, Buddy Holly, Michael Jackson, and others. Downey Civic Theatre, 8435 Firestone Blvd.

WEDNESDAY, JANUARY 8

State of the City, 12 pm. Listen as Councilman Rick Rodriguez presents Downey's State of the City address. RSVP with the Downey Chamber of Commerce. Rio Hondo Event Center, 10627 Old River School Rd.

THURSDAY, JANUARY 9

Book Lovers Club, 12 pm. Join other book lovers in discussing "The Last Man" by Jane Harper. Call (562) 904-7363 for locatoin.

SATURDAY, JANUARY 18

Downey Symphony Concert, 8 pm. Titled "Happy 250th, Beethoven!" this concert features a solo by pianist Sung Chang. Downey Theatre, 8435 Firestone Blvd.

SATURDAY, FEBRUARY 29

Downey TLC 5K, 9 am. A 5K run/walk to benefit the TLC Family Resource Center. Apollo Park, 12544 Rives Ave.

OuteRimCon, 10 am. A oneday mini con presented by the Aerospace Legacy Foundation's speakers bureau. Columbia Memorial Space Center, 12400 Columbia Way

SATURDAY, MARCH 7

Walk for Water, 9 am to 1 pm. Join Downey High School's Thirst Project Club as they raise money and awareness regarding the global water crisis. Downey High football stadium, 11040 Brookshire Ave.

THURSDAY, MARCH 19

Carpenters Tribute Concert, 8 pm. Sally Olson as Karen Carpenter and pianist Ned Mills as Richard Carpenter, backed up by some of Las Vegas' top musicians, celebrate the musical legacy of the Carpenters. Downey Theatre, 8435

Firestone Blvd.

SUNDAY, MARCH 22

Beauty & the Beast Sing-Along, 2 pm. An interactive presentation of the Disney classic, with on-screen lyrics so the audience can sing along. Buy your tickets at the Downey Theatre box office. Downey Theatre, 8435 Firestone Blvd.

SATURDAY, APRIL 4

Willy Chirino in Concert, 8 pm. Cuban-born vocalist and bandleader Willy Chirino helped create the "Miami sound" of salsa music. He's performing live in Downey. Downey Theatre, 8435 Firestone Blvd.

SATURDAY, APRIL 11

Downey Symphony Concert, 8 pm. Titled "Sounds of America," this concert features a solo by percussionist Eric Guinivan. Downey Theatre, 8435 Firestone Blvd.

SATURDAY, MAY 9

Relay for Life, 10 am. Downey Relay for Life celebrates the 20th anniversary of its fight against cancer. This 24-hour event raises money for the American Cancer Society. Warren High School, 8141 De Palma St.

SUNDAY, MAY 10

Mariachi Los Camperos, 3 pm. The two-time Grammy Award winning mariachi performs a special Mother's Day concert. Downey Theatre, 8435 Firestone Blvd.

SUNDAY, JUNE 14

'Grease' Sing-Along, 7 pm. Fall in love with Olivia Newton-John and John Travolta all over again while singing along to all of the film's big hits. Downey Theatre, 8435 Firestone Blvd.

Compiled by Eric Pierce. Some events may charge admission fees. Email calendar listings to eric@thedowneypatriot.com

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SOUTH DOWNEY ARTIST OF THE WEEK



Ariana Cardona is a senior at Downey High School. She is in Intermediate Art and used pencil and prismacolor pencils in this drawing.

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Warren High girls advance to CIF Finals in cross country

The Lady Bears accumulated 200 points in last weeks CIF Prelims, good enough to advance.

By Mark Fetter
Contributor

DOWNEY - The Warren High School girls' cross country team has advanced to C.I.F. Finals this weekend after placing 7th at C.I.F. Prelims last weekend in Riverside.

The Lady Bears finished with 200 points in Heat 3 of Division 1 at 10:25 a.m. In high school, the lowest order-of-finish point total wins cross country competitions.

Yucaipa took first place with 73 points, Vista Murrieta took second place with 81 points, Beckman took third place with 113 points, Fountain Valley took fourth place with 116 points and Mira Costa took fifth place with 125 points to round out the top five finishers, respectively.

Warren's first five runners placed 12th, 16th, 44th, 62nd and 74th overall to qualify for C.I.F. Finals tomorrow. Freshman Michelle Huerta finished 12th overall in a time of 18:24.6, Nadine Gomez finished 16th overall in a time of 18:32.4 and Skye Gutierrez finished 44th overall in a time of 19:05.1. Alicia Liera finished 62nd overall in a time of 19:37.3 and Bryanna Garcia finished 74th overall in a time of 20:00.1 to finish the scoring for Warren.

The Lady Bears are scheduled to run tomorrow in the 7th Race of Division 1 starting at 9:45 a.m. Warren will be competing against the same Yucaipa, Vista Murrieta, Beckman, Fountain Valley and Mira Costa teams that defeated Warren in the C.I.F. Prelims the previous weekend.

Coach Waldron, his staff and runners are all looking forward to advancing to the state meet being held at Woodward Park in Fresno next Saturday.

WARREN BOYS CROSS COUNTRY: The Warren High School boys' cross country team saw their season come to an end last weekend at the Riverside Cross Country Race Course.

The Bears ran at 11:15 a.m. in the 3rd Heat of the Division

1 race. Warren finished in 11th place overall with a score of 249 points, respectively. In cross country, the lowest order-of-finish point total wins.

San Clemente took first place with 92 points, Beckman took second place with 102 points, Burbank took third place with 102 points (criteria), La Serna took fourth place with 109 points and Mira Costa took fifth place with 130 points, respectively.

Warren's Leonardo Acevedo was the first Bear to finish. Acevedo finished 31st overall in a time of 16:01.0, Fabian Gomez finished 33rd overall in a time of 16:06.1, Owen Franco finished 58th overall in a time of 16:29.9 and Zeus Flores finished 78th overall in a time of 16:47.4 to round out the top five scoring for the Bears.

Coach Miranda, his staff and runners are the 2019 San Gabriel Valley League Champions and will now look to rebuild for next season. C.I.F. Finals are being held at the same Riverside City Race Course tomorrow and the state meet will be held at Woodward Park in Fresno next weekend, November 30th.

California's best cross country runners will be represented and several state championships will be claimed.

DOWNEY CROSS COUNTRY: The Downey High School boys' cross country team saw their season come to an end last weekend at the Riverside Cross Country Race Course.

Downey finished 13th overall in the Division One, Heat 3 Race at 11:15 a.m. The Vikings finished with 374 points, respectively.

San Clemente took first place with 92 points, Beckman took second place with 102 points, Burbank took third place with 102 points (criteria), La Serna took fourth place with 109 points and Mira Costa took fifth place with 130 points, respectively.

Downey's James Guerrero was the first Viking to finish.

Guerrero finished 45th overall in a time of 16:13.1. Mohamed Elshehawey finished 83rd overall in a time of 16:49.5, Cyrus Gutierrez finished 84th overall in a time of 16:52.6, Brian Jimenez finished 86th overall in a time of 16:55.6 and Jayden Ramirez finished 98th overall in a time of 17:09.8.

