



The Downey Patriot



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8301 E. Florence Ave., Suite 100, Downey, CA 90240

Taste of Downey keeps on growing

• City reports selling 700 tickets to annual food festival, which this year included a beer and wine garden.

By Tina Vasquez
Contributor

DOWNEY – September 20 ushered in the city's third annual Taste of Downey event and according to Brian Saeki, the city's director of community development, attendance was up from last year with an estimated 2,500 people attending Thursday's food festival.

The director says 700 tickets were sold, ranging in price from \$20-\$25, and a total of \$15,000 was raised, which will be used to pay expenses incurred by the event.

Unlike the previous year, the city handled all of the planning, deciding for the first time to feature a beer and wine garden hosted by Soroptimist International of Downey. Other changes included an expanded layout, with Downey Art Vibe (DAV) showcasing art in the Downey Civic Theater, food stands in front of the library, and seating areas and the stage for classic rock group The Answer in the Civic Center-area parking lot.

Saeki says that after last year's event, local beer and wine shops expressed interest in participating in Taste of Downey and because DAV would be drawing in guests to the Downey Civic Theater, the gated-in area just outside of the theater provided an ideal location for the garden.

"It seemed like a perfect fit," Saeki said. "There are certain requirements that have to be fulfilled when serving alcohol of any kind and thankfully, the area adjacent to the theater served as a great fit for the beer and wine garden."

Mia Vasquez, who has been with Soroptimist International of Downey for five years, previously serving as president and now as fundraising chair for the third year, was largely responsible for the planning of the beer and wine garden.

"Last year there were a lot of requests for alcohol and because the garden had to be hosted by a non-profit, it made sense for us to partner with the city," Vasquez said. "It was our first time doing this and we didn't set our goals too high, but it actually exceeded our expectations. We raised about \$1,700 that will be put towards future projects and scholarships for local students."

Vasquez estimates that somewhere between 400 and 500 guests made their way through the beer and wine garden, where attendees could stand at tables sprinkled around the outdoor area.

Jaime Menjivar, a 34-year-old Downey resident, attended Taste of Downey with his two older brothers Mauricio and Jorge after seeing a flyer for the event. The brothers grew up in South Central and would often visit Golf 'N' Stuff and other attractions in Downey when they were growing up, vowing that they would one day live in the city. Seven years ago the brothers bought a home together, but are still discovering what the city has to offer and according to Jaime, the Taste of Downey provides an "excellent opportunity" to try out the city's restaurants.

"Events like this are a good way to explore what your city has to offer," Menjivar said. "I discovered



Amanda Brown sings at last week's Taste of Downey event, which drew an estimated 2,500 people.

some really great restaurants that I'll eat at again for sure, like L.A. Buns, which was delicious. I didn't attend last year, but I think the beer and wine garden is a successful addition. How could it not be? Beer and wine make everything better."

It appeared as if many Taste of Downey attendees were unaware that DAV was hosting an art show at the Downey Civic Theater. Last year, the group set up shop in the middle of the event, where guests could view the art on their way to checking out the food booths. Despite the new location, about 500 guests made their way through the show, where the work of 19 Downey artists were on display, along with four images from the Downey Historical Society.

"It was a great event and though the new set up was challenging for us, we were up for the challenge," said Valentin Flores, executive director of DAV. "We've since come up with some great ideas on how to improve the attendance of future events."

Four pieces from the art show were sold, including two by local artist Mike Ferguson, who is a member of the Downey Arts Coalition. Ferguson responded to DAV's call for artists last month and was chosen to participate in the show. The artist's ink and marker drawings "The Rider" and "Amethyst" sold for a combined total of \$330.

Ferguson, who will have artwork appear in next month's two-day launch of Stay Gallery on the 11th and 12th, says he can feel a noticeable difference in the city and it's Downey's local art groups that are leading the charge.

"Downey Art Vibe, the Downey Arts Coalition, they've been doing things in the city for a while now, but they're starting to cross-pollinate and put on events together and it's incredibly exciting," Ferguson said. "Everyone is becoming aware of each other and there's a groundswell happening right now. It's not just good for artists, but it's good for the whole city."

These sentiments were echoed by 19-year-old singer Amanda Brown, who with the help of pianist Christine Pohlen, serenaded art show attendees with two half-hour sets consisting of old standards from Nat King Cole and Etta James, and more contemporary hits from bands like Radiohead and Fleetwood Mac.

Brown, who is a Downey native currently attending college in Los Angeles, was asked to sing as part of DAV's art show by Flores, an old family friend who first heard Brown sing at a family party.

"There has been a complete cultural shift in the city," Brown said. "It sounds horrible to say, but I think people used to be ashamed to say they were from Downey because there was nothing to do here. Now, I think people are more proud to say they're from here because of all the great things that are happening in the city. This little movement started small, but it's growing bigger every day."

And what about the food at this food festival? There was plenty of it. Over two dozen local restaurants participated, serving everything from Mexican, like Papas and Dogs' Sonoran-style bacon-wrapped hot dogs, and Bionicos Express' bionicos, a mix of fruit, granola, raisins, nuts, and cream, to American classics, like Pieloon's roast beef and gravy and L.A. Buns' ooey, gooey burgers. There was more exotic fare, like Mediterranean from Downey's newest addition, Green Olive, and fantastic Asian food from local restaurants like Chinese Gourmet Express, Tokyo Garden, and Narai Thai.

The Taste of Downey doesn't just provide a platform for new restaurants. Many of the city's old favorites participate as well, like Italian favorites Frantone's, which served attendees it's much-beloved thick-crust pizza and rigatoni with sausage, and Pina Pizza House, where junior owner and manager Michael Persico doled out 196 pieces of lasagna and about 400 slices of pizza.



Photo by Ramiro Rubio

"We come here every year because it's important to carry on the tradition," Persico said. "I'm third generation, so it's important to me to be out there with the community. About 50 percent of the people who tried our food knew us and the other 50 percent hadn't heard of us, so we're hoping those people stop by in the future."

In Downey, there seems to be quite a bit of competition between Porto's Bakery & Café and Tropicana Bakery and Cuban Café, both of which had booths at Taste of Downey, but the night's clear Cuban standout was one of Downey's true hidden gems: Habana Café on Old River School Road. At the event, the restaurant served arroz con pollo, otherwise known as chicken with rice, that was Cuban comfort food at its finest. Portions came with fried plantains, which managed to be sweet and savory at the same time.

With some restaurants giving away rather large portions of food, like Hackers, which gave guests two pillowy, deliciously cheesy sliders, it seemed that the \$20 for 10 "tastes" that most attendees received with their pre-paid tickets was a great bargain, but maybe not in comparison to neighboring cit-

ies. The Cerritos Regional Chamber of Commerce hosted its Taste of the Region food festival and business expo the same day as Taste of Downey and some attendees went to Cerritos for the markedly cheaper food and then came to Downey for the free art show and concert, both of which could be enjoyed without having to purchase a ticket.

Gabbie Monterosa-Ibarra, a 26-year-old elementary school teacher from Whittier, attended both events, saying she enjoyed Downey's more casual, family-friendly atmosphere, but that Cerritos' food festival provided more bang for your buck.

"Downey's event is great because it features a lot of small, local restaurants and bigger, corporate chains, like Starbucks, so it's a good range," she said. "This is a family event, which makes it really fun, but it's pretty pricy. Here, you pay \$25 for tickets at the door, which only gets you 10 tastes. In Cerritos, you pay \$5 for a wristband and the amount of food you can try from the different restaurants is unlimited. I like the vibe here better, but it's not really great for a person on the budget. Maybe the city could consider lowering the price next year."

Animal shelter marks 75 years

• History of L.A. County animal control dates to 1937, when a rabies epidemic gripped California.

DOWNEY – The Laker Girls will be at the county animal shelter in Downey this Saturday from 12-1:30 p.m. as the County of Los Angeles Department of Animal Care and Control (DACC) celebrates its 75th year of operation.

That's 525 years in dog years. In honor of the anniversary, pet adoptions will be discounted to \$19.37.

There will also be animal control displays, music, free refreshments and a history of the department.

Los Angeles County's first animal shelter – called the Pound Department – was opened in September 1937 by the Board of Supervisors during the height of a statewide rabies epidemic. There were no housing facilities, animal control equipment and very little staffing.

The department would contract with humane societies to house impounded animals but by 1945 it was apparent that the humane societies could no longer meet the growing animal care needs of the county.

The first county shelter opened in Downey in 1946. Additional county shelters were opened in the 1950s, 1960s and the last facility in 1976.

"The department has evolved into a critical service provider since its inception in 1937. We've gone from rabies control to a modern day, full-service animal care and control agency," said department director Marcia Mayeda. "To better address some contemporary animal issues, we've been able to implement much needed ordinances, such as the mandatory spay and neuter/microchip ordinance and the Commercial Breeding ordinance. Both ordinances are unprecedented and serve as model ordinances for other jurisdictions to adopt."

"DACC has come a long way since 1937, but the early departmental mission has remained intact: to protect the safety of the public and the animals of Los Angeles County," Mayeda added.

Today, the county operates six animal shelters (with a seventh in the works) and services all unincorporated areas of Los Angeles County and 52 contract cities. Animal control officers respond to several hundred requests for service each day, including animal rescues, cruelty and abuse complaints, and various health and safety matters.

The DACC also maintains a 24/7 communications center which serves as the hub for information and dispatching; a medical team responsible for the health of all shelter pets; animal care personnel who provide the day-to-day care of animals; and support staff who serve as the link to the public.

The entire event Saturday runs from 10 a.m. to 5 p.m. The Downey animal shelter is at 11258 S. Garfield Ave.

MAYOR'S CORNER

Space shuttle Endeavour makes us proud to live in Downey

Dear Downey Family,
It has been a great last few weeks here in our City. As many of you might have witnessed, Space Shuttle Endeavour flew right above Downey last Friday morning, mak-

ing this a historic day for our City. As the crowd gathered at the Columbia Memorial Space Center and the enthusiasm built, we looked up and saw Endeavour approaching at a distance.

Words cannot even begin to describe the incredible feeling that came over me and every single person that was there. It is an experience that I will never forget and I am extremely grateful to all who made this flyover possible.

We now have a name for our very own Space Shuttle Mock-up... Inspiration. Congratulations to Bea Jensen for submitting this name entry for the Shuttle naming contest. Over 150 entries were received and I want to thank all who participated.

If you have not had a chance to see Inspiration yet, make sure you stop by the Columbia Memorial Space Center on Saturdays for a special tour and presentation. Our Shuttle continues to be stored under a temporary tent right across the Space Center and we are currently working hard to be able to raise

funds to build a permanent home for it.

Donations in any amount are greatly appreciated, so please contact the Space Center if you are interested in helping support this project.

Another successful Taste of Downey event was held last week, bringing together close to 30 local restaurants, several Downey artists, live entertainment and for the first time, a beer and wine area. Hundreds came out to enjoy this great evening and it has definitely become a popular community event. Each year it gets bigger and better and I'm sure next year's event will be no exception.

Training for the Community Emergency Response Team (CERT) begins next month and I encourage residents to sign up. One of my

goals when I became Mayor was to help increase awareness and participation for emergency preparation. We never know when an emergency situation will strike in our community and we need to be as prepared as possible. CERT training is designed to help neighborhoods prepare and respond to emergency situations such as earthquakes and floods.

Bring a neighbor and join the Downey Fire Department on October 6 for the first day of training. To sign up, please send an email to ready@downeyca.org.

Lastly, please join us on Monday, November 12 at 10 a.m. as we pay tribute to our Veterans during a special ceremony. We will also be unveiling our new Veterans Memorial, a project that we are very proud of. It will all take place right outside Downey City Hall and all are welcome.

**Until next time,
Mayor Roger Brossmer**

Norwalk man arrested on murder charges

DOWNEY – A 23-year-old Norwalk man was arrested on charges that he killed a man inside a Downey apartment complex Wednesday morning.

Police don't have a motive but say that the suspect, Adrian Talamantez, knew the victim, identified as Angel Cervantes, 23, of Panorama City.

Police were called to the apartment on the 12000 block of Downey Avenue at 7:44 a.m. after receiving a call of "unknown trouble."

Witnesses had described hearing a struggle inside the apartment. A relative of Cervantes arrived a short time later and found the body.

Anyone with additional information is asked to call Detective Lorraine Medina at (562) 904-2329 or the Downey Police Department at (562) 904-2308.

SEAACA to canvas city for dogs

DOWNEY – The City Council on Tuesday tapped SEAACA to canvas the city to ensure that residents are properly licensing their dogs.

According to the Downey Municipal Code, all dogs ages 4 months and older must be licensed. The city contracted with SEAACA (South-east Area Animal Control Authority) in 1976 to handle licensing services.

Councilman Luis Marquez requested the canvassing effort, which is normally done in the city every five years. The last canvass was completed in 2007.

The canvassing effort will cost Downey up to \$53,650 but the city expects to recoup the cost through new animal licenses.

"The most significant benefit to licensing as many dogs as possible is to protect and improve the public's health and safety," finance director John Michicoff wrote in a staff report, adding that dog owners must show proof of vaccinations.

SEAACA could begin canvassing the city as soon as next month.

Man dies in apparent suicide at park

DOWNEY – A person died at Wilderness Park on Wednesday morning in an apparent suicide.

Joggers found the body hanging from a tree at about 4:30 a.m. and notified firefighters, who in turn called police, said Lt. Dean Milligan of the Downey Police Department.

The victim's identity has not been released by the Los Angeles County Coroner.

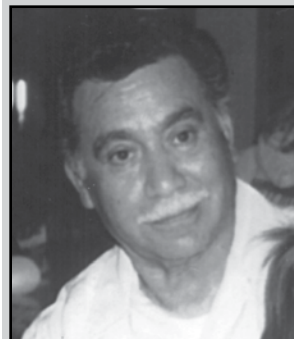
Milligan said the victim had a non-government issued ID that listed an address in Alhambra.

The body had no visible signs of trauma and there were no obvious signs of a robbery, police said.

The coroner is performing toxicology tests and the results should be available in several weeks, officials said.

In Memory of Joe C. Luna

November 25, 1925 - September 23, 2012



DOWNEY – Resident since 1944, Mr. Joe C. Luna, age 86, died in his home Sunday morning, September 23, 2012 of natural causes.

Joe was born Jose Carmona Luna, November 25, 1925 in Mexicali Mexico, mother Jesus Carmona and father, Anacleto Macias Luna, Vice President of Mexicali, Baja California (1925).

Joe served in the Mexican Military later settling in Los Angeles at the age of 19 in 1944 and was married in 1949 to Isabel Beserra, of Paramount. Joe worked in various positions such as in the Orange Groves of Downey, a Painter, and a Truck Driver for the Sanitation Department and later learned and mastered the trade of Iron Worker and was a proud member Iron Workers Union 509 for many years.

Joe lost his second born son in 1994 and was widowed in 2002; he is survived by his 2 sons and their wives, one daughter and son-in-law, five grandchildren, three Great Grandchildren and two Great Great Grandchildren.

He was a dedicated, hard working husband and father. He was an asset to the community and will be greatly missed by his family and friends.

Service and burial held on Friday, September 28, 2012 at Rose Hills Memorial Chapel in Whittier, California. See details at www.rosehills.com

In Memory of John Marcellus Mussachia

October 14, 1922 to September 14, 2012



John Marcellus Mussachia, 89, of Downey, passed away peacefully after a long struggle with heart disease on September 14, 2012 with his family by his side.

John was born to John Joseph and Anna Clara Mussachia on October 14, 1922 in Downey, CA. He was the only son among four sisters. Upon graduation from Downey High School, John enlisted in the U.S. Navy, and served as Boatswain's Mate 1st Class and a Navy "Scout" in the Pacific Theatre from November 1942 to September 1945. After his honorable discharge, he spent the remainder of his working years in the trucking and transportation industry.

In 1950, he married Ginger Reed, and they raised four children together, Michael, Debra, Johnny, and Gina. His family enjoyed growing up in San Clemente on "T-Street", where they spent their childhoods surfing the waves and walking the beach. Many good things can be said about John, including that he had a kind and generous heart, was a hard worker, and good provider.

In 1980, sadly, John and Ginger parted ways, and in 1988 he retired to San Jose del Cabo, Mexico. He lived there for 14 years and, after his sight and heart started to fail, he returned to the U.S. For the last 11 years, John has lived in the Downey home of his loving and devoted sister, Winnie. He was cared for not only by his sister, but by her children and their families as well. "Uncle Johnny" was loved for his uncanny ability to recall stories from his youth, with an audience that never tired of his "Tall Tales".

He is preceded in death by his parents and his sisters, Marguerite, Louise and Katie, among countless other relatives who are no doubt reunited with him now. He leaves behind his precious sister, Winnie Hopkins, who was the best caregiver he could have asked for. He also leaves behind his four children, Michael Mussachia, Debra Mussachia, John (Sara) Mussachia, Gina (Daryle) Mussachia-Bailey, grandchildren, Adam Larsen, Leah Larsen-Jover, Rachel Weisman, Joseph Mussachia, Emily Weston, and great-grandchildren, Anais Jover and Noah Jover.

In John's memory, donations may be made by mail to the VA Long Beach Medical Center at 5901 E. 7th Street, Long Beach, CA 90822. Please note on the memo line: Community Living Center (CLC).

