



PAGING DR. FRISCHER
The many benefits of exercising

SEE PAGE 4

NEWS
LAPD union endorses Gil Legaspi

SEE PAGE 2

ENTERTAINMENT
Disney jazz show coming to Downey Theatre

SEE PAGE 7

NEWS
Artist known as Gronk exhibited at Cerritos College

SEE PAGE 2

Mayor: DA's policies harm Downey

■ The district attorney's soft-on-crime policies are having local impacts, and enough is enough.

By **Claudia M. Frometa**
Mayor of Downey

Hello Downey,

During excessive heat advisories, please remember we have cooling centers in our city. Barbara J. Riley Community and Senior Center located at 7810 Quill Dr., and at our Downey City Library next to Downey City Hall on 11121 Brookshire Avenue, are open and available until 8pm. Also, do not forget to check on your elderly neighbors and please, stay hydrated and avoid extraneous outdoor activities during peak times of the day. Also, never leave children in a hot car unattended. Annually, 38 children die in hot vehicles; children's temperatures rise 3-5 times faster than adults 20 minutes can be deadly.

As we continue to see an unprecedented rise in crime involving youth and young adults, I am compelled to say we ALL need to do our part. The increase in thefts, mob-style smash-n-grabs is two-fold, one, there are no consequences for this level of criminality due to disastrous policies implemented in LA County from the D.A.'s office; and two, the lack of parental involvement and mentors in young people's lives. We are seeing a generation raised by mobile devices and a level of entitlement never seen before. As the Mayor of this city, and a mother of four, I say we need action.

We need a D.A. that will reverse the policies that are inflicting this level of crime in our cities. We are seeing a sharp increase of this type of behavior around The Promenade and The Landing. Two, we need parents to parent their children. Teaching respect is not the responsibility of our schools and educators. In fact, the level of disrespect our educators see every day continues to increase. We need parents to do better. As voters, we need to be informed and make better choices.

Our children and youth are in great need, particularly post pandemic. Committed to strengthening our community through investing in our youth, we had two successful one day workshops for our youth in August. Young Men Rise Up made its debut on August 19 and the 3rd Annual Girls on Fire was held on August 26. The workshops were slightly tailored for each gender and included topics such as building confidence, interviewing skills, healthy relationships, mental health, personal finance, and social media/cyber bullying and self-defense.

A 45-min session was also offered towards the end of the day for parents. I want to extend my gratitude to city staff for their work on these important workshops. Also, thank you to all the speakers and sponsors of the event, along with Assemblymember Blanca Pacheco for attending the Young Men Rise Up event and for her office for attending the Girls on Fire event.

Continued on page 2

Downey police chief exiting after less than two years

■ Chief Leslie Murray announced her retirement plans to police staff last week.

By **Eric Pierce**
Editor

DOWNEY – Leslie Murray, the first woman to lead the Downey Police Department as police chief, will retire at the end of this year.

Murray announced her retirement in a message to police staff last week. She confirmed the news to the Downey Patriot on Tuesday.

A Downey native, Murray became police chief in January 2022, leading a department that has seen a significant number of retirements in recent years.

"We have a really young department... a lot of our officers have been hired in the last five years, a good number of them," Murray said in 2022. "For me, it's continuing to develop those people so that every step of the way we have people in place to take over those next positions. Succession planning is really



Leslie Murray was sworn-in as Downey police chief in 2022. (PHOTO BY ALEX DOMINGUEZ)

important, and especially important for our department right now having such a young staff.

"When you lose people, you lose institutional knowledge, and

it's important to develop people."

It's unclear why Murray is retiring or who will replace her. The department – which traditionally promotes from within – has three captains on its

staff: Brian Baker, who oversees the administrative division; Scott Loughner, in charge of the investigative division, and Michael Parino, who leads field operations.

St. John Bosco teacher eyes District 1 council seat

■ During his campaign, Downey city council candidate Ramon Casas Jr. is prioritizing "family values," economic growth, and community engagement.

By **Vincent Medina**
Contributor

DOWNEY – Ramon Casas Jr., a Downey native and English teacher at St. John Bosco High School, is campaigning for economic growth, community engagement, and "family values" as he runs for Downey city council's District 1 seat.

After graduating from St. John Bosco, Casas earned his degree in city planning from the University of Southern California. He worked for a Southern California commercial real estate firm but decided to pursue teaching later in his career and returned to his alma mater.

"I come from a very conservative background and I have a policy background," Casas said. "It's critical that we establish ethical policies that align with family values that are sustainable for the future."

Casas has a three-year-old daughter.

Family Values and Inclusivity

The council candidate expressed his desire for more communal events that cater to families from diverse cultural backgrounds. While acknowledging the importance of events celebrating Downey's prominent Latinx population, he advocated for celebrating other ethnicities like the city's German, Italian, Irish and Asian residents.

While Casas advocates for



St. John Bosco teacher Ramon Casas Jr. is advocating for "family values" as he runs for the city council. (PHOTO BY VINCENT MEDINA)

inclusive events celebrating different ethnicities, he expressed his opposition toward events catering to the LGBTQIA+ community.

"I'm not an advocate of the Pride Fest. I believe that we need to be inclusive, and that is very exclusive because it solely caters to LGBTQIA+ people," Casas said. "I've talked to many families and senior citizens; they don't feel comfortable at the pride fest. So, I believe that it's fine that we have various organizations involved in a festival, but make sure it's inclusive."

He proposed a Downey Community Fest that embraces a broader spectrum of demographics, including the traditional family dynamic, LGBTQIA+ individuals and people from various ethnic backgrounds.

"It's global diversity month, across the world in the month of October. So have the traditional family dynamic," Casas said. "The nuclear family invited as well

invite the LGBTQIA+ individuals and people from different ethnicities, where everyone's inclusive."

Casas also emphasized his pro-life stance on abortion. He advocated for protecting the sanctity of life, advocating for alternatives to abortion, and emphasizing adoption as a viable option. He acknowledged the complexity of cases involving threats to the patient's life, emphasizing that medical decisions should be left to the professionals.

"If someone is in dire need or her life at risk that's the doctor's decision, but outside of there not being a medical issue, it's best if the woman has the child," Casas said. "God willing, she wants to keep the child, but if she does not she could give the baby up for adoption."

Economic Revitalization

Casas' campaign has promised to stimulate the local economy

through public and private investments. Drawing from his background in commercial real estate, he plans to leverage connections with private equity individuals and corporations to attract family-friendly businesses.

"I could reach out to private equity individuals and corporations, get a consensus to what the city really wants and needs, and determine our budget from the community development funds," the council candidate explained. "Supermarkets like Sprouts or Trader Joe's, entertainment options like Dave and Busters, and festivals that celebrate our diverse population are essential to livening up our downtown."

Casas also addressed the need for revitalizing downtown Downey, a critical area that he feels needs to catch up in terms of development and vibrancy. He suggested making the site more pedestrian-friendly and family-friendly.

Continued on page 3

Weekend at a Glance

Friday	83°	
Saturday	87°	
Sunday	90°	

ON THIS DAY

1422:

Henry VI becomes King of England at the age of 9 months.

1837:

Ralph Waldo Emerson gives his famous "The American Scholar" speech to Phi Beta Kappa Society at Harvard College, Cambridge, Massachusetts, declares American literary independence from Europe.

1889:

Second International Electrical Congress adopts the joule as unit of energy (after James Prescott Joule), the watt as unit of power (after James Watt) and the quadrant as unit of electrical inductance (later renamed henry) Second International Electrical Congress adopts the joule as unit of energy (after James Prescott Joule), the watt as unit of power (after James Watt) and the quadrant as unit of electrical inductance (later renamed henry).

1897:

Thomas Edison patents the Kinetoscope [kinetographic camera], a device which produces moving pictures.

1910:

Theodore Roosevelt makes a speech in Kansas advocating a "square deal": property shall be 'the servant and not the master of the commonwealth.'

1950:

Dodger Gil Hodges hits 4 HRs & a single in a game vs Braves

1982:

USSR performs underground nuclear test

1985:

Night Stalker suspect that terrorized California captured in East Los Angeles.

Birthdays

Rock Singer **Van Morrison** (78), actor **Richard Gere** (74), voice actor **Dee Bradley Baker** (61), actor **Chris Tucker** (52), actress **Sara Ramirez** (48), wrestler **Jeff Hardy** (46), wrestler **Mickie James** (44), rapper **Joe Budden** (43) NFL player **Larry Fitzgerald** (40), NFL player **Ahmad Gardner** (23) and actor **Jayson Maybaum** (16).

Message from the mayor

Continued from page 1

As we may have noticed around our city, there are campaign signs showing up in various places. Downey is having a special election this November 7th, residents in District-1 (Southeast Downey) and residents in District-3 (Northwest Downey) will be voting for a new representative. As your Mayor, I have three asks of the current candidates and one ask of our residents.

Be honest and respectful. Lying to potential voters about who you are, your party affiliation and/or your qualifications, speaks volumes about your character. A reminder that local elections are non-partisan, party affiliation should not matter. At this local level, policy issues we bring forth have nothing to do with partisan politics. As I've said before, our sewers, our streetlights and our streets are not partisan, we shouldn't be either. Residents, please be respectful and courteous to the candidates and their teams who are out walking the neighborhoods door knocking, sometimes in excessive heat.

Engaging in smear campaigning towards your opponent not only hurts you, it damages this city's reputation, and your credibility as a candidate. People that are longtime residents of this city, do not appreciate the negative, mudslinging-type of campaigns. The day after election, the candidates that ran against each other continue to be involved in the same organizations in and around this city. Remember this, you are opponents, not enemies. Downey is different.

Ask permission to have your campaign lawn sign on people's private property. It may come as a no-brainer, but this is also a reflection of a candidate and a team. If a lawn sign appears without permission it shows disrespect and a lack of character. Lastly, do pick up your signs from high traffic areas after election day.

Community Engagement:

As I always say, engaged communities are strong communities. There are many activities coming up for our community residents to join us over the next several weeks.

First, we have the annual International Food and Music Festival scheduled for Saturday, September 9 from 4-10pm in downtown Downey.

A Remembrance Ceremony for 9/11 will be held on Monday, Sept. 11 at 10am at the Civic Center.

The annual Havana Nights returns on Friday, September 29 from 6-9:30pm in downtown Downey,

Transient Activity, Public Safety & Quality of Life:

Downey, I want you to know I am listening to you. Our safety and our quality of life in our city is of paramount concern. Therefore, I am continuing to discuss efforts to open a Homeless Navigation Center with Services in Downey. We can no longer stay idle and hope the 'clean' up efforts work. As we look at alternatives and common-sense approaches to address this growing concern, my goal is to protect the quality of life for our residents and tackle the safety concerns.

Clean ups will continue in coordination with LA County Dept. of Mental Health, LA Homeless Services Authority (LAHSA), PATH and Downey PD. Downey continues to be proactive and aggressive in its efforts to curtail homelessness activity and its impacts on the quality of life for our residents and impacts to our businesses.

To assist us, please visit www.la-hop.org to dispatch a homeless services outreach team to your area and, if you know of someone that needs shelter, visit www.lahsa.org/get-help

On Speed Enforcement & Criminal Activity at Mall:

Our Downey PD continues working with Stonewood Mall Management on increased security and will also continue to conduct extra patrols around the mall.

DPD continues with speed enforcement activities throughout our city and illegal street racing, along with individuals utilizing empty parking lots/areas to do donuts. Drivers involved in street racing will have their vehicles impounded and will face steep fines.

Community/Economic Development

Downey continues to be an aspirational city where residents take pride in their homes, home values and neighborhoods. Special attention will be placed on unkept yards/lawns, cars on lawns, tents or structures erected on front lawns (this is against city code). Additional focus will be on illegal dumping and excessive trash and debris around



neighborhoods and commercial properties. It is up to all of us to continue doing our part to maintain a clean city.