Coach Gleason, his staff and underclassmen will now look to rebuild for next season.

The Downey High School girls' cross country also saw their season come to an end last weekend in Riverside. The Lady Vikings finished 14th overall in their race with a total score of 335. Downey competed in the Division One, Heat 1 Race which was ran at 10:05 a.m.

San Clemente took first place with 65 points, Great Oak took second place with 73 points, Tesoro took third place with 107 points, Ayala took fourth place with 145 points and Crescenta Valley took fifth place with 151 points to round out the top five finishers, respectively.

Downey's Alyssa Tapanes was the first Lady Viking to finish. Tapanes finished 22nd overall in a time of 18:42.7, Emma Vitela finished 35th overall in a time of 19:06.3, Mia Neuman finished

85th overall in a time of 20:10.4, Alisha Alvarado finished 87th overall in a time of 20:11.1 and Camila Neuman finished 113th overall in a time of 21:15.1.

DOWNEY FOOTBALL: The Downey High School football team saw their season come to an end last Friday night against Camarillo at Downey High 28-27 in the second round of the C.I.F. Division 4 playoffs. With the win, Camarillo improved to 11-1 overall and with the loss, Downey fell to 5-7. Downey's football season has officially concluded.

Camarillo will now play Loyola in one semifinal and Paramount will play San Juan Hills in the other semifinal. Loyola defeated Villa Park 45-28, Paramount defeated Roosevelt 41-17 and San Juan Hills defeated Hart 52-21 to advance, respectively. The two winners of the semifinal games will meet each other in the C.I.F. Division 4 championship game next week.

In the Downey/Camarillo game, the Vikings trailed 7-6 at the end of the first quarter but outscored the Scorpions 15-7 in the second quarter to take a 21-14 lead into the locker room at halftime. Camarillo outscored

Downey 7-0 in the third quarter and the game was tied at 21 entering the fourth quarter of play. Camarillo outscored Downey 7-6 in the fourth quarter on a blocked PAT with time running down. It was certainly disappointing for Downey.

Viking quarterback Chris Hernandez completed 10/20 pass attempts for 163 yards and one touchdown. Downey's rushing attack gained 223 yards on 40

carries.

Jaden Allen led Downey's ground game with 18 carries for 109 yards and one touchdown.

The Downey receiving corps were led by Jacob Skobis' two catches for 51 yards and Dillon Laurer's two catches for 34 yards.

Coach Williams, his staff and underclassmen will now start preparing for next season.

Registration open for spring baseball

DOWNEY - Northwest Downey Little League is now accepting registration for its 2020 spring season.

Cost is \$110 per child for ages 4-7 and \$150 per child for ages 8-16, with discounts for multiple children. A late fee of \$25 will be added per player starting Nov. 22.

The Challenger Division for kids with developmental or physical disabilities is free.

All players are required to participate in a league fundraiser or pay a fee to opt out.

Children of all ability levels are welcome to play. Try-outs will be held Jan. 11-12 at Discovery Sports Complex. Opening Day is Feb. 22.

For more details, or to register, go online to nwdllbaseball.com.

In Memory of

John Neal Jr.

March 19, 1969 - November 6, 2019



My beautiful brother, Johnny, passed away at the age of 50, on November 6, 2019. He was born on March 19, 1969, at Kaiser hospital in Bellflower, to our parents, John and Anna Neal. We grew up in Bell Gardens. Johnny attended St. Gertrude's Elementary and graduated from Pius X High School ~Class of 1987. We moved

to Downey in 1980, and my brother lived in Downey ever since.

He attended Cerritos College, then transferred to the University of Iowa. After a year of enduring a super cold winter, he came back home and graduated from California State University, Dominguez Hills with a Bachelors Degree in Psychology and later received his teaching credentials.

My brother worked in education, which included substitute teaching positions at Downey Unified and Little Lake Unified School Districts. He finally found his true calling as an ESL Adult school teacher for Whittier Union Adult School, which is where he has worked for the last fifteen years. He was extremely proud to be a teacher. His students loved him and always called him, Mr. John.

Johnny's favorite place to hang out and chat with his friends was at the Starbucks on Lakewood and Firestone. As a matter of fact, it was easier to get a hold of him at Starbucks than on his phone.

My brother had such a big heart. He was a great friend, an amazing teacher, and a loving son and brother. He was devoted to his family. He would go above and beyond to help any and all people. His kindness knew no boundaries.

We miss him dearly, especially his smile, laugh, and incredible sense of humor. Please keep him in your hearts and prayers. Love your family and friends.

Celebration of Life services Monday, November 25, 2019 Rose Hills Memorial Chapel 9am.

God Bless, The Neal Family

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St. John Bosco students performing 'Sweeney Todd'

BELLFLOWER - The St. John Bosco Theatre will be presenting "Sweeney Todd, The Demon Barber of Fleet Street" this weekend.

This chilling musical tells the story of a murderous barber in 19th century London, who with the help of the owner of a pie shop downstairs, create a mysterious new meat pie recipe, which patrons are lining up to purchase.

Show times are Friday, November 22 at 7:30 p.m., Saturday, November 23 at 7:30 p.m., and Sunday, November 24 at 6:30 p.m.

Tickets can be purchased online at bosco.ticketleap.com, or at the ticket booth window from one hour prior to showtime.

Los Amigos Golf Course holding toy drive next week

DOWNEY - Los Amigos Golf Course is holding a toy drive Sunday, Dec. 1, from 4-10 p.m. to help needy children this Christmas.

Admission is a new unwrapped toy worth at least \$15. Anyone who brings a toy will receive one drink ticket good for beer or wine and appetizers.

Police taking applications for citizens academy

DOWNEY - The Downey Police Department is recruiting students for its 20th Citizens Academy, a 10-week program in which students learn about various aspects of law enforcement and the day-to-day operations of the Downey Police Department.

The academy begins Feb. 5, 2020. Classes will be held Wednesdays from 6-9 p.m. at the police station.

The class size will be limited to 20 people. To apply, contact Neighborhood Watch Coordinator Jenny Aguirre at jaguirre@downeyca.org or (562) 904-2374, or Sgt. Terry Goeckner at tgoeckner@downeyca.org or (562) 904-2385.

Library celebrates 60th anniversary

DOWNEY - The Downey City Library is celebrating its 60th anniversary with a Hawaiian-themed hula party Sunday, Dec. 8, from 1-4 p.m. at the Columbia Memorial Space Center.

The free event includes games, crafts, stories, face painting, hula dancers, and guest speakers.

The public is invited.

Library hosting Holiday Family Night

DOWNEY - The Downey City Library's Adult Literacy Program is hosting "Holiday Family Night" on Monday, Dec. 9, from 6:30-7:30 p.m. at the Columbia Memorial Space Center.

The free event includes caroling, crafts, story time, free books, and a visit from Mr. and Mrs. Claus.

For questions, call (562) 904-7363.

Downey man faces 170 years in prison after fraud conviction

DOWNEY - Two men were convicted Wednesday of more than 200 counts apiece for falsifying documents and providing fraudulent engineering services for more than seven years.