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By John Burgos

Space shuttle Endeavour flies over Downey



By Francisco Rodriguez

By @AceAttorney (Twitter)



By David Weinberger



By Richard Bravo



By Rick Salyer



By Christopher Feliciano



By George Sanchez



By Gus Valle



By Greg Waskul



Metro Briefs

GATEWAY CITIES

What is Measure J?

In June 2012, the Metro Board of Directors authorized placing Measure J before voters in Los Angeles County. If approved, Measure J will extend for 30 additional years the existing one-half cent sales tax that was approved in 2008 and is currently set to expire in 2039 (Measure R). The additional funds will be used to secure bonds, which will allow Metro to accelerate construction of traffic relieving projects and advance the creation of 250,000 new local jobs. To view the expenditure plan and the full text of Measure J, please visit metro.net/measurej.

“Carmageddon II” Set For Sept. 29-30

Plan ahead, avoid the area, or eat, shop and play locally is the message from public safety officials for the second weekend closure of the I-405 Freeway in the Sepulveda Pass – between the I-10 and US-101 – scheduled for September 29-30. Contractors will demolish the remaining side of the Mulholland Bridge as part of the freeway improvements project. For latest updates visit metro.net/405.

ExpressLanes Coming – Get Your Transponder Now

More than 5,000 motorists have opened accounts to get through traffic faster on the I-110 Freeway when the Metro ExpressLanes open November 10. Join them now! These special lanes are available toll-free to eligible carpools, vanpools and motorcycles, and for a toll to solo drivers – all you need is a FasTrak® account and transponder. To get yours, visit metro.net/expresslanes.

Look Before Crossing The Tracks

September is Rail Safety Month. Whether walking or driving, take the safe route and look both ways before crossing railroad tracks. Motorists must stop at a crossing as soon as the red lights start flashing, even if the crossing gates have not come down.

Join In Rideshare Week Oct. 1-5

Make a pledge and carpool, vanpool or use public transit to get to work at least one day during Rideshare Week, October 1-5, and be eligible to win valuable prizes. The program is open to employers and employees alike. Visit metro.net/rideshare for details.



Metro

If you'd like to know more, visit metro.net.

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Roybal-Allard has challenger for Congressional seat

• Democrats Lucille Roybal-Allard and David Sanchez faceoff in new 40th Congressional district.

By Christian Brown
Staff Writer

DOWNEY – With just six weeks until the presidential election, the political future of many congressional incumbents around the country is in jeopardy.

Congresswoman Lucille Roybal-Allard, however, is perhaps one of the few exceptions.

After easily outpacing her Democratic opponent during the open primary in June, Roybal-Allard is poised to claim yet another two-year term in the newly-drawn 40th congressional district this November.

However, Los Angeles college instructor and political activist David Sanchez is confident voters will choose differently this time around.

While Sanchez garnered just 34.6 percent of the vote against Roybal-Allard during the primary, the 62-year-old resident of East Los Angeles is campaigning for change after nearly 40 years of Roybal leadership in the district.

"[Roybal-Allard] voted to send 97 billion [dollars] to Afghanistan. This money will be used for pay offs and political kick backs. This is how many politicians remain in power," said Sanchez on his campaign website. "Lucille has been a war hawk for many years and supports war."

If elected, Sanchez said his first priority in Washington D.C. would be a four-letter word.

"Jobs – we need community-

based jobs," he said. "Jobs don't trickle down. Federal contracts should be given to local businesses administered by community agencies and organizations."

Sanchez proposes the creation of a community university in the 40th congressional district that would provide jobs for teachers, training for disenfranchised workers, and assistance for local students trying to acquire their diplomas.

He also hopes to champion the preservation of social security and the elimination of "bad investments" made by lawmakers.

"We need someone with oratory skills who can speak on the floor and get a message across," Sanchez said. "I want to present ideas – take measures to reduce violence and motivate our district."

Born and raised in Boyle Heights, Roybal-Allard is the daughter of the late Congressman Edward R. Roybal, member of the House of Representatives for 30 years.

In 1992, Roybal-Allard, who previously served three terms in the state Assembly, became the first Mexican-American woman elected to the U.S. Congress.

Last year, Roybal-Allard promptly announced her intentions to seek reelection after the final district maps were released for the 40th congressional district.

"I am thrilled that this district includes the southeast communities I have proudly represented for many years," said Roybal-Allard in a released statement. "I look forward to running for re-election and asking my constituents to grant me the honor of continuing the level of constituent service and representation that they have come to expect



David Sanchez

from me and my office."

As a member of the influential House Appropriations Committee, Roybal-Allard oversees the activities of several federal departments and helps delegate where money is spent.

In 2010, Roybal-Allard co-authored the controversial DREAM Act, which would create a pathway to citizenship for young illegal immigrants if they enroll in college or enlist in the military.

She has also advocated for legislation that would increase access to vaccinations for children, curb underage drinking, and help reduce teen pregnancy rates in minority communities.

The new 40th congressional district includes the cities of Commerce, Maywood, Bell, Huntington Park, Downey, Bell Gardens, Paramount, Bellflower, Cudahy, portions of East Los Angeles, and the unincorporated community of Florence-Graham.



Paul Preston will make his Downey Civic Light Opera debut when he stars as Lank in "Crazy for You," opening this weekend at the Downey Theatre. Preston is a veteran film and TV actor who has performed throughout the country.

Gershwin musical opens this weekend

DOWNEY – "Crazy for You," a musical in which Broadway packs up its dancing shoes and travels west, or as far west as Deadrock, Nev., to find a barn and put on a show stacked with some of the bounciest and most irresistible tunes George and Ira Gershwin ever wrote, opens this weekend at the Downey Theatre.

Produced by the Downey Civic Light Opera, "Crazy for You" runs until Oct. 14 with performances scheduled Fridays and Saturdays at 8 p.m. and Sundays at 2:30 p.m.

The show features such songs as "Bidin' My Time," "Slap that Bass," "Someone to Watch Over Me," "Embraceable You" and "I Got Rhythm."

Based on the old Gershwin musical "Girl Crazy," the show won a 1992 Tony Award and has been described as "one of the brightest musicals in modern history."

Tickets to see "Crazy for You" are \$15 for children 12 and younger, \$25 for students, \$30 balcony and \$35 orchestra. Senior rush tickets are \$25 15 minutes prior to show time.

For tickets, call (562) 923-1714.

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Rose Float selling raffle tickets

DOWNEY – The Downey Rose Float Association will host its 35th annual "Parade of Winners" fundraiser Oct. 28 at the Rio Hondo Event Center.

Tickets are \$125 and includes lunch for two. Ticket-holders have a chance to win one of 50 prizes, including the top prize of \$10,000 cash.

Only 250 tickets will be sold. Proceeds will benefit the Rose Float's 2013 entry in the Tournament of Roses Parade.

For tickets, call Mike Prokop at (562) 760-5250.

Mustangs to honor cancer victims

DOWNEY – Former Raiders wide receiver Mike Alexander will be at Warren High School this Saturday as the Downey Mustangs youth football organization hosts a special ceremony honoring children who continue their battle with cancer.

The Mustangs, now in its third year of operation, play their games at Warren High. The first game starts at 9 a.m.

The event is open to the public.

Christian group to hear author

DOWNEY – Author and motivational speaker Paul Caprietta will be guest speaker when the Downey Christian Businessmen's Committee meets Oct. 4 at Sizzler.

The meeting starts at noon and guests are welcome.

Caprietta says he was 30 when "Jesus appeared to him three times and told him not to embrace a non-Christian religion he was planning to join. What happened afterward is truly amazing and inspiring."

For more information on the meeting, or to make a tax deductible donation to the committee, call James Vanlengan at (562) 310-1335.

Car show at Rancho this Saturday

DOWNEY – More than 150 cars are expected to participate in the first annual "Rebuilding Cars, Rebuilding Lives" car show at Rancho Los Amigos National Rehabilitation Center this Saturday from 10 a.m. to 3 p.m.

People with disabilities will be showcasing their specially adapted vehicles and local residents will show off their restored classic cars, trucks and specialty vehicles.

Race cars will be on display, as well as L.A. County Sheriff's motor sports vehicles.

The car show is a fundraiser for Rancho's brain injury program. Proceeds will help purchase therapy equipment and develop new therapeutic programs for brain injury survivors.

Admission to the car show is free. Parking is available in the parking lots facing Imperial Highway.

Author to sign books at library

DOWNEY – Local author Heather C. Nelson will discuss and sign her book, "My Work of Heart," in the Cormack Room of the Downey City Library on Oct. 6 at 1 p.m.

Her charity memoir chronicles a year of giving by her family through difficult times. Copies will be available for signing.

The event is sponsored by the Friends of the Downey City Library.

Alum to reunite Oct. 5

DOWNEY – Cal State Los Angeles alumni who recently traveled to Thailand on a global exchange study tour to learn about human trafficking and modern day slavery will discuss their trip during a fundraiser Oct. 5 at Mari's Wine Bar.

The event starts at 7 p.m. and will feature Aezandra Russell, founder of Urban Light in Chiang Mai, Thailand, which fights sex trafficking. She will discuss how she became an "overnight mom" to dozens of teen boys working the Red Light District of Chiang Mai.

Admission is \$10 with proceeds benefiting Urban Light.



REALTORS honor the Military

On September 12, 2012 the Downey Association of REALTORS® honored those who served our country through the armed forces. Military veterans from the community and REALTORS who are veterans were acknowledged and honored.

Local REALTORS® who served our country.




(left to right) Don Kay-Army, Century 21 My Real Estate; Larry Kooiman-Army, Century 21 Home & Investment; Joaquin Torres-Navy, Century 21 Jervis & Associates; Robert Ruiz-Marines, Century 21 Jervis & Associates; Chuck Gugliuzza-Army, Red Carpet Heritage Realty; George Gordon-Army, Century 21 Home & Investment; Marvin Rosenow-Army, Broker; Roger Nordin-Army, Century 21 My Real Estate



Military Veterans who attended the luncheon to be honored. These brave men & women were sponsored by REALTORS.

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Letters to the Editor:

Defends DCLO

Dear Editor:

Gordon Lundene complains that the Downey Civic Light Opera is elitist and the money spent on this non-profit should go to the fire department instead. Well the fire department can't be trusted because they will blow their money on huge pay to their executives.

Further, most of the fire department makes more money than the average household income of many of the hundreds and thousands of local citizens who have been patrons of the DCLO and its tradition of local arts support since before Downey was a city.

This non-profit has worked very hard to scrape by every year and none of their people are getting rich off the revenues. But they continue to produce enjoyable entertainment and opportunities for young talents.

Don't put your money on the selfishness of the unions and their Democrat legislators because they will only want more. Instead, keep your priority on the types of institutions that have made this city a special home for generations of people.

**Robert Mitchell
Downey**

Dear Editor:

Gordon Lundene states that the Downey Civic Light Opera will not be missed. I thoroughly disagree.

This person has probably never even been to a musical production, much less has no appreciation of what kind of work goes into them, both onstage and off. The organization has fought hard to keep ticket prices low so that the performances are available to all and not just the "artsy, elite and wealthy."

There will always be bitter and misinformed people out there who hate the performance arts but the arts are a vital part of the Southern California economy.

DCLO executive producer Marsha Moode deserve compliments for giving us many years of high quality shows. It will be a sad day for Downey and surrounding areas when they do disappear.

**Mike Sanburn
Bellflower**

Good speaker

Dear Editor:

I am so tired of hearing what a great speaker President Obama is – full of charisma, gifted with words and much more likable than his opponent.

My question is, are we looking for a great speaker who has a gift for saying what we want to hear, or do we want a president who can lead our country in establishing jobs, reduce government spending and reduce our debt of \$16 trillion and climbing?

The Obama administration has incurred \$5 trillion of debt in the 3 1/2 years in office – more than all the presidents before him combined. Our country cannot assume an additional \$5 trillion debt and survive. We will be like Greece and other struggling nations in Europe.

Good speaker/good leader. These are our choices in November.

**Martha Call
Downey**

Cruelty to the unborn

Dear Editor:

Muriel Schuerman's concern was that if we outlawed abortion what would we do with all the unwanted babies. In the U.S. there are over 3,000 abortions every day. That is a staggering number. But adoptive babies are in demand. Some adoptive parents wait 2-8 years to get an infant. Some get babies from other countries to shorten the wait.

Ms. Schuerman, however, wants to set aside the argument of whether it is a child or not. You can't really do that. You have to first realize that the unborn child is a human being. If it is a human being, it deserves all the rights and privileges. The baby in the womb is as much a human being as the toddler. In that sense can we take the lives of toddlers when orphanages get too full? Can we take the life of a toddler to spare it from a difficult life? Sadly, many young pregnant women think, "It is only a baby if I want it."

As we consider the issue of abortion, each of us needs to answer the question, "What is it?" Everything flows from that. It is not OK to reason that I don't know what it is but I am going to kill it anyway. What would we think of a hunter who saw something stirring in the bushes and decided to shoot whatever it was? There is almost complete agreement that when an abortion is performed, something dies. If your little boy or girl comes up behind you and says, "Daddy/Mommy, can I kill this?" Without turning around what is your first question? Your first question is, "What is it?" If it's a spider or snail, you probably don't care much. If it is the family pet, you certainly would be concerned. What if it is a little brother or sister?

We seem to care a lot more about animals than we do the unborn. It is illegal to destroy the egg of an eagle. WE seem to know where eagles come from and what an eagle egg is. PETA and the SPCA do a great job of showing us the cruelty we perpetrate on our pets. If I were to show you pictures of aborted babies you would be appalled. Why don't PETA and the SPCA get excited about the cruelty shown to the unborn?

The Internet is a great resource for both good and bad information. Use it to resolve in your own mind what the unborn is.

**Russell Johnson
Downey**

Space shuttle Endeavour

Dear Editor:

I was one of hundreds of spectators camped out in front of the Columbia Memorial Space Center on Friday morning to witness the historic homecoming of the Space Shuttle Endeavour. Standing on hallowed ground, we cheered and waved as the Endeavour flew over its engineering birthplace on its way to Orange County and Disneyland. For those of us lucky enough to stick around a little longer, we witnessed the Shuttle return and make a full circle around us – literally completing what most of us saw as the metaphoric full circle it was making by returning home to Southern California. Chants of "USA" could be heard as the crowd swelled with pride and patriotism at the sight of the Space Shuttle atop the 747, flanked by two fighter jet escorts.

I'd like to personally thank the Space Center staff for their hard work, particularly for the more than three hours of live narration of Endeavour's trajectory, shuttle facts, and past missions. I'd also like to thank Senator Boxer and her staff and Congresswoman Lucille Roybal-Allard and her staff for reaching out to NASA to make the flyover possible. I commend my City Council colleague, Mario Guerra, for suggesting the City pursue the possibility with NASA. Most importantly, I'd like to thank the aerospace fans, Rockwell retirees and Downey residents who came out to welcome Endeavour home. Thank you for helping us to honor our aerospace roots and inspire future generations of scientists and engineers.

I invite you to come out again to the Columbia Memorial Space Center to see Inspiration, the recently-named Space Shuttle Mockup (Endeavour's "grandparent"). Congratulations to Bea Jensen for having their suggested name chosen for the mock-up.

Thank you again to all who made possible this once-in-a-lifetime opportunity to watch the Space Shuttle fly over the Columbia Memorial Space Center in Downey.

**Roger C. Brossmer
Mayor, City of Downey**

Dear Editor:

By last Friday morning, everyone in Southern California knew Endeavour was coming. We had watched it on TV for two days, hitchhiking across the country. The surprising shape had become familiar. We knew within an hour's time when it would appear in our skies. We were ready.

A friend and I watched from Downey Landing's parking lot, along with many others. Next to us was a van stuffed with vacation gear, a Mickey Mouse balloon and three lively boys. The family was returning home to Eureka, but they had to stop to see this event.

When the first cry went up, "There it is!", Dad pointed his camera, Mom pointed out the spot for her sons, and the whole parking lot went wild.

I was not prepared for the majesty. Endeavour floated close and unhurried over Downey, this cheeky shuttle, scarred by life, perched improbably on the back of a patient 747.

I had no camera, but I will soon receive photos taken from where I stood, sent from my new friends in Eureka. And I'll remember forever the unexpected majesty of Endeavour, world-class traveler, hanging on by its toenails, eyes squinty in the wind.

**Joyce Sherwin
Downey**

Dear Editor:

As a longtime Downey alum born in 1952 and now living in Atlanta, it brought tears to my eyes as I saw the shuttle pass over Rockwell.

When my father started there it was North American, then it changed to Rockwell. He worked on the X-15 Mercury, Gemini, Apollo and all space shuttle missions. The last project before his retirement was the B-1.

His name was Karl C. Miller and he was also head of the Downey Rose Float Association for many years and, in the 50s and 60s, the Downey Junior Athletic Association.

**Ron Miller
Downey High School
Class of 1970**

Retired flags

Dear Editor:

This is a thank-you letter to all the citizens that brought American flags to the Royal Ranger firework stand in Downey this year to be respectfully retired.

Most people did not bring just one flag, but a bag of them. They knew that you don't just throw away an American flag, but they had no place or way to retire them. It is sad to see these other countries burning our American flag; of course, they aren't doing it out of respect.

It is surprising (or maybe not) that a lot of people don't know how to retire a flag. In the four days at the firework stand, we collected 108 American flags, one California flag and eight Marine Corps flags.

A special thank you to U.S. Marine Corps Cpl. Fernando Guzman for helping the evening we retired the Marine Corps flags. He told us a little of the history of the flag and what is on it and what they represent. He also told about his tour of duty and his involvement in Somalia.