CERT

Join the Community Emergency Response Team (CERT)! The next two-day training session is scheduled from September 29 & 30 at Fire Station 1 on 12222 Paramount Blvd. For more information or to register, call (562) 869-7331

Keep Downey Beautiful Monthly Cleanups

The next cleanup is scheduled for Saturday, September 16 from 9-10am behind Del Taco parking lot on 8028 Firestone Blvd.,

Downey's anti-litter campaign #BINIT, Residents may call CalMet/Athens services at 562.259.1239 to arrange a bulky item pick up. Additional important numbers to save on your phones:

Graffiti Hotline: (562) 923-4484

Abandoned Shopping Carts: (800) 252-4613

Illegal Dumping: (562) 904-1161

Neighborhood Watch group in your neighborhood. This is a wonderful way to connect with neighbors and watch for suspicious activities. If you see something, please, say something. Currently, we have over 230+ groups throughout our city. To find out more information or to apply, please contact Neighborhood Watch Coordinator Stephanie Arroyo at (562) 904-2374 or sarroyo@downeyca.org

I welcome appointments for in-person visits. You can also follow my Facebook page for regular updates at Claudia M. Frometa Mayor, City of Downey, along with our City's Facebook page, City of Downey Government Agency, for regular updates. Please also download the Downey App on your mobile device. Through this App, you can immediately report illegally dumped items, street repairs, trash, graffiti removal, neighborhood light repairs, etc.

Claudia M. Frometa Mayor

LAPD union endorses Legaspi

DOWNEY – Gil Legaspi, candidate for Downey City Council District 3, has received the endorsement of the Los Angeles Police Protective League, an organization that represents over 9,200 sworn officers.

In an email to Legaspi confirming support for his candidacy, Craig D. Lally, President of the LAPPL stated:

"The Los Angeles Police Protective League is proud to endorse Gil Contreras Legaspi for Downey City Council because

we believe he's not only highly qualified, but that he is the best choice for public safety.

"As a veteran police officer, Gil has a deep understanding of the issues that impact law enforcement officials and his integrity and experience set him apart. We know Gil will be a strong advocate for improving neighborhood security in Downey and we look forward to helping him in his campaign"

Legaspi is a sworn reserve police officer, and has made

public safety the top priority in his campaign.

"I am truly humbled by the support of my fellow officers at the LAPPL. As Downey's council member for District 3, I will bring a tireless approach to ensuring the safety of our residents," Legaspi said.

The special election for Downey City Council, District 3, is on Nov. 7.



To all our customers in Downey and the surrounding Areas

After 59 years our Downey location has closed. We want to take this opportunity to thank all our customers for their loyal support which has created the success we have Achieved. We are very proud to have served Downey area some of the best Pizza and Italian foods anywhere.

Welcome to Cerritos!

Our Cerritos location will remain open to serve our Downey and surrounding area customers. You can still enjoy the same great food and service! So, to say thank you for your loyal patronage we would like you to have this **gift certificate**. Please come and visit us soon.

\$15.00 OFF Any Purchase

Frantone's Pizza and Spaghetti Villa
10808 Alondra Blvd., Cerritos, CA 90703
One coupon per visit No Cash Value
Valid through 11-1-2023

CNA **Liberty Mutual**
MERCURY INSURANCE **KEMPER**
Nationwide **Safeco Insurance**
Berkshire Hathaway GUARD **THE HARTFORD**
TRAVELERS **CHUBB**
CIG **HAGERTY**
Capital Insurance Group

www.Mikels-Ins.com

Proudly Serving Downey for over 40 years!

NO Broker Fees
National "A" Rated Companies

562-928-0431

10945 South Street, Suite 106A
Cerritos, CA 90703
(next to the Cerritos Auto Square)

Open: Monday - Friday
9 am - 5 pm

CA LICENSE: 0E11818

Malhotra & Malhotra Attorneys
Serving the community for 38 years

DIVORCE | CHILD CUSTODY/SUPPORT | TRUSTS/WILLS | CONSERVATORSHIPS | PROBATE

Call us for a **FREE** consultation
Eva Juarez Malhotra
Krishna Malhotra

Se Habla Espanol

(562) 806-9400 • (800) 811-8881
7847 E. Florence Avenue, Suite 111, Downey, CA 90240

Candidate calls for more police, all-inclusive events

Continued from page 1

"Downtown Downey is really outdated and we need newer infrastructure. It looks the same as when I was here in the 90s," Casas said. "We need more infrastructure redevelopment. We could bring in public funds and private funds because something needs to be done."

Law Enforcement and City Employees

Casas expressed his belief in a more substantial police presence to ensure safety in a city that he said has experienced an influx of businesses and population. The concern over rising crime rates was an important factor behind the call for additional policing.

He criticized Mayor Claudia Formeta for denying funds for extra officers to police chief Leslie Murray.

"[Murray] has addressed the council, and she requested more police officers as well. She was denied seconds after requesting it," Casas said. "There are a lot of DUI accidents in Downey. We should incorporate an increase in the budget for more DUI checkpoints entering the city."

Casas expressed his commitment toward public services and city employees by promising to advocate for improved wages and benefits. He believes proper funding allocation and financial accountability are crucial to enhancing public services while avoiding wasteful spending.

"Our city employees are the foundation of our community, and we must ensure they're adequately compensated for their hard work," he said.

Opponents' Absence and Lack of Specifics

Casas also criticized his opponents, Elvira Meraz and Horacio Ortiz, for their absence from city council meetings and a lack of concrete policy details.

"With strong family values as my guide, I aspire to infuse every aspect of Downey's growth and development," he remarked. "Our city is already remarkable, and together, we can elevate it to new heights."

The Downey city council election is set for Nov. 7.

Rotary Club of Downey gets visit from district governor

Makiko Nakasone visited with Rotarians and helped to install four new members.

By Lorine Parks
Society Editor

DOWNEY — A force of nature blew through Downey last week: Makiko Nakasone, the District Governor, visited the Rotary Club of Downey.

DG Makiko bestowed honors, inducted four new members, and gave an account of her goals, accompanying herself with drum rolls on the dais and leading the cheers.

In return Club President Barbara Lamberth gave Mikako a purple fringed blanket. "To keep me warm," Mikako said, but the District Governor generates her own heat. New Rotarians included member Bill Kirkwood's daughter Jennifer Hartl; awards were for Best Rookie, Most Loyal, and Unsung Hero, a title Mikako gave to me.

Born in Japan DG Mikako was a Rotary Peace Scholar from Japan to Freiburg, Germany long before she became a Rotarian herself. "Payback time," said Makiko, "for a life-altering experience."

And it's all because of a Mouse - Mickey Mouse. Mikako met husband Steve Nakasone, American-born of Japanese



parents, in Tokyo when he was working for Disney's legal department, and she was in public relations. Her goal is to

grow Rotary and the many ways it serves communities, locally and globally.

We can sell your property for top dollar.
TEAM SPATHOS REAL ESTATE
Selling Downey for 24 years!
JIMMY SPATHOS Broker/Notary
(562) 400-2348 DRE#01296368
jimspathos@aol.com www.jimmyspathos.com

In Memory of



Anita E. Henderson

September 4, 1927 - July 1, 2023

Anita was born in the Upper Peninsula of Michigan in Hancock, to parents Carl August Pyykkonen and Kate Niemela Pyykkonen. After graduating from Suomi College, she moved to Washington, D.C. and worked in the Pentagon, then on Capitol Hill for the Honorable John Bonifas Bennett (R-MI). Her years in D.C. provided an opportunity for learning firsthand how our government works and was a special time when many of her deep lifetime beliefs, values, and friendships were established.

Her travel lust inspired her to relocate to Los Angeles during an era of Hollywood glamour, palm trees, and beaches, with year-round sunshine and much less humidity. In Los Angeles she met her beloved husband, Robert (Bob) and began building a life with him in 1954. They established and operated a business together, traveled together, danced together, raised a family together, and loved each other deeply.

Anita volunteered at Downey Community Hospital for many years, working in the gift shop where she provided good cheer to the staff and visitors. She was active in many community groups and enjoyed the camaraderie among her fellow members of the Downey Community Hospital Auxiliary, Downey Symphony Guild, Assistance League, League of Women Voters, PTA, and the Downey Museum Guild.

Anita was a member of Christ Lutheran Church from 1958 until her death and enjoyed countless days helping on the Altar Guild, attending services and Bible studies, and creating lifetime friendships. For many years Anita took altar flowers and a church program to members who could no longer attend in person, sharing fellowship and the sermon with each one. Her desire to help others always took precedence over any need or desire to be recognized. Her joy and laughter were contagious, and she continued to provide much delight, guidance, wisdom, and encouragement to her friends and family until her last days.

As in life, Anita showed grace and dignity until the end, passing away peacefully at home with her family at her side just two months before her 96th birthday. A private graveside service will be held at Fort Rosecrans National Cemetery where she will be interred with her devoted husband.

Anita is survived by her son Richard and daughter-in-law Esper, daughter Diana, granddaughters, Maria Henderson, Allissa Henderson, Emily Lake (Nicholas), and Haley Bott, and a great-grandson, Aiden, along with numerous nieces, nephews, and friends. She will be missed dearly by all who had the pleasure of knowing her, especially by her loving family who will carry her joyful spirit and important lessons with them for the rest of their lives.

AAA Travel

Refined
TRAVEL SHOW

GALÁPAGOS ISLANDS

Learn about exciting destinations and special show offers from our top luxury travel partners.

LONG BEACH MARRIOTT
4700 AIRPORT PLAZA DRIVE
LONG BEACH, CA 90815
SATURDAY, SEPTEMBER 9
11:00AM - 3:00PM

To register or learn more, visit
AAA.com/RefinedTravelShow,
scan the QR code or call us at:



562.461.3512

Ask a AAA Travel Advisor how you may be eligible for a FREE set of luggage¹ at the show!

Space is limited, so don't miss out on this exceptional event.

Travel show date and time are subject to change. *Promotional period September 9, 2023 through September 16, 2023. Luggage set for a minimum \$6,000 total gross trip booking, not including the cost of insurance. Valid on qualified bookings made through a AAA Travel Advisor and paid in full during promotional period. Minimum purchase required to qualify for offer. Bookings using future travel credits as a payment are not eligible. Maximum one (1) offer per booking while supplies last. Valid only on cruise or tour bookings provided through one of AAA's preferred travel providers participating in the 2023 Refined Travel Shows. Luggage estimated retail value of \$240, cannot be substituted, are non-refundable, and non-transferable while supplies last. Certain restrictions may apply. CST 1016202-80. Not responsible for errors or omissions. Copyright © 2023 Auto Club Services, LLC. All Rights Reserved. L10R2

FREE ADMISSION

INTERNATIONAL Food & Music FESTIVAL

discoverDowney

SATURDAY SEPTEMBER 9
4:00PM - 10:00PM
DOWNEY AVENUE
BETWEEN 2ND & 4TH ST.

COME AND CHECK OUT THE BEST GRUB FROM LOCAL RESTAURANTS AND POPULAR FOOD TRUCKS

- CRAFT BEER & WINE GARDEN (HOSTED BY SOROPTIMIST INTERNATIONAL OF DOWNEY)
- FESTIVAL ATTRACTIONS
 - FACE PAINTERS
 - HENNA ARTISTS
 - LIVE DJ
 - CARICATURE ARTISTS
 - PHOTO BOOTH
 - LIVE ENTERTAINMENT ON TWO STAGES
 - STREET PERFORMANCES
- LIVE ENTERTAINMENT
 - CHACOMBO AFRO PERUVIAN MUSIC AND DANCE
 - BANDA LA BAJADORA MEXICAN BANDA
 - KELLY BOYZ BAND COUNTRY/ROCK
 - LAS COLIBRI MARIACHI
 - DSB JOURNEY TRIBUTE BAND

*ALL PERFORMANCES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE.