Wilfrido Rodriguez, of Downey, and Ruben Gutierrez, of Huntington Beach, were found guilty of multiple counts of forgery, identity theft and grand theft by Los Angeles County Superior Court Judge Lisa Lench following a bench trial.

Rodriguez was convicted of more than 250 felony counts, while Gutierrez was convicted of more than 200 counts.

Rodriguez was an engineering drafter and Gutierrez was a former architectural designer at Palos Verdes Engineering, but neither of the defendants were licensed architects or civil engineers.

Between 2007 and 2014, the defendants forged the signature of one of the licensed civil engineers that owned the engineering firm. Both men also used the victim's engineering seal in order to deceive homeowners and municipalities into believing that the victim had personally drafted the engineering plans and conducted structural observations as the structures were being built.

The victim did not review or approve any of the engineering plans created and submitted by the defendants and did not authorize Rodriguez and Gutierrez to use his seal, the prosecutor said.

Investigators estimate that there were more than 700 residential and commercial properties where fraud occurred in more than 50 cities in Southern California.

Sentencing is set for Jan. 27 in Department 108 of the Foltz Criminal Justice Center. Rodriguez faces a possible maximum sentence of more than 170 years in state prison to be served in county jail. Gutierrez faces up to 141 years in state prison to be served in county jail.

POETRY MATTERS

neighbors gone

they were moving out
they could not meet the rent
everything went the over-stuffed
sofa the kitchen things

on the patio
of the pots and flowers
only the stains in the concrete
remain
she liked to rescue the weak
and coax them to life

I thought at least
she might
have left me
her mint

John Vincent

John Vincent, the Downey historian and poet, died last week at age 98, leaving us this sly and wry farewell. Poetry Matters is curated by Lorine Parks

Teams scramble as parks renovate

Continued from page 3

"They're keeping us informed every step of the way," said Gonzalez.

"They're fighting for us," added Valle. "There are things that are unfortunately out of their control."

Compounding the dilemma is the construction at DUSD Schools, due to Measure O.

"We lost Sussman Middle School," said Gonzalez. "With the construction happening at Griffiths, we lost one of our main fields, and a couple of small ones. I think we lost four fields. Those are just for games."

DUSD did not respond in time for publication.

Of course, these losses are not permanent, and the incoming upgrades are not unappreciated. Its just taking a little extra teamwork

to pull through.

"Again, from our standpoint, we're very happy that it's happening," said Valle. "Could it have been done differently? Yes. But, we're very happy and excited."

As the end of Measure S approaches next year, Oskoui says that "this is going to be a busy summer," however he hopes residents will remain proud of their city despite the period of "discomfort."

"With all of these improvements, you are making a better city that is going to be a shining example in your region," said Oskoui. "With that comes recognition, improved property values, and more important than anything else, pride."

"Everything we are doing right here is to make a source of pride for our residents..."

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The Downey Patriot
Thursday, May 25, 2017
Vol. 16 No. 7

HEALTH: Taking tetanus serious
FEATURES: Perfect attendance
NEWS: Commencement speaker
NEWS: Gang member sentenced

City Council agrees to continue Stay Gallery financial support

Weekend at a Glance
Friday 70°
Saturday 71°
Sunday 76°

THINGS TO DO
Memorial Day Ceremony

FROM OUR FACEBOOK
City continues financial support of Stay Gallery

Downey Patriot wins 5 journalism awards

CLASSIFIEDS

ANIMALS

LOST MALE PUPPY
Sm white terrier/pom mix
6 mo./ approx. 5 lbs.
(714) 469-4293

4 Children Heartbroken

FOR RENT

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(714) 791-0119
(714) 318-3762

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FOR RENT

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Hall at 11111 Brookshire Ave, Downey, California for CIP Nos. 15-21C, 15-21D, & 15-21E – Wilderness Park Pond Restoration Multi-Prime Project.

The Scope of Work to be performed under this Contract for Wilderness Park Pond consists of restoring 2/5 acres of wetlands habitat at two existing ponds at Wilderness park, which is adjacent to the San Gabriel River.

Bid Package #1: Demolition construction shall include the demolition of existing hardscape. Draining and Grading construction shall include the rough and finish grading / drainage and utilities associated with overall site development. Included in the Grading scope of work is the grading for the ponds. Pond grading will include the base fill, 90% compaction and finish grades associated with the pond liner and shoreline. Grading of north and south streams and bridge installation shall be included in grading scope of work. Replace hardscape; and other miscellaneous related work in accordance with Plans and Specifications entitled Capital Improvement Project No. 15-21C – Wilderness Park Pond Restoration Project, dated 3/27/19.

Bid Package #2: Pond construction shall include all construction associated with the ponds, including pond demolition items, pond liner, pump system, complete pump station enclosure, stream features, and construction of 800 Amp. enclosure, electrical vault and charging station, and other miscellaneous related work in accordance with Plans and Specifications entitled Capital Improvement Project No. 15-21D – Wilderness Park Pond Restoration Project, dated 3/27/19.

Bid Package #3: Landscape construction shall include all work associated with the planting improvements. All areas disturbed by construction shall be reseeded and maintained to establish a continuous turf cover. Irrigation construction shall include all work associated with providing irrigation; and other miscellaneous related work in accordance with Plans and Specifications entitled Capital Improvement Project No. 15-21E – Wilderness Park Pond Restoration Project, dated 3/27/19.

Mandatory Bid Walk shall be required for all construction bidding on this Project, failure to attend and formally sign the Attendance Sheet at the park location, shall render the bidder non-responsive and its bid(s) shall be returned unopened.

Day / Date / Time of Mandatory Bid Walk: Monday / December 2, 2019 / 11:00 am – 12:00 pm
Location: Wilderness Park
10999 Lighthouse Ave.,
10999 Lighthouse Lake Rd.,
Downey, CA 90241

Plans and Specifications can be sent to you via email from the City of Downey's Project Coordination and Communication on-line internet portal, PROCORE. To obtain access to the Plans and Specifications via PROCORE, email Melanie Cazin mcazin@edenconinc.com with the Subject Line: "WILDERNESS PARK POND".

BIDS MUST BE MADE ON THE PROPOSAL FORM(S) INCLUDED IN THE PLANS AND SPECIFICATIONS FOR CAPITAL IMPROVEMENT PROJECT NO. 15-21. Each bid(s) shall be accompanied by cash, a certified or cashier's check or by a corporate check drawn on a surety company, admitted to do business in the State of California, on the form furnished by the City as guarantee that bidder will, if an award is made to him in accordance with the terms of his bid(s), promptly secure Workers' Compensation insurance, and liability insurance, execute a contract in the required form, and furnish satisfactory bonds for the faithful performance of the Contract and performance Bond, and for the payment of claims of materialmen and laborers thereunder ("Payment Bond"). Said cash, check or bidder's bond shall be in an amount of not less than ten percent (10%) of the amount of the bid(s). The Performance and Payment Bond shall be not less than one hundred percent (100%) of the total amount of the bid price named in the contract. Only bonds issued by companies admitted to do business in the State of California will be accepted in accordance with the Code of Civil Procedure Section 995.311. Failure to submit acceptable Payment and Performance Bonds as required shall result in a rejection of the bid(s) and a forfeiture of the proposal guarantee.