**Mark Adamson
Senior Commander, Royal Rangers Outpost 132**

Thefts at Downey Cemetery

Dear Editor:

I live near the Downey Cemetery and I'd like to make others aware of what has been going on.

Grave markers in the cemetery are continually being stolen and presumably being sold as scrap metal. Today I saw that the actual city plaque has been stolen!

Nothing is being done to stop this from happening. I wrote to the City Council and received a prompt response from Mario Guerra and Mark McDaniel, the nightshift watch commander. Mr. Guerra stated that he didn't have an answer to fix this problem but would be discussing what could be done, and Mr. McDaniel suggested we keep calling the police when we see any suspicious activity.

I have an easy answer: invest a little money (not a lot like is being invested in shopping center after shopping center) and place gates at the cemetery, add lighting, and have some police patrol at night.

If your loved ones are buried here, or if you live in the city, please write to the city council members and the cemetery district demanding some respect for people's final resting place.

**Karina Saucedo
Downey**

Board of trustees

Dear Editor:

Since Cerritos College was founded there have been eight Latino members on the Board of Trustees giving 40 years of service to the college and public. Three Latinos have served on the Board since the California Voters Rights Act (CVRA) was signed into law in 2003.

Mr. Zuniga's claim and inference that something is wrong with the College Board is an insult to all those who have served so effectively on this Board of Trustees representing all of our local communities.

Mr. Zuniga joined two friends to sue the college district to change trustee area elections from at-large to districts. The plaintiff's attorneys were informed that the Board of Trustees was likely to support the proposed voting change under CVRA. I want to state very clearly, the plaintiff's attorneys were informed in the negotiations before they filed their lawsuit that the Board was likely to vote in favor of the change. The lawsuit was not necessary.

The Board did vote in favor of changing the elections from at-large to districts. But the plaintiffs chose not to wait a few days for the Board decision and filed their lawsuit anyway with no regard for the college, our students and the taxpayers.

The lawsuit was settled for \$55,000. The plaintiff's law firm wanted several hundred thousand dollars to settle the suit and College District had to pay for its defense of the lawsuit. The three plaintiffs acting with no faith and little communication with the college district cost the taxpayers several hundred thousand dollars in legal fees and staff time for a nonissue. Plaintiff's attorneys were guaranteed to be paid by the College District under the CVRA once they filed their lawsuit.

Mr. Zuniga has demonstrated that he would rather win an election in the legal process than earn the trust of voters. He has no interest in fairness. And it must be noted that one of the plaintiffs, Carmen Avalos, who should be an expert on elections as city clerk for South Gate, served as a member of the Board of Trustees since the CVRA became law and never brought the local election issue to the board table for discussion.

Mr. Zuniga has no faith in the voters and a very weak understanding of how public college boards work. And he certainly doesn't understand how much he and his plaintiff friends cost the taxpayers and students in a frivolous lawsuit.

Cerritos College has a long, excellent history of serving our communities and students and for being a well-managed college district. Let's keep it that way.

**Robert "Bob" Arthur
President, Board of Trustees
Cerritos College**

Dear Editor:

Bob Arthur, at the Sept. 18 candidates debate with his opponent Leonard Zuniga, left the impression that a lawsuit was not needed to bring about changing the Board elections from at-large to trustee areas. The impression was that there was no need for a lawsuit as they were aware of the California Voting Rights Act and they intended to implement it without a lawsuit.

However, the issue of changing the election method was brought up at the April 6, 2011 Board of Trustees meeting. The minutes of that meeting state the following: "The board agreed that there is currently no interest in moving toward conducting trustee area elections." That statement should speak for itself.

As no action was taken even for a study of the issue, I appeared before the College Board on June 8, 2011 and asked that a study of district-based elections be placed on the agenda of the next Board meeting. There was no signal that this would happen and legal action was the alternative.

As an aside, on the agenda for that meeting was appointing a replacement for the late Bob Epple. As a Latina was one of the three finalists to replace Mr. Epple, this would have been a perfect opportunity for the Board to act in compliance with the CVRA. However, when I arrived at the meeting, I noted a well-qualified Caucasian sitting in the front row. That person was one of 10 candidates to fill the ABC Unified School District vacancy left by Mark Pulido's election to the Cerritos City Council. This candidate did not get the four votes needed for appointment to the ABC Board.

I am of the opinion that she was then encouraged to go after the vacant seat on the Cerritos College board. She would have enough votes among her circle of friends on the college board.

Whether her appointment was assured in advance or not is a matter of conjecture. Yet the fact remains that a lawsuit could have been avoided if Mr. Arthur and his fellow board members had not resisted changing to trustee area elections.

**Charlie Ara
Cerritos**

Article error

Dear Editor:

I wish to apologize for the error in my article concerning the Downey Symphony Guild's Nixon Library bus trip in October.

That half-day visit to the library will take place on Thursday, Oct. 11, not on Tuesday, as I stated in the article published Sept. 20 in the Patriot.

Please forgive the error and any confusion it may have caused.

For information regarding this outreach event for the community, please call (562) 861-8507.

**Rosalie Sciortino
Downey Symphony Guild**

Use the crosswalk

Dear Editor:

This will be my third letter over about 22 years regarding safely walking your kids to and from school.

My kids attended Gallatin Elementary and we live just down the street. They never ran across the road. They always used the crosswalk or I waited until I could park on the same side as the school.

I am now picking up kindergartners and I am so furious over the lack of judgment adults use when picking up. Mostly it is laziness. The four-way stop with a crosswalk is about 100 feet from the kindergarten pick-up spot. Yet everyday I see them darting across traffic, through parked cars, dragging their kids with them. Some cars come to a screeching stop, others stop for them, which also causes a safety issue.

Why do they continually put their children at risk, as well as teaching them this is OK? This seems to me to be child abuse, literally putting them in harms way, in the street, with cars.

You wouldn't tell your children to go play in this busy street. Use the crosswalk, that's why it is there, for safety purposes.

Unfortunately I know it will take someone getting hit, perhaps the child dead or seriously injured, for them to understand but then it will be too late. Maybe these parents will read this and think twice about next time.

**Diana Borzi
Downey**

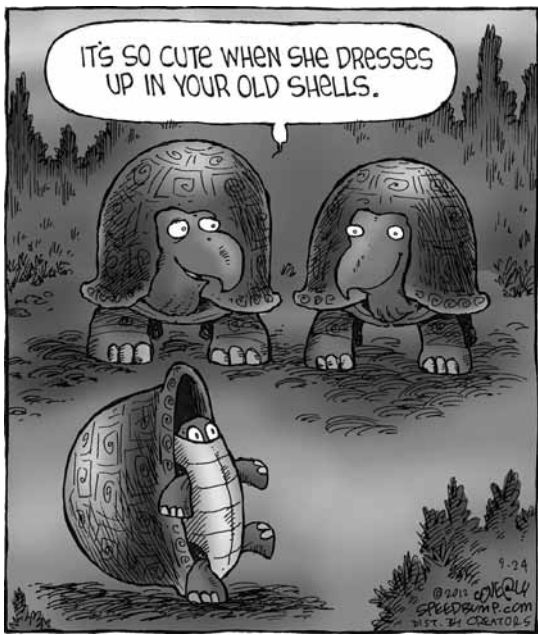
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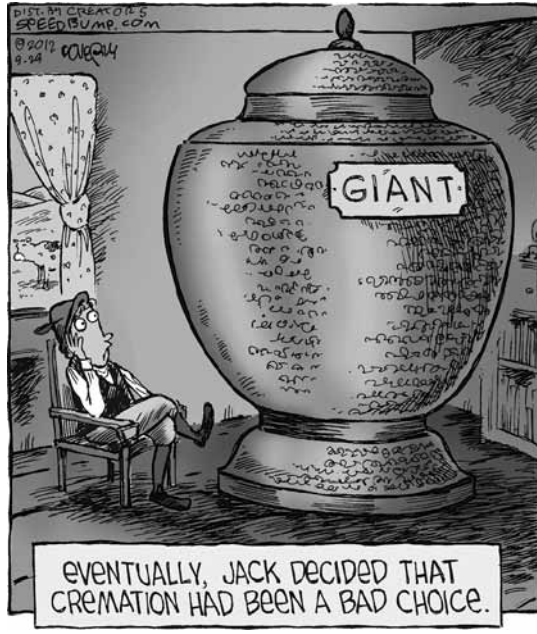
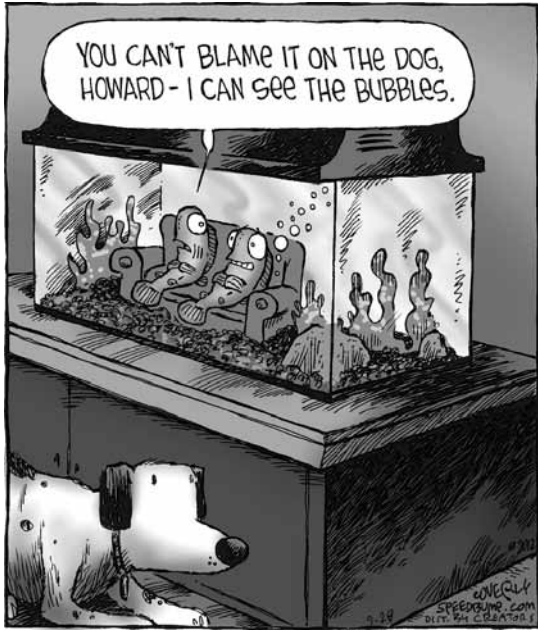
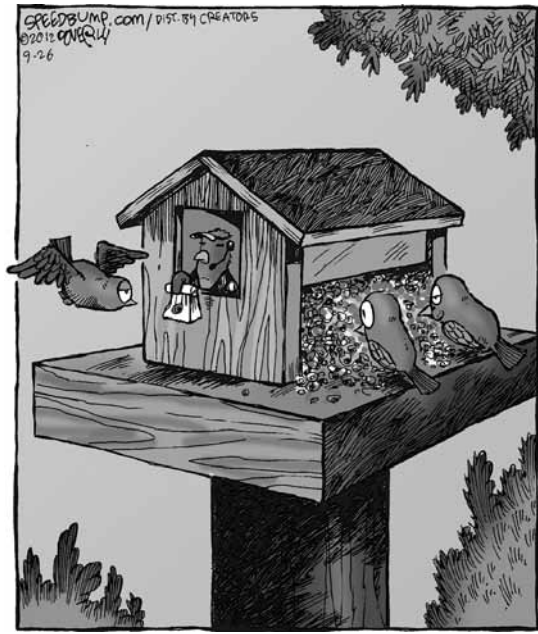
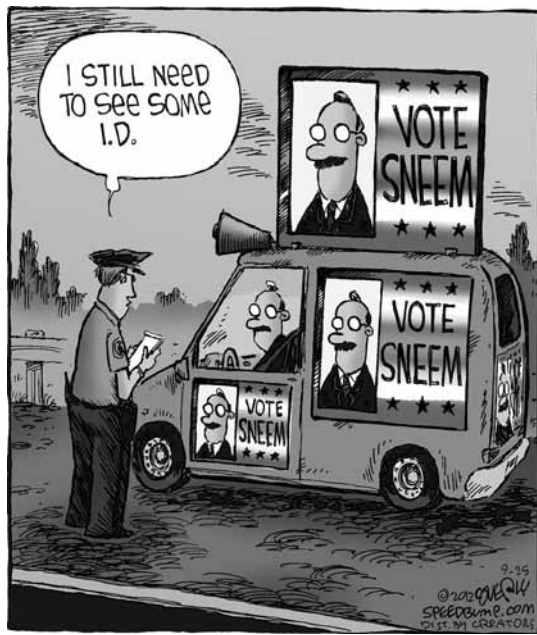
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SPEED BUMP



DAVE COVERLY



Downey Community Calendar

Events For September

- Fri. Sept. 28: "Crazy for You" opening night, Downey Theatre, 8 p.m.
- Sat. Sept. 29: Community bike ride, Wilderness Park, 8 a.m.
- Sat. Sept. 29: 75th anniversary celebration, county animal shelter, 10 a.m.
- Sat. Sept. 29: Prescription drug take-back event, Downey Police Department, 10 a.m.

City Meetings

- 1st Tuesday, 6:30 p.m.: Redevelopment Project Area Committee, Cornack Meeting Room at Downey Library.
- 1st & 3rd Wednesday, 6:30 p.m.: Planning Commission, Council Chamber at City Hall.
- 1st Tuesday, 4:00 p.m.: Recreation and Community Services Commission, Council Chamber, City Hall.
- 1st Tuesday, 6:00 p.m.: Emergency Preparedness Committee, at Fire Station No. 1, 12222 Paramount Blvd.
- 2nd & 4th Tuesday, 7:30 p.m.: City Council/Community Development Commission, Council Chamber.
- 3rd Tuesday, 6:30 p.m.: Library Advisory Board, at Downey City Library.

Regularly Scheduled Meetings

Mondays

- 7 p.m.: Boy Scout Troop 2, at Downey United Methodist Church, for information call 869-6478.
- 2nd Mon., 11 a.m.: American Legion Auxiliary #270, at United Methodist Church.
- 3rd Mon., 7 p.m.: American Legion Post #270, at Rio Hondo Event Center, for more info. call 806-2100.
- 4th Mon., 7:30 p.m.: Downey Numismatists, at Downey Retirement Center, call 862-6666.

Tuesdays

- 9:30 a.m.: Downey Seniors Club, at Apollo Park, for information call Nadine Morris at 923-9422.
- 10 a.m.: Downey Bocce Club, at 7850 Quill Drive, for information call John Fiorenza at 652-4399.
- 12 p.m.: Rotary Club, at Rio Hondo, for information e-mail Diane Davis at ddavis87@me.com.
- 6 p.m.: Toastmasters Club 587, at First Baptist Church, for info call Raul Castillo 400-2561.
- 6:15 p.m.: Downey Knights of Columbus Bingo, at 11231 Rives, for info call 923-1932.
- 1st Tues., 7:30 a.m.: Gangs Out of Downey, at City Hall training room.
- 2nd Tues., 3 p.m.: Keep Downey Beautiful, at City Hall, for more information call 904-7117.
- 2nd and 4th Tues., 6 p.m.: Sertoma Club, at Cafe 'N Stuff, for information call 927-6438.
- 2nd Tues., 6 p.m.: Downey Fly Fishers, at Apollo Park, for information call 425-7936.
- 3rd Tues., 6:30 p.m.: Community Emergency Response Team meeting, Fire station 1, 12222 Paramount.
- 3rd Tues., 7:30 p.m.: Writer's Workshop West, at Downey High School library, for info call 862-3106.
- Tues., Thurs. & Sat., 10 a.m.: Downey Bocce Club, at 7850 Quill Drive, for info. call John Fiorenza 652-4399.

Wednesdays

- 7 a.m.: Kiwanis Club, at Rio Hondo Events Center. Call Steve Roberson at 927-2626.
- 1 p.m.: Women's Bocce Club, at 7850 Quill Drive, for information call Marie Puch at 869-4366.
- 7 p.m.: Out Post 132 Royal Rangers, at Desert Reign Church, for info call 928-8000.
- 1st Weds., 11 a.m.: Woman's Club of Downey, for information call Cheryl Olson 833-8954.
- 1st Weds., 11:30 a.m.: Downey Coordinating Council, at Community Center, for information call 923-4357.
- 1st Weds., 7:30 p.m.: Downey Stamp Club, at Maude Price School cafeteria, for information call 928-3028.
- 2nd Weds., 11:30 a.m.: Christian Women's Club, at Los Amigos Country Club, call Anita 861-3414.
- 2nd Weds., 7:30 p.m.: Downey Model A Club, at Gallatin School Cafeteria, for information call 928-4132.
- 2nd & 4th Weds., 5:30 p.m.: Lions Club, at Sunrise Realty, for information call 577-1104.
- 3rd Weds., - Downey Dog Obedience Club, at Apollo Park, for info. call Gina 869-5213 or Valerie 420-2972.
- 3rd Weds., 10 a.m.: Los Angeles County Quilters Guild, at Women's Club, for information call 426-2418.
- 3rd Weds., 6 p.m.: American Business Women's Association, Rio Hondo Country Club, Call Barbara Carlson 863-2192.
- 4th Weds., 12:00 noon: Retired Federal Employees, at Barbara J Riley Center, call 943-5513.
- Wed. & Fri., 10:15 a.m.: Senior Bingo, at Apollo Park, for information call 904-7223.

Thursdays

- 7:30 a.m.: Connections Networking, at Bob's Big Boy, for info., call Nick Smith, 861-5222.
- 7:30 a.m.: Soroptimist Int'l of Downey, for information, call Mia Vasquez, 806-3217.
- 9:30 a.m.: Take off Pounds Sensibly, at Barbara Riley Senior Center, call (800) 932-8677.
- 12 p.m.: Kiwanis Club of Downey, at Rio Hondo Events Center, call Roy Jimenez 923-0971.
- 6:30 p.m.: Downey United Masonic Lodge # 220, 8244 3rd St., Call 862-4176.
- 7 p.m.: Troop 351, Boy Scouts of America, at First Baptist Church, for information call 776-3388.
- 1st Thurs., 12:00 noon: Downey Christian & Professional Luncheon, at Sizzler's Restaurant, call James Vanlengan 310-1335.
- 2nd Thurs., 7:30 p.m.: Beaming Rebel Foxes Collectors Club, for more information call Carl D. Jones at 923-2400.
- 3rd Thurs., 4 p.m.: Public Works Committee, at City Hall Training Room.
- 3rd Thurs., 6 p.m.: Downey CIPAC, at Sizzler's Restaurant, for information call Rich Tuttle 413-6045.
- 4th Thurs., 10 a.m.: Assistance League, at Casa De Parley Johnson. for information call 869-0232.
- 4th Thurs., 7:30 p.m.: Downey Historical Society programs, at Community Center. Call 862-2777.

