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## MOD Pizza announces Feb. 5 grand opening

DOWNEY – MOD Pizza will open Feb. 5 at the Downey Promenade, the pizza chain announced.

The restaurant will open at noon, and the first 52 guests will receive free pizza or salad, and a chance to win free pizza for a year.

All proceeds from pizza sales on opening day will be donated to Brotherhood Crusade, which provides assistance to low-income and underserved members of the Downey community.

Founded in 2008, MOD Pizza serves individual artisan-style pizzas that are made on demand. Customers create their own pizzas and salads, using any combination of over 30 toppings.

## Downey students may qualify for free glasses

DOWNEY – Downey Unified began a partnership with a local non-profit this week to provide free eye glasses and exams to qualified students.

The first collaboration between Downey Unified and Vision To Learn took place Tuesday at Lewis Elementary, where more than 40 students received no-cost eye exams. Students who were deemed in need of glasses will receive them free.

"We are beyond grateful for the partnership with Vision To Learn," said Downey Unified's director of Student Services, Kathy Succa. "This is an exciting day for our students who will now have the opportunity to see clearly and perform better in class."

The Vision To Learn mobile eye exam vehicle will be traveling across Downey Unified in the coming months to service students in need. They will be visiting all elementary and middle schools, as well as Columbus High School.

Vision To Learn is a non-profit organization that provides free eye exams and free glasses to children in low-income communities.

Vision To Learn's mobile clinics, staffed with licensed optometrists, visit schools and youth service programs and have examined nearly 50,000 kids and provided over 37,000 pairs of glasses free of charge to children in California, Delaware and Hawaii since 2012.

## Renovations begin at Downey Theatre

DOWNEY – The City Council approved two major capital improvement projects for the Downey Civic Theatre to take place in 2016.

Work began on Jan. 4 and improvements include lobby and restroom renovations, as well as the final phase of the theatre's heating, venting and air conditioning (HVAC) system.

The projects are scheduled to be completed by the end of March 2016, and the theatre will continue to remain operational through the renovation period.

For a list of upcoming events, visit the theatre's website at DowneyTheatre.com

## Don Knabe to be feted

CERRITOS – L.A. County Supervisor Don Knabe will be honored by Su Casa Sunday, April 3, at the Grand in Long Beach.

Su Casa is a non-profit group that helps victims of domestic violence.

The event is from 1-4 p.m. For details, go to [sucasadv.org](http://sucasadv.org), or call (562) 421-6537.

# Volunteers take census of Downey's homeless population



Volunteers prepare to count Downey's homeless residents Tuesday night. Photo courtesy Alex Gaytan.

By Alex Dominguez Contributor

DOWNEY – Volunteers from the City of Downey spread out across the community Tuesday night in an effort to accurately tally the homeless population as a part of the three day 2016 Los Angeles Homeless Services Authority (LAHSA) Homeless Count.

The event takes place annually, and gives government officials valuable information to work with in their attempt to aid the homeless community in LA County.

According to LAHSA Chief

Financial Officer Stuart Jackson, the homeless count identifies who is homeless and where they are located.

"The homeless count gives us information we need to allocate those resources," said Jackson. "So we know where the hotspots are to address homelessness, where to build housing for the homeless or shelters for the homeless, where to allocate those resources to end homelessness."

This is the largest homeless census in the nation this year, involving more than 7,000 volunteers from over 150 deployment sites.

The Downey effort was

headquartered out of First Baptist Church at 8348 3rd Street. Volunteers were required to check in, fill out paper work, and watch a brief training video before dispatching in teams of two to four. Teams are usually split up into a driver, a navigator, and one to two "counters."

Safety was stressed to each team before departing, with everyone being advised not to leave their vehicles unless they felt they absolutely needed to. A Downey Police Department officer was on site to brief the volunteers, and DPD's dispatch was provided in case of emergency.

Still, this was more just a precaution than an actual threat of danger, according to site coordinator Alex Gaytan.

"I think if you go to Skid Row, that's where you would probably see a little more danger...it's pretty safe because most of our people actually went out and they're going to do observations in their cars."

Amidst the number of volunteers was Downey Mayor Alex Saab and Mayor Pro Tem Fernando Vasquez, who both briefly addressed a room full of volunteers before departing for the count.

"These people are our neighbors. They're not aliens; they are people who by whatever it may be...they're there," said Saab.

"The outpour of support from the community for tonight's event is overwhelming," said Vasquez. "To be able to show Downey truly cares about all people regardless of what situation they find themselves in. Tonight really is a testament to our community. We look forward to seeing the data to secure the resources that we need for those less fortunate."

Former Downey mayor Mario Guerra joined Saab and Vasquez on their count effort. Saab and Guerra have both done the count for several years.

"We did this the first year, and the first year we actually went on the side of the riverbed," said Guerra. "We actually were able to find a homeless veteran living on the side of the 105 freeway. That's just fuel. That just gave us the inspiration."

Gaytan said that he believes participating in the homeless count is an eye opening experience for each volunteer. However he hopes that many will not just try to give money or food the next time they see a homeless individual.

"It's not about going out and giving people food," said Gaytan. "It's about collaborating with different organizations and finding the needs and addressing the needs directly instead of everyone doing their own thing."

# Residents offer input on how to make Downey parks better



Photo by Joan Anderson, DowneyDailyPhotos.com

By Alex Dominguez Contributor

DOWNEY – City of Downey Parks and Recreation officials held a Community Engagement Workshop on Wednesday evening as a part of the Los Angeles County Department of Parks and Recreation Countywide

Comprehensive Park Needs Assessment.

The meeting was held at the TLC Resource Center located at Lewis Elementary School.

The workshop was used as an opportunity for members to voice how they would want any available funding spent towards all of the

community's parks. At this time, however, there is no guarantee that any such funding will occur, and none of the discussed projects were promised.

During the meeting, Parks and Rec officials unveiled the results of LA County reports from official county observations. From this data, the county was able to recommend certain projects to be considered to help enhance the city's parks. Community members at the workshop could then add to the list of ideas, and eventually voted on what they felt they would most like to see added or enhanced.

Some of the county's suggestions included the replacement or repair of restrooms in all parks, replacement of irrigation and turf at parks with open / lawn turf, and the construction of a new park in the area of "very high need" north of State Route 42 between Paramount and State Route

19.

Community members added several ideas, including the addition of community centers, bike amenities, sports facilities such as fields, courts and batting cages, and shading stations. Some of the more popular ideas included a community pool, the addition or replacement of water fountains, a nature center, and a multipurpose facility.

Of all the ideas voted on at the workshop, the top 10 will be compiled into a prioritized list to be considered should any funding become available.

A joint meeting with the Planning Commission and Recreation and Community Services Commission is tentatively scheduled for Feb. 18. A final report will be submitted to the County Board of Supervisors in May of this year.

# Downey golf course ranked 'Best Overall' by golf magazine



PHOTO BY PAM LANE, DOWNEYDAILYPHOTOS.COM

DOWNEY – The Rio Hondo Golf Club has been recognized by Southland Golf Magazine readers as the "Best Overall Golf Course" in Los Angeles and Ventura Counties for 2015.

The Rio Hondo Golf Club was rated by golfers for best course in the Ventura/L.A. County area.

In this elite group of both public and private golf courses, the Rio Hondo Golf Club was compared with other notable courses including Trump National Golf Club in Rancho Palos Verdes, Bel-Air Country Club, and Sherwood Country Club in Thousand Oaks, among others.

Rio Hondo Golf Club also received recognition in the following

categories:

- No. 1 – Best Value
- No. 2 – Best 18th Hole
- No. 2 – Best 19th Hole (restaurant's/café's) - Hacker's Restaurant
- No. 3 – Best Scenic View

Southland Golf Magazine is the premier golf and lifestyle magazine for Southern California, including Ventura, Los Angeles, Orange and San Diego Counties. The magazine averages 228,000 views per month, which includes their on-line digital magazine and print versions.

The printed magazine circulation is 50,000 and is displayed and distributed at 97% of public and private golf courses in Southern California.

## Weekend at a Glance

Friday 74°

Saturday 66°

Sunday 60°

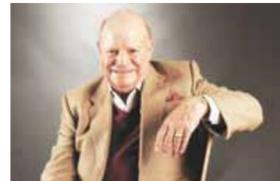
## THINGS TO DO



### Mother-Son Dance

Saturday - Norwalk Arts & Sports Complex, 6 p.m.