The Contractor shall abide by the provisions of the California Labor Code § 1770-1781, et seq. In accordance with the provisions of the California Labor Code § 1773, the general prevailing rates of per diem wages and holiday and overtime work in the locality in which the work is to be performed has been obtained from the Director of the Department of Industrial Relations, a copy of which is on file in the office of the City Clerk of the City of Downey and will be made available to any interested party upon request. The Contractor shall post a copy of the prevailing rates of per diem wages at the job site. The Contractor, and any Subcontractor under him, shall pay not less than the specified prevailing rates of wages to all workers employed in the execution of the contract.

All projects require the successful bidder to possess a valid State of California Contractor's License at the time of Contract Award, in accordance with Section 20103.5 of the Public Contract Code. Pursuant to Section 3300 of the Public Contract Code, the City has determined that the Contractor to whom the subject contract is awarded shall possess a valid:

Bid Package #1: State of California Contractor's License in the Classification of A
Bid Package #2: State of California Contractor's License in the

Classification of A Bid Package #3: State of California Contractor's License in the Classification of A or C-27.

In accordance with California Labor Code Section 1771.1, no Contractor or Subcontractor shall be qualified to (a) bid on or be listed in a bid proposal on or after March 1, 2015, or (b) engage in the performance of this Work after April 1, 2015, unless registered and qualified to perform the Work pursuant to Labor Code Section 1725.5.

Contractor's performance of the Work described in this Notice Inviting Bids is subject to compliance monitoring and enforcement by the California Department of Industrial Relations.

Each Contractor submitting a proposal or bid for his work shall complete and submit with the proposal all of the forms included therein, including the Bidder's Qualifications Statement, Designation of Subcontractors, the Non-Collusion Affidavit, the Pre-Bid Site Inspection Certification and the Signature Page. Failure to include any of these documents with the proposal may disqualify the proposal.

The City of Downey reserves the right, after opening bids, to reject any or all bids, to waive any informality in any bid received, and to be the sole judge of the merits of the respective bids received. The award of the Contract, if it is awarded, will be to the lowest responsible Bidder whose bid complies with all the requirements prescribed.

Pursuant to California Public Contract Code § 22300, the Contractor at his sole cost and expense, may substitute authorized securities for any monies withheld by the City to ensure performance under the Contract.

All Pre-Bid Requests for Information shall be submitted ONLY from listed Mandatory Bid Walk attendees. General contractors and shall be in written form only and emailed to: mcazin@edenconinc.com (Melanie Cazin – Project Controls Manager).

Pre-Bid RFIs shall NOT be accepted nor responded to if received later than 11:00 am on January 2, 2020. Pre-Bid RFIs shall not be responded to if submitted from general contractors not included on the Mandatory Bid Walk Attendee List. Phone inquiries shall not be accepted. The City may issue a clarification Addendum responding to the appropriately submitted Pre-Bid RFIs.

The estimated construction costs are \$1,600,000.00 for Bid Package #1 (CIP No. 15-21C): Demolition, Grading and Concrete; \$1,300,000.00 for Bid Package #2 (CIP No. 15-21D); Ponds and Electrical; \$600,000.00 for Bid Package #3 (CIP No. 15-21E); Landscape and Irrigation for the Wilderness Park Pond Restoration Project.

NO LATE BIDS WILL BE ACCEPTED. CITY OF DOWNEY, CALIFORNIA

Maria Alicia Duarte, CMC
City Clerk

The Downey Patriot
11/14/19, 11/21/19

**CITY OF DOWNEY
NOTICE OF PUBLIC HEARING
ON A PROPOSED
CONDITIONAL USE PERMIT
PLN-19-00105**

Notice is hereby given that a public hearing will be held before the DOWNEY CITY PLANNING COMMISSION on the 4th day of December, 2019, at 6:30 p.m., in the Council Chambers within Downey City Hall, 11111 Brookshire Avenue, Downey, California. At that time and place, consideration will be given to the following:

(PLN-19-00105) Conditional Use Permit: A request to revise an existing Conditional Use Permit for the expansion of an existing night club (Club db Lounge). The applicant will be expanding into the east adjacent 1,289 sq. ft. tenant space. The night club will continue to operate with an Alcohol Beverage Control Type 48 (On-Sale General Public Premises) license and live entertainment. The subject site is located at 8206 Firestone Boulevard, within the Downtown Downey Specific Plan (DDSP).

All interested parties are invited to submit written comments and/or to attend and give testimony. The staff report, which provides a detailed description and analysis of this project, will be posted to the City's website (<http://www.downeyca.org>) on the Friday prior to the public hearing.

As required by the California Environmental Quality Act (CEQA), this request has been found to be Categorical Exempt from CEQA, per CEQA Guideline, Section 15301 (Class 1, Existing Facilities).

In compliance with the Americans with Disabilities Act, if you need special assistance to participate in this meeting, contact the City Clerk's Department at 562-904-7280 or the California Relay Service at 711. Notification at least 48 hours prior to the meeting will enable the City to make arrangements to assure accessibility. The City of Downey does not discriminate on the basis of disability in admission to, access to, or operations of its programs, services or activities. If you have concerns, complaints or requests for additional information regarding the Americans with Disabilities Act may be forwarded to the City's ADA/Section 504 Coordinator at 11111 Brookshire Avenue, Downey, CA 90241, ADACoordinator@downeyca.org, Phone: 562-299-6619, Fax: 562-923-6388, and California Relay 711.

All interested parties are invited to submit written comments and/or to attend and give testimony. If you have any questions concerning this

application, please contact Senior Planner Alfonso Hernandez at (562) 904-7154, or at ahernandez@downeyca.org.

The Downey Patriot
11/21/19

NOTICES

**SUPERIOR COURT
OF THE STATE OF CALIFORNIA
COUNTY OF ORANGE
CASE NO.: 13D000164
NOTICE TO RESPONDENT
OF COURT HEARING**

EMMA BOISINEAU, Petitioner, vs. BRYAN EUGENE PEGUERO, Respondent

**HEARING SET FOR: Date: 12-18-2019
Time: 9:00 a.m. Dept.: C63
Location: Central Justice Center 700 W. Civic Center Drive Santa Ana, CA 92701**

TO: BRYAN EUGENE PEGUERO
By order of this court, you are hereby advised that you may appear before the Judge presiding in Department C63 of the Central Justice Center on December 18, 2019 at 9:00 a.m. then and there to show cause, if any you have, why Emma Boisineau (hereinafter "Petitioner") should not be granted her Request for a permanent Domestic Violence Restraining Order ("DVRO").