Instagram: #DOWNEYIFMF

Paging Dr. Frischer...

By Dr. Alan Frischer



Exercise is a big part of my life. I run marathons, which is, yes, a bit extreme.

Exercise is considered any movement that makes the muscles work and burns calories. When we don't use our muscles, they turn into fat. Muscles work, and fat sits there. Trust me; I'm a doctor, and every single day in my office I observe that people do indeed age differently, and that much of that depends on their level of activity. Some form of regular exercise is necessary for good health. It is NOT optional.

Many people have physical limitations, preventing them from participating in certain activities. It is fortunate that exercise can take a wide variety of forms, including walking, swimming, running, jogging, dancing, yoga, Pilates, bicycling, hiking, calisthenics, stair climbing, and many other gym activities or movements. The simplest of these is walking, an activity that most of us do already. Exercise does not have to involve speed, rigor or a paid gym membership.

What does exercise do for us?

Exercise can make us feel happier. Need an emotional lift? Need to de-stress after a demanding day? A brisk walk or a visit to the gym can help to improve mood and to decrease feelings of depression, anxiety, and stress. It can increase brain sensitivity to serotonin and norepinephrine, hormones which relieve feelings of depression. Exercise can increase the production of endorphins, which help to produce positive feelings. These effects likely exist regardless of the level of intensity of the workout.

Exercise will help to lose weight. Our bodies expend energy by digesting food, exercising, and maintaining body functions like heartbeat, breathing, and the activity of all working cells. When we diet, the reduced calorie

intake lowers the metabolic rate, which can actually cause a temporary delay in weight loss. However, with regular exercise, our metabolic rate is increased, so we burn calories at a higher rate. This occurs both while we are exercising, and afterwards as well. Conversely, inactivity is a major factor in weight gain.

Exercise helps to build and maintain muscles by releasing hormones that enable them to absorb amino acids. This helps muscles grow, and reduces breakdown. As we age, we tend to lose muscle mass and function, which can lead to an increased risk of injury. Regular physical activity is essential in order to slow muscle loss and maintain strength. It also builds bone density when we are young, and helps to maintain it later on.

Exercise can increase our energy level. Aerobic exercise boosts the cardiovascular system and improves lung function. Moving more causes the heart to pump more blood, delivering more oxygen to our muscles. Regular exercise makes our heart, and therefore our muscles, more efficient. Over time, less energy is required to perform the same activities. This makes us less likely to become short of breath, even for those with chronic or terminal diseases.

Exercise can reduce the risk of chronic disease. It improves insulin sensitivity, heart health, and body composition. It can delay or prevent type 2 diabetes, and helps those with type 1 diabetes. It can reduce the risk of a number of cancers. Regular exercise can increase HDL (good cholesterol), while maintaining or reducing LDL (bad) cholesterol. Regular aerobic exercise can lower blood pressure. A lack of exercise can, in contrast, lead to significant increases in belly fat, which increases the risk for diabetes and heart disease.

Exercise helps the skin by facilitating the production of antioxidants, which repair skin damage.

Exercise is good for brain health and memory. It increases our heart rate, which promotes the flow of blood and oxygen to the brain. It can stimulate hormones that enhance the growth of brain cells. It has been shown to cause the hippocampus to grow in size, which may help to improve mental function as we grow older. It may be protective

against conditions like Alzheimer's disease and dementia, although more research is needed to prove this.

Exercise improves sleep quality and can help with relaxation. The energy loss that occurs during exercise stimulates restorative processes during sleep. The increase in body temperature that occurs during exercise is thought to improve sleep quality by helping our body temperature to drop when we sleep. Some studies show that regular exercise helps us to fall asleep more quickly.

Exercise can reduce pain. For many years, the treatment for chronic pain has been rest. Studies now show that many different conditions (including low back pain, fibromyalgia and soft tissue injuries) can actually be helped by regular exercise. Exercise has been shown to raise pain tolerance and to decrease pain perception.

Finally, exercise can promote a better sex life and boost sex drive, because it strengthens the heart, improves blood circulation, tones muscles, and enhances flexibility. Several studies confirm that regular exercise improves erectile function in men.

What's the best kind of exercise? It is the kind that you will actually do, and stick with. Please consider that exercise can be fun. Find the type that you enjoy, whether it is outdoors, or in the gym. Get to know other people who enjoy doing what you do. Be sociable, and allow your physical activity to connect you to family and friends. Think dance class, water aerobics, or a hike; join a soccer team or a mixed softball league.

It is so clear that exercise can improve nearly every aspect of our health, both physically and emotionally. It takes minimal movement to make a difference. A goal for a week might start at 90 minutes (30 minutes three times per week) of moderate activity. I urge you to begin today in order to feel better, have more energy, and possibly add years to your life. Any amount of activity is better than none at all.

Please check with your doctor when starting something new, especially if you have any concerns about your fitness, haven't exercised in a long time, or have chronic health problems, such as heart disease, diabetes or arthritis.

Paramount hospital opens rehabilitation unit

Kindred Hospital opened an 18-bed unit for patients recovering from strokes and brain injuries.

(ARU) helps adults who have experienced a loss of function or disability due to injury or illness.

Located at 16453 Colorado Ave. in Paramount, the 18-bed ARU features semi-private rooms for patients recovering from conditions that include stroke, brain injury, spinal cord injury, orthopedic injury, neurological conditions, amputation, respiratory and pulmonary illness, and trauma.

PARAMOUNT – Kindred Hospital Paramount held a ribbon-cutting event last week to ceremoniously open a new rehabilitation unit located inside the specialty hospital.

The acute rehabilitation unit

The new unit provides the

intensive, interdisciplinary clinical and rehabilitation services necessary for improved function and independence, facilitating patients' recovery so they can be discharged and return to their homes.

"We are thrilled to add this inpatient rehabilitation unit to our hospital to advance our efforts to help patients recover and, ideally, return home with the strength and ability to live more independently," said Mark Apodaca, Market CEO of Kindred Hospitals in the South Bay area.

"This new service allows Kindred Hospital Paramount to provide a broader range of acute-level, physician-led rehabilitation care while avoiding the disruption of transferring a patient to a separate facility.

"By combining these enhanced capabilities and clinical integration under one roof, we believe we can deliver a continuum of care and

better outcomes for the clinically complex patients already in our hospital and expand access to rehabilitative services to those in the community who require comprehensive care to recover from injury or illness."

The ARU features a large interdisciplinary gym, designated rooms for dining and activities, and an "activity of daily living" space designed to simulate a residential environment that allows patients to practice ambulation while participating in daily activities, such as cooking, in order to safely reintegrate back into the community.

It also offers specialty rehabilitation programs dedicated to neuro, stroke, brain injury, and amputation.

"Integrating dedicated, acute-level rehabilitation units in our hospitals sets our Specialty Hospitals division apart, and this new ARU at

Kindred Hospital Paramount further elevates the hospital's value to the community," said Daniel Brywczyński, President of ScionHealth's Specialty Hospital Division.

"The market gains much-needed inpatient rehabilitation services, and the hospital gains a standalone unit that in our experience has proven to be especially beneficial to patients recovering from a critical illness or injury."

At the Kindred Hospital Paramount ARU, an interdisciplinary team that includes physicians, nurses, physical therapists, occupational pathologists, and other health professionals designs a treatment plan to help a patient restore lost ability and function.

Intensive monitoring and therapy help these patients regain skills more quickly in a safe, controlled environment. The goal is to support patients while they recover, so they can return home and resume normal activities.

ARU patients receive a minimum of three hours of therapy each day for at least five days a week under the direction of a physiatrist, a doctor specialized in rehabilitation and physical medicine, and 24/7 nursing care.

Services include physical, occupational, and speech therapy; psychiatry, internal medicine, and medical/surgical consultations; rehabilitation nursing; nutritional services; and a dedicated pharmacy.

The rehabilitation unit is available to Kindred Hospital Paramount patients as well as patients from other healthcare providers in the community.

The new ARU is managed and staffed by Lifepoint Rehabilitation, a business unit of Lifepoint Health. Lifepoint Rehabilitation is a trusted operator of more than 40 inpatient rehabilitation hospitals and 250 hospital-based rehabilitation units, medical/surgical and outpatient therapy settings nationwide.

MDF WHITTIER MOULDING
BASEBOARD • CASING • CROWN
562-273-0500
12200 WASHINGTON BLVD., WHITTIER, CA SUITE L

Fox Chiropractic
Don't just reach for the pill bottle or box, call Dr. Fox. (562) 862-0744

got trees?
the original **George's Tree Trimming Service**
EVERYTHING IN TREES
Trimming • Topping
Removing • Stump Grinding
\$5000 OFF Any Tree Service
Min. \$200.00
Present coupon after quote
Call for a FREE Estimate
(800) 695-5237
(562) 923-8911
Residential • Commercial
Apartments • Condominiums

DOWNNEY PLUMBING
HEATING & AIR CONDITIONING
St. Lic. #731172 (562) 861-1234
11829 Downey Ave. • Downey, CA 90241
\$10 OFF ALL REPAIRS
e-mail: joe@downeyplumbing.com

ATTORNEY
ALEXIS SAAB
ATTORNEY AT LAW
• HABLAMOS ESPAÑOL
10810 Paramount Blvd Suite 201
(562) 904-2622

BULLETIN BOARD

FREE ESTIMATES "Your Local Plumber At Your Service" (MasterCard VISA)
A-1 Performance ROOPER & PLUMBING
Lic. #896712
RESIDENTIAL & COMMERCIAL PLUMBING
• FREE ESTIMATES • RAPID RESPONSE • SENIOR DISCOUNTS
• Plumbing • Sewer • Water Heaters
• Hydro Jet Specialists • Drain Cleaning (562) 420-6458
Family Owned And Operated. Serving Long Beach And Surrounding Areas For Over 25 Years.

GOT TERMITES?
DOWNNEY EXTERMINATORS
• Free Termite Inspections
• Termite Damage Repairs
• Fumigations and Local Treatments
• Low Prices
• Hablamos Español
• Real Estate Services
Bonded / Insured
562-401-5000
10% off with this ad
Serving Your Community

DOWNNEY PARTY RENTALS
Hours: 10900 Paramount Blvd.
M - F 9am - 4pm Downey CA 90241
Sat 9am - 2pm (562) 861-1616
Sun CLOSED www.DowneyPartyRental.net
We can help make your summer event cool!

E&R REASONABLE PRICES
Plumbing, Heating, Electrical
DRAIN CLEANING SERVICES
Residential, Commercial, Experts
LIC. #814113 C36 / LIC. #965519 C10
Cudahy, CA 90201
Erick Cell: 323.228.4500
562.450.7599
reasonableplumbing@sbcglobal.net

INTERNATIONAL ELECTRICAL AUTOMATION INC.
FOR ALL YOUR ELECTRICAL NEEDS
• EV CHARGING INSTALLATION • AC ELECTRICAL FEEDING
• 24/7 ELECTRICAL EMERGENCY
\$50 OFF First Time Customers
CALL FOR A FREE ESTIMATE
562-966-1943
35 Years of Experience
ieaelectricians.com • ieaelectricians@gmail.com

PIN ROOFING
Richard "Mr. Pin" Semones
New Roofs • Repairs • Tear-Offs
General Roof Maintenance
Bonded / Insured • Lic# 758000
Call for a FREE Estimate
562.923.9242

North Atlantic whales need our help

By Gib Brogan

Gib Brogan is a campaign director at Oceana, an advocacy organization, where he leads the effort to protect North Atlantic right whales and improve the management of US fisheries.

North Atlantic right whales and speeding boats just don't mix. When a boat strikes a North Atlantic right whale, it can cause traumatic injuries and even death. With only around 340 of these whales remaining along the East Coast of the United States and Canada, they are on the brink of extinction.