Open to mothers with sons ages 3-10. \$12 admission includes dessert, DJ, games and crafts.



### Don Rickles

Saturday - Saban Theatre, 9 p.m.

The comic performs his legendary stand-up. Tickets start at \$79



### Eddie Money

Friday - Canyon Club, 9 p.m.

Rock singer Eddie Money performs live, with an opening set by Steve Bardwil Band. \$38 and up



### PBR

All Weekend - Honda Center

Professional Bull Riding features the greatest bull riders in the world. Tickets start at \$17

## FROM OUR FACEBOOK

Rio Hondo Golf Club named 'Best Overall'

Esther Martinez: Believe it -- it's a hidden gem.

Frank Blanco: Tough course. Makes average putters (like me) pay.

Daniel Torres: I grew up playing Rio Hondo! First job at 15 years old was there.

Reach us on Facebook at: [Facebook.com/DowneyPatriot](https://www.facebook.com/DowneyPatriot)

## TWEET OF THE WEEK

@UberFacts: When Taco Bell first opened in Downey, California in 1962, customers called tacos "tayo-kohs" -- they were a foreign concept at the time.

Follow us! @DowneyPatriot

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### FEATURING:

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  - Food, Vendors, Entertainment
- Kidslavia at Discovery Sports Complex
- 7 activity hubs along the route featuring music and entertainment.
- Vehicular parking, bike parking and pedestrian shuttles will be available.

### SPONSORS, VENDORS, ARTISTS & VOLUNTEERS NEEDED!

- Sponsors, Vendors, Artists and Volunteers are being sought for the first ever Downey Ride & Stride.
- Applications available online at [www.downeyrideandstride.com](http://www.downeyrideandstride.com) or at the Parks & Recreation Office - 7850 Quill Drive, Downey Monday - Friday, 8:30 am - 5:30 pm.

### COMMUNITY INFORMATION MEETING

- Saturday, February 13, 2016 • 9:00am  
Barbara J. Riley Community & Senior Center  
7810 Quill Drive, Downey
- Learn all about the "Open Street" event, street closures, what to expect, and opportunities to be involved as a sponsor, vendor, volunteer or performer.

#### ACTIVITY HUBS

- FARMERS MARKET
- FOODIE FEST
- POPI FITNESS
- FUN-TOPIA
- ART ON THE MOVE
- COLUMBIA MEMORIAL SPACE CENTER
- KIDSLAVIA

FOR MORE INFORMATION CALL (562) 904-7238 OR VISIT [WWW.DOWNEYRIDEANDSTRIDE.COM](http://WWW.DOWNEYRIDEANDSTRIDE.COM)

Downey Civic Theatre presents:

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7:00 PM

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[www.downeytheatre.com](http://www.downeytheatre.com)

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[PIHHealth.org/Lung](http://PIHHealth.org/Lung)

### Pageant still taking sign-ups

DOWNEY – Little Miss, Junior Miss, Miss Teen and Miss Downey applications are still being accepted.

They are available at downeyrose.org by clicking on "Miss Downey." They are also available at Miss Downey rehearsals, and will be accepted Feb. 1 from 5:30-6 p.m., with practice from 6-7:30 p.m. at Trinity Baptist Church.

For questions, call Jennifer at 562-714-5658.

### Murder-mystery fundraiser

DOWNEY – The Downey Rose Float Association presents Midnight at the Masquerade, a murder mystery dinner, on Feb. 20 at 5:30 p.m. at the Downey Elks Lodge.

Tickets are \$50. Pre-sale tickets are available until Feb. 15 for \$40. Call Jennifer at (562) 714-5658.

### Open enrollment begins in Downey school district

DOWNEY – The Downey Unified School District will be conducting its annual School of Choice in February for the 2016-17 school year.

Downey parents of students who reside within the district boundaries and wish for their student to attend a Downey school outside of their attendance area may pick up an application at any Downey school or at the Downey Unified School District office during the month of February open enrollment period.

New students (including kindergartners) entering a Downey school for the first time and wishing to apply for School of Choice should also register at their school of residence. This will guarantee registration in the district for the new school year.

Applications must be submitted to the district office by the closing deadline of Feb. 29 at 4 p.m.

Applications are not processed on a first-come basis. Instead, a random, unbiased lottery will be held to place students on a School of Choice waiting list for the 2016-17 school year.

Schools may accept students from the established waiting lists according to priority, but only if space is available.

For questions, call the Office of Student Services at (562) 469-6550.

### Space center remembers Challenger disaster

DOWNEY – The Columbia Memorial Space Center will host an astronaut commemoration event Saturday to mark the 30th anniversary of the Challenger disaster.

The event is from 9 a.m. to 5 p.m. Admission is \$5 (free for members).

Meteorite expert David Pinsky will be at the space center to present his meteorite collection. There will also be self-guided tours of the Challenger Learning Center and solar viewings provided by the Columbia Astronomers.

"As NASA's official memorial to the Columbia shuttle and crew, [the space center] is the appropriate place for these commemoration events," city officials said.

For more details, call (562) 231-1200 or visit columbiaspacecenter.org.

### Resident earns honors at military college

DOWNEY – Luke Tiscareno, of Downey, was recognized for outstanding academic achievement for the fall 2015 semester at the Citadel South Carolina Corps of Cadets.

Tiscareno also made the Dean's List.

The Citadel is a military college in Charleston, S.C. that offers a classic military education for men and women.

### Nellie Macias passes away

SOUTH GATE – Nellie Macias, of South Gate, passed away Jan. 7 in Los Angeles.

She was born in Texas on Sept. 21, 1931 but called California home since she was a young child. She was a longtime resident of South Gate.



She is survived by her family, Irene Spathes (daughter), Betty Rezendez (daughter), Raymond and Lily Palma (son and daughter-in-law), Vivian and Robert Corlew (daughter and son-in-law), Anthony and Keith Aleshire-Rezendez (grandson and grandson-in-law) and many other family members and friends.

Services were held at Felipe Bagues Mortuary in Los Angeles on Jan. 17.

### Best-selling author to discuss latest book at Cerritos Library

CERRITOS – New York Times best-selling author Meg Cabot will discuss her latest book, "Remembrance," a the Cerritos Library on Feb. 11 at 7 p.m.

The event is free and seating is on a first-come, first-served basis.

"Remembrance" follows psychic mediator Susannah Simon, who accepts a guidance counselor job at her former school and is tested by a string of meddling ghosts, including the vengeful spirit of her ex, Paul.

A graduate of Indiana University, Cabot has written more than 50 books -- many of them romantic and paranormal fiction -- and is best known for the "Princess Diaries" series, which was made into two successful Disney movies.

### Bosco Tech hosting 4K race Feb. 13

ROSEMEAD – Don Bosco Technical Institute (Bosco Tech) will host the Yurak Memorial Run on its Rosemead campus Feb. 13.

In addition to the race, the event will feature a free health fair and a kids 1/4 mile Fun Run.

All proceeds will benefit Bosco Tech's Yurak Athletic Center (YAC), the school's sports training facility and home of its nine competitive sports teams. The center is named after long-time athletic director and football coach Bill Yurak.

Race registration is \$35. For school groups of 10 or more, the cost is \$30. Online registration is available at boscotech.edu/events or yurak.eventbrite.com and same-day registration will be available.

Included are racing fees, finisher medal, goodie bag and barbecue lunch. Plaques will be awarded to the top five male and female runners and to the fastest runner under 18 years of age.

Check in begins at 8 a.m. and the race starts at 9 a.m. The kids' Fun Run is at 10 a.m. with the health fair running throughout the morning. The event will conclude with an awards ceremony and barbecue for all participants.

### Book auction to benefit Downey library

DOWNEY – The Friends of the Downey City Library holds monthly silent book auctions to raise money for library programs.