The following information concerns procedures related to this proceeding:

- On September 13, 2019, Petitioner filed a Request for DVRO and a declaration in support of the Request with the Lamoreaux Justice Center. Petitioner was thereafter granted a Temporary Restraining Order ("TRO") by the Honorable Claudia Silbar at the Central Justice Center. The TRO prohibited you from contacting, either directly or indirectly, in any way, the Petitioner and mandated a 100-day Stay-Away Order from Petitioner's person, home, workplace, vehicle, and animals. A physical and digital copy were sent to you via first-class mail and, on November 6, 2019, to your 17 email addresses, respectively.
- On September 13, 2019, the Notice of Court Hearing was also filed, stating that the court hearing would be held on October 3, 2019 at 9:00 a.m. in Department C63 at the Central Justice Center. A physical and digital copy were sent to you via first-class mail and to your 17 email addresses, respectively.
- On October 3, 2019, October 24, 2019, and November 5, 2019, Orders on Request for Continued Hearing were filed. The November 5, 2019 Order indicated that the next court hearing would be held on December 18, 2019 at 9:00 a.m. in Department C63 at the Central Justice Center. A physical copy was sent to you via first-class mail and, on November 6, 2019, to your 17 email addresses, respectively.
- On November 5, 2019, the Court found that you cannot be served in any other manner specified in the California Code of Civil Procedure. The Court ordered service by posting and by publication once every week for four successive weeks in the Downey Patriot.
- This notice shall suffice for publication instead and in place of the documents listed on order for publication filed 11-5-19.

Date: 11/6/2019
By: Sr/Patricia Cyr
Patricia Cyr, Attorney for Petitioner
DAVID Y. AMASAKI
Clerk of the Court
Y. Munguia

The Downey Patriot
11/14/19, 11/21/19, 11/28/19, 12/5/19

**SUPERIOR COURT OF CALIFORNIA,
COUNTY OF LOS ANGELES
ORDER TO SHOW CAUSE
FOR CHANGE OF NAME**

CASE NUMBER: 19NWCP00399
TO ALL INTERESTED PERSONS: Petitioner LEONARD PAUL GOLDSMITH filed a petition with this court for a decree changing names as follows:
Present name (1) LEONARD PAUL GOLDSMITH to Proposed name (1) LEN GOLDSMITH
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 8, 2020, Time: 1:30 p.m., Department: C Room: 312
The address of the court is 12720 Norwalk Blvd, Norwalk 90650
A copy of this Order to Show Cause shall be published at least once a week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in the county, **The Downey Patriot** OCTOBER 23, 2019
Judge Margaret M. Bernal
Judge Of The Superior Court
Petitioner or Attorney, In Pro Per
Len Goldsmith
11432 South St. #612
Cerritos, CA 90703
562-405-9029
lengoldsmith@verizon.net

The Downey Patriot
10/31/19, 11/7/19, 11/14/19, 11/21/19

**SUPERIOR COURT OF CALIFORNIA,
COUNTY OF LOS ANGELES
ORDER TO SHOW CAUSE
FOR CHANGE OF NAME**

CASE NUMBER: 19NWCP00421
TO ALL INTERESTED PERSONS: Petitioner DONALD HADDAD filed a petition with this court for a decree changing names as follows:
Present name (1) DONALD HADDAD to Proposed name (1) DONALD VANDERLIP
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 22, 2020, Time: 1:30 p.m., Department: C Room: N/A
The address of the court is 12720 Norwalk Blvd., Rm. 101, Norwalk, California 90650
A copy of this Order to Show Cause shall be published at least once a week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in the county, **Downey Patriot** NOVEMBER 12, 2019
Judge Margaret M. Bernal
Judge Of The Superior Court
Petitioner or Attorney, In Pro Per
Donald Haddad
9422 Florence
Downey, CA 90240
562-307-7445

The Downey Patriot
11/14/19, 11/21/19, 11/28/19, 12/5/19

**SUPERIOR COURT OF CALIFORNIA,
COUNTY OF LOS ANGELES
ORDER TO SHOW CAUSE
FOR CHANGE OF NAME**

CASE NUMBER: 19NWCP00412
TO ALL INTERESTED PERSONS: Petitioner RAQUEL ORTEGA filed a petition with this court for a decree changing names as follows:
Present name (1) RAQUEL ORTEGA to Proposed name (1) RAQUEL JACKSON
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 15, 2020, Time: 1:30 p.m., Department: C Room: 312
The address of the court is 12720 Norwalk Blvd, Norwalk 90650
A copy of this Order to Show Cause shall be published at least once a week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in the county, **The Downey Patriot** NOVEMBER 4, 2019
Judge Margaret M. Bernal
Judge Of The Superior Court
Petitioner or Attorney, In Pro Per
Raquel Ortega
7724 Botany Street
Downey, CA 90240
562-370-3817

The Downey Patriot
11/7/19, 11/14/19, 11/21/19, 11/28/19

TRUSTEE SALES

T.S. No. 076494-CA APN: 6362-006-014 **NOTICE OF TRUSTEE'S SALE**
IMPORTANT NOTICE TO PROPERTY OWNER: YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 1/25/2018. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER ON 12/5/2019 at 9:00 AM, CLEAR RECON CORP, as duly appointed trustee under and pursuant to Deed of Trust recorded 2/1/2018, as Instrument No. 20180108833,

of Official Records in the office of the County Recorder of Los Angeles County, State of CALIFORNIA executed by: HENRY L. MONDAY, JR., A SINGLE MAN WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK DRAWN ON A STATE OR NATIONAL BANK, A CHECK DRAWN BY A STATE OR FEDERAL CREDIT UNION, OR A CHECK DRAWN BY A STATE OR FEDERAL SAVINGS AND LOAN ASSOCIATION, SAVINGS ASSOCIATION, OR SAVINGS BANK SPECIFIED IN SECTION 5102 OF THE FINANCIAL CODE AND AUTHORIZED TO DO BUSINESS IN THIS STATE: VINEYARD BALLROOM, DOUBLETREE HOTEL LOS ANGELES- NORWALK, 13111 SYCAMORE DRIVE, NORWALK, CA 90650 all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as: MORE FULLY DESCRIBED ON SAID DEED OF TRUST The street address and other common designation,

STOX 922651
The Downey Patriot
11/14/19, 11/21/19, 11/28/19

GOVERNMENT

**CITY OF DOWNEY
SUMMARY OF
ORDINANCES INTRODUCED**

On November 20, 2019, the City Council of the City of Downey introduced the following Ordinances:

An Ordinance of the City Council of the City of Downey repealing Chapter 1 of Article VIII and adding a new Chapter 1 (Downey Building Code) to Article VIII (Building Regulations) of the Downey Municipal Code by adopting by reference the 2019 California Building Code and Making Local Amendments thereto.

An Ordinance of the City Council of the City of Downey repealing Chapter 2 of Article VIII by adding a new Chapter 2 (Downey Electrical Code) to Article VIII (Building Regulations) of the Downey Municipal Code by adopting by reference the 2019 California Electrical Code.

if any, of the real property described above is purported to be: 9354 STAMPS AVENUE DOWNEY, CALIFORNIA 90240 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be held, but without covenant or warranty, express or implied, regarding title, possession, condition, or encumbrances, including fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to pay the remaining principal sums of the note(s) secured by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is: \$840,704.02. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned or its predecessor caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located. **NOTICE TO POTENTIAL BIDDERS:** If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. **NOTICE TO PROPERTY OWNER:** The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (800) 280-2832 or visit this Internet Web site WWW.AUCTION.COM, using the file number assigned to this case 076494-CA. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. **FOR SALES INFORMATION:** (800) 280-2832 CLEAR RECON CORP 4375 Jutland Drive San Diego, California 92117

An Ordinance of the City Council of the City of Downey repealing Chapter 3 of Article VIII of the Downey Municipal Code by adding a new Chapter 3 (Downey Mechanical Code) of Article VIII (Building Regulations) of the Downey Municipal Code by adopting by reference the 2019 California Mechanical Code.