Boat strikes and fishing gear entanglements are top threats to these critically endangered whales. Scientists estimate the species can only recover if less than one North Atlantic right whale dies per year from these human causes. They have been listed as endangered under the Endangered Species Act since 1970.

These whales live in a constant state of danger, navigating a jungle of an estimated 1 million fishing lines and busy shipping lanes from their calving grounds in the US Southeast to their summer grounds in New England and north into Canada. If all of that weren't enough, this whale is hard to see because it is dark in color, lacks a dorsal fin and is vulnerable because it swims near the water's surface.

Studies have found that a boat's speed is a major factor in boat-related collisions with North Atlantic right whales, with speeds of 10 knots (11.5 mph) or less reducing a whale's risk of death by 80% to 90%. At high speeds, captains cannot maneuver to avoid them, and the whales swim too slowly to move out of the way.

To reduce the threat of boat strikes to these whales, the National Oceanic and Atmospheric Administration in 2008 issued a vessel speed rule to establish mandatory seasonal slow zones for boats 65 feet in length or greater in areas where the whales were expected, and short-term voluntary slow zones triggered by whale sightings. The speed limit of 10 knots (11.5 mph) was set to reduce the risk of a boat killing a whale.

Our oceans have changed since 2008. North Atlantic right whales are spending more time in the colder waters in Canada and different parts of US waters so these seasonal slow zones no longer match when whales are present. Over time, it's become clear that even smaller boats can kill North Atlantic right whales.

In February 2021, a male calf, only about a month old, was killed by a 54-foot sport fishing boat. This calf died from the severe trauma of the boat's propeller cutting deep into its back, a fractured skull and crushed ribs. The calf's mother, known as "Infinity" to whale researchers, was also struck and reportedly has not been seen since she was spotted a few days afterward with cuts. This collision shows how dangerous strikes from smaller boats can be. To save these whales from extinction, NOAA must extend the speed limits to smaller boats, not just large ships.

After an extensive review of the current vessel speed rule, NOAA proposed updates last year to protect these whales better. At the time, NOAA said, "During the past two and a half years alone NOAA Fisheries has documented four lethal (death and serious injury) right whale vessel strike events in US waters. These events are impeding the species' recovery and contributing to the population's decline."

NOAA allowed months of public review and accepted comments through October 2022. The agency has advised the White House that it expects to finish reviewing these comments and take final action by this December.

The proposed changes make sense: Adjust the location of the seasonal slow zones to where the whales are located now compared with 2008; apply the speed limits to boats 35 feet in length and up; shift the short-term voluntary speed zones triggered by whale sightings to mandatory zones, among other updates.

But there has been recent controversy around NOAA's proposed changes. Some members of Congress have proposed delays to finalizing these slow zones. Although

none of these delays has moved forward in Congress at this point, any setback risks pushing the right whales over the edge of extinction. With only 340 whales left, we don't have much more time to save these whales.

Despite assertions from recreational fishing and boating enthusiasts, these slow zones are not new and do not close access to the Atlantic Ocean or prohibit these activities — boats 65 feet and larger have been subject to the slow zones along the East Coast for 15 years. These zones simply update the existing seasonal slow zones with newer information about when and where whales are expected, improve how the 15-day slow zones are triggered when whales are spotted in certain areas and ensure that boats must comply with the speed limits. And these slow zones are only in effect when the whales pass through on their migratory path from Florida to Canada and back each year. This speed rule needs to apply to smaller boats that can and do kill whales.

In NOAA's proposal, the updated slow zones remain seasonal and temporary, with almost all of these slow zones (except a smaller zone near Nantucket and Georges Bank that runs through the end of June) having no impact on most US boaters between Memorial Day and Labor Day — the most popular boating months — as most of the whales are in Canada during those times.

When it comes to boater safety, the current and proposed updated vessel speed rule will not put boaters at risk or in danger. Boaters are exempt from the speed limit if safety is on the line, such as if a storm is approaching or a warning for high winds is issued. The proposed changes offer expanded exemptions compared with the original 2008 rule for situations that present a threat to the health, safety or life of a person.

We can save this critically endangered whale from extinction, but it requires action now. The North Atlantic right whales are running out of time.

The GOP strategy on reproductive rights isn't working

By Mary Ziegler

Mary Ziegler is a law professor at UC Davis. She is the author of "Dollars for Life: The Antiabortion Movement and the Fall of the Republican Establishment" and "Roe: The History of a National Obsession."

The South Carolina Supreme Court's recent abortion decision is a reminder of the importance of state constitutional law in the post-Roe era. By upholding a six-week ban virtually identical to one struck down by the same court in January, this ruling means that South Carolina will go from a state that welcomed abortion seekers from across the region to one where the procedure is available for only as little as a week after a person confirms a pregnancy.

But the court's decision — and the legislative strategy behind the law that the court upheld — is also a perfect reflection of an evolving Republican strategy to push back on abortion: paying lip service to the importance of reproductive liberty with exceptions or rhetorical flourishes while offering no real access at all.

South Carolina Republicans suffered a setback in January when a differently constituted supreme court struck down a prior six-week ban in a 3-2 decision. Writing for the majority, Judge Kaye Hearn, the only woman on the court, stressed that Dobbs, the case that overturned Roe, did not dictate the outcome of the case because "the South Carolina constitution expressly includes a right to privacy."

While requiring that a privacy-based abortion right "be balanced against the State's interest in protecting unborn life," the court insisted that a six-week ban did not offer "a reasonable period of time" for a patient to learn they were pregnant and make arrangements to terminate a pregnancy.

But then Hearn retired, and the state legislature — which chooses state supreme court judges in the state — replaced her with a male conservative justice, creating the only all-male state supreme court in the nation. With a more conservative court in place, the Republican legislature and governor then went back to the drawing board, tweaking the old six-week ban to claim that a virtually identical bill was a compassionate compromise between the rights of women and other abortion seekers and the state's interest in fetal life.

Other conservative states have gone about this in different ways: emphasizing rape or incest exceptions while failing to mention the fine print. For instance, West Virginia's law sets an expiration date for sexual assault victims; other states require sexual assault victims to make a report to law enforcement. Some of these exceptions aren't exceptions at all but defenses for carrying out an abortion — which a doctor has to prove apply rather than a prosecutor carrying that burden — and all of them have a track record of creating little real-world access, even for those the law claims to protect.

South Carolina lawmakers tried a different approach: arguing that their ban didn't trespass on reproductive freedom.

State lawmakers stressed that emergency contraceptives (like other methods of family planning) were not impacted by the ban. Couples had a reasonable chance to make reproductive decisions by using birth control and emergency contraceptives and by relying on "early pregnancy testing." That a six-week ban would likely kick in before some patients know they are pregnant made no difference. If the state gave women the means to avoid pregnancy, that satisfied the state's interest in privacy.

This show of compassion barely concealed the underlying interest that state lawmakers — and their colleagues on the bench — had in mind. In a 4-1 decision upholding the new law, the court emphasized that the law was reasonable because of the importance of "unborn life." No longer did the court frame the fight as pitting the rights of patients against the state's interest in fetal life.

Instead, the new majority insisted that women's rights had to give way to "the interest of the unborn child to live." This language suggests that a fetus might have its own constitutional rights or interests — and may count as a freestanding person under the state's constitution.

The court's decision offers a window into how some Republicans are trying to navigate the post-Roe era. Step one requires manifesting concern for women, and even the idea of freedom to make reproductive decisions. We've seen this most clearly in former South Carolina Gov. and now GOP presidential candidate Nikki Haley's talking points on abortion — and her calls for understanding the plight faced by patients.

Something similar has been argued in Idaho, a state that passed the nation's first ban on out-of-state travel to get an abortion. The so-called "abortion trafficking" law for minors is so sweeping that it arguably applies to people helping abortion seekers in states where the procedure is legal. Idaho lawmakers argue that the law actually protects minors' freedom to decide by shielding them from coercive adults who are not their parents. Leading antiabortion groups, like Students for Life, argue that women do not need abortion (or even birth control) to achieve their dreams.

Step two is to separate the abstract importance of reproductive choice from any meaningful access to abortion — to establish that people have a right to choose whether they use birth control or simply stop having sex. Jonathan Mitchell, the architect of Texas's SB8, made this claim before the Supreme Court in Dobbs.

The final move is to make this show of compassion by subtly building toward the recognition of fetal rights or personhood. Of course women have privacy rights, the South Carolina Supreme Court explained. But the unborn child's rights take precedence — and do so early in pregnancy.

It's not clear that this plan will work for most Republicans in the post-Dobbs era. To begin with, most Americans will not easily swallow that reproductive freedom doesn't have anything to do with abortion, or even contraception. Most polls suggest that Americans don't support the idea of abortion later in pregnancy, but bans early in pregnancy remain deeply unpopular, regardless of how they are framed.

It's not obvious that antiabortion activists will buy this strategy either. Leading groups, like Students for Life and the

Alliance Defending Freedom, have stepped up their demands of the GOP, insisting, for example, that the federal Constitution already recognizes fetal rights and makes liberal abortion laws unconstitutional. Acknowledging the bare idea of reproductive privacy may not sit well with a movement that expects Republicans to deliver precisely what the movement wants.

Ultimately, strategies like the one evident in South Carolina are unlikely to dig the GOP out of the hole it dug for itself. Republicans remain beholden to base voters, many of them White conservative evangelicals, who are more likely to favor a national ban and have made up a strong part of the party's support. At the same time, it won't be easy to fool a majority of voters who have lived a year with criminal abortion bans and don't like what they see. And voters don't like it when Republicans try to pretend that they aren't interested in sweeping criminal bans when the opposite is true.

Just look at what happened in Ohio, a deeply conservative state, where Republicans tried to make it harder for voters to change the state's constitution by requiring that an amendment on the ballot have supermajority support. Republicans knew that in November, voters would get to weigh in on a proposed abortion amendment, and that well over half of Ohioans favored that measure in polls. The effort to hoodwink Ohio voters backfired, and they soundly rejected the Republican attempt.

If the plan is to trick Americans into thinking the party has found a compromise on abortion, Republicans aren't trying very hard. Real compassion can't be all talk and no action.

No more utility taxes

Dear Editor:

The three big Utility Monopolies in California (PG&E, SDG&E, and SCE) made more than \$30 billion dollars in profits last year. With this in mind, I just can't understand how they can possibly justify wanting to impose an expensive utility tax on all Californians. We already pay too much. PG&E has literally been found guilty of countless crimes. Ask the people in San Bruno or Paradise. Our grid is outdated and outrageously expensive to maintain. Maybe these corporate giants and their Wall Street shareholders should sacrifice just a little bit of their profits to do a better job at powering our state. Then we can talk about taxes that will increase electricity bills for millions of hardworking Californians like myself.

I'm appalled that the legislature and Governor Newsom voted for this thing. It's a disgrace. What we need instead of a utility tax to pad Monopoly Utility profits is for these same utilities to lower their profit margins so everyday people can have cheaper electricity bills. Maybe they should all be taken over by the government — electricity bills for friends that live in cooperatives are much lower than mine.

Dolores Vargas
Downey

Banning books

Dear Editor:

Kudos for publishing the cartoon showing dogs trying to get books banned at the library. It really does explain all the fuss about banning books, in a nutshell.