January's auction items:

"Hidden Treasures of Ancient Egypt" (an autographed copy takes readers on a tour of those long lost antiquities and shares the adventures that lead to their discoveries);

"Combat Missions" (the story of the B-29 Superfortress, both from the historical perspective and from the eyes of the men who flew them);

"Peanuts-A Golden Celebration" (the 50th anniversary of Charlie Brown and the gang is celebrated here with more than 1000 carefully selected strips that tell the story of "Peanuts");

"Life in America-Celebrating the Spirit of Our Country" (personal photos, real-life stories, historic landmarks and monuments, popular television shows, music and movies);

"American Fashion-The Life and Times of Adrian, Mainbocher, McCardell, Norell, & Triger" (the story of five American fashion geniuses, their work and their lives);

"The Super Bowl" and "Sport" (the story of the first twenty-five Super Bowls and two vintage magazines from December 1955 and July 1970);

"Scrapbook-Tips & Techniques" (fresh ideas that you'll find helpful in putting together a dynamic scrapbook);

"The Way Things Work" (a fairly comprehensive and somewhat humorous guide to how common things work);

"World History Atlas" (the definitive record of humankind's global movement with maps and pictures);

"All Cooked Up-Recipes and Memories from Elvis' Friends and Family" (a culinary treasure of Elvis' favorite foods along with recollections from family and friends);

"Legacy-Selected Paintings & Drawings by Frank Frazetta" (a full color selection of paintings and drawings from a career spanning half a century);

"Hummingbirds-Their Life and Behavior" (the most complete photographic study to date that includes courtship, nesting, migratory habits and aerial dynamics)

Books have opening bids from \$6-\$8 and are on display in the library lobby. Bids can be made through noon, Jan. 30, on cards in the Friend's Bookstore.

### Cerritos adding public art to shopping center

CERRITOS – The Cerritos City Council has approved four pieces of artwork for the newly renovated Plaza 183 retail center. The sculptures are part of the city's Art in Public Places program.

Located on 183rd Street north of the Cerritos Towne Center, the Plaza 183 renovation adopts a Santa Barbara-inspired architectural style, featuring bright whites and beige stone and brick veneers.

The art pieces selected all pay tribute to the rich and diverse California plant life. Artists were chosen based on their use of material and unique interpretations of the California Native Flora.

Cerritos' Art in Public Places program requires property owners/developers to provide a piece of artwork or donate 1 percent of the building permit valuation to a trust fund dedicated to artwork and its maintenance when constructing developments with a value of \$250,000 or more. Centex Properties will pay the sculptures' costs.

Contemporary and classical, Deanne Sabeck's "California Poppy" honors the state flower. Utilizing stainless steel and red and orange Dichroic Glass, the \$40,000 piece changes colors depending on the angle of the sun or light. Mounted on concrete, the sculpture stands 8 feet by 5.5 feet.

Brian Keith's "California Yarrow" features three sculptures of various sizes. The contemporary \$60,000 collection, composed of steel, bronze and yellow resin, will be mounted on concrete.

Kon Dimopoulos' "Grasslands" is a three-piece kinetic sculpture. Each pod is 2 square feet and mounted on separate concrete pads. The \$52,000 work showcases blades of grass (each 8 to 10 feet high) that sway with the wind.

The contemporary "Live Oak Tree," by Chris Puzio, combines the geometry and free-flowing nature of the oak tree. Utilizing aluminum rods of various thicknesses, the piece is mounted on concrete and stands 10 feet high and 9 feet wide. The sculpture costs \$94,000.

Accent lighting will highlight all the pieces at night. The sculptures will be located at various points throughout the shopping plaza.

Landscape will complement the artwork and protect the sculptures from pedestrian traffic and vandalism.

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# SPORTS BRIEFS: Downey wrestlers win third straight title



By Mark Fetter  
Contributor

**DOWNEY** – The Downey High School wrestling team clinched its third S.G.V.L. title in a row last Thursday night with a 52-14 win

against Paramount at Downey.

The Vikings won 10 of the first 11 matches en route to the decisive win. The Vikings won 11 of 14 matches in all.

The match started at 106 pounds

when sophomore Jonathan Prata of Downey defeated his opponent by technical fall 16-0. Sophomore Dilan Ajtun (113) won his match by pin at the 2:42 mark of the second period and sophomore Roland Dominguez (120) won his match by major decision 8-0. Downey led 15-0 after three matches and took early control of the match.

Paramount won the match at 126 pounds 11-1 to put Paramount on the board. Downey still led 15-4 through four of 14 matches. The Vikings got back on track when junior Armando Padilla (132) won his match by pin at the 3:00 mark of the second period. Downey's Adrian Segovia also won his match by pin at the 4:39 mark of the third period and the Vikings took a 27-4 lead.

Downey's Ramirez won his match at 145 pounds 12-5, Pablo Ochoa (152) won his match by pin at the 1:14 mark of the first period and Nick Arellano (160) won his match by pin at the 3:52 mark of the second period. Downey extended their lead to 42-4.

Downey's Park (170) won his match via decision and Adrian Guerra (182) won his match by decision 7-1. Paramount won the match at 195 pounds by pin, Downey's Bradley Russell won his match 4-0 at 220 pounds and Paramount won the heavyweight match via a major decision. Downey won the dual meet 52-14.

The Downey High School boys' basketball team currently has an overall record of 15-6 and are 0-4 in S.G.V.L. play. Downey was defeated by Warren at Warren last Wednesday night 50-36 and was defeated by Gahr at Gahr 60-55 last Friday night.

Three of Downey's four league losses have been by five points or less. Downey was defeated by Dominguez at Dominguez by two points, was defeated by Lynwood at Downey by two points and was defeated by Gahr at Gahr by five points. Downey was defeated at Warren by 14 points

Downey hosted Paramount on Wednesday night (score unavailable at press time) and will host Dominguez

tonight. The Vikings will travel to Lynwood next Wednesday and will host cross-town rival Warren next Friday. As is stands now, Lynwood is 4-0, Gahr is 3-1, Dominguez and Warren are 2-2 and Paramount is 1-3.

The Downey High School boys' soccer team currently has an overall record of 9-7-2 and are 3-1-1 in S.G.V.L. play. Downey tied cross-town rival Warren at Downey next Tuesday night and defeated Gahr at Gahr 2-0 last Thursday night.

Downey was defeated by Paramount at Downey 2-0 on Tuesday night and played Dominguez at Downey yesterday (score unavailable at press time). Downey will travel to Lynwood next Tuesday and will travel to Warren next Thursday for their rematch against the Bears.

As it stands now, Paramount is 4-0-1, Warren is 3-0-2 and Downey is 3-1-1. Downey needs to play well down the stretch and collect as many wins as they can in order to stay in contention for a league title.

The Warren High School boys' basketball team currently has an overall record of 12-8 and are 2-2 in S.G.V.L. play. The Bears defeated cross-town rival Downey at Warren 50-36 last Wednesday night and were defeated by Dominguez at Dominguez 63-48 last Friday night.

Warren hosted Lynwood on Wednesday night (score unavailable at press time) and will travel to Paramount later today. The Bears will host Gahr next Wednesday and will travel to cross-town rival Downey next Friday for their rematch with the Vikings.

As it stands now, Lynwood is currently 4-0, Gahr is 3-1, Dominguez and Warren are 2-2, Paramount is 1-3 and Downey is 0-4. Coach Morrison, his staff and players are looking forward to the start of the second round of league play.

The Warren High School boys' soccer team currently has an overall record 10-4-2 and are 3-0-

2 in S.G.V.L. play. The Bears tied cross-town rival Downey 0-0 last Tuesday and defeated Dominguez at Dominguez 5-0 last Thursday.

Warren defeated Lynwood at Warren 2-1 on Tuesday and traveled to Paramount yesterday for their rematch against the Pirates (score unavailable at press time). Warren will host Gahr next Tuesday and will host cross-town rival Downey next Thursday.

As it stands now, Paramount is 4-0-1, Warren is 3-0-2 and Downey is 3-1-1. The Bears need to play well down the stretch and collect as many wins as they can. Coach Pena, his staff and players are looking forward to the start of the second round of league play.

The Warren High School girls' basketball team currently has an overall record of 11-8 and are 4-0 in S.G.V.L. play. Warren defeated cross-town rival Downey at Warren last Wednesday night 48-38 and defeated Dominguez at Dominguez 66-13 last Friday night.

Warren hosted Lynwood on Wednesday night (score unavailable at press time) and will travel to Paramount tonight. The Lady Bears will host Gahr next Wednesday and will travel to Downey next Friday for their rematch against the Lady Vikings.

As it stands now, Warren is 4-0, Lynwood is 4-0 and Downey is 2-2. Coach Palmer, her staff and players are looking forward to the start of the second round of league play.

The Warren High School girls' soccer team currently has an overall record of 14-2-3 and are 5-0 in S.G.V.L. play. Warren defeated cross-town rival Downey last Tuesday night 1-0 and defeated Dominguez at Warren 12-1 last Thursday night.

The Lady Bears defeated Lynwood at Lynwood 4-0 Tuesday night and hosted Paramount yesterday (score unavailable at press time). Warren will travel to Gahr next Tuesday and will travel to Downey next Thursday night for their much anticipated rematch against the Lady Vikings.