An Ordinance of the City Council of the City of Downey repealing Chapter 4 of Article VIII of the Downey Municipal Code by adding a new Chapter 4 (Downey Plumbing Code) of Article VIII (Building Regulations) of the Downey Municipal Code by adopting by reference the 2019 California Plumbing Code.

An Ordinance of the City Council of the City of Downey repealing Chapter 11 of Article VIII of the Downey Municipal Code and adding a new Chapter 11 (Downey Green Building Standards Code) to Article VIII (Building Regulations) of the Downey Municipal Code by adopting by reference the 2019 California Green Building Standards Code.

An Ordinance of the City Council of the City of Downey repealing Chapter 12 of Article VIII of the Downey Municipal Code and adding a new Chapter 12 (Downey Energy Code) to Article VIII (Building Regulations) of the Downey Municipal Code by adopting by reference the 2019 California Energy Code.

An Ordinance of the City Council of the City of Downey adding Chapter 14 (Downey Administrative Building And Housing Code) to Article VIII (Building Regulations) of the Downey Municipal Code.

An Ordinance of the City Council of the City of Downey adding a new Chapter 15 (Downey Existing Building Code) to Article VIII (Building Regulations) of the Downey Municipal Code by adopting by reference the 2019 California Historical Building Code.

An Ordinance of the City Council of the City of Downey adding a new Chapter 16 (Downey Referenced Standards Code) to Article VIII (Building Regulations) of the Downey Municipal Code by adopting by reference the 2019 California referenced Standards Code.

An Ordinance of the City Council of the City of Downey repealing Chapter 13 of Article VIII and adding a new Chapter 13 (Downey Residential Code) to Article VIII (Building Regulations) of the Downey Municipal Code and Making Local Amendments thereto.

An Ordinance of the City Council of the City of Downey amending Chapter 3, 4, 5, and 6 of Article III of the Downey Municipal Code, through adopting by reference the 2019 California Fire Code (California Code of Regulations, Title 24, Part 9), based on the International Fire Code, 2018 Edition, with Errata, and those portions of the International Fire Code, 2018 Edition, including Appendices A through N inclusive, together with certain additions, insertions, deletions and changes thereto, for the purpose of prescribing regulations governing conditions hazardous to the life and property from Fire or Explosion; and, adopting Chapter 6.95 of California Health and Safety Code for the purpose of prescribing regulations governing conditions hazardous to life and property from the handling, use, storage or release of hazardous materials or hazardous waste.

Copy of the full texts is available in the City Clerk's Office.

Maria Alicia Duarte, CMC, City Clerk
November 21, 2019
The Downey Patriot
11/21/19

Need to run a Legal Notice?

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A farewell from school board president Nancy Swenson

Eye on our Schools

By Nancy Swenson

It's hard to believe that Thanksgiving is almost here and Winter break is just around the corner. This year has truly gone by in the blink of an eye.

This will be my last message as president of the Board of Education and I hope these articles have been as fun to read as they have been to write. At the December Board Meeting, the reigns will be handed over to Don LaPlante and he will continue writing these articles starting in January.

I hope you enjoy my last update. Some of the recent activities that I want to share with you have included special football, volleyball and basketball games; an event to honor past students; band performances; a play and dressing up for our kids during Halloween.

The annual Warren (WHS)/Downey (DHS) cross-town rivalry football game was amazing again this year. The stands were packed and the teams were ready.

However, DHS actually had some not-so-annual festivities that took place that day starting at 5:00 a.m. CBS 2 "In Your Town" correspondent Suzanne Marques, who was previously inducted into the DHS Hall of Fame, came back to her alma mater for a few hours and did several on-air segments that morning talking with students and staff.

Then at 10 a.m. DHS held their 2019 Hall of Fame presentations with five well-deserved inductees. There were pre-event munchies prepared by the DHS Culinary Arts students.

Then the final event for both high schools was the big game at 7 pm. By now, I'm sure you

all have heard or read about the electrifying ending to that game... so I probably don't really need to repeat that WHS won this year.

Another special cross-town rivalry game was held this month when DHS hosted the inaugural WHS vs. DHS Unified Basketball game, which brought general education and special education students together. This incredible event was well attended by student supporters from both comprehensive high schools and all of our students had a great time.

The District hosts several events throughout the year and this last month was filled with fun happenings. The first was an event titled "First Best Instruction" which is when our elementary teachers present teaching strategies to not only Downey Unified teachers, but teachers from other districts from as far away as Apple Valley, with over 300 in attendance.

Next, we were honored to host the SCSBOA Marching Band Championships at both comprehensive high schools. Not many districts have the capacity to host both division competitions on the same night.

This year WHS went into their competition after winning the overall top band sweepstakes at both the Westminster and Vista Field Tournaments along with the sweepstakes in music performance and visual performance.

These presentations take a lot of commitment from our high school students as these performances require months of after school and weekend practice for the band and color guard. The special uniforms and additional props result in a spectacular production.

When this comes around next year, I recommend you go to a Field Tournament, you

will not be disappointed. A big shout out to the teachers and parents who volunteer their time to support the students and keep them motivated...and fed. Without them, these types of activities would not exist.

Throughout the year I thoroughly enjoy any opportunity I can get to interact with our students at an event or during a school visit. WHS had their first play of the year, "Barefoot in the Park", and it was wonderful. The set was amazing, the students' abilities to project their lines without a microphone was incredible and their acting skills always blow me away.

May I say that the Arts are alive and well within our schools. There will be so many opportunities this year to see plays at both comprehensive high schools and all four middle schools, so please check out our schools' calendars for those dates.

Just this past month I was able to get to Imperial and Williams elementary schools as well as Sussman Middle School where, along with the principal as our guide, we were able to visit as many classrooms as possible.

There are so many different learning opportunities on a single campus and I am so proud of how all the staff comes together to keep everyone moving forward and students learning each day.

Some sites may have classes for Deaf and Hard of Hearing students and others may have

English classes for parents. No matter the variety, all our schools run like truly well-oiled machines.

Another activity I like to support is the "Trunks and Treats" nights at our elementary schools. Sometimes I take tickets, help set-up and clean-up, and I even dress-up occasionally.

This year, I co-hosted a "Frozen 2" trunk as Olaf alongside Anna. It's so much fun to have our younger students run up to the car and call me Olaf. One student was dressed up as Anna, carrying a stuffed Olaf, and wanted to make sure she got a picture with me.

Nearly 500 students signed up to walk the parking lot at the "Trunks and Treats" I participated in, which not only made them safer by being away from street traffic but also freed them from a TV or smartphone for a few hours.

As this is my last article, I want to close by expressing how much I have enjoyed reflecting with you on my activities throughout the year. I have just one last "tug-at-the-heart-strings" story to convey to you.