Gina Grissom
Downey

The Downey Patriot STAFF

JENNIFER DEKAY
Publisher

ERIC PIERCE
Vice President,
Business Operations

JULIE LEDESMA
Display Advertising

ALEX DOMINGUEZ
Staff Writer

LINDA LARSON
Classified Advertising

LORINE PARKS
Poetry & Society

JONATHAN FOX
Production/Graphics

CAROL KEARNS
Contributor

TEL (562) 904-3668 | FAX (562) 904-3124 | MONDAY - THURSDAY 9AM - 3PM
10927 DOWNEY AVE., SUITE C, DOWNEY, CA 90241 | FRIDAY 9AM - 12PM
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., 6:00pm: 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.
 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 Mel Sanchez 562-665-4125.
 6 pm: Toastmasters Club 587, at First Baptist Church, contact Salvador Cervantes: tmsalcuede@gmail.com.
 7 pm: Downey Knights of Columbus Bingo, at 11231 Rives Ave., call 923-1932.
 7 pm: Boy Scout Troop 441, at Apollo Park, email scoutmaster@downeyboyscouts.com.
 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., 12 pm: Downey Newcomers Club, call Marilyn 928-2623.
 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.
 10:30 am: Ballroom dance class, at Downey Community Center, call 776 7270.
 1 pm: Women's Bocce Club, at 7850 Quill Drive, call Marie Puch at 869-4366.
 7 pm: Royal Rangers Outpost 132, at Desert Reign Church, call 562-861-6011.
 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 pm: Downey Model A Club, at Gallatin School Cafeteria, call 484-8415.
 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., 6:00 pm: Sister Cites of Downey, at Barabara Riley Senior Center, call Gloria Nezhualcoyotl (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.
 9:30 am: Take off Pounds Sensibly, at Barabara Riley Senior Center, call (800) 932-8677.
 12 pm: Bingo, at Woman's Club of Downey - Proceeds benefit Rancho.
 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: Boy Scout Troop 351, at Furman Park, contact 562-500-5093 for more information.
 7:30 pm: Downey Elks Lodge #2020, call 803-3557.
 1st Thurs., 6 pm, All other Thurs. 12 pm: Kiwanis Club of Downey, at Rio Hondo Events Center, call Roy Jimenez 283-2335.
 1st Thurs., 7:30 pm: Downey Amateur Radio Club, EOC room Downey Fire Station #1, 12222 Paramount Blvd.
 2nd Thurs., 12 pm: Creative Purposes, call Bill Wallace 923-2311.
 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.
 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.

SATURDAYS

9 am: Farmers Market, Downey Avenue at 3rd Street, call 904-7246.

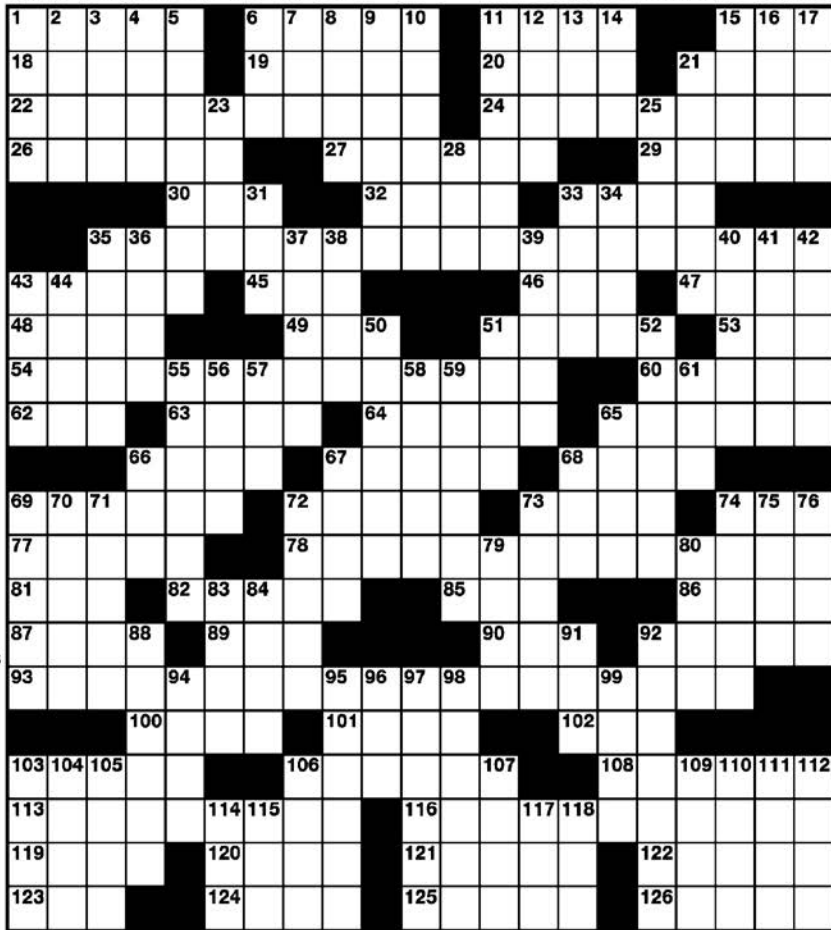
The **DOWNEY GRAFFITI HOTLINE NUMBER** Report graffiti to this number. **923-4484**

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)
SCIENTIST 69 ACROSS: Measures named for them
 by Fred Piscop

- | | | |
|--------------------------------------|---|--------------------------------|
| ACROSS | 77 Residence | 10 Custom-make |
| 1 Played a role | 78 ABILITY TO COLLECT ELECTRICAL CHARGE | 11 First to bet |
| 6 Comet's path | 81 Dorm VIPs | 12 Golf scorecard numbers |
| 11 Gem from Australia | 82 Gross fraction | 13 Raggedy doll |
| 15 Defenders' grp. | 85 Govt. energy agency | 14 <i>Misérables</i> |
| 18 <i>All in the Family</i> spin-off | 86 Chanel of fashion | 15 Jai |
| 19 Region's animals | 87 Cast forth | 16 Summoning gesture |
| 20 Glazier's sheet | 89 Count Ferdinand | 17 Big Apple's Arthur Stadium |
| 21 Southern novelist Greg | 90 ___ out a living | 21 Have a drink |
| 22 NUCLEAR DISTANCE | 92 Spokesman in Exodus | 23 Cameo stone |
| 24 RELATIVE VELOCITY | 93 RADIOACTIVITY | 25 Office group |
| 26 Submitted by mail | 100 She, in Paris | 28 www.aspc.a__ |
| 27 Hawk's grippers | 101 Unpartnered | 31 Feast on |
| 29 Motorized two-wheeler | 102 Choose, with "for" | 33 Sneeze ender |
| 30 Colorant | 103 Antitheft device | 34 Artist Holbein |
| 32 Pulled apart | 106 Cooks in a wok, say | 35 Leaning somewhat |
| 33 Tea of India | 108 Lyrical poets | 36 Strauss of pants |
| 35 INTENSITY OF SOUND | 113 ELECTRICAL POWER | 37 Oslo's land, to natives |
| 43 Found a place for | 116 ACCELERATIVE FORCE | 38 X-Files' character |
| 45 Grind ___ halt | 119 Completed with ease | 39 Eagle's nest |
| 46 Very long time period | 120 Choose not to list | 40 Online party announcement |
| 47 Vinaigrette acronym | 121 In vogue again | 41 In the vicinity |
| 48 Tel __, Israel | 122 Raccoon relative | 42 Dreadful |
| 49 GOP fundraising grp. | 123 Name that means "king" | 43 Grand tale |
| 51 Get to the other side | 124 Metallic thread | 44 Lend of tennis |
| 53 Post-op stop | 125 German industrial city | 50 Reverend or minister |
| 54 PLANETARY ACCELERATION | 126 Leading all else | 51 Formally hand over |
| 60 Hummus holders | | 52 Keyboard bar |
| 62 "Farm" animal | | 55 Looked rudely |
| 63 Novelist Wiesel | | 56 Half-rectangle shapes |
| 64 Wear down | DOWN | 57 Part of 47 Across |
| 65 With prudence | 1 Iowa State city | 58 March marchers |
| 66 Get cash for | 2 Source of sugar | 59 Do poorly in |
| 67 Come to mind | 3 Chance to play | 61 Contents of some cartridges |
| 68 Gibraltar claim to fame | 4 Abridge, perhaps | 65 Parlor piece |
| 69 Dedications of distinction | 5 Made a choice | 66 Groundskeeper's roll |
| 72 Biscotti flavoring | 6 Not quite right | 67 Have ___ (be connected) |
| 73 Out of harm's way | 7 Singer Carly ___ Jepsen | 68 UK fliers |
| 74 Puncturing gadget | 8 Reynolds or Lancaster | |
| | 9 Warden's charge | |

CREATORS SYNDICATE © 2023 STANLEY NEWMAN WWW.STANXWORDS.COM 8/27/23



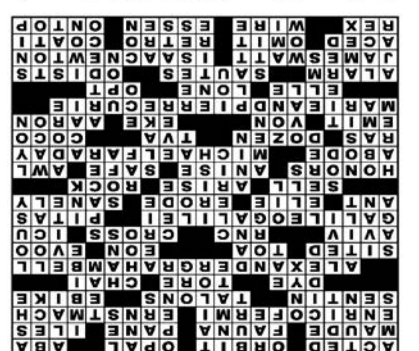
- | | | |
|--|---------------------------|----------------------------|
| 69 Arabian Nights group | 84 Sector | 105 Visa rival |
| 70 <i>Time's</i> 2012 Person of the Year | 88 Multi-layered | 106 Begin to awaken |
| 71 Recruit's denial | 91 Author Umberto | 107 Tests for HS srs. |
| 72 Modify, as a law | 92 Roaring Twenties style | 109 "Victory is mine!" |
| 73 Quench | 94 National Mall trees | 110 Internist's imperative |
| 74 Be wild about | 95 Missouri tributary | 111 Emerald City visitor |
| 75 Baylor University city | 96 Debtor's note | 112 Hair salon sound |
| 76 Interpol's French home | 97 Unabridged | 114 Amaze |
| 79 In all of history | 98 "Pieces" possessive | 115 "___ dreaming?" |
| 80 Exotic berry | 99 In the know about | 117 Exists |
| 83 Amphitheater's shape | 103 Not quite shut | 118 Chili ___ came |
| | 104 Football feature | |

Advertising Policy

The Downey Patriot reserves the right to censor, reclassify, revise or reject any ad. The Downey Patriot is not responsible for incorrect ads beyond the first business day of an ad scheduled. Please check your ad on the first day of publication and report any errors we have made to the Classified Department at 562-904-3668 at the beginning of the next business day to have it publish correctly for the remainder of the schedule.

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

made his first ascent in a balloon during the Civil War, where he was an observer for the Union Army (89 Across) visited America as Count Ferdinand von Zeppelin or vanilla. German general contain cinnamon, fennel, nutmeg and cardamom, and may also is commonly spiced with ginger Traditional CHAI tea (33 Across) King, Amy Tan and Scott Turow. musicians have included Stephen Reminders, whose writer/ musical group the Rock Bottom is a member of the Hierarchy Author Greg ILES (21 Across)



Disney jazz show coming to Downey Theatre

■ Special guest singers from across Disney movies and tv shows will sing reimagined versions of classic songs.

By Alex Dominguez
Staff Writer

DOWNEY – Some of Disney’s classic tunes will be jazzed up by some of the voices behind the entertainment company’s famous characters at a show coming to Downey in September.

“Swingin’ with the Mouse” will take the stage at the Downey Theatre on Friday, Sept. 29 at 8 pm.

Producer and musical arranger Pablo Rossil described the project as an “independent Disney Jazz collective.”

“Basically, we take Disney music and we write completely new arrangements in order to present them in a new light, as sort of a genre bend,” said Rossil. “This show specifically is a larger version of what we have done in the past in cabaret spaces.”

Singers will be accompanied by a six-piece band.

“Within jazz, much like in Disney, there is a varied group of styles you can do. We have swing, we have Latin rhythms like bossa, salsas, and cumbias. We have straight aheads, we have stuff in traditional time signatures, different keys. We switch up the tempos of things, so a little faster, a little slower,” said Rossil. “If you think about it, Disney is an American company, jazz is an American artform, and it just blends so well together.”