As it stands now, Warren is 5-0 and Downey is right on their heels at 4-1. Coach Dussan, her staff and players are looking forward to the start of the second round of league play and securing an undefeated league championship.

## Cerritos introduces mobile apps

**CERRITOS** – The City of Cerritos offers various apps to make life easier for residents.

**GoRequest:** Available for iPhones and Android phones, the app allows residents to make service requests. Residents can report issues in the following categories: graffiti; trees – trim, roots or inspection; pothole or street issue; sidewalk or gutter; streetlight, street sign or traffic signal; debris or trash; weeds or overgrown vegetation; animal issue; code enforcement; water issue; or other.

The app uses the phone's GIS information to record the location of the service request. Photos of the area can be attached to the service request. Once an issue is reported through the app, city staff will track it and send status reports to the resident.

**Cerritos Center for the Performing Arts (CCPA) App:** With the CCPA app for Apple and Android users, users can check out the entire season, search for specific events and entertainers, purchase tickets and watch performer videos.

To access the CCPA's user-friendly app, search "Cerritos Ctr Performing Arts" in your device's app store and download the app. The app is also accessible on cerritoscenter.com.

**Cerritos Library To Go App:** The free app offers a tour of the library and access to the eCatalog, event calendar and the library's YouTube videos.

The app's BookLook Mobile feature allows users to scan or enter a book's ISBN barcode data to see if the book is in the library's collection. With the app's Smart Prefix search, parts of words (such as "har pot ch" when looking for "Harry Potter and the Chamber of Secrets") can be entered to easily search the eCatalog.

Cerritos Library cardholders can access their accounts and the library's research databases, download eBooks and eAudio Books and place books on hold through the app.

To download the app, visit the iTunes App Store, Android Market/Google Play or the Windows Store.

**Cerritos on Wheels App:** The free app allows passengers to check the location of buses in real-time and the arrival time of each bus in service at any point along the route.

The app is provided as part of the city's contract with First Transit, the COW service operator. It can be downloaded from cerritostransit.com or from Apple's App store or the Android Market/Google play.

**Last years PTA Winners**

**Elementary:** Unsworth  
**Middle:** Stauffer  
**High:** Warren

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**MIDDLE:** Doty (Formerly East), Griffiths, Sussman, Stauffer (Formerly West)

**HIGH:** Downey High and Warren High

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## LETTERS TO THE EDITOR

## Response to Elsa Van Leuven

Dear Editor:

I would like to respond to Elsa Van Leuven's letter in the January 21 issue, titled "Fake Tears".

The primary focus of her letter is to question President Obama's sincerity when he was moved to tears when discussing children murdered by guns at Sandy Hook because he didn't publicly cry about other deaths in the world. She then goes on to make certain claims as "fact" and some of these I would like to address:

1.) She references thousands and thousands of babies murdered by Planned Parenthood and claims that almost half a billion dollars of our tax money are given to Planned Parenthood to perform abortions. This is not true. Not one cent in federal money can legally be used for abortions. The money congress allocates to Planned Parenthood can only be used for cancer screenings and other health services, but not abortions.

2.) She claims that Obama, Hillary Clinton, and Susan Rice lied about the deaths of four people in Benghazi. And yet, after EIGHT congressional investigations into the Benghazi incident, there has been NO evidence of lying, wrong-doing, or security breakdowns.

3.) She compares Obama's executive order regarding guns to the way that Adolph Hitler took over Germany. She seems to be unaware of the fact that the executive order is a common tool that has been used by presidents since the founding of our country. Obama has averaged 33 executive orders per year since taking office. For George W. Bush this figure was 36, for Clinton 46, George Bush 42, and Ronald Reagan 48. Furthermore, Obama's directive on guns was NOT to take them away, as Ms. Van Leuven would have us believe, but to make it more difficult for criminals and the mentally unstable to get them.

4.) She then claims that Obama has been "tearing down our military." In her letter from last month, she claimed that Obama had cut military spending to pre-1942 levels. This claim is also false. Pre-1942, the military budget was about 3% of the GDP. It is now about 6%. And the US spends about 40% of the world's military budget. This would hardly qualify as "tearing down our military."

She writes several more paragraphs complaining about virtually everything that Obama has done during his presidency, none of which is worth mentioning here because the complaints consist of a long string of insults and characterizations about the president that have no basis in fact.

Ms. Van Leuven clearly hates this president, but when she goes on the rant, it would be better if she would present actual facts rather than innuendo or outright falsities.

**Arnold Richards**  
Downey

Dear Editor:

I wanted to clear up some misinformation Elsa Van Leuven wrote in her letter.

To begin with, I noticed a few times in her past letters she mentioned that Planned Parenthood kills thousands of babies through abortions using the almost half-billion dollars that Planned Parenthood receives in federal funds. Did she not read my letter titled "Standing With Planned Parenthood" from 9/30/2015? I gave statistics on what services Planned Parenthood provides, and abortions only account for 3% of total services. Also, federal funds cannot be used to perform abortions, except in the case of rape, incest or to protect the life of the mother.

One last thing concerning this topic, Planned Parenthood has been federally funded since 1970, long before the Obama administration.

The next item is regarding her comment about President Obama's gun control. When did Obama ever say "he wants to do away with guns" as she put it? Obama never said he wanted to ban guns, he wants more gun control: keep guns out of the wrong hands through background checks, make our communities safer from gun violence, increase mental health treatment and reporting to the background check system, and shape the future of gun safety technology.

Those four items actually sound possible to accomplish and could possibly work, but we will never know unless we try (gun violence will always exist, and we should at least try to decrease it to lower levels). If you have a clean record and no mental health issues, then you have nothing to worry about; you can still legally buy guns. And comparing Obama to Hitler regarding gun control, Hitler actually loosened gun laws through the 1938 German Weapons Act (although the Jews were banned from owning guns).

Concerning her statistic that Obama has brought in thousands of young Syrian men is also wrong. 67 percent have been children under the age of 12 and women, according to State Department data, and to date, just under 2,200 refugees have been admitted to the US with a total of 10,000 that Obama wants to bring in this year. Germany has accepted 38,500 refugees and Canada has accepted 36,300 refugees, so maybe when she says "many, many thousands," perhaps she was referring to those countries. As for the vetting process, there is no perfect method, regardless if we vet refugees or non-refugees.

Those were the main items I wanted to go into detail, some other items in her letter regarding the weakening of the military, it was a Republican controlled Congress that passed the budget that included budget cuts to the military; the US has given Israel about \$121 billion in aid since the founding of Israel (and we do have allied Middle Eastern countries, i.e. Saudi Arabia and Kuwait, just to name a few); when compared to past Presidents and their total count of executive orders, Obama has less when compared to presidents like Reagan, Clinton and W. Bush.

There are many other items I want to discuss, but I'll stop here and give someone else the opportunity to correct her misinformation.

**Guillermo Vazquez**  
Downey

## Which school will win the PTA trophy?

By Dorothy Pemberton

I, like many parents, have been a member of PTA/PTSA in my schools ever since my girls started school. This stands for Parent-Teacher-Association or Parent-Teacher-Student Association and is a national organization that is alive and well here in Downey.

Some of us parents get really involved and sit on the Board, some a little by attending meetings and fundraisers and others just send in the membership form and fee. It's all good!

To those who are already PTA members in our Downey schools, I and the schools want to say Thank You!

## In Iowa, somebody will win

By Donald Kaul

The Iowa caucuses are upon us. Hooray, whoopee, and two cheers.

The contests mark the official beginning of the 2016 presidential campaign, which already feels like it's been going on for two years (because it has).

Some polls say that Donald Trump is going to be the Republican winner, others that Ted Cruz will be. Still others advise us to keep an eye on Marco Rubio, who's sneaking up fast.

I don't know who will win. But it would be entirely fitting if the most overhyped and fraudulent contest of the campaign season (the Iowa Republican caucuses) were won by the most overhyped and fraudulent candidate (Trump).

Trump is looking good, no question. He's won the good wishes of Senator Charles Grassley, an exceedingly shrewd Iowa politician, while Cruz has incurred the enmity of Governor Terry Branstad, the Queen Elizabeth of Iowa politicians.

Neither Branstad nor the Queen do much. But they've been around forever, so it's probably better to have them for you than against you.

There are two things I can say for sure about the caucuses:

Somebody will win.