Fridays

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

Saturdays

- 9 a.m.: Farmers Market, Downey Avenue at 3rd Street, for information call 904-7246.
- 2nd Sat., 12:30 p.m.: AAUW, Los Amigos Country Club.

On This Day...

- Sept. 27, 1825:** The first locomotive to haul a passenger train was operated by George Stephenson in England.
- 1964:** The Warren Commission issued a report concluding that Lee Harvey Oswald acted alone in assassinating President John F. Kennedy.
- 1998:** Mark McGwire of the St. Louis Cardinals hit his record-setting 69th and 70th home runs in the last game of the season.
- 1999:** Tiger Stadium closed after 87 years as home of baseball's Detroit Tigers.
- Birthdays:** Rock singer Meatloaf (65), retired basketball player Steve Kerr (48), actress Gwyneth Paltrow (40), rapper Lil' Wayne (30) and singer Avril Lavigne (28).

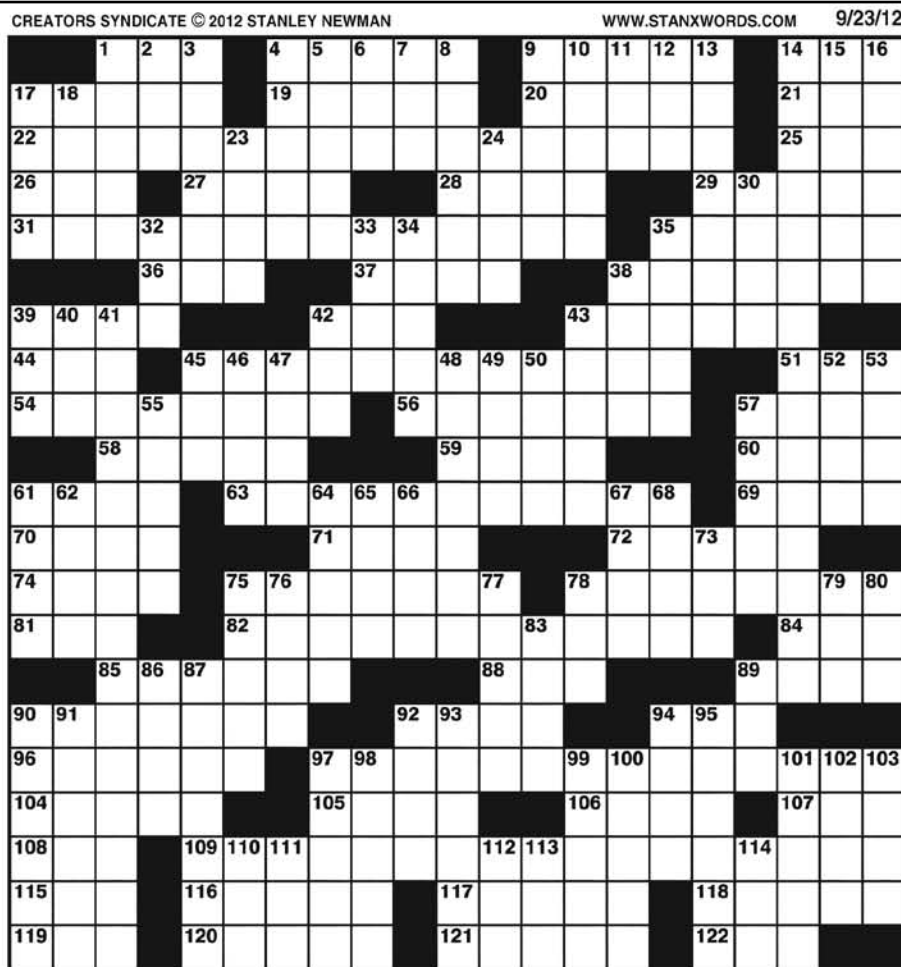
THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)

WHAT A WORKOUT: Getting sore all over

by Merle Baker

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

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Paging Dr. Frischer...

By Dr. Alan Frischer



sions and morning sickness. Back in 1978, a study in *The American Journal of Clinical Nutrition* found that ice cream, sweets, candy (especially chocolate), fruit and fish are the most commonly craved foods during pregnancy. A 1992 study in *Appetite* found that pregnant women are more likely to crave sweet foods during the second trimester than at any other point, and that a complex mix of psychological, behavioral, and physiological factors are involved.

Experts are still divided as to whether pregnant women develop cravings because of expectations, or because of hormonal changes of pregnancy that cause certain foods to taste much worse or much better than normal. Hormones during pregnancy certainly do affect taste and smell, and this helps to make the case for a physiological factor in cravings.

When a craving becomes dangerous, medical attention is necessary. For instance, some pregnant women have a condition known as pica, where they crave laundry starch, flour, dirt, etc.

Regardless of the cause, what can we do in response to a craving? Let's say that our brain screams... GET ME ICE CREAM!!! We don't have to say no all the time, nor should we say yes too often. No matter the cause of cravings, here is what we can do about them:

- If you feel that your cravings are out of control, avoid keeping excessive quantities of those foods on hand.

- Look for more nutritionally balanced foods to use as alternatives to what you are craving.

- Since our environment is filled with junk foods that are highly accessible, convenient, tasty and usually cheap, make a conscious decision to avoid such traps. Do your best to avoid those vending machines, fast-food restaurants, and convenience stores.

- Don't let yourself get too hungry. This is an opportunity for cravings to set in, and for a quick fix in response. We have all purchased items at the grocery store simply because we happened to be hungry at the time. Don't go to the store hungry, and eat often and in a balanced manner (a diet lacking in variety can lead to more food cravings).

- Keep a craving journal. Record times of cravings, emotions felt, foods eaten, and how much. You can look backwards for patterns, and attempt to understand these cravings.

- High-fat and high-sugar foods

are often craved. When you feed your stressed-out bodies carbohydrates, it helps to calm you down. The best way to calm our bodies, yet nourish them as well, is to choose "smart carbs" like whole grains, beans, fruits, and vegetables.

- Focus on the big picture and take care of yourself. The more you are nourished in general, the less stress, anger, unhappiness, etc. you will feel. As a consequence, you will be less likely to seek comfort foods. I am sure you can think of many ways to nourish your soul, including taking a walk, hike, bicycle ride, or swim; having a massage or facial; spending time with friends, meditating, reading a book...

Remember that your cravings are not necessarily a problem unless they cause imbalances in your diet or prevent you from eating important foods. Eat balanced and frequent meals, make healthful substitutions, and take care of your daily needs.

Dr. Alan Frischer is former chief of staff and former chief of medicine at Downey Regional Medical Center. Write to him in care of this newspaper at 8301 E. Florence Ave., Suite 100, Downey, CA 90240.

Downey Police collecting unwanted medicine

DOWNEY – Downey Police will be collecting unused, unwanted and/or expired prescription medication during a take-back event Saturday, Sept. 29, from 10 a.m. to 2 p.m.

The collection will take place in the police department's west lot, rain or shine.

Residents will have the option of dropping their prescription medications and containers into DEA collection boxes or pouring the medicine and keeping the containers. All collected drugs will be incinerated.

Brochures explaining the dangers of prescription drug abuse will be distributed at the event.

For more information, contact Jane Guzman at (562) 904-2374 or jguzman@downeyca.org.

West Nile virus on the rise in area cities

•Cases of West Nile virus continue to rise, and vector control agents ramp up efforts against Asian tiger mosquito.

PICO RIVERA – Five mosquito samples collected in Pico Rivera have tested positive for West Nile virus, vector control officials announced this week.

The mosquitoes were collected from the 90660 zip code and come the same week a Los Angeles County woman died from West Nile virus.

Cases of West Nile virus are on the rise throughout Southern California.

"There is also a reportable increase of West Nile virus activity in Lakewood, Canoga Park, Sherman Oaks, South El Monte as well as the Los Angeles River corridor..." said Cynthia Miller, public information officer for the Greater Los Angeles County Vector Control District, based in Santa Fe Springs. "We have reported activity in these cities and communities previously, and discovered activity has expanded in these areas – meaning additional mosquito traps in the same general vicinity have come up West Nile virus-positive this week."

So far this year, 188 mosquito samples, 51 dead birds and four chickens have tested positive for West Nile virus in L.A. County. Seven people have died in California as a result.

West Nile virus is transmitted to people and animals through the bite of an infected mosquito. Approximately one in five people who are infected with West Nile virus will develop symptoms such as fever, headache, body aches, joint pains, vomiting or rash.

A small amount of people will develop a serious neurologic illness, and about 10 percent of these people will die, officials said.

There is no cure for West Nile virus.

Residents are urged to guard against West Nile virus by reporting dead birds to vector control and eliminating standing water around their home. Mosquitoes in Southern California are most active between dusk and dawn.

For more information, contact vector control at (562) 944-9656 or glacvcd.org.

Meanwhile, after a year of surveillance and control efforts directed at an infestation of Asian tiger mosquitoes, the population "continues to persist," officials said.

The mosquitoes were first discovered in El Monte and South El Monte last September and while the infestation has not expanded beyond the two city's borders, it has been found in additional properties.

To date, Asian tiger mosquitoes have been identified on approximately 240 properties in the two-city area.

The Asian tiger mosquito is an aggressive day-biting mosquito capable of transmitting diseases like dengue fever and chikungunya currently not present in Southern California. The mosquitoes thrive in urban developments with standing water and humid microclimates in lush landscapes.

It is a weak flyer, however, and local control efforts "can have dramatic results," officials said.

Crews of vector ecologists and control technicians are conducting door-to-door campaigns performing surveillance, eliminating mosquito breeding sites and conducting treatments as necessary. Residents are required to remove containers that hold

water and prevent standing water on their property.

"Most residents have been fantastic about helping us eliminate this very real health risk, but the one or two residents in a neighborhood that hinder access or fail to clean their property make eradication impossible," said Tera Sorvillo, a vector ecologist overseeing the eradication effort. "Within weeks of treatment, the mosquitoes are back."

Vector officials warned they will begin issuing a "notice to abate" to noncompliant properties. California law provides broad authority to vector control districts to abate public health problems and any property that provides conditions favorable to mosquito reproduction can be fined up to \$1,000 per day plus the cost of abatement.

"We have worked with some residents for over a year without success. If we have any chance at eradicating this mosquito, sterner measures will be necessary," said Kenn Fujioka, district manager of the San Gabriel Valley Mosquito and Vector Control District.

Officials said they have controlled the Asian tiger mosquito only in neighborhoods "where residents actively participate in the eradication effort."

"These Asian tiger mosquitoes are a community problem requiring community support and action," said Truc Denver, director of community affairs for GLACVCD. "We're asking all residents to work with us to remove containers that hold standing water and backyard trash so that we can effectively combat this public health threat."

You just sent your partner to the store for a triple-fudge sundae and a large bag of chips. As you are ripping open the bag of chips, you can't help but wonder: how much of this craving is physiological in nature, and how much is psychological? You are not alone in asking that question; many researchers have as well. The debate lies between those who feel there is nothing scientific about cravings, and those who believe that cravings are Mother Nature's way of ensuring that you (and if pregnant, your baby) get the nutrients you need.

A common theory is that if the body is deficient in, say, magnesium, it will trigger cravings for foods high in magnesium – such as chocolate. Of course, magnesium is also found in foods like whole grains, beans, nuts, and green vegetables. Studies do not consistently support the theory that specific deficiencies result in increased consumption of the associated foods.

Some of the latest research suggests that areas of the brain responsible for memory and sensing pleasure are partially responsible. Three regions of the brain – the hippocampus, insula, and caudate – appear to be activated during food-craving episodes. Cravings, for many, kick into high gear when we are stressed or anxious. They arise to satisfy these emotional needs, such as to calm stress and to reduce anxiety. Researchers from UC San Francisco put rats into a high-stress environment. These rats preferred foods heavy in sugar and fat, and after consuming those foods, their brains produced lower levels of stress-related hormones.

About half of all pregnant women report at least one food craving. Cravings may be for foods never even consumed before pregnancy! Numerous studies have looked at food cravings and aversions during pregnancy. In 2002, the medical journal *Appetite* concluded that food cravings are more common than food aversions in pregnant women. Unsurprisingly, a strong link was found between food aver-



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Bicycling on the move in Downey

• Bicyclists rally at City Hall in support of bike lanes in Downey.

By Lars Clutterham
Contributor

DOWNEY – Bicycling officially came into its own in Downey this past Tuesday night as City Council voted to join the HEAL Cities Campaign. “HEAL” is an acronym for “Healthy Eating Active Living.”

The program was initiated in 2004 by Kaiser Permanente as a way to combat the effects of obesity. It now includes 131 California cities, with the nearby towns of Bell Gardens, Paramount, and South Gate already participating.

According to the HEAL Cities resolution, “Cities and their residents face increased health care costs and diminished quality of life due to the epidemic of obesity and overweight.” Downey will be joining a burgeoning statewide and nationwide effort to improve these conditions in American life.

City Council’s action, however, was not the sole reason that bicycling found a community voice on Tuesday. Other factors came together in a big way to bring bicycling to the city’s attention.

Foremost among them was the Kiwanis Green Team, consisting largely of Downey High School students, who were presented certificates by City Council in appreciation for their many environmental efforts over the past year, including especially the re-landscaping of the entryway to Furman Park with drought-tolerant plants. Some forty students came forward to the dais and were thanked with a handshake and a word from all five City Council members for their work on behalf of the city. The Furman Park renovation itself was a product of collaborative planning efforts between Keep Downey Beautiful and the City of Downey Green Task Force.

Not content to rest on its laurels,



Former Olympic cyclist Tony Cruz urged the Downey City Council this week to consider installing bike lanes in the city to encourage a healthier lifestyle among residents, particularly kids. Council members agreed to further study the issue this December.

the Green Team has determined that bicycle advocacy is a priority worth bringing to the forefront in Downey. So, under the leadership of its mentor, DUSD teacher Alex Gaytan, the Green Team put together a group bike ride prior to Tuesday’s City Council meeting. With the number of participants approaching one hundred, the atmosphere was festive as the group made its way from Furman Park down Third Street to City Hall.

The Green Team ride was also joined by other community residents—most significantly a group of veteran bicyclists from Cruz Cycling, the bicycling club that sponsored and hosted 10-mile and 2-mile rides on Downey Kids Day this past spring. These experienced riders assisted by helping the novice cyclists move through intersections as the ride progressed towards City Hall.

Cruz Cycling’s founder, Tony Cruz, also joined the ride and spoke to City Council during open discussion on the HEAL Cities resolution. Cruz was an appropriate and elo-

quent spokesman for bicycling in Downey, an Olympic cyclist with a ten-year professional bicycling career, including six years riding alongside Olympian Lance Armstrong. Moreover, Cruz is now bicycle ambassador for the City of Long Beach. He brought his perspective on the development of cycling in that city, which over the past few years has become one of the most progressive bicycling cities not only in southern California, but also in the nation.

Another timely addition to all this bicycling momentum was a report at the meeting from Green Task Force vice chair, Steve Perez, another bicycle advocate, that the Task Force this past Monday had unanimously passed a motion requesting that City Council make bicycling a high priority.

So what’s next on the agenda for bicycling in Downey? Well, there’s a lot to be done over the course of the next few months and even years, as bicycle awareness and infrastructure begin to develop within the city. But immediately ahead is another



bike ride, continuing to put into effect organizer Perez’ goal of establishing a monthly ride in Downey. It will commence from Wilderness Park this coming Saturday morning, beginning at 8:00 o’clock and continuing till around 10:00. This ride is planned to be about ten miles long, and will head down the Rio San Gabriel bike path (maps to be provided).

The Kiwanis Green Team will be there, advancing the cause of bicycling in Downey, but more importantly having a good time through “Active Living.”

And you’re invited too.



Roxy, a white, brown and black chow mix, is SEACA’s pet of the week and available for adoption. Roxy loves attention and walks in the evenings. She also loves to meet and interact with new people. To adopt Roxy, call SEACA at (562) 803-3301 and reference No. 13-06226.

Job fair at Cerritos College

NORWALK – Cerritos College will host a job fair Oct. 24 from 9:30 a.m. to 1 p.m.

The job fair is free and open to the public and will feature more than 35 employers from the healthcare, sales, retail and government sectors.

Visitors should dress in business attire and bring copies of their resumes.

In advance of the expo, the college is offering resume writing classes Oct. 2, Oct. 18 and Oct. 23; and a “job fair strategies” workshop Oct. 10. All workshops are free.

For more information on the job fair or the workshops, go online to cms.cerritos.edu/job-placement or call (562) 860-2451, ext. 2366.

Teens appointed to city Youth Commission

DOWNEY – Seven Downey teens were added to the city’s Youth Commission this week to replace students lost to graduation.

Thomas Yabe, Rebecca Flores, Gordon Sodevani, Cory Trujillo, Kennyon Blackman, Sofia Moreno and Bhavesh Patel will join eight other commissioner members as they volunteer throughout the city and learn about city government.