“The same successes and problems that came with the birth and the life of jazz as we know it now are similar to the ones that Disney went through as a company. That may be a private company and jazz is a genre, but there are so many parallels to be found between two American artforms.”

Audiences will not only enjoy refreshed versions of some of their favorite Disney tunes, they’ll be hearing them from a handful of familiar faces and voices.

“The special thing about this show is we’re going to have some really cool guests that are actually originators of certain characters in shows and movies in the Disney canon,” said Rossil.

Garrett Clayton played surfer boy heartthrob “Tanner” in Disney Channel’s “Teen Beach Movie.” He is one of seven special guest singers that have been announced.

Clayton said that the show is “going to be beautiful.”

“Even if you jump into a previously stenciled piece of material, the thing that real jazz lovers know is that if there’s not freedom in, maybe there’s a scating moment, or you’re allowed to change the notes a little bit, or if you’re on one of the instruments there’s built out breathed moments where it’s

your turn to fly,” said Clayton. “I think that’s my favorite part of it, is everybody is allowed to shine in this, and after the first time I did this, I fell in love with that aspect because collaboration, and healthy collaboration is one of my favorite things.”

He said that he looks forward to seeing the audience’s reactions to “all these new surprises in the music for them.”

“I love the rendition of ‘Cruella De Vil,’ it’s always a smash hit with the audience. Even with ‘Poor Unfortunate Souls,’ the way that they’ve been almost taken apart and restructured, I think it’s such a cool way to approach these songs and no one has heard these songs this way before, which is why I always love seeing people’s reactions when they see,” said Clayton. “You know, they open it up and you see them and they’re like, ‘Oh yeah, I know what this is.’ But when they see what you’ve done to it and how it’s really like its own, it’s like a love letter to it, people’s eyes light up and they get really excited.”

Joining Clayton will be Keith David (“Dr. Facilier” in The Princess and The Frog and “Goliath” in Gargoyles), Deedee Magno Hall (The All-New Mickey Mouse Club), Leah Lewis (“Ember” in Elemental), Kaitlyn Robrock (the voice of “Minnie Mouse”), Jennifer Stone (“Harper” in Wizards of Waverly Place), and Richard White (“Gaston” in Beauty and the Beast).

Rossil said that the show is

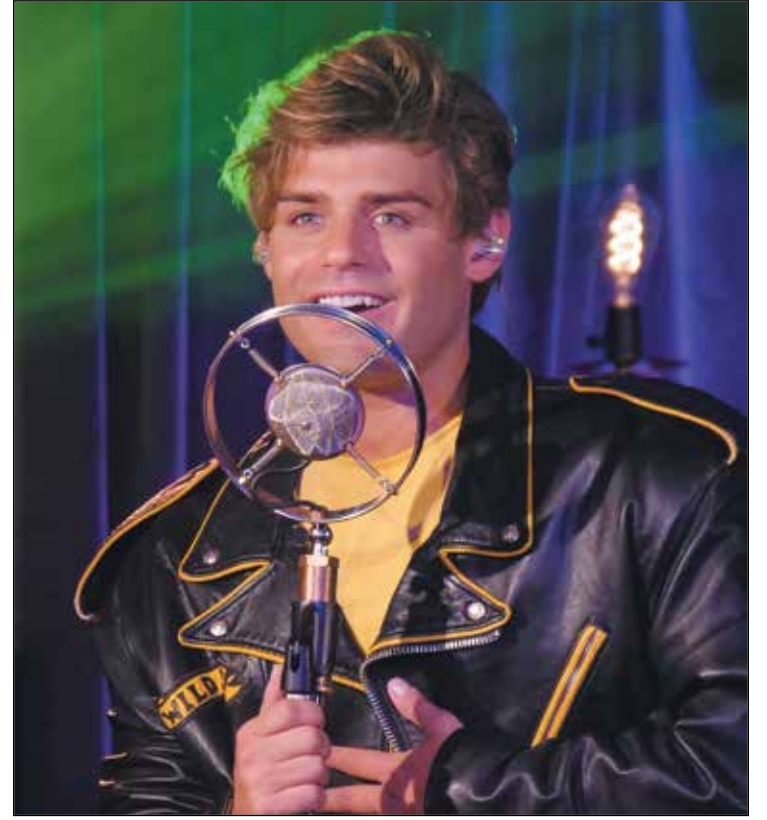
“unifying.”

“It’s finding a common denominator, something that a lot of people enjoy, and letting them celebrate it for two hours,” said Rossil. “It’s like a convention. Honestly, I’ve never thought of it this way, but it’s like a convention. You’re gathering a lot of people that care about a certain subject, you’re giving them content that is exclusive to those two hours in life, and someday, somebody is going to be able to say ‘I saw the guy that was a Disney star in the 2000’s and that was a Disney star in the ‘80s in the same room at the same time, and they made history – maybe not for the company – but they made history for me.’”

He said that “there’s always a connection to that material.”

“Kids that grew up in the ‘90s had Toy Story, had Lion King, had the Disney renaissance. People who grew up in the ‘60s had those princesses. Even grandparents and great-grandparents now had Mickey Mouse in the ‘20s and ‘30s,” said Rossil. “It’s always been around. Of course, Disney always comes with that tag of ‘kid,’ but in reality, we’re all kids.”

For ticket information, visit www.downeytheatre.org or www.broadwestentertainment.com.



Garret Clayton is one of seven special guest singers announced to perform at the Downey Theatre on Sept. 29,

He played “Tanner” in the 2013 Disney Channel Movie “Teen Beach Movie”

Happy Labor Day
Yvette Mejia
REALTOR SINCE 1988
“It’s the Experience”
DRE Lic #01011985
Call me for a FREE property evaluation!
(562) 544-5110
Email: yvette@yvettemejia.net • www.yvettemejia.net

[f](#) [ig](#) [tw](#) [in](#) [You Tube](#)

Tuna Sandwich
\$7.99
Hall Of Fame Market & Deli
10846 Downey Ave., Downey, CA 90241

HELLO, GORGEOUS!
TWO SHOWS ONE GREAT AFTERNOON!

A LIVE TRIBUTE TO **BARBRA STREISAND**
STARRING REBECCA CLARK

MARK W. CURRAN'S LEGENDS OF ROCK AND ROLL

SUNDAY OCT 1ST 3PM
DOWNEY CIVIC THEATRE CALL 562.861.8211
8435 FIRESTONE BLVD. DowneyTheatre.org

Women’s guild making casino trip

DOWNEY - Our Lady of Perpetual Help Women’s Guild is holding a getaway on Tuesday, Sept. 5th to Harrah’s Casino. Free Bingo with cash prizes, one free raffle ticket for each guest, snacks and water are included.

Invite a friend, and savor lunch at one of the several cafes and restaurants. Come and join the fun and maybe go home with a few extra coins in your pocket.

The Harrah’s bus will depart from 10727 Downey Ave, adjacent to the O.L.P.H church, and will leave promptly at 7:30 am. They will spend five hours at the casino.

Please call Imelda to make your reservations at 213-618-8677.

Dine Local

Celebrations begin at Clearman's!
JUICY STEAKS • SUCCULENT SEAFOOD • HUGE PORTIONS • FAMILY MEALS
• INDOOR DINING • RESERVATIONS • LIVE MUSIC

CLEARMAN'S STEAK 'N STEIN INN
9545 E. WHITTIER BLVD., PICO RIVERA • 562.699.8823 • clearmans.com

BEST HAPPY HOUR IN TOWN!
RESTAURANT • BAKERY • BAR

Stox
(562) 803-4004 • 9518 E. Imperial Hwy., Downey, CA

STOX DAILY COCKTAIL SPECIALS
CHECK OUT THESE PRICES!
11:00 AM - 6:00 PM
MONDAY THRU FRIDAY (LOUNGE ONLY)

BEER - \$4.00
Bottle Beer, Miller Light
Coors Light, Bud Light
Michelob Ultra

HOUSE MARGARITA \$7.95

\$6.00 WELL COCKTAILS
Vodka, Tequila, Rum, Scotch, Whiskey, Brandy

BLOODY MARY \$6.95
\$1.00 OFF all glasses of wine

DOWNEY LOCATION ONLY
VERACRUZ
FAMILY RESTAURANT
BUY 1, GET 1 FREE

* Buy any item from our dinner menu at regular price and get the 2nd of equal or lesser value FREE w/purchase of 2 drinks. Items 1-43 Only. Take Out Only. 1 Coupon Per Visit. Substitutions Extra. Expires 9-13-23. Excludes Holidays.

9085 IMPERIAL (AT COLUMBIA WAY) • DAILY 10 AM - 9 PM • (562) 923-1013

Downey Theatre presents:

STRANGELOVE
THE **depecheMODE**
EXPERIENCE

STRANGELOVE - the Depeche Mode Experience, one of the most successful tribute productions touring the world, delivers a pitch-perfect “best of” DEPECHE MODE arena/stadium scaled concert that transports listeners through time and touches on key points in DM’s illustrious career. In addition to spot-on recreations of the darkly seductive music, the hip swivels, stage sets, era-specific authentic gear/attire, and custom projection visuals are all there. The visual presentation and in-show costume changes reflect different eras of Depeche Mode’s four decade, 120 million album selling story.

8:00PM Friday, September 8, 2023

DOWNEY THEATRE

8435 Firestone Blvd., Downey CA 90241
Box Office (562) 861-8211
www.downeytheatre.org

[f](#) [ig](#) [D](#) [discover Downey](#)

CLASSIFIEDS

<p>EMPLOYMENT</p> <p>ATTN: HAIR STYLISTS Booth Space available for rent Opening for Stylist *** WALK-INS WELCOME Oh Em Gee! Beauty Lounge Call (562) 904-9492</p>	<p>OFFICE FOR RENT</p> <p>OFFICE SPACE AVAILABLE The best office spaces in Downey. Ample parking. ARENAS SQUARE 12119 & 12119 A Woodruff Avenue (323) 449-1906</p> <p>SERVICES</p> <p>CONSTRUCTION PLANS FOR PERMITS Call Jeff (562) 869-1421 #936419</p>	<p>SERVICES</p> <p>FULL SERVICE 24/7 PLUMBING Snr Discount, Bonded, Insured & Licensed C-36 #759646 BBB Grade A+ McKinnon & Sons Plumbing of Downey (562) 904-3616</p> <p>NICE-N-KLEAN Residential & Commercial Cleaning. Call for a Free Estimate. (562) 419-6577</p>	<p>SERVICES</p> <p>CONSTRUCTION DRAFTING & PERMIT SERVICES Free estimate. Quality Service. Henry (562) 291-0808</p> <p>ADANSTAR CONSTRUCTION • ADU Specialists • Plans & Additions • Kitchens & Bath • Home Improvements Lic.# 818310 Bonded & Ins. Contact: Dan Alvira (562) 852-5211</p>	<p>SERVICES</p> <p>APPLIANCE TECH HAS ARRIVED House calls. Same day rapid service all major brands. Washers, dryers, ovens, stoves, refrigerators, etc. Senior citizen discount. (562) 866-4291 (310) 251-3018</p>	<p>SERVICES</p> <p>FINE ROOFING, INC. Roof Repair & Leaks Free Estimate•Quality Service Senior Discount. Lic 976823 (562) 879-4987</p> <p>HANDY CRAFTSMAN SERVICE for all your home improvements & repairs. All labor and material guaranteed. (562) 331-0976</p>
---	--	--	---	---	--

CN999500 595 Aug 31, Sep 7,14, 2023

CN999500
The Downey Patriot
8/31/23, 9/7/23, 9/14/23

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NUMBER: 23NWCP00313
TO ALL INTERESTED PERSONS: Petitioner AUSTIN KYLE DICKSON filed a petition with this court for a decree changing names as follows:
Present name (1) AUSTIN KYLE DICKSON to Proposed name (1) AUSTIN KYLE MONDAY
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