And it won't matter much, except in the fevered imaginations of the political reporters covering the spectacle. They'll write long articles on momentum and surges and trends. Which is fine, but there's not much there there.

As the irrepressible Trump told a group of Iowa Republicans the other day as he solicited their votes: "You haven't picked a winner in 16 years." Indeed,

Indeed, the Iowa caucuses are almost always wrong — at least for Republicans.

So why do they draw so much attention? Well, they're first, for one thing. And the political media, straining to justify its existence by covering something,

## Responsible pet ownership

Dear Editor:

Many of us have heard the mournful cries of pets left outside during this cold and rainy season hoping that their owners will come to their aid. These helpless pets depend on us to protect them.

If you cannot bring them indoors, please put them in your garage with a night light so they are not in total darkness and an old blanket or sheet to keep them off the cold concrete.

If you are a reluctant owner, call SEACCA and let them have a chance for a life they deserve.

**Kathy Orndorff**  
Downey

## Jamie Foxx

Dear Editor:

I commend and praise Jamie Foxx for his heroic efforts in saving a young man from a horrible death of being burned alive.

What a wonderful act of compassion and caring for a fellow human being. It is so gratifying to know there are celebrities who care about the needs of others instead of only caring about entertaining them for their money.

Kudos to you, Jamie; you define the true meaning of the word hero!

**Harold Houglard**  
Downey

## Golf course

Dear Editor:

The Rio Hondo Men's Club would like to acknowledge and congratulate Rio Hondo Golf Club for being named the best golf course in Los Angeles/Ventura counties by Southland Golf magazine.

Our members have the opportunity to play this magnificent course frequently and are privileged to take advantage of its great condition and the supportive service of the staff.

We would like to graciously thank Steve LaBarge, director of golf, John Rodriguez, course superintendent, and all of their staff for their efforts to maintain Rio Hondo as a superlative golf venue. Congratulations!

**John McKinsey**  
President, Rio Hondo Men's Club

## Democractic spin

Dear Editor:

This is my reaction to some of the politicians' reactions to President Obama's State of the Union speech (The Downey Patriot, 1/14/16).

First, Congresswoman Linda Sanchez. She reflects on the past seven years and remembered the 70 straight months of job creation. Her comments could easily be put in the Speed Bump cartoon, they are so laughable.

With seven years of job creation, why do we have 94 million in the U.S. not working? Could it be that only those who no longer are on unemployment insurance were not counted?

She says Obama and the Democrats can proudly say they have helped lead our economy back. Has she looked at the stock market? The Affordable Care Act she touts so highly has no longer become affordable. If it is so great, why did she and all the other politicians opt out of it for a better policy?

Yep, same sex couples can now get married, in opposition to Biblical teachings. Wonder why God only allowed a man and woman to produce a child? Guess Obama, Clinton and the Supreme Court know better than God.

Ms. Sanchez, we are not looking to the Democrats to put partisan politics aside or to control our illegal immigration. They encourage it.

Congresswoman Lucille Roybal-Allard's idea of America moving forward is to represent illegals. Y'all come: better, safe, more prosperous. She has to be kidding.

Rather than leaving a brighter and welcoming tomorrow, she's leaving a debt-ridden future for generations to come, and an open border for anyone and everyone for us to support. Where are we going to get the money to feed, house, educate and take care of the health needs of the thousands of Syrians coming here?

Strange that mostly young men are coming. What about women and children? Why aren't the men staying there to fight for their country and protect their wives and children?

Since 70 percent of them are Muslim, I guess Obama wants them here to increase the Muslim population.

**Marilyn Madru**  
Downey

Now which schools will win the membership this year? Do you want to help? You don't have to have a student in school anymore either. If you would like to still join PTA and help a school or your alumni school win the perpetual trophy, you can.

Fill out the form in this week's paper and send it in. Downey has such a large community spirit and with all of us supporting our local PTAs, parent volunteers will continue to keep school programs and scholarships for our students alive.

*Dorothy Pemberton is president of Downey Council PTA.*

is more than willing to go along with the gag.

For another thing, the caucuses are really and truly fun to cover. Iowa is the capital of nice. The people are friendly and welcoming and helpful and pretty smart. Where else can you find a gap-toothed farmer in bib overalls with a more or less informed opinion on the Iran nuclear deal?

But the fact remains that Iowa is a white bread state in an increasingly diverse nation. Its registered Republicans, who are equal in number to its Democrats, are dominated by devout evangelicals who aren't open to challenges to their beliefs about global warming, evolution, or moral behavior.

Then there's ethanol. Ethanol is to Iowa what oil is to Texas, and not much friendlier to the environment.

As if that weren't enough, it's a caucus state, meaning that it's but a dim reflection of electoral democracy. Rather than just showing up and voting for the candidate of their choice, the Democratic Party's caucus goers must listen to speeches, argue with each other, and publicly declare for a candidate.

The Republican system is less complex, but in a nation where it's hard to get people to the polls for elections, attending a caucus is a chore and an impediment to democracy.

For all of these reasons, Iowa is among the last places I'd ask for advice in choosing a president and leader of the free world.

The good news, as I said before, is that it doesn't make much difference. That's also the bad news.

We've already ceded our franchise to the forces of darkness — the bankers, oil men, insurance companies, and assorted con artists who finance our political system. We can make noise about injustice, but insofar as doing something about it, you can't get there from here.

Not when our Supreme Court has made it possible for people with unlimited funds to shape our elections without so much as identifying themselves.

Not when Republican state officials have used redistricting and suppression of minority voting to make it all but impossible to unseat them.

Not when our sacred Constitution has been interpreted to mean that a determined minority can bring the nation grinding to a halt until its unreasonable demands are met.

Game, set, and match.

*OtherWords columnist Donald Kaul lives in Ann Arbor, Michigan.*

## Why I'm skipping the Oscars

By Marc Morial

For two years in a row, the Academy of Motion Pictures Arts and Sciences — the organization behind the Oscars — failed to nominate a single actor or actress of color in the lead and supporting acting categories. Not one.

Meanwhile, though women earned more Oscar nominations overall, they were completely shut out from the best cinematography and best director categories at Hollywood's biggest and splashiest awards show again.

In a nation as diverse as ours, film awards that ignore the vast artistic talent and contributions of women and people of color are a whitewashed fiction. They might make for good sci-fi, but they're a lousy mirror for our multicultural society.

I don't question the cinematic credentials of the Academy's 6,000-plus voting members. But I do question how it is that in a season that produced critically acclaimed films such as *Beasts of No Nation*, which stars Idris Elba as an African warlord; the *NWA* biopic *Straight Outta Compton*; and *Creed*, the latest installment in the iconic *Rocky* franchise, there were no black screenwriters, directors, composers, cinematographers, or actors to be found whose contributions deserved Academy recognition.

Ironically enough, two films helmed by black artists — *Creed* and *Compton* — were recognized by the Academy, but their sole nominations were denied to people of color. Sylvester Stallone received a best supporting actor nod for his role in *Creed*, and the white writers of *Compton* got a nomination for best original screenplay.

A much-cited 2012 survey highlights the crux of the problem: the Academy's members. They're 94 percent white, 77 percent male, and their average age is 63. That's hardly representative of the diversity we see in the streets and, increasingly, on our TV screens.

Even after a push for more inclusion following last year's infamous snub of *Selma*, fewer than 20 African Americans — and just a handful of Latinos and Asian Americans — were among the 322 new members invited to join the Academy.

There are other factors involved. A recent UCLA study found that film studio heads were 94 percent white and that all of them were men. Studio senior management was a similarly homogenous 92 percent white and 83 percent male.

The struggle to transform the Academy into a more diverse body must take place within the Academy itself. Maybe that's starting to happen: After this year's fiasco, leaders announced a goal to double the representation of women and people of color by 2020.

But change will remain elusive if there's no transformation of the white male-dominated studio system that decides what gets made — and perhaps most importantly, what doesn't get made — in the first place. Major studios simply aren't green-lighting projects that reflect our nation.

And the few movies that do signal greater inclusivity end up on the cutting room floor during the awards nomination process.

I'm not an Academy member. I don't green-light films, nor do I direct them. But I do control what does — or doesn't — appear on my television screen. So this year, I'm skipping the Oscars. And I won't tune back in until Hollywood addresses these legitimate concerns and gets with the program.

*Marc Morial is the CEO of the National Urban League.*

## City of Stauffer

Dear Editor:

I was very happy to read Varlerie Aguilar echo many things I've written in the past about my favorite subject, Dr. Mary Stauffer.