Last year, youth commissioners helped organize Halloween and Kids Day events in Downey and took part in a multi-high school Youth Summit in South Gate.

They also organized a Student Government Day, participated in ad hoc committees and learned about the various functions of city departments.

Twenty-one teens applied for the commission.

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Downey stings Yellowjackets, 31-21

• Vikings (3-2) now prepare for league opener against Warren next week.

By Mark Fetter Contributor

DOWNEY – The Downey High School football team improved its record to 3-2 with a 31-21 victory over the visiting Oxnard Yellowjackets.

The Vikings have now completed their pre-season schedule and will not play Friday, but will open league play next week, Oct. 5, at home against cross-town rival Warren.

In the meantime, Coach Williams, his staff and his team will rest up, get some players healthy and get ready for a tough league schedule.

Oxnard raced out to a 14-0 lead in the first quarter before Viking senior Jeremy Villa returned a Yellowjacket punt for a touchdown with :43 seconds left. The extra point was good and the Vikings cut Oxnard's lead in half as the first quarter came to a close. The two teams exchanged the ball and field position the entire second quarter with neither team scoring. It appeared Downey had a drive going right before halftime but the Yellowjacket

defense intercepted a Viking pass at the Oxnard 19 yard line with :59 seconds left. The Yellowjackets ran out the clock and took a 14-7 lead into the locker room at halftime.

Oxnard kicked off to Downey to start the third quarter. The Vikings moved the ball down the field and scored on a Matthew Gonzalez 4th down and 2 run at the 7:33 mark of the third quarter. The extra point was good and Downey tied the score at 14. Just over two minutes had elapsed since the Vikings scored in the third quarter when Oxnard was forced to punt again. Jeremy Villa returned a Yellowjacket punt 65 yards for his second special teams touchdown of the game at the 5:10 mark. The extra point was good, Downey now had the momentum, and took a 21-14 lead. The score remained that way as the third quarter came to a close.

Downey added to their lead at the 10:41 mark of the fourth quarter on a rushing touchdown by senior Matthew Gonzalez, his second of the game. The extra point was good and Downey led 28-14. The Viking defense continued to play strong and once again, regained possession as Oxnard was forced to punt. Viking kicker Mario Galvan sealed the win with a 37 yard field goal at the 5:11 mark of the fourth

quarter. The game now stood 31-14 Downey, a three possession game. Oxnard did score a late touchdown with :07 seconds left. The extra point was good but Downey won the game 31-21.

Viking quarterbacks Jorge Reyna and Conor Hill combined to complete 7/12 passes for 93 yards with one interception. The rushing attack was led by Matthew Gonzalez's nine carries for 112 yards, Eric Carrillo's nine carries for 45 yards, Jorge Reyna's five carries for 51 yards, Tristan Esparza's two carries for 25 yards, Conor Hill's two carries for 14 yards and Justin Duran's one carry for 5 yards.

Downey's rushing attack accumulated an impressive 252 yards on 28 carries. The Viking passing attack was led by Jeremy Villa's two catches for 66 yards, Justin Duran's two catches for 4 yards, Tristan Esparza's one catch for 12 yards, Eric Carrillo's one catch for 6 yards and Jonathan Swindell's one catch for 5 yards.

The Viking defense was led by Robert Salazar's four solo and 15 assisted tackles, Anthony Florido's one solo and nine assisted tackles, Hector Walker's two solo and six assisted tackles and Patrick Smith's two solo and six assisted tackles.



Vikings do well at Hollydale

DOWNEY – The Downey High School boys and girls cross country teams recently competed at the first San Gabriel Valley League cluster meet last Thursday at Hollydale Park.

Both Viking teams fared well and managed to defeat Dominguez, Gahr, Lynwood and Paramount, respectively. The only blemish for both squads was a loss to cross-town rival Warren.

This "cluster meet" was the first of three scheduled for S.G.V.L. competition. The second cluster meet will be held Oct. 11, at Cerritos Regional Park and the last meet will be held on Oct. 30, at La Mirada Park. The last cluster meet at La Mirada will serve as league finals and teams will advance from that competition to C.I.F.

The Downey boys' team placed 1st, 7th, 15th, 19th and 21st with an overall meet time of 1:21:28 and an average runner time of 16:17.60. Andres Velasco won the competition in 15:10, Miguel Gutierrez finished 7th in 16:06, Anthony Lopez finished 15th in 16:30, Eric Enriquez finished 19th in 16:46 and Emmanuel Ramirez finished 21st in 16:56. There were 37 runners who competed in this race. Warren, the winner of the boys' cluster meet, finished with an overall meet time of 1:19:32 and an average runner time of 15:54.40.

The Downey girls' team placed 1st, 5th, 6th, 9th, 11th, 15th and 18th with an overall meet time of 1:36:02 and an average runner time of 19:12.40. Lisa Vasquez won the competition in 17:59, Meghan Nevarez finished 5th in 19:05, Megaly Gastelum finished 6th in 19:31, Karen Silva finished 9th in 19:38, Marissa Pluma finished 11th in 19:49, Crystal Raygoza finished 15th in 20:10 and Jocelyn Orozco finished 18th in 20:25.

– Mark Fetter, contributor

Bears travel to Oregon for Nike Pre-National

DOWNEY – The Warren High School boys' cross country team has hit the ground running.

After spending 19 days this summer training in the northern Californian cities of Lake Tahoe, Placerville, Sacramento and Auburn, the Bears returned home more fit and determined to pick up where they left off from last year.

Gone are standout runners Omar Torres to Chico State and Alec Dominguez to UCSB and emerging in their place are a group of sophomore runners to fill those shoes. Sophomore Jonathan Rodriguez, sophomore Benjamin Gonzalez, senior Fortino Santana, sophomore Andres Bernal, senior Ramiro Santana, junior Michael Hernandez and junior Brandon Iraheta have emerged to become the top seven Bear runners.

The Bears recently competed at Laguna Hills in a "training race" on September 8th and followed that up with the prestigious Woodbridge Invitational on September 17th, at Estancia High School in Costa Mesa. The Bears finished 17th overall out of 198 schools in a time of 77:33. The Bears defeated C.I.F. Division I and ninth ranked local power El Rancho at this meet. The Bears also competed at the first of three San Gabriel Valley League cluster meets at Hollydale Park on Thursday, September 20th. The Bears dominated this competition with their top six runners placing in the top 12.

The Bears are leaving today for the Nike Pre-National in Portland, Oregon, to be held this Saturday, Sept. 29. There will be ten highly ranked high schools from California competing at this event.

The second league cluster meet will be held Thursday, Oct. 11, at Cerritos Regional Park and the last league cluster meet will be held at La Mirada Park on Tuesday, Oct. 30.

Coach Miranda is excited for this season and the young group of runners he has competing. Miranda maintains that his runners continue to work hard and that "state is the mission."

– Mark Fetter, contributor

Tough schedule hurts Bears

• Warren is still searching for its first win of the year after a tough early schedule.

By Mark Fetter Contributor

DOWNEY – The Warren High School football team fell to 0-4 on the season with a 37-21 defeat at home to the Bell Gardens Lancers.

The Bears will host a 4-0 Cal High team Friday night at Justice Stadium.

Despite the Bears slow start this season, I have been tracking Bear opponents' wins and losses. Interestingly, in the four losses the Bears have thus far, their respective opponents have accumulated an impressive 13-5 record. South East is 4-1, Norwalk is 4-1, Rosemead is 2-2, Bell Gardens is 3-1 and this week's opponent, Cal High is undefeated.

Several of these teams are ranked in their respective C.I.F. Division polls.

Although the Bears lost 37-21 last Friday evening, the score is a bit misleading. Warren trailed 7-6 at the end of the first quarter. The Bears scored a touchdown in the second quarter and made the two point conversion. Bell Gardens scored a touchdown in the second quarter but did not convert the extra point. The score going into the locker room at halftime was 14-13 Warren. The third quarter oddly saw Warren outscore Bell Gardens 7-4 and extend their lead to 21-17 as the third quarter came to a close. The fourth quarter saw Bell Gardens score 20 unanswered points and pull away late with the 37-21 victory.

Bear quarterback Zaahid Summerville completed six passes for 75 yards. Michael San Angelo led the Bear receivers by catching three

passes for 57 yards, Daryl Donerson caught two passes for 13 yards and Keenan Brooks caught one pass for five yards. Daryl Donerson led the Bear rushing attack with 14 carries for 91 yards, Darwin Walker had nine carries for 41 yards, J.R. Vaaulu had seven carries for 33 yards and Michael San Angelo had four carries for 26 yards. The Bears had 186 rushing yards on 39 carries and moved the ball well for a good part of the game.

The Bears were led on defense by Michael San Angelo's two solo and six assisted tackles, Daniel Sanchez's six solo and one assisted tackle(s), Keenan Brooks' five solo tackles and Oscar Herrera's four solo and one assisted tackle(s).

The Bears will finish their pre-season schedule against Cal High this evening before traveling to cross-town rival Downey for the San Gabriel Valley League opener for both teams on Oct. 5.

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Latin American film series at Cal State Long Beach

• University will screen four Latin American films in October; screenings are free and open to the public.

LONG BEACH – The Latin American Studies Film Series at Cal State Long Beach (CSULB) returns to the campus' University Theater beginning at 7 p.m. on Thursday, Oct. 4, with the theme "Ties That Bind."

The series' films will be screened every Thursday through the month of October. Admission to the screenings is free, and parking is available in Lot 7. There is a parking permit fee.

"This year's theme was decided based on the films selected," said CSULB Film and Electronic Arts Professor José Sánchez-H., who has led the series since 2002. "In each of the films presented, the main characters have ties that bind them to other people and their countries."

Sánchez-H noted that the theme—"Ties That Bind"—focuses on the way we are connected with places and people.

"On opening night, Oct. 4, there

is a film by Mexican writer and director Patricia Martínez de Velasco titled 'Aqui Entre Nos' ('Between Us')," he pointed out. "In this heartfelt dramatic comedy about family relationships, she explores the ties that bind the patriarch of a family to his wife and three daughters. Her work is very effective in dealing with the story and she gets very good performances from her actors.

"As there are not many women directors around the world, I think having Patricia at the film series will give students a great opportunity to interact with her," he added. The film runs 95 minutes in Spanish with English subtitles.

The second film of the series, on Thursday, Oct. 11, is "La Vida de los Peces" ("The Life of Fish") written and directed by Chilean director Matias Bize. This film tells the story of Chilean expatriate, Andrés, who has been living in Germany for 10 years but returns to bring closure to his past. During his visit, he attends a friend's birthday party where he rediscovers the world he had left behind, including his long-time love Beatriz. "La Vida de los Peces" runs 83 minutes in Spanish with English subtitles.

"Bize represents the new generation of Chilean directors and this is one of his best films," Sánchez-H. explained. "He approaches the dramatic structure with maturity and makes us feel deeply for the characters." Romance/German/Russian Languages and Literatures (RGRLL) Professor Alicia del Campo will introduce the film.

The selection process tapped area film festivals and expert advice. "And, as is customary, every year we present a film preservation done in conjunction with the Academy Film Archive, the Film and Electronic Arts Department and the Los Angeles Latino International Film Festival," Sanchez-H said.

On Thursday, Oct. 18, the series continues with preserved Mexican film classic "Vámonos con Pancho Villa!" ("Let's Go With Pancho

Villa!"), helmed by Mexican director Fernando de Fuentes.

"I collaborate with the Academy Film Archive on the preservation of Latin American films," Sánchez-H stated. "One of the guest speakers of the film series is Josef W. Lindner of the Academy Film Archive. There will be a question-and-answer session with Lindner who did the preservation of this important film. Chicano/Latino Studies Professor Luis Arroyo will address Pancho Villa's role in Mexican history."

The series closes on Thursday, Oct. 25, with the documentary "Julia, Toda En Mi" ("Julia, All in Me") by Puerto Rican director Ivonne Belén. The film is a poetic journey through the life and work of Puerto Rican poet Julia Burgos, considered one of the most prolific figures in Puerto Rican literature. The script is based on a series of letters that Burgos sent to her sister Consuelo during her voluntary exile in New York and Cuba between 1940 and 1953.

The documentary features such Puerto Rican artists as Benicio del Toro and Jacobo Morales reading Burgos' poetry. The documentary runs 100 minutes in Spanish with English subtitles.

"We will have the composer of the documentary, who happens to be CSULB's College of the Arts Dean Raymond Torres-Santos, talking about his experience of collaborating in this personal documentary," said Sánchez-H. "I think this is also a great opportunity for students to learn about the unique characteristics of the language of music, the language of film and the best way to communicate with a composer."

One big reason for the series' continued success is a sustained need for films like these. "There is a need for this type of cultural event, especially in California where, according to the 2011 data of the U.S. Census Bureau, Latinos number nearly 14 million," he said. "Events like these acknowledge the



"Aqui Entre Nos," a Spanish-language dramatic comedy about family relationships, will be screened at Cal State Long Beach on Oct. 4. Admission is free.

validity of a cinema that is needed, particularly in an educational environment such as ours."

The films share a special quality, Sánchez-H. believes. "I believe each film series is unique in the sense that it presents cinema that is representative of various cultures," he said. "The stories presented in the movies also reflect that, as human beings, we all have much more in common than we have differences."

The Latin American Studies Film Series is presented by the Film and Electronic Arts Department, the Latin American Studies Program and the Romance, German, Russian Languages and Literatures Department, in collaboration with various organizations inside and outside the university, including the Academy Film Archive of the Academy of Motion Picture Arts and Sciences, the Film Acquisition and Preservation Committee, the Los Angeles Latino International Film Festival and radio station KPFFK.

For more information on the CSULB Latin American Studies Film Series, contact Professor Sánchez-H. at (562) 985-7661.



Rob Hecker named teacher of the year

DOWNEY – Once in a lifetime someone walks into your life who makes an impact in your world. That man would be Rob Hecker.

It began some 12 years ago, when I needed to hire an English teacher and the Superintendent of Certificated Personnel unofficially warned me that, "He has a ponytail."

Rob is truly a man of character. His life is led by his love and commitment to family, job and friends. He moves through each day as a living homage to his belief that he wants to leave this world a better place for all who surround him. In first talking with Rob, I found out that he and his family had been active donors and supporters for the Locks of Love program, as well as many other philanthropic causes.

He often expresses the idea that our continuation high school students not only need, but deserve, the very best teachers that the district has to offer. Somewhere these children had been forgotten or failed and it is his job to help them find that English is both functional and fascinating. He makes his class come alive to the point that even the most hardened gang member is comfortable and accepted enough to take a chance at reading, explaining or sharing Shakespeare or a personal poem.

His impact on his students has only been positive. When frustrated with a new student who may be particularly challenging, Rob's approach has been to get to the core of the matter that is holding the student back. Students trust in his word and he is a man of his word.

What he lacks in bravado, he balances in brain. What he may lack in being boisterous, he balances in being humble. When others may have a career curriculum vitae of activities that they may have touched upon here or there, he has a full resume of meaningful accomplishments that he partook of wholeheartedly. He lives his life with meaning.

I have no doubt that Rob Hecker is the best candidate and educator to be awarded the 2013 California Teacher of the Year!

—Kathleen Succa, Principal, Columbus High School

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★ **LOOPER** R (10:40, 11:20, 1:30, 2:10, 4:20, 5:00), 7:10, 7:50, 10:00, 10:40

WON'T BACK DOWN PG (11:05, 1:55, 4:55), 7:35, 10:30

DREDD R (12:20, 2:45, 5:10), 7:45

★ **DREDD 3D** R 10:10 PM

END OF WATCH R (11:25, 2:05, 4:45), 7:25, 10:05, 10:45

HOUSE AT THE END OF THE STREET PG-13 (12:00, 2:30, 5:00), 7:30, 10:00

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Downey resident wins tennis title

COSTA MESA – Playing patiently and steady, Downey resident Daniel Kosakowski won Sunday defeated Florida's Jeffrey Dadamo in two sets to win the Costa Mesa Pro Classic tennis championship.

Kosakowski's world ranking jumped from 379 to 333 with the win, which also earned him \$1,300.

Though he won in straight sets, it was a hard-fought victory. Dadamo, 22, an All-American at Texas A&M and the tournament's No. 7 seed, gave everything the No. 2 seed Kosakowski could handle.

The strong-serving Dadamo and the consistent Kosakowski held their serves through the first eight games of the first set. But leading 40-15 in the ninth game and serving, Dadamo questioned a call on the back line. He wound up dropping the game and the next to give Kosakowski the 6-4 victory.

"That gave me a little motivation," Kosakowski said of Dadamo's questioning of the call. "I felt that if I could just be patient I could scrape together some points, which is what happened."

In the second set, Kosakowski broke Dadamo's serve in the seventh game. Dadamo countered in the eighth game, but taking advantage of several Dadamo mishits, Kosakowski won the final three games.

Kosakowski also won last week's Claremont event on the Pro Circuits tour.

"I'm hitting it well in just about every way right now," and playing in Southern California makes me feel so comfortable," he said. "I have friends and family watching me and that really helps."

Kosakowski, who doesn't turn 21 until February, may become an unfamiliar sight on the Pro Circuit's \$10,000 and \$15,000 events. His plan is to play as many Challenger events this season (there are five remaining, including two \$100,000 events next month in California) and then follow in the steps of the past two Costa Mesa Classic champions, Steve Johnson and Brian Baker, both of whom won matches in the 2012 U.S. Open. (Kosakowski advanced to the third round of qualifying in the 2012 U.S. Open.)