NOTICE OF HEARING
Date: OCTOBER 13, 2023, Time: 9:30 a.m., Department: C, Room: 312
The address of the court is 12720 NORWALK BLVD, NORWALK, CA 90650
A copy of this Order to Show Cause shall be published at least once a week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in the county, **Downey Patriot** AUGUST 16, 2023
JUDGE OLIVIA ROSALES
Judge of the Superior Court
Petitioner or Attorney for Petitioner
AUSTIN KYLE DICKSON
5818 CARDALE STREET
LAKEWOOD, CA, 90713
(562) 505-6178
Austindickson46@gmail.com

The Downey Patriot
8/31/23, 9/7/23, 9/14/23, 9/21/23

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

CASE NUMBER: 23NWCP00207

TO ALL INTERESTED PERSONS: Petitioner RUDY MORALES ON BEHALF OF KAILA ANNIE MARTINEZ filed a petition with this court for a decree changing names as follows:
Present name (1) KAILA ANNIE MARTINEZ to Proposed name (1) RUBY OLIVE MORALES
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

NOTICE OF HEARING
Date: OCTOBER 6, 2023, Time: 9:30 a.m., Department: C, Room: 312
The address of the court is 12720 NORWALK BLVD, NORWALK, CA 90650
A copy of this Order to Show Cause shall be published at least once a week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in the county, **The Downey Patriot** JULY 28, 2023
JUDGE OLIVIA ROSALES
Judge of the Superior Court
Petitioner or Attorney for Petitioner
RUDY MORALES ON BEHALF OF KAILA ANNIE MARTINEZ
12040 PATTON RD
DOWNEY CA 90241
(562) 413-3691

The Downey Patriot
8/10/23, 8/17/23, 8/24/23, 8/31/23

PROBATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF LEON THOMASIAN
Case No. 23STPB08222
To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate,

or both, of LEON THOMASIAN

A PETITION FOR PROBATE has been filed by: LOUISE THOMASIAN JOHNSON in the Superior Court of California, County of LOS ANGELES, CA 90012.
THE PETITION FOR PROBATE requests that LOUISE THOMASIAN JOHNSON be appointed as personal representative to administer the estate of the decedent.
THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on AUGUST 31, 2023 AT 8:30 A.M. in Dept. 67 Room N/A located at 711 N. HILL STREET, LOS ANGELES, CA 90012.
IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.
IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California Statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California Law.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.
Attorney for petitioner:

LOUISE THOMASIAN JOHNSON

6662 PARK AVENUE
GARDEN GROVE, CA 92845
(714) 853-8468
Rvrweezie1@verizon.net

The Downey Patriot
8/24/23, 8/31/23, 9/7/23

NOTICE OF PETITION TO ADMINISTER ESTATE OF REX SCOTT KNOX
Case No. 23STPB09058

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of REX SCOTT KNOX
A PETITION FOR PROBATE has been filed by Kevin Scott Knox in the Superior Court of California, County of LOS ANGELES.
THE PETITION FOR PROBATE requests that Kevin Scott Knox be appointed as personal representative to administer the estate of the decedent.
THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on Sept. 21, 2023 at 8:30 AM in Dept. No. 4 located at 111 N. Hill St., Los Angeles, CA 90012.
IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.
IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California Statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California Law.

section 9052 of the California Probate Code.

Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.
YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

Attorney for petitioner:
TIMOTHY G MISHLER ESQ
SBN 156236
LAW OFFICE OF TIMOTHY G MISHLER
816 W FOOTHILL BLVD
MONROVIA CA 91016
CN999284 KNOX Aug 31, Sep 7,14, 2023


CN999284
The Downey Patriot
8/31/23, 9/7/23, 9/14/23

NOTICE OF PETITION TO ADMINISTER ESTATE OF LINDA KAY SCHULZ aka LINDA K. SCHULZ
Case No. 23STPB08876

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of LINDA KAY SCHULZ aka LINDA K. SCHULZ
A PETITION FOR PROBATE has been filed by Harold Wayne Westgate in the Superior Court of California, County of LOS ANGELES.
THE PETITION FOR PROBATE requests that Harold Wayne Westgate be appointed as personal representative to administer the estate of the decedent.
THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not

grant the authority.
A HEARING on the petition will be held on Oct. 26, 2023 at 8:30 AM in Dept. No. 11 located at 111 N. Hill St., Los Angeles, CA 90012.
IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.
IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

Attorney for petitioner:
RANDY D GRUEN ESQ
SBN 105729
THE WERNER LAW FIRM
27433 TOURNEY RD
STE 200
SANTA CLARITA CA 91355
CN999236 SCHULZ Aug 17, 24, 31 2023



2023 DOWNEY CITY COUNCIL SPECIAL ELECTION

DOWNEY CITY COUNCIL CANDIDATE FORUM



THURSDAY, SEPTEMBER 21, 2023 | 6PM
BARBARA J. RILEY CENTER
7810 QUILL DRIVE, DOWNEY

District 1 Candidates
RAMON CASAS, JR. • ELVIRA MERAZ • HORACIO ORTIZ

District 3 Candidates
GIL LEGASPI • DOROTHY PEMBERTON • ERNESTO VALLE

Building a Better Downey

PRESENTED BY:

DOWNEY HAPPENINGS

WEDNESDAY, SEPTEMBER 6

Childhood Behaviors Class, 12:30-2 pm. Learn the possible causes of childhood behavior disorders, tips for parents, and available treatments and resources. The class is led by United Mental Health Promoters. Barbara J. Riley Community & Senior Center, 7810 Quill Dr.

Local non-profits are invited to share information about their organizations at this collaborative meeting. Everyone will have an opportunity to introduce themselves and distribute flyers. The Whole Child, 8630 Florence Ave.

with peripherals, programs, files, browsing, emails, and more. Free but registration is required by calling (562) 904-7366. Downey City Library, 11121 Brookshire Ave.

MONDAY, OCTOBER 16

Rancho Golf Classic, 9 am. Now in its 33rd year, the Rancho Golf Classic raises funds for Rancho Los Amigos National Rehabilitation Center. Sign up online at RanchoFoundation.org. Friendly Hills Country Club, 8500 Villaverde Dr.

WEDNESDAY, OCTOBER 18

Managing Your Medication Class, 11 am to 12 pm. Learn the importance of sticking to your medication regimen and get tips on what to ask your doctor and pharmacist when you get a new prescription. Led by the LA County Department of Mental Health. Barbara J. Riley Community & Senior Center, 7810 Quill Dr.

THURSDAY, OCTOBER 19

State of the City, 12 pm. Mayor Claudia M. Frometa will deliver Downey's State of the City address at this public event sponsored by the Downey Chamber of Commerce. Rio Hondo Event Center, 10627 Old River School Rd.

Book Club, 12-1 pm. Join other book lovers in a discussion of "When In Rome" by Liam Callanan. New members welcome. Downey City Library, 11121 Brookshire Ave.

FRIDAY, OCTOBER 20

Job Fair, 10 am to 2 pm. Bring your resume and be prepared for on-the-spot interviews with employers in healthcare, information technology, manufacturing, hospitality, aerospace, trade and logistics, business and professional services, and more. Apollo Park, 12544 Rives Ave.

SATURDAY, OCTOBER 21

Intro to Computers, 10:30 am to 12:30 pm. Learn the basics of using a computer and become familiar with peripherals, programs, files, browsing, emails, and more. Free but registration is required by calling (562) 904-7366. Downey City Library, 11121 Brookshire Ave.

Fright Carnival, 5-9 pm. Celebrate Halloween early at Fright Carnival in Downtown Downey, with games, music, vendors, and more

Spooky Science Night, 5-9 pm. Science themed activities, a costume parade, and other family fun. Columbia Memorial Space Center, 12400 Columbia Way

Miss Downey Pageant, 6 pm. Young ladies will compete for the title of Miss Downey, Miss Teen Downey, Junior Miss Downey and Little Miss Downey. Downey Theatre, 8435 Firestone Blvd.

SUNDAY, OCTOBER 29

Excursion to Dia de los Muertos, 10 am to 6 pm. Take an excursion to the Museum of Latin America Art's Dia de los Muertos Festival, featuring live performances and activities to enjoy. Cost is \$15 for Downey residents and includes transportation and admission. Sign up at the Barbara J. Riley Community & Senior Center

Downey Dia de los Muertos, 11 am to 8 pm. Now in its 10th year,

FRIDAY, SEPTEMBER 29

Havana Nights, 6-9:30 pm. Downey's premiere Cuban celebration returns to Downtown Downey with live music, food vendors, shopping, family activities, and more. Located on Downey Avenue between 2nd and 4th streets

SATURDAY, SEPTEMBER 30

Beyond the Book Festival, time tba. A celebration of all things you're able to do at the library outside of books. The all-ages event will showcase art, music, and feature panel discussions, food vendors, artist and maker workshops, live music, and more. Downey City Library, 11121 Brookshire Ave.

SUNDAY, OCTOBER 1

Hello Gorgeous! A Live Tribute to Barbra Streisand, 3 pm. Actress and singer Rebecca Clark becomes Barbra Streisand in this live one-woman musical delivering the greatest hits of this legendary singer. Downey Theatre, 8435 Firestone Blvd.

MONDAY, OCTOBER 2

Ricky Galvez Memorial Golf Tournament, 11 am. Presented by Gangs Out of Downey, the Ricky Galvez Memorial Golf Tournament raises money to fund college scholarships for Downey students. Sign up online at downeygood.org. Rio Hondo Golf Club, 10627 Old River School Rd.

FRIDAY, OCTOBER 6

State of the Schools, 7 am. Enjoy breakfast while listening to keynote speakers share the Downey Unified School District's achievements and strategic direction. Last day to RSVP is Sept. 29. L.A. County Office of Education West Conference Center, 12830 Columbia Way

SATURDAY, OCTOBER 7

Excursion to Apples & Art Orchards, 7:30 am to 5 pm. Take an excursion to the Apples & Art Orchards in Julian, where you will learn about apples as you pick your own 5 lb. bag. You'll also have the opportunity to make your own cider. Cost is \$16 for Downey residents and includes transportation and admission. Sign up at the Barbara J. Riley Community & Senior Center

Embroidery Workshop, 10 am to 12 pm and 2-4 pm. Explore the basics of embroidery in this free workshop. The class is intended for beginners with no previous experience. Downey City Library, 11121 Brookshire Ave.

Crosstown Kickoff Festival, 3-9 pm. A family-friendly festival with laser tag, corn maze, pedal car racing, shopping, athletic competitions, and more. Brookshire Avenue between Firestone and 5th Street

SATURDAY, OCTOBER 14

Intro to Computers, 10:30 am to 12:30 pm. Learn the basics of using a computer and become familiar

Downey Dia de los Muertos features live music, ballet folklorico, Aztec dancers, car altar displays, papel picado, calaveras, face painting, food trucks, and more. Downey Civic Center, 11111 Brookshire Ave.

TUESDAY, OCTOBER 31

Pumpkin Patch, 5-8:30 pm. Family-friendly games, activities, costume contests, candy, and more. Downey Adult School, 12340 Woodruff Ave.

SATURDAY, NOVEMBER 4

Crochet Workshop, 10 am to 12 pm and 2-4 pm. Explore the basics of crochet in this free workshop. The class is intended for beginners with no previous experience. Downey City Library, 11121 Brookshire Ave.

Sugar Skull, time tba. Sugar Skull is a touring bilingual, bicultural musical. Using traditional regional music and dance from Mexico, it tells the story of 12-year-old Vita Flores, who things her family has gone loco planning a celebration for deceased loved ones. But when a spirited candy skeleton springs to life, Vita finds herself on a musical journey to unravel the true meaning of Dia de los Muertos. This musical is intended for young audiences and families. Downey Theatre, 8435 Firestone Blvd.