Dr. Stauffer merits more than a school named after her for her many services to our youth, educators and the community.

If it was up to me, I would change the name of the city to Stauffer.

**Jorge Montero**  
Downey

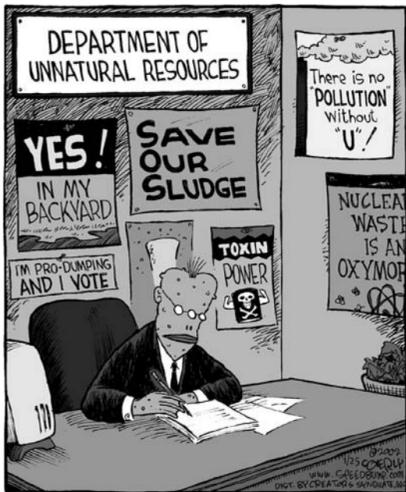
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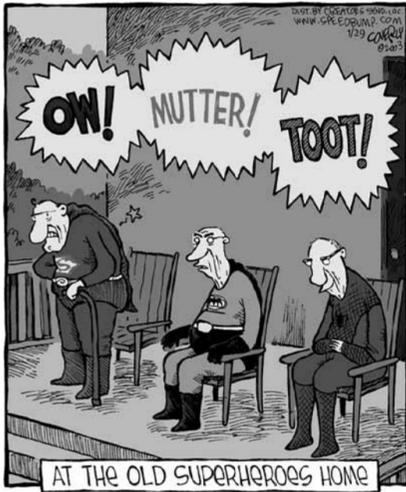
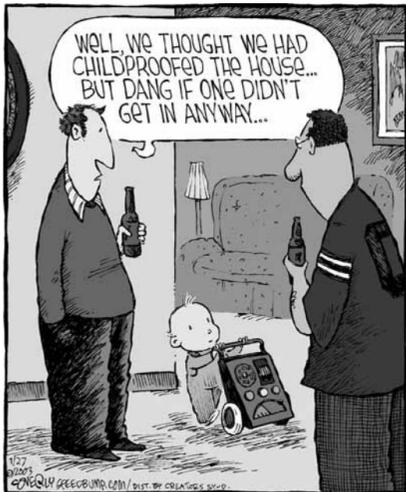
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## SPEED BUMP



## DAVE COVERLY



# Downey Community Calendar

### EVENTS FOR JANUARY

Saturday, Jan. 30: StoryTime for babies and toddlers, Downey City Library, 9:15 a.m.

### CITY MEETINGS

- 1st & 3rd Wednesday, 6:30pm: Planning Commission, Council Chamber at City Hall.
- 1st Tue., 4:00pm.: Recreation and Community Services Commission, Council Chamber, City Hall.
- 1st Tue., 6:00pm: Emergency Preparedness Committee, at Fire Station No. 1, 12222 Paramount Blvd.
- 2nd & 4th Tue., 6:30pm: City Council, Council Chamber.
- 3rd Tue., 6:30pm: Library Advisory Board, at Downey City Library.
- 4th Mon., 5 pm: Green Task Force, at City Hall.

### Regularly Scheduled Meetings

#### MONDAYS

- 7 pm: Boy Scout Troop 2, at Downey United Methodist Church, call 869-6478.
- 2nd Mon., 11 am: American Legion Auxiliary #270, at United Methodist Church, call 304-3439
- 4th Mon., 7:30 pm: Downey Numismatists, at Downey Retirement Center, call 862-6666.

#### TUESDAYS

- 9:30 am: Downey Seniors Club, at Apollo Park, call Paul Sheets at 714-618-1142.
- 10 am: Downey Bocce Club, at 7850 Quill Drive, call John Fiorenza at 652-4399.
- 12 pm: Rotary Club, at Rio Hondo Events Center, call William Medina 413-3477.
- 6 pm: Toastmasters Club 587, at First Baptist Church, call Karika Austin 260-3856.
- 7 pm: Downey Knights of Columbus Bingo, at 11231 Rives Ave., call 923-1932.
- 7 pm: Healing Room and Prayer, at Desert Reign Church 11610 Lakewood Blvd, call 861-6011.
- 1st Tues., 7:30 am: Gangs Out of Downey, at City Hall training room.
- 2nd Tues., 3:30 pm: Keep Downey Beautiful, at City Hall, call 905-7103.
- 2nd and 4th Tues., 6 pm: Sertoma Club, at Cafe 'N Stuff, call 927-6438.
- 2nd Tues., 6 pm: Downey Fly Fishers, at Apollo Park, call 425-7936.
- 3rd Tues., 6:30 pm: Community Emergency Response Team meeting, Fire station 1, 12222 Paramount.
- 3rd Tues., 6 pm: American Legion #270, at Sizzler Restaurant, call 544-0372.
- Tues., Thurs. & Sat., 10 am: Downey Bocce Club, at 7850 Quill Drive, call John Fiorenza 652-4399

#### WEDNESDAYS

- 7 am: Kiwanis Club, at Rio Hondo Events Center, call Steve Roberson at 927-2626.
- 1 pm: Women's Bocce Club, at 7850 Quill Drive, call Marie Puch at 869-4366.
- 7 pm: Out Post 132 Royal Rangers, at Desert Reign Church, call 928-8000.
- 1st Wed., 11 am: Woman's Club of Downey, call Cheryl Olson 833-8954.
- 1st Wed., 11:30 am: Downey Coordinating Council, Community Center, call Cindy 803-4048.
- 1st Wed., 7:30 pm: Downey Stamp Club, at Maude Price School cafeteria, call 928-3028.
- 2nd Wed., 11:30 am: Christian Women's Club, at Los Amigos Country Club, call Helen 864-7319.
- 2nd Wed., 7:30 pm: Downey Model A Club, at Gallatin School Cafeteria, call 928-4132.
- 3rd Wed.: Downey Dog Obedience Club, at Apollo Park, call Gina 869-5213 or Valerie 420-2972.
- 3rd Wed., 10 am: Los Angeles County Quilters Guild, at Women's Club, call (310) 604-0725.
- 3rd Wed., 10 am: OLPH Women's Guild, at OLPH School Auditorium, contact Armida Lugo, (562) 715-6142.
- 3rd Wed., 6 pm: American Business Women's Association, Rio Hondo Country Club, call Barbara 863-2192.
- 4th Wed., 12:00 pm: Retired Federal Employees, at Barbara J Riley Center, call 943-5513.
- 4th Wed., 7:30 pm: US Coast Guard Aux. Flotilla 5-10, First Presbyterian Church, call Brian 419-5420.
- Wed. & Fri., 10:15 am: Senior Bingo, at Apollo Park, call 904-7223

#### THURSDAYS

- 7:30 am: Connections Networking, at Bob's Big Boy, for info., call Nick Smith, 861-5222.
- 7:30 am.: Soroptimist Int'l of Downey, for information, call Mia Vasquez, 806-3217.
- 9:30 am: Take off Pounds Sensibly, at Barabara Riley Senior Center, call (800) 932-8677.
- 12 pm: Kiwanis Club of Downey, at Rio Hondo Events Center, call Roy Jimenez 923-0971.
- 12 pm: Optimist Club of Downey, at Rio Hondo Events Center.
- 6:30 pm: Downey United Masonic Lodge # 220, 8244 3rd St., call 862-4176.
- 7 pm: Troop 351, Boy Scouts of America, at First Baptist Church, call 776-3388.
- 1st Thurs., 12:00 pm: Downey Christian & Professional Luncheon, Sizzler's Restaurant, call James 310-1335.
- 1st Thurs., 7:30 pm.: The Downey Amateur Radio Club, at First Baptist Church room 120.
- 2nd Thurs., 7:30 pm: Beaming Rebel Foxes Collectors Club, call Carl D. Jones at 923-2400.
- 2nd & 4th Thurs., 6 pm: Lions Club, at Coco's, call Lenora (310) 283-9825.
- 3rd Thurs., 4 pm: Public Works Committee, at City Hall Training Room.
- 3rd Thurs., 6 pm: Downey CIPAC, at Sizzler's Restaurant, call Rich Tuttle 413-6045.
- 4th Thurs., 10 am: Assistance League, at Casa De Parley Johnson, call 869-0232.
- 4th Thurs., 7:30 pm: Downey Historical Society programs, at Community Center, call 862-2777.