The final eight players in this Costa Mesa Classic all hailed from the United States. There were 10 international players in the 32-man main draw, including the top seed, Great Britain's Alex Bogdanovic, who lost in the second round to Dennis Venolo.

It marks the first time in the history of the Costa Mesa Pro Classic that the final eight players were all American, and could be the first of any Pro Circuit event in recent memory.

"We're not sure, but we know if it isn't, it's highly rare," said Hank Lloyd, the tournament director of the Costa Mesa Pro Classic. "That's a testament to the bright future of United States tennis. The future of professional tennis starts here, and I think you're going to see both these guys (Kosakowski and Dadamo) for a long time to come on bigger stages."

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Gas Co. puts spotlight on natural gas technology

• Car manufacturers show off new technology at Light-duty Natural Gas Vehicle Conference in Downey.

DOWNEY – The dramatic cost savings realized by fueling cars and trucks with natural gas instead of gasoline or diesel was on display Tuesday as Southern California Gas Co. (SoCalGas) hosted its first Light-Duty Natural Gas Vehicle Conference at the company's Energy Resource Center in Downey.

The conference featured the latest developments in compressed natural gas (CNG) technology and natural gas vehicles (NGVs).

In recent years, most major, heavy-duty transit and refuse fleets in Southern California have switched from diesel to clean-burning natural gas. This has resulted in the growth of one of the largest networks of CNG fuel stations in the U.S. and sparked an interest among automakers in the increasing market potential of NGVs.

"The continuous high price of gasoline is putting the spotlight on vehicles powered by compressed natural gas," said Hal D. Snyder, vice president of customer solutions for SoCalGas. "Natural gas is a domestic resource that is clean, cheap and abundant -- and helps create jobs here in the U.S. When considering cost, efficiency and environmental benefits, natural gas is one of our nation's most attractive energy sources."



At the conference, representatives from Chrysler, Ford, General Motors and Honda provided insights on the growth of the NGV market. Honda demonstrated their all-new Honda Civic Natural Gas, which was named "Green Car of the Year" at the 2012 Los Angeles Auto Show and has solo driver car-pool lane access until 2015. Other automakers discussed how they are re-entering the market by providing customers with dual-fuel vehicles that run on CNG or gasoline.

Attendees also learned about refueling natural gas vehicles at home and access to special natural gas rates offered by SoCalGas. Conference programs and events provided an overview of the latest regulatory policies and funding developments affecting the NGV industry as well as opportunities to fuel and drive an NGV.

According to the Environmental Protection Agency, natural gas emits about 30 percent fewer greenhouse gas emissions than gasoline; reduces smog-producing pollutants by up to 90 percent; and costs 30 percent to 50 percent less than gasoline or diesel. The average price in September for CNG at SoCalGas stations is \$1.94 for the energy equivalent of a gallon of gasoline or diesel. This is among the lowest CNG prices in the last 15 years. There are more than 100,000 NGVs in the U.S.

Southern California currently has nearly 100 public-access compressed natural gas fueling stations serving more than 17,000 natural gas-powered vehicles. SoCalGas is adding 1,000 new natural gas-powered trucks to its fleet and plans to upgrade all 13 company-owned public-access CNG stations.



St. Matthias High School's cross country team finished first at the Santa Fe league meeting, with all seven varsity runners placing in the top 10. From left: Brittne Tapia, Jennifer Becerra, Audrie Tapia, Lizeth Alcevedo, Linda Rojas, Mellissa Ortiz and Ingrid Salcedo.

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CRIME REPORT

Thursday, Sept. 13
At 7:30 p.m., officers responded to the 8000 block of Comolette concerning a fight. Upon arrival, officers contacted the victim who had gone to the location to confront the suspect. A brief altercation occurred and at some point, the suspect took a knife out of his pocket and stabbed the victim. The victim suffered a small laceration and was treated at the scene by Downey paramedics. The suspect was arrested and charged with assault.

Friday, Sept. 14
At 7:30 a.m., school administrators from Rio Hondo Elementary School (7731 Muller) discovered that two classrooms had been burglarized overnight. The suspect(s) entered by unknown means and took eight laptop computers and two video projectors. Detectives are investigating.

Sunday, Sept. 16
At 5:40 a.m., the victim was walking in the area of Florence and Brookshire when a vehicle pulled up beside him. The passenger got out of the car brandishing a handgun and approached the victim, demanding his property. After taking the victim's wallet and cell phone, the suspect reentered the car and fled. Detectives are investigating.

Information provided by the Downey Police Department

Concert to pay tribute to Eddie Cochran

DOWNEY – The Bell Gardens American Legion Hall will host a concert Oct. 7 to mark what would have been the 74th birthday of rock and roll pioneer Eddie Cochran.

Cochran and his family moved Bell Gardens in 1953 and soon after his music career took off.

"Singin' to my Baby," the only album released during Cochran's lifetime, was released in 1957 and contained the hit single "Sittin' in the Balcony," which rose to No. 18 on the Billboard charts.

"Summertime Blues," perhaps Cochran's biggest hit, was released in September 1958, the same year Harvey's Broiler opened in Downey. In fact, Cochran had strong ties to Downey, sharing a recording studio with his brother, Bob, in the latter's Downey apartment.

Cochran died in a traffic collision in 1960 while on tour in the UK. He was 21.

Tickets to the Oct. 7 memorial concert are \$10 and include a classic burger meal at Bob's Big Boy in Downey. Rock and roll favorites Deke Dickerson and The Ecco-phonics, and Craichaus, are headlining the concert, which starts at 4 p.m.

Tickets can be purchased at Bob's Big Boy or online at cochranclub.com.

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The Downey Patriot
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File Number 2012179871
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File Number 2012188290
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) HECTOR RIVERA TRUCKING, 8138 SAN CARLOS AVE, SOUTH GATE, CA 90280, COUNTY OF LOS ANGELES (2) P O BOX 1481, CUDAHY, CA 90201

Articles of Incorporation or Organization Number (if applicable): AI #0N: N/A REGISTERED OWNERS(S): (1) HECTOR M RIVERA, 8138 SAN CARLOS AVE, SOUTH GATE CA 90280 State of Incorporation: N/A This business is conducted by an Individual The registrant commenced to transact business under the fictitious business name or names listed above on 09/20/2012 I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) S/HECTOR M RIVERA This statement was filed with the County Clerk of Los Angeles on SEPTEMBER 20, 2012. NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

The Downey Patriot
9/27/12, 9/27/12, 10/4/12, 10/11/12

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2012188290
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) HECTOR RIVERA TRUCKING, 8138 SAN CARLOS AVE, SOUTH GATE, CA 90280, COUNTY OF LOS ANGELES (2) P O BOX 1481, CUDAHY, CA 90201

Articles of Incorporation or Organization Number (if applicable): AI #0N: N/A REGISTERED OWNERS(S): (1) HECTOR M RIVERA, 8138 SAN CARLOS AVE, SOUTH GATE CA 90280 State of Incorporation: N/A This business is conducted by an Individual The registrant commenced to transact business under the fictitious business name or names listed above on 09/20/2012 I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) S/HECTOR M RIVERA This statement was filed with the County Clerk of Los Angeles on SEPTEMBER 20, 2012. NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

The Downey Patriot
9/27/12, 10/4/12, 10/11/12, 10/18/12

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2012179040
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) BRASS KEY LOCKSMITH, 8368 ROMAINE STREET, LOS ANGELES, CA 90069, COUNTY OF LOS ANGELES

Articles of Incorporation or Organization Number (if applicable): AI #0N: N/A REGISTERED OWNERS(S): (1) DMITRI PAUL SCHLESINGER, 8368 ROMAINE STREET, LOS ANGELES, CA 90069 State of Incorporation: N/A This business is conducted by an Individual The registrant commenced to transact business under the fictitious business name or names listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) S/DMITRI PAUL SCHLESINGER, OWNER This statement was filed with the County Clerk of Los Angeles on SEPTEMBER 6, 2012. NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

The Downey Patriot
9/13/12, 9/20/12, 9/27/12, 10/4/12

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2012163648
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) ELITE TRAVEL AND TOURISM, 5502 LAKEWOOD BLVD, LAKEWOOD CA 90712, COUNTY OF LOS ANGELES

Articles of Incorporation or Organization Number (if applicable): AI #0N: N/A REGISTERED OWNERS(S): (1) ADRIANNA SMITH, 5502 LAKEWOOD BLVD, LAKEWOOD, CA 90712 State of Incorporation: CA This business is conducted by an Individual The registrant commenced to transact business under the fictitious business name or names listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) S/ADRIANNA SMITH, OWNER S/ADRIANNA SMITH, OWNER This statement was filed with the County Clerk of Los Angeles on AUGUST 14, 2012. NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

The Downey Patriot
9/13/12, 9/13/12, 9/20/12, 9/27/12

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2012175494
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) CETOYZONLINE, 8414 DEVENIR AVE, DOWNEY, CA 90422, COUNTY OF LOS ANGELES

Articles of Incorporation or Organization Number (if applicable): AI #0N: N/A REGISTERED OWNERS(S): (1) ANA PAULA VALDEZ, 8414 DEVENIR AVE, DOWNEY, CA 90422 State of Incorporation: N/A This business is conducted by an Individual The registrant commenced to transact business under the fictitious business name or names listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) S/ANA PAULA VALDEZ, OWNER S/ANA PAULA VALDEZ, OWNER This statement was filed with the County Clerk of Los Angeles on AUGUST 30, 2012. NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

The Downey Patriot
9/6/12, 9/13/12, 9/20/12, 9/27/12

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2012175494
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) CETOYZONLINE, 8414 DEVENIR AVE, DOWNEY, CA 90422, COUNTY OF LOS ANGELES

Articles of Incorporation or Organization Number (if applicable): AI #0N: N/A REGISTERED OWNERS(S): (1) ANA PAULA VALDEZ, 8414 DEVENIR AVE, DOWNEY, CA 90422 State of Incorporation: N/A This business is conducted by an Individual The registrant commenced to transact business under the fictitious business name or names listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) S/ANA PAULA VALDEZ, OWNER S/ANA PAULA VALDEZ, OWNER This statement was filed with the County Clerk of Los Angeles on AUGUST 30, 2012. NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

The Downey Patriot
9/20/12, 9/27/12, 10/4/12, 10/11/12

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2012188290
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) HECTOR RIVERA TRUCKING, 8138 SAN CARLOS AVE, SOUTH GATE, CA 90280, COUNTY OF LOS ANGELES (2) P O BOX 1481, CUDAHY, CA 90201

Articles of Incorporation or Organization Number (if applicable): AI #0N: N/A REGISTERED OWNERS(S): (1) HECTOR M RIVERA, 8138 SAN CARLOS AVE, SOUTH GATE CA 90280 State of Incorporation: N/A This business is conducted by an Individual The registrant commenced to transact business under the fictitious business name or names listed above on 09/20/2012 I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) S/HECTOR M RIVERA This statement was filed with the County Clerk of Los Angeles on SEPTEMBER 20, 2012. NOTICE-In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to section 17913 other than a change in the residence address of a registered owner. A New Fictitious Business Name Statement must be filed before the expiration. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (see Section 14411 et. seq., Business Professions Code).

The Downey Patriot
9/20/12, 9/27/12, 10/4/12, 10/11/12

FICTITIOUS BUSINESS NAME STATEMENT
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The Downey Patriot
9/20/12, 9/27/12, 10/4/12, 10/11/12

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2012188290
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) HECTOR RIVERA TRUCKING, 8138 SAN CARLOS AVE, SOUTH GATE, CA 90280, COUNTY OF LOS ANGELES (2) P O BOX 1481, CUDAHY, CA 90201

or his authorized agent, execute the contract and furnish the necessary bonds. Should a bidder's bond be submitted with any proposal or bid, the bid bond form provided by the City shall be used, and use of substitute forms may disqualify the bid.

The successful Bidder will be required to submit Corporate surety bonds with the Contract. A bond in the sum of one hundred percent (100%) of the Contract price shall be furnished, guaranteeing the faithful performance of said Contract, and a bond in the sum of one hundred percent (100%) of the Contract price shall be furnished for the protection of all laborers and materialmen.

The local prevailing wages, as determined by the State of California, Director of Industrial Relations pursuant to California Labor Code Part 7, Chapter 1, Article 2, Sections 1770, 1773 and 1773.1 are on file in the office of the City Clerk of the City of Downey. The Contractor for this work shall not pay less than the prevailing wage determinations by the State of California.

All projects require the successful bidder to possess a valid State of California Contractor's License at the time of Contract Award, in accordance with Section 20103.5 of the Public Contract Code. Pursuant to Section 3300 of the Public Contract Code, the City has determined that the Contractor to whom the subject contract is awarded shall possess a valid State of California Contractor's License in the Classification of A, "General Engineering Contractor" or C-08, "Concrete Contractor."

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

The City of Downey reserves the right to reject any and all bids, and to waive any informality in any bid received, and to be the sole judge of the merits of the respective bids received. The award, if made, will be made to the lowest responsible bidder.

QUESTIONS REGARDING THIS PROJECT SHOULD BE ADDRESSED TO THE PUBLIC WORKS DEPARTMENT-ENGINEERING DIVISION, AT (562) 622-5898.

NO LATE BIDS WILL BE ACCEPTED.

CITY OF DOWNEY, CALIFORNIA
Adria M. Jimenez, CMC
City Clerk

The Downey Patriot
9/27/12, 10/4/12

CITY OF DOWNEY SUMMARY OF ORDINANCE ADOPTED

On September 25, 2012, the City Council adopted Ordinance No. 12-1303, an ordinance rezoning property located at 8605 Gallatin Road, commercial to medium density residential and to rezone the property from C-2 (General Commercial) to R-3 (Multi-Family Residential).
Ayes: Guerra, Marquez, Brossmer
Noes: Vasquez, Gafin

On September 25, 2012, the City Council adopted Ordinance No. 12-1304, an ordinance amending Article VI of the Downey Municipal Code to establish procedures to deny and to suspend or revoke business licenses.
Ayes: Guerra, Marquez, Vasquez, Gafin, Brossmer
Noes: None

Copies of the full texts are available in the City Clerk's Office.
Adria M. Jimenez, CMC, City Clerk
Dated: September 27, 2012

The Downey Patriot
9/27/12

LIEN SALES

NOTICE OF SALE
NOTICE IS HEREBY GIVEN that the undersigned intends to sell the personal property described below to enforce a lien imposed on said property pursuant to sections 21700 - 21716 of the CA Business and Professions Code, CA Commercial Code Section 2328, Section 1812.000 - 1812.009 and Section 1989 of CA Civil Code, 353 of the Penal Code.
The undersigned will sell at public sale by competitive bidding on Wednesday 17th day of October, 2012 at 1:00 P.M., on the premises where said property including: household goods, tools, electronics, and personal effects, have been stored and which are located at Paramount Self Storage, 8160 E. Rosecrans Ave, Paramount, County of Los Angeles, State of California, the following:

| Customer Name | Unit # |
|-----------------------|--------|
| Steve Alvarez | 1020 |
| Dytrik Harton | 1140 |
| Adetola Oduduole | 1143 |
| Marzella Fuller | 1211 |
| Evette Elliott | 1216 |
| Ernie Acevedo | 1224 |
| Miya Moton | 1358 |
| Giovanni Gallardo | 1362 |
| Brian Casar | 1401 |
| Lakeisha Parker | 1405 |
| Masood Yazarlou | 1577 |
| Ignacio Erazo | 2052 |
| Erik Aguilera | 2090 |
| Alonzo Kelley | 2105 |
| Gauriso Arroyo | 2119 |
| German Chan | 2210 |
| Jolani Jenkins | 2212 |
| Kelly Hitchens | 2247 |
| Irene A. Slater | 2305 |
| Robert Ghiotto | 2355 |
| Sandra Coto | 2403 |
| Brunilda Cabrera | 2448 |
| Ronald Medina | 2504 |
| Katina Scott | 2704 |
| Valerie J. Walker | 2914 |
| Jacqueline Martinez | 3017 |
| Aaron Hill | 3018 |
| Ira Meza De Rodriguez | 3031 |

Purchases must be paid for at the time of purchase in cash only. All purchased items sold as is, where is and must be removed at the time of sale. Sale subject to cancellation in the event of settlement between owner and obligated party.
Dated this 27th of SEPTEMBER 2012 and 4th day of OCTOBER 2012.