SATURDAY, NOVEMBER 11

Veterans Day Ceremony, 10 am. Join the City of Downey in honoring our nation's military veterans. Columbia Memorial Space Center, 12400 Columbia Way

SUNDAY, NOVEMBER 12

5K for a 5 King, 7 am. A 5K run/walk organized by the Friends of the Downey Police K9 Foundation. Sign up at downeypoa.org

THURSDAY, NOVEMBER 16

Book Club, 12-1 pm. Join other book lovers in a discussion of "Our Missing Hearts" by Celeste Ng. New members welcome. Downey City Library, 11121 Brookshire Ave.

SATURDAY, NOVEMBER 25

Small Business Saturday, 3-9 pm. Join Downtown Downey in celebrating and supporting small businesses and all they do for their communities.

Carpenters Legacy: A Christmas Portrait, 8 pm. Direct from Las Vegas, "Carpenters Legacy: A Christmas Portrait," starring Sally Olson as Karen Carpenter and Ned Mills as Richard Carpenter, takes the audience back in time to an old fashioned Christmas. Downey Theatre, 8435 Firestone Blvd.

SATURDAY, DECEMBER 2

Crochet Workshop, 10 am to 12 pm and 2-4 pm. Explore the basics of crochet in this free workshop. The class is intended for beginners with no previous experience. Downey City Library, 11121 Brookshire Ave.

Intro to Computers, 10:30 am to 12:30 pm. Learn the basics of using



Members of the Downey AYSO LAVA Girls team traveled to New Zealand for the FIFA Women's World Cup. They are pictured here with their team banner and a few copies of the Downey Patriot.

a computer and become familiar with peripherals, programs, files, browsing, emails, and more. Free but registration is required by calling (562) 904-7366. Downey City Library, 11121 Brookshire Ave.

SUNDAY, DECEMBER 3

Downey Christmas Parade, 1 pm. Downey's annual Christmas parade returns with floats, marching bands, classic cars and, of course, Santa Claus.

SUNDAY, DECEMBER 10

Excursion to LA Zoo Lights, 4-9 pm. LA Zoo Lights brings you a winter wonderland, featuring seasonal magic, wildlife-inspired displays, fantastic photo ops, immersive interactive experiences, and dynamic projections and lights. Cost is \$40 for Downey residents and includes transportation and admission. Sign up at the Barbara J. Riley Community & Senior Center

SATURDAY, DECEMBER 9

Intro to Computers, 10:30 am to 12:30 pm. Learn the basics of using a computer and become familiar with peripherals, programs, files, browsing, emails, and more. Free but registration is required by calling (562) 904-7366. Downey City Library, 11121 Brookshire Ave.

LONGEVITY IS NO ACCIDENT.
Celebrating our 35th year!
Jeff & Lois Worthy
Your Trust "WORTHY"
Real Estate Team!
For a FREE property valuation call Jeff or Lois at:
(562) 659-2245

Dorothy Pemberton
BROKER ASSOCIATE DRE #00903993
NOTARY PUBLIC
(310) 717-3637
dorothy.pemberton@century21.com
www.DorothyPemberton.com
Downey resident and 30 years experience.
There's No Place Like Home.

21 CENTURY 21
Peak
7825 Florence Ave, Downey, CA 90240

3

Types of Real Estate Goals

BUY

You're looking to buy a home for yourself in the next few months.

SELL

You're looking to sell a home you own for profit.

INVEST

You're looking to buy property to generate long term profit.

JULIE & CHRIS AZIZ
OFFERSBYJULIE@GMAIL.COM
562-822-7678
@HOUSESBYJULIE
DRE# 02119416
NMLS# 1484971|DRE# 02060471

Thinking about selling your home?

FACT: Most home buyers believe online values are accurate

Sometimes real estate websites do not reflect current conditions. Now you can adjust your online home value - before buyers start looking

Just scan this QR Code and enter your information to receive your "Market Snapshot"

DALE JERVIS
DOING THINGS BETTER
562-743-2121
dalejervis.com

Doing things better



MEL & RITA BERDELIS
BROKER/OWNERS
DRE#01220332

OFFICE: 562-861-7257
24HOUR-REALESTATE.COM





SCAN ME

@24HR_REALESTATE



CARMELA "CARRIE" UVA
BROKER ASSOCIATE
562-382-1252
WWW.CARRIEUVA.COM
DRE#01152047



ANGELO & MARIE
REALTOR®
562-618-0033
WWW.MARIEPICARELLI.COM
DRE #01933141 | DRE#00610605



MICHAEL BERDELIS
REALTOR®
562-818-6111
MICHAELBERDELIS.COM
DRE #01234589



VICKI SPEARMAN
REALTOR®
562-367-9520
ICARE4DOW@AOL.COM
DRE #00542721



MARIO PERSICO
REALTOR®
562-533-7433
MARIO@MARIOPERSICO.COM
DRE #01341121

TOP PRODUCER AWARD!



DAOR

JUST LISTED



BUILDER'S SPECIAL!
Contractors wanted!
Orange Estates neighborhood!
2200+ sq ft. home with 2 car garage.
Unfinished construction with open concept! Cash Only! Call for detail!

JUST LISTED



EAST LA DUPLEX

- 2 beds | 1 bath each
- 1,536 sq ft living space
- Updated floors & counter tops

LIST PRICE: \$689,950

HAPPY LABOR DAY

MARIO DID IT AGAIN! IN OVER 30 CITIES

SOLD

- LOS ANGELES
- LONG BEACH
- MISSION VIEJO
- LAKEWOOD
- NORWALK
- PICO RIVERA
- SAN JUAN CAPISTRANO
- SANTA MARIA
- SOUTH GATE
- WESTMINSTER
- WHITTIER
- BREA
- CERRITOS
- CLAREMONT
- COMPTON
- EASTVALE
- FULLERTON
- HUNTINGTON BEACH
- LA HABRA
- LAKE FOREST
- SANTA FE SPRINGS
- TUSTIN

WILL YOUR CITY BE NEXT?

JUST SOLD



SOLD \$200,000 OVER LIST PRICE!

- 5 beds, 3 baths & den
- Billiard room & Pool/Spa
- 3,600+ Sq ft living space
- Approx 13,000 sq. ft. lot
- Too many amenities to list!

LIST PRICE: \$1,499,999

JUST LISTED



ENDLESS POSSIBILITIES

- 4 beds | 2 baths
- 2,100 sq ft living space
- 12,591 sq ft lot
- Family room with bar
- 2 car detached garage

LIST PRICE: \$1,099,950

LIVE REAL ESTATE CLASSES

NOW FORMING! CALL US AT

562-861-7257

SOLD



MARIO DID IT AGAIN!

12111 GURLEY AVE, DOWNEY
11 OFFERS IN 3 DAYS

- 3 beds | 2 baths
- Family room w/ fireplace
- Central A/C
- Newly updated pool
- 1,855 sq. ft.

SOLD \$51K OVER LIST PRICE

Thank you!

A Huge Thank you to all the Buyers and Sellers that helped me get this award. Trust, loyalty and hard work gets the job done every time!

8352 Otto St Downey
6830 Sherman Way, Bell
9740 Norlain, Downey
880 Brookdale, La Habra
12228 Blodgett, Downey

JUST SOLD



SOLD OVER LIST PRICE!

- Move to Long Beach!
- Spanish style
- 2 bedroom 1 bath!
- Walk to the Canals!

LIST PRICE: \$1,200,000

JUST LISTED



CUSTOM BUILT N.E. DOWNEY HOME

- 4 beds | 5 baths
- 4,610 sq ft living space
- 10,729 sq ft lot
- Backyard with pool/spa, covered patio & BBQ

LIST PRICE: \$2,399,950

AVAILABLE



LARGE CONDO IN RANCHO MIRAGE

- 2 bedrooms
- 2.5 bathrooms
- 2,364 sq. ft.
- 3,049 sq. ft. lot

LIST PRICE: \$459,000

PAMLEEREALTOR@GMAIL.COM

SOLD



MARIO DID IT AGAIN!

7304 QUILL DR #179, DOWNEY

- 1 bed | 1 bath
- Living room w/ fireplace
- Huge private loft
- Association pool/spa

CALL FOR PRICE!

Review

★★★★★

"Marie and Angelo have been helping us buy and sell for nearly 40 years. Marie makes the process so easy. She is knowledgeable about the market and helped us get way more than we hoped for our house. She took care of every problem or question that arose. She and Angelo helped us get the house ready to sell. They are both a pleasure to work with and I highly recommend them!"

123 REVIEWS ★★★★★

JUST LISTED



EXQUISITE N.E. DOWNEY ESTATE

- 6 beds | 7 baths
- Formal living room
- Family room with fireplace
- Resort-like backyard
- Updated pool & spa

LIST PRICE: \$2,700,000

562-818-6111

MARIO PERSICO
BORN | EDUCATED | LIVES | WORSHIPS IN DOWNEY

562-533-7433
- REALTOR® SINCE 2002 -
MARIO@MARIOPERSICO.COM

CARMELA "CARRIE" UVA
Downey Born, Raised & Educated!
Selling Downey Homes for 29 years!



DOMESTIC TERRORISM

order at:
petergazerro@yahoo.com

The new **Domestic Terrorism, Mind Control**

What is happening is a mind controlling of people. This is the most dangerous thing anyone could have done to them. Mind controlling by terrorist is very dangerous because the people being affected are unaware, they are under a mind controlling spell. I began noticing the mental change with my friends around June 2022. It began with Officer Nadal from the Signal Hill Police Department. Nadal and his police friends tried to sneak up on me and enter my house. I was gone on that day. He tried again. I looked out the window. I wouldn't let him in my house. I told him I would speak with him when I hired a lawyer. Since that time, I've been unable to hire a lawyer. I'm still trying to hire a lawyer. I spoke with lawyers that will take my money. Then they make up excuses why they won't work for me. This is in my book: Donald Trump's Koward Kommunist K**ts.

I tried many different ways to advertise my political book, *The Washington Mafia*. The book is PG rated. The Long Beach newspaper, the beachcomber, was the only newspaper that I could get into to place an ad. The Downey Patriot is the second newspaper that would let me place an ad.

The mind controlling of people affects my family and friends. I can't talk about my book. I'm hated by everyone. I'm afraid of speaking with the police about this. I tried talking with the Washington DC Capitol Police, twice. The Signal Hill Police Department are terrorist. I told the Signal Hill City Council about their police. They did nothing. The Signal Hill City Council are terrorist. All the lawyers that have been mind controlled, turn their backs on me. Everyone that has been affected by this mind control won't, or can't, talk to me about my book. Once you're affected, or infected, it's terminal. It's very dangerous. I have evidence since April 2022 of what I'm writing here about. I have tried every day to contact higher law enforcement to help me with this. I'm asking everyone reading here to get me the California Attorney General Rob Bonta and every higher-level law enforcement. This communism, and terrorism, are real. It has to be exposed. It has to be stopped. It is very dangerous to everyone.

FREE DOWNLOADS AT
WWW.PETERGAZERRO.NET
purchasing is \$50 includes shipping and handling of all 4 printed books, send payment to:
Peter Gazerro P.O. Box 761 Downey, CA 90241

DOWNEY ROSE FLOAT ASSOCIATION

presents the

MISS DOWNEY PAGEANT 2024

OCTOBER 21, 2023

at the

DOWNEY THEATRE

LITTLE MISS DOWNEY
AGES 6 TO 10

JUNIOR MISS DOWNEY
AGES 10 TO 13

MISS TEEN DOWNEY
AGES 13 TO 16


MISS DOWNEY
AGES 16 TO 23

MISS DOWNEY PRACTICE & SIGN UP

MONDAY - SEPT 4 @ 6PM

MONDAY - SEPT 11 @ 6PM

TRINITY BAPTIST CHURCH • 8219 FLORENCE, DOWNEY



SCAN QR CODE TO PRE-REGISTER