#### FRIDAYS

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

#### SATURDAYS

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

### On This Day...

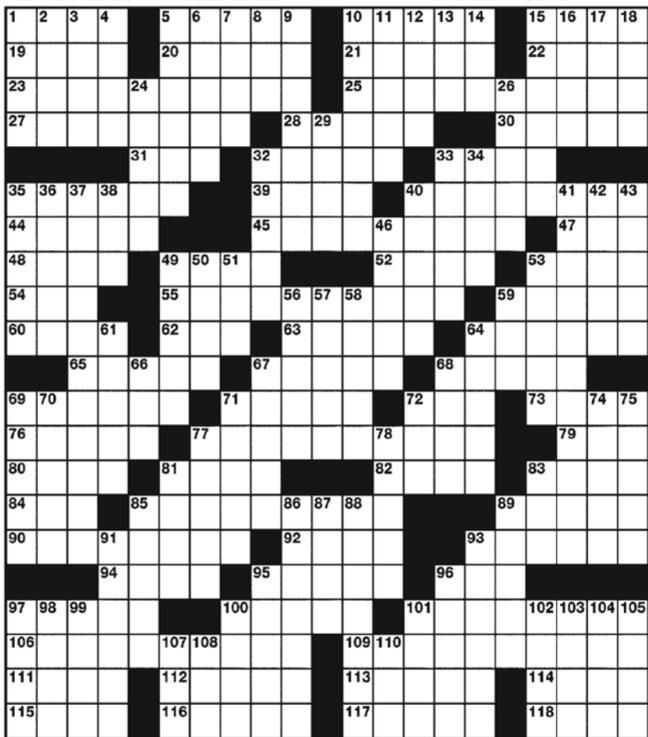
- Jan. 28, 1959:** Vince Lombardi was named head coach of the NFL's Green Bay Packers.
- 1973:** A cease-fire officially went into effect in the Vietnam War.
- 1986:** Space shuttle Challenger exploded 73 seconds after liftoff from Cape Canaveral, killing all seven crew members.
- BIRTHDAYS:** Actor Alan Alda (80), San Antonio Spurs coach Gregg Popovich (67), singer Sarah McLachlan (48), rapper Rick Ross (40), pop singer Joey Fatone (39), wrestler Sheamus (38), pop singer Nick Carter (36), actor Elijah Wood (35), rapper J Cole (31) and actress Ariel Winter (18).

### THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)  
**BE SILENT: Completely different from last week's puzzle**  
 by Fred Piscop

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## Paging Dr. Frischer...

By Dr. Alan Frischer

My receptionist of the last 27 years is turning 50. Rather than feeling sad about this, she's actually delighted at the prospect. As she points out, she has never been happier. So, in her honor, I write this article about the joys of getting older.



As the cliché goes, growing older certainly does beat the alternative. On the other hand, we are all well aware that age alone is a risk factor for many diseases, as well as for declining hearing, worsening eyesight, and weaker bones and muscles. So, what are some proven benefits to health and well-being?

As we age, we can actually get healthier. The immune system encounters millions of attacks every day. A type of white blood cell uniquely tailored to each intrusion gives the body a memory of how to attack each germ, such as that of the common cold. The immune system may retain this memory for up to 50 years, although it does begin to drop off in our 70's and 80's. Especially from about 40 to 70, the immune system memory works well to prevent infections, which translates into fewer colds. While 20-year olds may catch two or three colds each year, those over 50 may average one or two.

Other aspects of the immune system, however, tend to weaken with age. A positive consequence of this is that allergy symptoms tend to lessen with age. The body produces fewer new white blood cells, and they become sluggish. Aged immune systems also produce fewer antibodies, and antibodies cause allergy symptoms. Allergies peak in childhood and then decrease throughout late adolescence and into the 20's. Symptoms may worsen in our 30's, but commonly lessen by age 50 or 60.

The number of neurons in the human brain reaches its peak when we are about six months old. By the end of adolescence, we have only half that number. It does not appear that sheer numbers of neurons are a useful indicator of how well the adult brain functions. Our brain continues to create neurons, and still can reshape itself in response to what we learn. So, even with a decrease in numbers, we can alter our hearing, memory and hand movements by, for example, learning to juggle, studying a new language, or playing an instrument. In fact, studies confirm that our vocabulary

not only continues to grow, but that it becomes richer and provides more ways of expressing ourselves. Also, brain scans show that while young people may use only one side of their brain for a specific problem or situation, middle-aged and older adults are more likely to activate both hemispheres. Yes, math skills may worsen, and the brain may slow in its response to verbal commands, but vocabulary, spatial orientation, verbal memory, and problem solving abilities improve into the 70's. And judgment, as every parent knows, improves with age as well.

Contrary to common perception, sleep studies suggest that those in their 70's and 80's have the fewest sleep complaints, and complain less about being tired than do their younger counterparts.

What about sex? Several studies have shown that older people have more and better sex than commonly thought. One study of women in their 80's found that half still had orgasms always or most of the time. Another study found that for those over 60, 74% of men and 70% of women reported greater sexual satisfaction than when they were in their 40's.

For migraine headache sufferers, age definitely helps. Attacks become shorter, less painful and less frequent.

Older women can no longer get pregnant. For most, that is a good thing. Menstrual periods and PMS eventually come to an end.

Let's not forget another advantage to growing older: senior discounts! Theaters, restaurants, public transit...the list goes on. Social Security checks and Medicare aren't bad, either.

My personal authority on the art of aging gracefully is my mother, who has often stated that at her age, she needn't be concerned about what other people think. (I must add that she's been making that statement for quite a long time!) Many regret just how many precious hours they had wasted worrying about what others thought. Older people tend to have better attitudes about their age. A large Gallup poll showed that adults in their 80's reported feeling far more satisfied with themselves and their life than when they were 18. In another study, 60% of those over age 65 said they feel 10 to 19 years younger than their age. The conclusions agree that regardless of demographic and social status, the older we get, the more negativity diminishes and the higher our self-esteem climbs, along with increased emotional stability, greater financial stability, and a more positive outlook.

## Zika Virus Q&A

**Q: What is Zika Virus disease?**

**A:** Zika is a disease caused by Zika virus that is spread to people primarily through the bite of an infected Aedes species mosquito. The most common symptoms of Zika are fever, rash, joint pain, and conjunctivitis (red eyes). The illness is usually mild with symptoms lasting for several days to a week.

**Q: What are the symptoms of Zika?**

**A:** About one in five people infected with Zika will get sick. For people who get sick, the illness is usually mild. For this reason, many people might not realize they have been infected.

The most common symptoms of Zika virus disease are fever, rash, joint pain, or conjunctivitis (red eyes). Symptoms typically begin 2 to 7 days after being bitten by an infected mosquito.

**Q: How is Zika transmitted?**

**A:** Zika is primarily transmitted through the bite of infected Aedes mosquitoes. It can also be transmitted from a pregnant mother to her baby during pregnancy or around the time of birth. We do not

know how often Zika is transmitted from mother to baby during pregnancy or around the time of birth.

**Q: Who is at risk of being infected?**

**A:** Anyone who is living in or traveling to an area where Zika virus is found who has not already been infected with Zika virus is at risk for infection, including pregnant women.

**Q: What countries have Zika?**

**A:** Specific areas where Zika virus transmission is ongoing are often difficult to determine and are likely to change over time. Please visit the CDC Travelers' Health site for the most updated information.

**Q: What can people do to prevent becoming infected with Zika?**

**A:** There is no vaccine to prevent Zika. The best way to prevent diseases spread by mosquitoes is to avoid being bitten. Protect yourself and your family from mosquito bites. Here's how:

Wear long-sleeved shirts and long pants.

Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside.

Use Environmental Protection Agency (EPA)-registered insect repellents. All EPA-registered insect repellents are evaluated for safety and effectiveness.

Always follow the product label instructions.

Reapply insect repellent every few hours.

Do not spray repellent on the skin under clothing.

If you are also using sunscreen, apply sunscreen before applying insect repellent.

If you have a baby or child:

Do not use insect repellent on babies younger than 2 months of age.

Dress your child in clothing that covers arms and legs, or

Cover crib, stroller, and baby carrier with mosquito netting.

Do not apply insect repellent onto a child's hands, eyes, mouth, and cut or irritated skin.

Do NOT use permethrin products directly on skin. They are intended to treat clothing.

Sleep under a mosquito bed net if you are overseas or outside and are not able to protect yourself from mosquito bites.