Self Storage Management Co. Bond #: WLI1254152
562.630.7270

The Downey Patriot
9/27/12, 10/4/12

NOTICES

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES NORWALK COURT HOUSE ORDER TO SHOW CAUSE FOR CHANGE OF NAME CASE NUMBER: VS023703
TO ALL INTERESTED PERSONS: Petitioner AVINASH NUKALA filed a petition with this court for a decree changing names as follows: Present name AVINASH NUKALA to Proposed name PARIKSHIT NUKALA. 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: 10-24-12, Time: 1:30 p.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 of Los Angeles: **DAILY PATRIOT NEWSPAPER.**

September 12, 2012. The undersigned caused said Notice of Default and Demand for Sale to be recorded in the County of Los Angeles. The undersigned caused said Notice of Default and Demand for Sale to be recorded in the county where the real property is located. **NOTICE TO POTENTIAL BIDDERS:** If you are considering bidding on this property, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. **NOTICE TO PROPERTY OWNER:** The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (800) 280-2832 or visit this Internet Web site www.auction.com, using the file number assigned to this case 11-6097-55. Information about postponements that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Date: 9/21/2012 The Wolf Firm, A Law Corporation 2955 Main Street, 2nd Floor Irvine, California 92614 Foreclosure Department (949) 720-9200 Sale Information Only (800) 280-2832 Auction.com Frank Escalera, Team Lead 987152 9/27, 10/4, 10/11/2012

The Downey Patriot
9/13/12, 9/20/12, 9/27/12, 10/4/12

TRUSTEE SALES

NOTICE OF TRUSTEE'S SALE T S No. 1358527-02 APN: 6251-028-01 TRA: 003305 LOAN No: XXXXXX7504 REF: Diaz, Trustee, Carlo IMPORTANT NOTICE TO PROPERTY OWNER: YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED February 16, 2005. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On October 10, 2012, at 9:00am, Cal-Western Reconveyance Corporation, as duly appointed trustee under and pursuant to Deed of Trust recorded March 07, 2005, as Inst. No. 05 06510619 in book XX, page XX of Official Records in the office of the County Recorder of Los Angeles County, State of California, executed by Carlos Diaz and Pamela Diaz Trustees Of The Diaz Family Trust Dated February 25, 2003, will sell at public auction to highest bidder for cash, cashier's check drawn on a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan savings association, or savings bank Behind the fountain located in Civic center plaza, 400 civic Center Plaza Pomona, California, all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as: **Completely described in said deed of trust The street address and other information of the initial publication of the notice of sale is: \$505,352.74 If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned is a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located. **NOTICE TO POTENTIAL BIDDERS:** If you are considering bidding on this property, you should understand that there are risks involved in bidding at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the**

trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale, you may wish to visit this Internet Web site http://www.qualityloan.com or call 714-573-1965 for information regarding the trustee's sale, or visit this Internet Web site www.ipsasp.com for information regarding the sale of this property, using the file number assigned to this case 20121080564902. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Date: 09-04-2012 TITLE TRUST DEED SERVICE COMPANY BRENDA PEREZ, AUTHORIZED SIGNATURE Sale Line: 714-730-2727 or Login to: www.ipsasp.com

The Downey Patriot 9/13/12, 9/20/12, 9/27/12

NOTICE OF TRUSTEE'S SALE TS No. CA-12-511976-VF Order No. 120174378-CA-BFI YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 10/25/2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. **BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE.** Trustor(s): **CARLOS GURROLA AND MELISSA GURROLA, HUSBAND AND WIFE, AS JOINT TENANTS** Recorded: 11/2/2006 as Instrument No. 06 2437058 of Official Records in the office of the Recorder of LOS ANGELES County, California; Date of Sale: 10/18/2012 at 9:00 A.M. Place of Sale: Behind the fountain located in Civic Center Plaza, 400 Civic Center Plaza, Pomona, CA 91766 Amount of unpaid balance and other charges: \$420,236.96 The purported property address is: 15029 JERSEY AVENUE, NORWALK, CA 90650 Assessor's Parcel No. 807K9-005-008 **NOTICE TO POTENTIAL BIDDERS:** If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You should also be aware that the same lender may hold more than one mortgage or deed of trust on the property. This notice is intended to exercise the note holders right's against the real property only. **THIS NOTICE IS SENT FOR THE PURPOSE OF COLLECTING A DEBT. THIS FIRM IS ATTEMPTING TO COLLECT A DEBT ON BEHALF OF THE HOLDER AND OWNER OF THE NOTE. ANY INFORMATION OBTAINED BY OR PROVIDED TO THIS FIRM OR THE CREDITOR WILL BE USED FOR THAT PURPOSE.** As required by law, you are hereby notified that a negative credit report reflecting on your credit record may be submitted to a credit report agency if you fail to fulfill the terms of your credit obligations. TS No.: CA-12-511976-VF IDSPUB #0036379 9/27/2012 10/4/2012 10/11/2012

undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. The total amount of the unpaid balance with interest thereon of the obligation secured by the property to be sold plus reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$152,415.64. It is possible that at the time of sale the opening bid may be less than the total indebtedness due. In addition to cash, the Trustee will accept cashier's checks drawn on a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state. Said sale will be made, in an "AS IS" condition, but without covenant or warranty, express or implied, regarding title, possession or encumbrances, to satisfy the indebtedness secured by said Deed of Trust, advances thereunder, with interest as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. If required by the provisions of section 2923.5 of the California Civil Code, the declaration from the mortgage, beneficiary or authorized agent is attached to the Notice of Trustee's Sale duly recorded with the appropriate County Recorder's Office. **NOTICE TO POTENTIAL BIDDERS:** If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on a property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You should also be aware that the same lender may hold more than one mortgage or deed of trust on the property. This notice is intended to exercise the note holders right's against the real property only. **THIS NOTICE IS SENT FOR THE PURPOSE OF COLLECTING A DEBT. THIS FIRM IS ATTEMPTING TO COLLECT A DEBT ON BEHALF OF THE HOLDER AND OWNER OF THE NOTE. ANY INFORMATION OBTAINED BY OR PROVIDED TO THIS FIRM OR THE CREDITOR WILL BE USED FOR THAT PURPOSE.** As required by law, you are hereby notified that a negative credit report reflecting on your credit record may be submitted to a credit report agency if you fail to fulfill the terms of your credit obligations. TS No.: CA-11-482399-CL IDSPUB #0036467 9/27/2012 10/4/2012 10/11/2012

holders right's against the real property only. **THIS NOTICE IS SENT FOR THE PURPOSE OF COLLECTING A DEBT. THIS FIRM IS ATTEMPTING TO COLLECT A DEBT ON BEHALF OF THE HOLDER AND OWNER OF THE NOTE. ANY INFORMATION OBTAINED BY OR PROVIDED TO THIS FIRM OR THE CREDITOR WILL BE USED FOR THAT PURPOSE.** As required by law, you are hereby notified that a negative credit report reflecting on your credit record may be submitted to a credit report agency if you fail to fulfill the terms of your credit obligations. TS No.: CA-11-482399-CL IDSPUB #0036467 9/27/2012 10/4/2012 10/11/2012

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NOTICE OF TRUSTEE'S SALE Trustee Sale No.: 2012001500276 Title Order No.: 120173765 FHX/AFM/DFW/FAM/AR/AR/DUAL/AR UNDER A DEED OF TRUST DATED 07/25/2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. NDEX WEST, LLC, as duly appointed trustee under and pursuant to the provisions of section 2923.5 of the California Civil Code, as recorded on 08/02/2006 as Instrument No. 06 1712019 of official records in the office of the County Recorder of LOS ANGELES County, State of CALIFORNIA. EXECUTED BY: PAUL MURPHY GUGGIANA AND SHARI LYNN GURGIANA, WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK, CASH EQUIVALENT, or other form of payment authorized by 2924(b), (payable at time of sale in lawful money of the United States), DATE OF SALE: 10/17/2012 TIME OF SALE: 11:00 AM PLACE OF SALE: BY THE FOUNTAIN LOCATED AT 400 CIVIC CENTER PLAZA, POMONA, CA 91766. STREET ADDRESS and other common designation, if any, of the real property to be sold is as set forth below. The unpaid balance of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold plus reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$550,857.37. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned cautions you that the Declaration of Default and Election to Sell to be recorded in the county where the real property is located. **NOTICE TO POTENTIAL BIDDERS:** If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. This notice is intended to exercise the note holders right's against the real property only. **THIS NOTICE IS SENT FOR THE PURPOSE OF COLLECTING A DEBT. THIS FIRM IS ATTEMPTING TO COLLECT A DEBT ON BEHALF OF THE HOLDER AND OWNER OF THE NOTE. ANY INFORMATION OBTAINED BY OR PROVIDED TO THIS FIRM OR THE CREDITOR WILL BE USED FOR THAT PURPOSE.** NDEX West, LLC, as Trustee Dated: 09/17/2012 A-4300012 09/27/2012, 10/04/2012, 10/11/2012

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NOTICE OF TRUSTEE'S SALE TS No. CA-11-482399-CL Order No.: 110545569-CA-LPI YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 5/24/2007. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. **BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE.** Trustor(s): **JOAQUIN GURROLA AND MELISSA GURROLA, HUSBAND AND WIFE, AS JOINT TENANTS** Recorded: 6/1/2007 as Instrument No. 20071325909 of Official Records in the office of the Recorder of LOS ANGELES County, California; Date of Sale: 10/18/2012 at 9:00 A.M. Place of Sale: Behind the fountain located in Civic Center Plaza, 400 Civic Center Plaza, Pomona, CA 91766 Amount of unpaid balance and other charges: \$530,238.82 The purported property address is: 14914 TACUBA DRIVE, LA MIRADA, CA 92653 Assessor's Parcel No. 802K3-001-001 **NOTICE TO POTENTIAL BIDDERS:** If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. This notice is intended to exercise the note holders right's against the real property only. **THIS NOTICE IS SENT FOR THE PURPOSE OF COLLECTING A DEBT. THIS FIRM IS ATTEMPTING TO COLLECT A DEBT ON BEHALF OF THE HOLDER AND OWNER OF THE NOTE. ANY INFORMATION OBTAINED BY OR PROVIDED TO THIS FIRM OR THE CREDITOR WILL BE USED FOR THAT PURPOSE.** As required by law, you are hereby notified that a negative credit report reflecting on your credit record may be submitted to a credit report agency if you fail to fulfill the terms of your credit obligations. TS No.: CA-12-511976-VF IDSPUB #0036379 9/27/2012 10/4/2012 10/11/2012

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NOTICE OF TRUSTEE'S SALE TS No. CA-12-511976-VF Order No. 120174378-CA-BFI YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 1/21/2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. **BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE.** Trustor(s): **PHILIP BRUCE FOW, AND RITA CECILIA FOW, AS JOINT TENANTS** Recorded: 2/6/2006 as Instrument No. 06 0222588 of Official Records in the office of the Recorder of LOS ANGELES County, California; Date of Sale: 10/4/2012 at 9:00 A.M. Place of Sale: Behind the fountain located in Civic Center Plaza, 400 Civic Center Plaza, Pomona, CA 91766 Amount of unpaid balance and other charges: \$409,315.65 The purported property address is: 12741 COLIMA RD, LA MIRADA, CA 90638 Assessor's Parcel No. 8042-004-020 **NOTICE TO POTENTIAL BIDDERS:** If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. This notice is intended to exercise the note holders right's against the real property only. **THIS NOTICE IS SENT FOR THE PURPOSE OF COLLECTING A DEBT. THIS FIRM IS ATTEMPTING TO COLLECT A DEBT ON BEHALF OF THE HOLDER AND OWNER OF THE NOTE. ANY INFORMATION OBTAINED BY OR PROVIDED TO THIS FIRM OR THE CREDITOR WILL BE USED FOR THAT PURPOSE.** As required by law, you are hereby notified that a negative credit report reflecting on your credit record may be submitted to a credit report agency if you fail to fulfill the terms of your credit obligations. TS No.: CA-12-511976-VF IDSPUB #0036379 9/27/2012 10/4/2012 10/11/2012

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NOTICE OF TRUSTEE'S SALE TS No. 12-0054789 Doc ID #0001036057252005N Title Order No. 12-0097031 Investor/Insurer No. 1699247432 APN No. 6255-009-031 YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 07/08/2005. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. Notice is hereby given that RECONTRUST COMPANY, N.A., as duly appointed trustee pursuant to the Deed of Trust executed by CARLOS E. TRUSTOR and MELISSA GURROLA, dated 07/08/2005 and recorded 7/15/2005, as Instrument No. 2005-1669857, in Book Page _____ of Official Records in the office of the County Recorder of Los Angeles County, State of California, will sell on 10/11/2012 at 9:00AM, Doubletree Hotel Los Angeles-Norwalk, 13111 Sycamore Drive, Norwalk, CA 90650, Vineyard Ballroom at public auction, to the highest bidder for cash or check as described below, payable in full at time of sale, all right, title, and interest conveyed to and now held by it under said Deed of Trust, in the property situated in said County and State and as more fully described in the above referenced Deed of Trust. The street address and other common designation, if any, of the real property to be sold is as set forth below. The unpaid balance of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. **BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE.** Trustor(s): **JUAN AGUILERA, HUSBAND AND WIFE, AS JOINT TENANTS** Recorded: 11/2/2006 as Instrument No. 06 2437058 of Official Records in the office of the Recorder of LOS ANGELES County, California; Date of Sale: 10/18/2012 at 9:00 A.M. Place of Sale: Behind the fountain located in Civic Center Plaza, 400 Civic Center Plaza, Pomona, CA 91766 Amount of unpaid balance and other charges: \$291,808.62 The purported property address is: 10419 MEADOW ROAD, NORWALK, CA 90650 Assessor's Parcel No. 802K1-035-021 **NOTICE TO POTENTIAL BIDDERS:** If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. This notice is intended to exercise the note holders right's against the real property only. **THIS NOTICE IS SENT FOR THE PURPOSE OF COLLECTING A DEBT. THIS FIRM IS ATTEMPTING TO COLLECT A DEBT ON BEHALF OF THE HOLDER AND OWNER OF THE NOTE. ANY INFORMATION OBTAINED BY OR PROVIDED TO THIS FIRM OR THE CREDITOR WILL BE USED FOR THAT PURPOSE.** As required by law, you are hereby notified that a negative credit report reflecting on your credit record may be submitted to a credit report agency if you fail to fulfill the terms of your credit obligations. TS No.: CA-12-511976-VF IDSPUB #0036379 9/27/2012 10/4/2012 10/11/2012

date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 714-573-1965 for information regarding the trustee's sale or visit this Internet Web site <http://www.qualityloan.com>, using the file number assigned to this foreclosure by the Trustee: CA-10-412197-VF. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Date: 10/11/2012 at 9:00 AM Place of Sale: Behind the fountain located in Civic Center Plaza, 400 Civic Center Plaza, Pomona, CA 91766 Amount of unpaid balance and other charges: \$409,315.65 (estimated) Street address and other common designation of the real property: 8612 DONOVAN STREET, DOWNEY, CA 90242 APN Number: 6261-020-042 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. The property heretofore described is being sold "as is". In compliance with California Civil Code 2923.5(c) the mortgagee, trustee, beneficiary, or authorized agent declares: that it has contacted the borrower(s) to assess their financial situation and to explore options to avoid foreclosure; or that it has made efforts to contact the borrower(s) to assess their financial situation and to explore options to avoid foreclosure by one of the following methods: by telephone; by overnight delivery; by personal delivery; by e-mail; by face to face meeting. DATE: 9/17/2012 CALIFORNIA RECONVEYANCE COMPANY, A PUBLIC SERVICE COMPANY, ASSISTANT SECRETARY California Reconveyance Company 9200 Oakdale Avenue Mail Stop: CA2-4379 Chatsworth, CA 91311 800-892-6902 CALIFORNIA RECONVEYANCE COMPANY IS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. For Sales Information: www.ipsasp.com or 1-714-730-2727 www.prioritposting.com or 1-714-730-1965 www.auction.com or 1-800-280-2832 **NOTICE TO POTENTIAL BIDDERS:** If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. This notice is intended to exercise the note holders right's against the real property only. **THIS NOTICE IS SENT FOR THE PURPOSE OF COLLECTING A DEBT. THIS FIRM IS ATTEMPTING TO COLLECT A DEBT ON BEHALF OF THE HOLDER AND OWNER OF THE NOTE. ANY INFORMATION OBTAINED BY OR PROVIDED TO THIS FIRM OR THE CREDITOR WILL BE USED FOR THAT PURPOSE.** As required by law, you are hereby notified that a negative credit report reflecting on your credit record may be submitted to a credit report agency if you fail to fulfill the terms of your credit obligations. TS No.: CA-12-510078-AL IDSPUB #0035824 9/20/2012 9/27/2012 10/4/2012

advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. **BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE.** Trustor(s): **JUAN AGUILERA, HUSBAND AND WIFE, AS JOINT TENANTS** Recorded: 11/2/2006 as Instrument No. 06 2437058 of Official Records in the office of the Recorder of LOS ANGELES County, California; Date of Sale: 10/11/2012 at 9:00 AM Place of Sale: At the Doubletree Hotel Los Angeles-Norwalk, 13111 Sycamore Drive, Norwalk, CA 90650, in the Vineyard Ballroom Amount of unpaid balance and other charges: \$401,626.37 The purported property address is: 11711 GWYNNE AVENUE, NORWALK, CA 90650 Assessor's Parcel No. 8015-039-020 **NOTICE TO POTENTIAL BIDDERS:** If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. This notice is intended to exercise the note holders right's against the real property only. **THIS NOTICE IS SENT FOR THE PURPOSE OF COLLECTING A DEBT. THIS FIRM IS ATTEMPTING TO COLLECT A DEBT ON BEHALF OF THE HOLDER AND OWNER OF THE NOTE. ANY INFORMATION OBTAINED BY OR PROVIDED TO THIS FIRM OR THE CREDITOR WILL BE USED FOR THAT PURPOSE.** As required by law, you are hereby notified that a negative credit report reflecting on your credit record may be submitted to a credit report agency if you fail to fulfill the terms of your credit obligations. TS No.: CA-10-412197-VF IDSPUB #0036776 9/13/2012 9/20/2012 9/27/2012