One of my volunteer activities is supporting the Mary R. Stauffer Foundation. Because of that, I have the opportunity to see all the birthday and thank-you cards given to Dr. Stauffer once she has read them.

Just a few weeks ago, I read several birthday cards that were given to her by some students at WHS. In one card particular, a



student thanked Dr. Stauffer for providing a Community College scholarship to his father several years ago. He wrote, "My father received a scholarship in either 1995 or 1996. I am not sure if you remember... but he told me that this scholarship helped him a lot and he is forever grateful! If he didn't get that scholarship I don't know what my life would be like. Happy Birthday again, and thank you!"

I know that most of us obviously can't afford to start

up a foundation that provides funds to support things like scholarships, but what we all can do is find a way to be KIND. A smile or a positive comment can go a long way to making someone else's day better and I guarantee that it'll make your day better too.

Have a great Thanksgiving holiday and remember to take the time to be kind.

Nancy A. Swenson
President, Downey Unified Board of Education

Book club continues to meet

DOWNEY - The Downey City Library's Book Lover's Club meets the second Thursday of every month at 12 p.m.

December's selection is "The Good Neighbor: The Life and Work of Mr. Rogers" by Maxwell King.

In January, the club will discuss "The Last Man" by Jane Harper.

New members are welcome. Call (562) 904-7363 for locations.

Church offering hula lessons

DOWNEY - Hula classes will be offered at Downey Memorial Christian Church starting Jan. 8 and 9 next year.

There will be beginning and intermediate classes held on Wednesdays, and beginning and intermediate classes for adults on Thursdays.

For more information, please call Toni Stewart at 310-717-4139 for more information.

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CITY OF DOWNEY

HOLIDAY HOME DECORATING CONTEST

A panel will be judging your home on Sunday, December 8, 2019 from 5:30pm-10:30pm (rain or shine). All entries are asked to have lights, animation, etc, in operation for this evening.

FOR MORE INFORMATION CALL, 562-904-7223 OR VISIT US ONLINE AT WWW.DOWNEYCA.ORG



They all disappeared, never to be seen again.

And I decided that that was not going to happen to me.

So, I got the forms from UCLA and USC and donated my body to them, first come first served. When I die, my wife will call them and they will arrange to pick me up. They will use me for educating future doctors and probably other purposes. After that, they will cremate me and scatter my ashes somewhere. But the ashes will not be returned to my wife.

Now why did I do this? Well, there are a number of reasons. I would like to think that my body will result in some great research that will benefit mankind. I can imagine the headlines now: "Donated Body of Anthony Kingsley Results in a Discovery that Will Benefit Mankind for Hundreds of Years."

And the funeral parlors will be disappointed at a loss of revenue

And the likes of Forest Lawn will also be disappointed.

And the probate lawyers will be really pissed.

Then my wife will be famous for carrying out my last wishes.

And all of you in my Norwalk writing class can say, "I knew him."

There will be a big Irish wake with lots of food and alcohol. No tears and no speeches. But a huge banner that says: "Regrets He Had a Few, But Then Again Too Few To Mention. He Did What He Had to Do, And He Did It His Way."

Anthony R. Kingsley is a member of the writing class offered through the Cerritos College Adult Education Program. It is held off-campus at the Norwalk Senior Center.

Short Story

When I Leave

By Anthony R. Kingsley

When my mother was sick, I went home to see her. She died three days later. When my father died, I did not go home - he had already been dead when they got around to telling me.

I walk just about every night. I think of this as exercising. But in talking to my neighbor, we decided that the purpose was primarily socializing with the exercise being secondary. I used to stop and talk to a neighbor. He used to sit out on the front porch with his dog and listen to his radio. I never saw any family members visiting him.

One day, his neighbor called me and said she had not seen him for a while and that the newspapers were on his front yard.

I went down and tried to get in. But he had steel doors all around the house. So, with no responses and his truck in the driveway, I called the police.

They came and also could not get in. They called the fire department who broke in. When they went in, they found him dead with his dog sitting on the floor beside him.

Then the family came from all over, including one all the way from Missouri. They had a big funeral and a catered event after. I did not go to either. Then came the estate sale and, of course, the sale of the house.

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Websites like Zillow, Trulia, and others will gladly provide you the value of your home based on their algorithms and global criteria. Unfortunately, they are almost way off.. by a lot. Call me today for quick discussion about your real estate goals, I'll be happy to give you some insight on getting Top Dollar from your home sale! To find out how the real estate market is doing in your neighborhood, visit: www.DaleJervis.Smarthomeprice.com

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

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"Cristian Ripoll was great! I was able to sit back and let Cristian do all the driving. When we buy our mansion, we will definitely use Cristian." - Luis Juarez

"Ben Garcia did a good job & I am very happy! Ben was knowledgeable & answered all my questions." - Mark Sanchez

"Sofia Martinez did a great job!" - Ricardo

FEATURED PROPERTY

North East Downey!
Executive home in move in condition. Large tile entry way opens to formal living room. Sit down fireplace. Formal dining room. Updated kitchen with new appliances. Family room downstairs and extra-large game room upstairs (with wet bar). 2 bedrooms downstairs. Master bedroom with fireplace and sitting area. Call Today!!!

TOP PRODUCERS

TOP LISTING Edwin Huber
TOP PRODUCTION Manuel Acuna
TOP SALES Tony Cedeno

Great Views!
This single level 4 bedroom, 2 bathroom home comes with an expanded driveway offering additional parking as well as wood shutters, large backyard, and a large patio in the back. The home is move in ready, or ready for you to personalize it to your own taste. Call Today!!!

Ready For You!
Very nice street, but nicer home. Updated throughout. Kitchen with granite countertops. Newer paint. Wood type floors. Brick fireplace in family room. Updated bathrooms. Low maintenance backyard with pool. Call Today!!!

Location, Location, Location!
Beautiful home! Located near schools, city parks, and recreational area. This home features hardwood floors, a gated driveway, and fruit trees. This home has it all! Bring your buyers. Call Today!!!

Move In Ready!
Beautiful house. New kitchen, new bathroom, new floor, new windows, new dry wall, new everything! Central AC. Completely remodeled. Zoned Commercial/Residential. Call Today!!!

Turnkey!
Newly remodeled, new kitchen, granite counters, open concept floor plan. Master bedroom has private bath. Fireplace in living room and large pool and backyard for entertaining. 2 car garage with alley access. Close to Historical District with tree lined street. Don't miss this beautiful home. Your clients will love it and ready to move in. RV access. Call Today!!!

Immaculate!
This beautiful home is located at the end of a cul-de-sac inside a gated community in Signal Hill. The property has been well maintained and features four bedrooms, three bathrooms, dining room, living room, family room, and indoor laundry room, gas fireplace, central heating and air conditioning, recessed lighting, and synthetic turf in the backyard. Original owner. Homes in this community don't last, so don't wait! Call Today!!!

Beautiful!
Your search is over! Beautiful, updated 3 bedroom 2 bath home in the Hacienda Village in La Habra. Perfect backyard with pool, bar and built in BBQ for entertaining your family and friends. Security System with 8 cameras. Cobblestone Driveway. Updated kitchen, all lighting in the home are led energy efficient. Cooper piping and new 3/4-Gal water heater. Call Today!!!