The Downey Patriot 9/13/12, 9/20/12, 9/27/12

NOTICE OF TRUSTEE'S SALE TS No. 11-0041829 Doc ID #00013818320005N Title Order No. 11-0033145 Investor/Insurer No. N/A APN No. 8018-002-022 YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 06/22/2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. Notice is hereby given that RECONTRUST COMPANY, N.A., as duly appointed trustee pursuant to the Deed of Trust executed by WALTER PHILLIPS JR. AND CYNTHIA ELAINE PHILLIPS, HUSBAND AND WIFE AS JOINT TENANTS, dated 06/22/2006 and recorded 6/30/2006, as Instrument No. 06 1447345, in Book Page _____ of Official Records in the office of the County Recorder of Los Angeles County, State of California, will sell on 10/22/2012 at 11:00AM, By the fountain located at 400 Civic Center Plaza, Pomona, CA 91766 at public auction, to the highest bidder for cash or check as described below, payable in full at time of sale, all right, title, and interest conveyed to and now held by it under said Deed of Trust, in the property situated in said County and State and as more fully described in the above referenced Deed of Trust. The street address and other common designation, if any, of the real property described above is purported to be: 11425 AMJUSSEN AVENUE, NORWALK, CA, 90650. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. The total amount of the unpaid balance with interest thereon of the obligation secured by the property to be sold plus reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$291,808.62. It is possible that the time of sale the opening bid may be less than the total indebtedness due. In addition to cash, the Trustee will accept cashier's checks drawn on a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state. Said sale will be made, in an "AS IS" condition, but without covenant or warranty, express or implied, regarding title, possession or encumbrances, to satisfy the indebtedness secured by said Deed of Trust, advances thereunder, with interest as provided, and the unpaid principal sum of the note(s) secured by said Deed of Trust, with interest thereon as provided in said Note, plus fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. If required by the provisions of section 2923.5 of the California Civil Code, the declaration from the mortgage, beneficiary or authorized agent is attached to the Notice of Trustee's Sale duly recorded with the appropriate County Recorder's Office. **NOTICE TO POTENTIAL BIDDERS:** If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on a property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. This notice is intended to exercise the note holders right's against the real property only. **THIS NOTICE IS SENT FOR THE PURPOSE OF COLLECTING A DEBT. THIS FIRM IS ATTEMPTING TO COLLECT A DEBT ON BEHALF OF THE HOLDER AND OWNER OF THE NOTE. ANY INFORMATION OBTAINED BY OR PROVIDED TO THIS FIRM OR THE CREDITOR WILL BE USED FOR THAT PURPOSE.** As required by law, you are hereby notified that a negative credit report reflecting on your credit record may be submitted to a credit report agency if you fail to fulfill the terms of your credit obligations. TS No.: CA-12-510078-AL IDSPUB #0035824 9/20/2012 9/27/2012 10/4/2012

title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. **NOTICE TO PROPERTY OWNER:** The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, this information can be obtained from one of the following three companies: LPS Agency Sales & Posting at (714) 730-2727, or No.: 1468900-001, or www.ipsasp.com (Registration required for search for sale information) or Priority Posting & Publishing at (714) 573-1965 or visit the Internet Web site www.prioritposting.com (Click on the link for "Advanced Search" to search for sale information), or auction.com at 1-800-280-2832 or visit the Internet Web site www.auction.com, using the file number assigned to this foreclosure by the Trustee: CA-12-510078-AL. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. P984170 9/20, 9/27, 10/04/2012

The Downey Patriot 9/20/12, 9/27/12, 10/4/12

NOTICE OF TRUSTEE'S SALE TS No. CA-11-468690-LL Order No.: 11059857-CA-BFI YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 1/28/2011. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. **BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE.** Trustor(s): **JUAN AGUILERA, AND ROSARIO AGUILERA, HUSBAND AND WIFE, AS JOINT TENANTS** Recorded: 2/4/2011 as Instrument No. 20110196780 of Official Records in the office of the Recorder of LOS ANGELES County, California; Date of Sale: 10/18/2012 at 9:00 A.M. Place of Sale: Behind the fountain located in Civic Center Plaza, 400 Civic Center Plaza, Pomona, CA 91766 Amount unpaid balance and other charges: \$291,808.62 The purported property address is: 10419 MEADOW ROAD, NORWALK, CA 90650 Assessor's Parcel No. 802K1-035-021 **NOTICE TO POTENTIAL BIDDERS:** If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. This notice is intended to exercise the note holders right's against the real property only. **THIS NOTICE IS SENT FOR THE PURPOSE OF COLLECTING A DEBT. THIS FIRM IS ATTEMPTING TO COLLECT A DEBT ON BEHALF OF THE HOLDER AND OWNER OF THE NOTE. ANY INFORMATION OBTAINED BY OR PROVIDED TO THIS FIRM OR THE CREDITOR WILL BE USED FOR THAT PURPOSE.** As required by law, you are hereby notified that a negative credit report reflecting on your credit record may be submitted to a credit report agency if you fail to fulfill the terms of your credit obligations. TS No.: CA-12-510078-AL IDSPUB #0035824 9/20/2012 9/27/2012 10/4/2012

The Downey Patriot 9/20/12, 9/27/12, 10/4/12

Trustee Sale No. 259047CA Loan No. 3062974864 Title Order No. 1169626 **NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 6/2/2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER.** On 10/11/2012 at 09:00 AM, CALIFORNIA RECONVEYANCE COMPANY as the duly appointed Trustee under and pursuant to the Deed of Trust executed by CARLOS E. TRUSTOR, N/A, Page N/A, Instrument 06 1438669, of official records in the Office of the Recorder of Los Angeles County, California, executed by: JUAN J NEAVES, A MARRIED MAN AS HIS SOLE AND SEPARATE PROPERTY, as Trustor, WASHINGTON MUTUAL BANK, FA, as Beneficiary, will sell at public auction to the highest bidder for cash, cashier's check drawn by a state or national bank, a cashier's check drawn by a state or federal credit union, or a cashier's check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state. Sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, interest thereon, estimated fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. Place of Sale: Behind the fountain located in Civic Center Plaza, 400 Civic Center Plaza, Pomona CA 91766. Amount of unpaid balance and other charges: \$446,027.94 (estimated) Street address and other common designation of the real property: 8612 DONOVAN STREET, DOWNEY, CA 90242 APN Number: 6261-020-042 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. The property heretofore described is being sold "as is". In compliance with California Civil Code 2923.5(c) the mortgagee, trustee, beneficiary, or authorized agent declares: that it has contacted the borrower(s) to assess their financial situation and to explore options to avoid foreclosure; or that it has made efforts to contact the borrower(s) to assess their financial situation and to explore options to avoid foreclosure by one of the following methods: by telephone; by overnight delivery; by personal delivery; by e-mail; by face to face meeting. DATE: 9/17/2012 CALIFORNIA RECONVEYANCE COMPANY, A PUBLIC SERVICE COMPANY, ASSISTANT SECRETARY California Reconveyance Company 9200 Oakdale Avenue Mail Stop: CA2-4379 Chatsworth, CA 91311 800-892-6902 CALIFORNIA RECONVEYANCE COMPANY IS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. For Sales Information: www.ipsasp.com or 1-714-730-2727 www.prioritposting.com or 1-714-730-1965 www.auction.com or 1-800-280-2832 **NOTICE TO POTENTIAL BIDDERS:** If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. This notice is intended to exercise the note holders right's against the real

Paralyzed IndyCar driver inspires Rancho patients

• IndyCar driver inspires rehab patients with story of determination and perseverance.

By Greg Waskul
Rancho Los Amigos Foundation

DOWNEY — Michael Johnson was on top of the world. At age 12, he had already won 14 national motorcycle racing titles. He was a young man with an unlimited future.

Then on August 13, 2005, while racing in the first heat race of the day at a half-mile dirt track in Sarnia, Ontario, Canada, Michael was entering a turn at nearly 150 miles per hour when he hit a soft spot in the track and gravel flew up and obscured his view.

A moment later, his motorcycle slammed into a wood post at nearly 90 miles per hour. The handlebars pounded his body with such tremendous force that it broke his back and collarbone, several ribs, his ankle and tibia. He was paralyzed from the chest down.

When he awakened, Michael was told he would never walk again and that his dream of driving professionally was over. But the determined 12-year-old boy did not give up. "I will race again," he told his parents.

Back home in Mount Morris, a small town of just 3,000 residents near Flint, Michigan, Michael slowly recovered from his massive injuries. He also had to overcome a life-threatening pressure ulcer he sustained after being immobilized on a backboard while being transported home from Toronto.

"My rehab was very challenging and very painful," Michael said. "But I had a goal to race again, and nothing was going to stop me."

"I would set a goal for a small improvement," he said. "When I reached that goal, I would set another, and then another. Every week I was getting closer to my ultimate goal, and I felt my spirit soar as my

dream of racing again began coming into focus."

Sixteen months after his accident, Michael was celebrating a white Christmas 2006 at home with his family when his parents surprised him with a customized Go-Kart equipped with hand controls.

A short time later, Michael was back on the track. He was the only driver on the course controlling his Go-Kart with only his hands, yet he was often the fastest racer. He raced Go-Karts in 2007, 2008 and 2009, winning the championship in his final year. Then he decided to step up to cars.

"I went to the Skip Barber racing school and was able to be competitive racing Formula cars with hand controls," Michael said. He got faster each year, and in 2011 he had 13 top-ten finishes and climbed to third in the Skip Barber National Series standings. He was ready for the IndyCar circuit.

This year, Michael became the first paralyzed driver to race in the USF2000 National Championship, the first step on the Mazda Road to Indy that has developed two Indianapolis 500 winners in the last decade. "It was a huge difference," he said, "like going from driving a Civic to driving a Shelby Boss Mustang." Michael finished 15th in the USF2000 standings this year. His goal next year is to be in the top five.

Michael's car has a paddle on the left side of the wheel to control the throttle, which is situated alongside a lever for the clutch. His gearshift is on the right-hand side, and to brake he pushes in on the steering wheel.

"Racing motorcycles helped me prepare for racing with hand controls, because most of what you use to control the bike is on the handlebars," Michael said. "It takes much more strength to drive an IndyCar. I prepare by doing three-hour physical therapy sessions each week, and I also work out three days a week with my strength trainer."

Last week, Michael and his #54 IndyCar went from the "Mazda Road to Indy" to the "Road to Ran-

cho" and arrived at Rancho Los Amigos National Rehabilitation Center in Downey. His goal was to meet with patients and staff and provide a real-world example of what can be accomplished after sustaining a disabling injury or illness.

Michael met with inpatients in their hospital rooms for more than three hours Thursday and Friday, accompanied by Rancho patient and Performing Arts of Rancho director Jay Cramer. Michael delivered kind words of encouragement and a million-dollar smile for each of the patients he met.

Then it was out to the Jacqueline Perry Institute backlot for three more hours of speaking with Rancho patients and staff beside his spectacular blue IndyCar. The car was very impressive, but not as impressive as Michael.

"He told me that if he could do it, I could do it too," said 27-year-old Rancho inpatient Brandon Allen, who sustained a major spinal cord injury in a motorcycle accident on January 13, 2012. Before his accident, Brandon's passion was to race his 1967 Chevy Nova dragster. "Michael gave me hope that when I set challenging goals and work very hard, I will be able to achieve them. I believe that just like him, someday I will drive again."

Brandon was one of more than 700 Rancho patients and staff who braved nearly 100-degree temperatures to attend the special event, which was presented by the Rancho Los Amigos Foundation. Michael's appearance was underwritten by Coloplast, the primary sponsor of Michael's #54 car and maker of the SpeediCath® catheter and many other advanced medical devices.

Unlike when he drives his car from 0 to 60 in 2.5 seconds, Michael took his time with each patient, instilling his special brand of inspiration.

"I am here to support each person at the current moment, but I am also here to help them think about the importance of always having a goal," he said. "I tell everyone to



Photo by Diane & Greg Waskul

never give up, because if you give up, everything you have worked for will be gone.

"Like me, a lot of these individuals' lives changed in an instant," Michael said. "I explain that it only took a split second for my life to be shattered, and it has taken me seven years to work my way back."

"What he has been able to do is so amazing," Rancho patient Raquel Yanez said. "I wouldn't believe it was possible if I hadn't seen him and his car with my own eyes. When I met him, he made me feel that I can do anything, too!"

While Michael was working with patients, the Space Shuttle Endeavour and the NASA 747 jetliner that carried it on its final flight did three flyovers of Downey. Michael's new goals are almost as lofty.

"My next major goal is to drive in the Long Beach Grand Prix Indy Lights race in 2014 or 2015," Michael said. As he rises up the IndyCar ladder, he will be the first paralyzed person to race at each level. Eventually, he will reach for the granddaddy of them all...the Indianapolis 500. He has plenty of

time to reach the pinnacle, because he will be just 20 years old when he celebrates his birthday next Tuesday.

Michael's current car travels at more than 150 miles per hour down the straightaway, but when he gets to the Brickyard at Indianapolis, the cars will reach speeds of more than 250 miles per hour. In addition, the down force that holds his tiny car on the track will be significantly greater.

"I work out three times a week to strengthen my core so that I can be my best in the car," Michael said. "There's no power steering in an IndyCar, so it takes a lot of muscle and focus to get the car around the track. At the speeds I'm racing at, my timing has to be perfect."

This week, the patients were still talking about Michael and how impactful his visit was. Rancho clinicians report that patient after patient told them how much Michael had inspired them to realize every bit of their potential.

"He told my patients to take their lives day-by-day and to always live each day the very best they can, because he has learned that anything can happen," said Rancho Recre-

ation Therapist Tiffany Yoshida. "You could see in their eyes that his message was going straight to their hearts."

And while Michael inspired so many people at Rancho, Rancho will also be inspiring Michael. He told Rancho CEO Jorge Orozco that in addition to logos such as SpeediCath® and Coloplast that he currently carries on his race car, that he will add a Rancho logo to his car for next year's racing season.

"I will race not just for myself, but for all the patients and staff I've met at Rancho," Michael said. "I came here thinking I was going to inspire them, but as I have felt their courage and their determination to rebuild their lives, I have been inspired as well. Rancho is an incredible place of hope and healing, and I will be proud to carry the spirit of Rancho with me wherever I go."

For further information, call the Rancho Los Amigos Foundation at (562) 401-7053 or visit rancho.org, facebook.com/rancholosamigosrehab or twitter.com/ranchorehab.

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FEATURED PROPERTY
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Turnkey
This cute home sits on a corner lot. It features 3 bedrooms, 1 bathroom and a 2 car detached garage. It is conveniently located near an elementary school, middle school, church's and shopping. This property is in move in condition! This is a must see! Priced at \$299,900

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TOP LISTING Michelle Secord
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IN ESCROW
Another Satisfied Downey Client!
One of Downey's nicest areas! This spacious 4 bedroom and 2 bathroom home has over 3000 sqft. It features a newly remodeled kitchen, bathrooms and recently painted interior. The kitchen features modern cabinets with quartz countertops, a fire place in the living room and an upstairs loft.

Luxury
This is an IMMACULATE Gallery Collection Home! It features polished marble flooring, a marble fireplace, plantation shutters, granite counters throughout and crown molding. This home also has newer interior & exterior paint, an island in the kitchen, built in book case in the family room and a formal dining room. Call today for more information on this fantastic property.

Amazing!!
This custom built 2 story home is located on a corner lot on a tree-lined street in a very desirable neighborhood. This beautiful property features 4 bedrooms with 2 master suites, 6 bathrooms, 2 fireplaces, 2 balconies and a gourmet kitchen. The backyard is perfect for large parties with a covered patio, pergola, built-in seating and a secluded dog run. This is a MUST SEE!!

Vacant Land
This large lot is located in a beautiful resort in the Silver Saddle Ranch Development. Great long term investment or build your dream home in the growing tract community. It is located in the high desert area at the foot of the majestic Sierra Nevada Mountains. Priced to sell at \$36,000!

JUST LISTED
A Must See!
This is a beautiful remodeled home with ample space. It features 4 bedrooms, 4 bathrooms and sits on a 10,000 sq.ft. lot. The kitchen has granite counters, beautiful cabinets, built in stove, dishwasher and microwave. The fireplace in the family room and the central air and heat finalize this masterpiece. Priced at \$515,00!

Turnkey
Welcome to this beautifully updated 2 bedroom, 2 bathroom home. It features refinished wood floors, an updated kitchen with quartz counter tops and newer cabinets. Both of the bathrooms have been remodeled as well as the 2 car garage. This is a must see! Call for more information today!

IN ESCROW
The Sales Just Keep Coming!
This is a beautiful, remodeled home on a quiet tree-lined residential neighborhood. The home offers newer windows, newer paint and carpet. The living rooms and bedrooms have vaulted ceilings and the kitchen features quartz counter tops. The back yard is great for entertaining and features a nice pool. Priced at \$519,888!

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| 20210 Chandler, Yorba Linda | SOLD! |
| 7939 Lyndora Ave., Downey | SOLD! |
| 10734 Pangborn, Downey | SOLD! |
| 9232 Horley Ave., Downey | SOLD! |
| 11469 Samoline Ave., Downey | SOLD! |
| 9223 Karmont, South Gate | SOLD! |
| 21716 Cabrosa, Msn Viejo | IN ESCROW! |
| 7903 Bairnsdale, Downey | IN ESCROW! |
| 10412 Renoa, South Gate | IN ESCROW! |
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JUST LISTED



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