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24 HOUR Real Estate

As we sit down with our families this holiday season, we wanted to share our blessings with the Downey Community.

At 24 Hour Real Estate, we are thankful for...



Maria Nicolaou
Thankful for my family and friends. Wishing you all a very Happy Thanksgiving!



Carmen Jimenez
I am grateful for my family, work family and friends! I am grateful for everyone's support. You guys are a ray of sunshine to me.



Mel, Rita, Michael & Jami Berdells
BROKER | OWNERS
We are blessed with a wonderful family and the amazing staff we work with. We are truly thankful for the continued support of all our clients.
We wish you a Happy Thanksgiving!



Johanna Soto
Thankful for another year of life & for all the wonderful people that showed lots of love when my brother went to heaven.



James Juarez Jr
I am thankful to GOD for life: its blessings, its lessons, its rewards, its forgiveness and its purpose.



Claudia Soto
Thankful for another day, the chance to be here, to breathe, to choose my direction, to love & be loved. I am positive energy & give my light to the world.



Angelo & Marie
We are blessed and thankful for our family, our health, and our loyal clients!



Armando & Maria
We are thankful for God's blessings, our loving marriage, family & friends but most of all we are thankful to God for His amazing Love, Grace and Mercy. Happy Thanksgiving.



Jimmy Spathos
Thankful for family, friends, health and the promise of another day to enjoy all of life's blessings!



Helen Lancaster
I am thankful for the love and concern shown by the friends in my life.



Frank Moreno
Thankful for my family, friends & associates. It's been a privilege to represent my clients; an honor to be referred by past clients & friends.



Christina Davilas
I am thankful to God for the gift of every day, for my family, friends, clients and my community. Thank you to my clients for your trust in me these past 30 years.



Carrie Uva
This year I am thankful for everything in my life. Family, friends (new & old), clients and all the blessings God has given me. Happy Thanksgiving!



Penny Watson
I am thankful for my wonderful Real Estate family.



Pat McCallum
Thankful for my many years in Downey and the friends and clients that I have here.



Ben & Stephanie
We are thankful for our family's health, well being and the opportunity to serve our community.



Gabriel Reyes
To my friends & family who have passed or are currently battling cancer. I'm thankful for your courage and honored to be a small part of your life.



Lloyd Guillen
Thankful for God's grace in my life and so appreciative for the continued love and support of my family, friends and clients.



Maria Elena Serrano
Thankful for my family, friends, health and the opportunity to serve my community.



Vicki Spearman
Thankful for the health of my family.



Mario Persico
Thankful for God's continued blessings and grace and for my family, friends, and clients.



Pam Lee
I'm thankful for the joy in my life provided by my friends and family and for the opportunity to share this joy with others.



Richard Reyes
I'm thankful for the love of my family and friends and for the opportunity to be allowed to live a dream.



Susan Martene
I am thankful for God, family and our Country!



Ekber Djokovic
Grateful for my family, friends, clients and the people I work with.



Andi Grant
I'm thankful for a God who loves me and for the clients, family and friends to share his blessings with.



Paul & Sonia
Thankful for my new daughter/granddaughter and to Downey's first responders and all the citizens who work hard to make Downey safe and prosperous for our family and so many other families who live here.



Jessica Vazquez
Thankful for my family and for having the ability to help others make the biggest investment of their lives.



Elisa Mazon
I'm thankful that God has given me a heart that I can offer love, hope, & strength for all my family, friends & clients.



Tania Zavala
I am thankful for God, my family, friends and to be given the opportunity to help others.



Rosie Soto
I am thankful for my blessings, family, friends and life's greatest adventures!



Rich Ramirez
I'm thankful for my wife Jacyn, my son Gavin, my daughter Rylee, our family & friends. Also thankful for our health, love & all the admirable people we've been privileged to meet & know. Blessings to all.



Armando Martinez
May you have a home filled with laughter, freedom and love; Happy Thanksgiving to all of you!



Joanna Martinez
Thankful for my wonderful husband, amazing kids & beautiful family! Most of all God's love, promises & mercy; everything is a gift from God.



Julio Garcia
I'm thankful to have my family together - all in good health, and for another year of hard work.



Fernando Buenabad
Thankful for my family and all the opportunities God has blessed me with.



Jerilyn Fierro
I am thankful for my amazing family, friends, & cherished clients. Thank you for making 2019 a year filled with abundant blessings and wonderful memories!



John Brito & Maria Guillen
We are thankful for God, our family, all that we have and for the people that make us happy.



Telicia Carr
I am thankful for each day of new growth and for my family's health, love and continuous support.



Louie Gutierrez
Thankful for GOD; my Mom's health, my health, and that of my family. All the lessons & challenges GOD puts in my path.



The Angulo Team
We are thankful for 24 Hour's successes, a prosperous year, our team's growth, and dedication. Grateful for the love & support we have from family & friends.



Ronald Ray
I am thankful for all the blessings that have been given to me.



Zeke & Eric Pinaya
Thankful to work in the great City of Downey; it keeps growing & just gets better. We are proud to serve our clients.



Ana Silahua
Thankful for all my blessings. I wish you all a beautiful Thanksgiving holiday season.



Ray & Krystal Castillo
We are thankful for the Lord blessing us with another day of life, its blessings and having a foundation of support from our family & friends.



Jose Quinonez
Great health, the support of family & friends, and the endless possibilities for a better tomorrow. Have a blessed and Happy Thanksgiving everyone!



Olga Demchesev
I am mostly thankful to be in this Country and to have all my family here with me.



Ralph Aranda
I'm thankful for family and friends and all that we do for each other.



Angie St. Jean
I am thankful for my husband, my kids, my family, and my amazing work family!



Maria Mokay
I am thankful to God for the love, peace & joy that we get to share with one another, and for everyone I have ever met and those that I am still to meet. Blessing you with all my heart.



Mazen Nabulsi
I am thankful for my health & the wonderful opportunities to always make a difference in my life and to others.

Edith Stine-Woods
My faith & family are truly being tested this year. I am thankful for the strong foundation my mother built for both; she will be missed. I am thankful for my wonderful & supportive customers.



Monica Saucedo
Grateful for small things, big things and everything in between.



Alex Reyes
Thankful for my family & friends that give me the support & encouragement each & every day. Happy Thanksgiving.



Lucy Villalobos
Thankful for God's many blessings. I wish all my family, friends, & my extended family at 24 Hour Real Estate a blessed Holiday Season.



Steven Hernandez
I am most thankful for my good health, my family and friends. If you have good health, you have wealth.



Jaime Marquez Jr
Thankful to God for my wife and daughter; for all of his blessings in our lives thus far.



Erika Gonzalez
Thankful for my family and friends. Wishing you all a very Happy Thanksgiving!



Linda Robertson
I am thankful to God who saved me; His mercies are new every morning. I am thankful for my husband, children, grandchildren, my wonderful mother, and I am thankful for our blessed USA.

George Gusman
Thankful for my family and friends. Wishing you all a very Happy Thanksgiving!