**Q: What is the treatment for Zika?**

**A:** There is no vaccine or specific medicine to treat Zika virus infections.

Treat the symptoms. If you are taking medicine for another medical condition, talk to your healthcare provider before taking additional medication.

**Q: How is Zika diagnosed?**

**A:** See your healthcare provider if you develop symptoms (fever,

rash, joint pain, red eyes). If you have recently traveled, tell your healthcare provider.

Your healthcare provider may order blood tests to look for Zika or other similar viral diseases like dengue or chikungunya.

See your healthcare provider if you are pregnant and develop a fever, rash, joint pain, or red eyes within 2 weeks after traveling to a country where Zika virus cases have been reported. Be sure to tell your health care provider where you traveled.

**Q: How many travel-associated cases have been diagnosed in the United States?**

**A:** To date, local transmission of Zika virus has not been identified in the continental United States.

Questions and answers provided by the Centers for Disease Control.

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Cesar Macedo is a recognized financial advisor and member of LPL Financial. His professional career has spanned over 18 years where he has helped transition hundreds of investment clients into retirement. Cesar joined LPL Financial in 2007.

Cesar is a graduate of the University of California, Santa Cruz, receiving a Bachelors degree in Economics. He received his Personal Financial Planner Certificate from U.C. Irvine and his Certified Financial Planning designation from the Certified Financial Planner Board of Standards in 2004. In addition he has earned his Chartered Life Underwriter designation from The American College. He earned his MBA from Cal State Long Beach. His professional affiliations include the Financial Services Institute.

Cesar's hobbies include reading and golf. Cesar is a member of various chamber of commerce organizations.

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## Students prepare for careers with mock job interviews



By Valerie Aguilar  
Contributor

**DOWNEY** – A mock job interview event was held on Jan. 14 at Warren High School to provide high school students with a feel for what a professional job or scholarship interview would really be like.

Just as seniors are finishing up college applications, they are working on scholarships and are on the hunt for jobs. High school students typically comment on how intimidating and difficult an interview can be. This feeling of unpreparedness causes students to slip up when taking the first step in their professional careers.

The event was hosted by SkillsUSA, a student-run organization dedicated to prepare students for the workforce through educational programs,

events and competitions that all aim to promote career and technical education. This job interview project was organized by students to give the opportunity for their peers to practice their professionalism in a friendly environment and get feedback from their experienced interviewers on how to improve their presence.

“Although there are several workshops to assist students with the writing portion of [college essays, resumes, etc.], we still felt there was a need for additional practice in interviewing, as many of our students are inexperienced and unfamiliar with this element,” commented Kelly Salinas, ASB president at Warren and a SkillsUSA member who was behind planning this event.

SkillsUSA members reached out to find accomplished employers and

community members to volunteer their time and give a short interview to students. Most of the interviews were around twenty minutes, with the first half the time for the actual interview process and the remaining time allotted for feedback discussion. The event served about 30 students, and nearly all responded positively based on surveys.

Abraham Pedroza, a senior who participated in the event, stated “I’ve never been to or heard of any other event like this one. It was a unique experience I’m glad I went to, and now I think I am the best prepared I can be for a real job or college interview I can be.”

This was the first job interview project conducted by SkillsUSA, which is why the club now looks to expand the project to the entire senior class, providing an interview workshop prior to the event, an interview session, and more.

“Exposing every student to a real world situation like a job interview is vital so that they can know what to expect in their future vocations,” added Jeremy Marquez, a Warren High junior in SkillsUSA who assisted during the event.

It would be extremely beneficial for the youth of Downey if more events like this one are organized in the future. It is a goal for SkillsUSA at Warren High to be able to provide such an event that allows all students at the school the opportunity to better their professional development so when the time comes to have an interview they can succeed thanks to this job interview project.



After 10 years at the Downey YMCA, Beth Crawford is leaving for a new position at the Glendale Y.

Crawford will be chief operating officer in Glendale. She will continue as associate executive director at the Downey Y until this Sunday.

Her departure is a big loss not just for the Downey Y, but the entire community. She was an active volunteer, a member of Downey Soroptimist, and president-elect of the morning Kiwanis club.



Jim DeKay took the Downey Patriot with him aboard the Excel out of San Diego on a fishing trip, where he caught this 232-lb. yellowfin tuna (ahi). Pictured with Jim is deckhand Travis Oden.

## Proposal to end sales tax on menstrual products receives support

**DOWNEY** – On a 4-0 vote, the California State Board of Equalization on Wednesday endorsed Assembly Bill 1561, a measure to make menstrual products exempt from sales tax.

The bill, joint authored by Assemblymember Cristina Garcia (D-Bell Gardens) and Assemblymember Ling Ling Chang (R-Diamond) seeks to end the “tampon tax” and bring more gender equity to California’s tax code.

“Effectively we are being taxed for being born as women,” Garcia stated. “AB 1561 is about social justice, gender equity in our tax code, it’s an opportunity to end an outdated tax that uniquely targets women for a function of their body, a function we don’t control and can’t ignore every month of our adult life.”

Moreover, almost 4.6 million in California live in poverty. Many are women of color. “When you are trying to figure out how to stretch five

dollars of food stamps to cover three meals a day, every penny counts,” Garcia continued. “If we can’t make these essential products free or covered by insurance for women, then we at least have to make them more affordable.”

Presently, California law exempts health items like walkers, medical identification tags, and prescription medication, including Viagra. Tampons and sanitary napkins are not exempt. “Menstrual products are a basic necessity. When we call tampons or pads “feminine hygiene” products it makes us forget that these are actually necessary health items that women use on a monthly basis,” Garcia said.

“This is a health issue,” said Chang. “By taxing these products we are putting up an unnecessary barrier to a necessary health product. It is also about tax relief for women. Collectively we pay \$20 million in taxes on feminine hygiene products.

By putting that money back in the hands of women, we are creating greater access to a very important health product – especially in low-income and homeless populations.”

Assemblymember Garcia and Chang are working to end this longstanding tax on women in California. Five states have already repealed the sales tax on feminine hygiene products which they consider necessary health products for women.

Garcia concluded that across the globe, from Canada, to the UK, to Malaysia, political leaders have repealed, reduced, or are under pressure from activists to jettison the “tampon tax” and that it is time for California to act and make tax equity for women a priority.

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★ THE 5TH WAVE PG-13 BB Fri to Wed: (11:05, 1:50, 4:35), 7:20, 10:05 Thu: (11:05, 1:50, 4:35), 10:05

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~ Proceeds benefit Rancho ~

# DINING OUT?

**VERACRUZ**  
FAMILY RESTAURANT

**BUY 1 GET 1 FREE!**

\* Buy any item from our dinner menu at regular price and get the 2nd of equal or lesser value FREE w/purchase of 2 drinks. Items 1-43 Only. Dine-In Only. No Take Out. 1 Coupon Per Visit. Substitutions Extra. Expires 2-14-16. Excludes Holidays.

9085 Imperial (at Columbia Way) • Daily 10 AM - 9 PM • (562) 923-1013

**La Perla del Mar**  
Family Restaurant

**FREE ENTREE**

when you Purchase One at Equal or Lesser Value and 2 Drinks  
(Dine-in only. \$11.00 Maximum) Exp. 2-29-16

(562) 923-8913 • 8803 E. IMPERIAL HWY., DOWNEY, CA 90242

**Grill & Cantina**  
Authentic Fresh Made Mexican Food

**HAPPY HOUR**

Mon. - Fri. 3 PM-8 PM  
Sat. & Sun. 3 PM-8 PM  
(Bar Only)

**movita**  
JUICE BAR

9202 Lakewood Blvd.  
Downey, CA 90240

(562) 904-3838  
MovitaJuiceBar.com

**FREE SHOT OF WHEATGRASS OR GINGER**

Buy any juice or smoothie and receive a complimentary shot of wheatgrass or ginger. Bring this coupon.

**CHRIS & PITT'S**

Place your order for your Gathering today....

**THE BIG GAME**

For \$99.00 + TAX  
(Feeds about 10-12 ppl, no order limit)

What better way to watch the game than with friends, family and a delicious Chris & Pitt's BBQ Chicken and Ribs tray  
(Includes crisp salad, BBQ beans, mashed potatoes and our delicious garlic bread)

ALL YOU WILL HAVE TO DO IS PICK IT UP AND ENJOY THE GAME!!!

**Breakfast & Lunch Buffet**  
Now Available!

**Monday - Thursday**

Buy One Entree, Get the Second of Equal or Lesser Price for **\$3.99**

Expires 2-29-16  
(Not valid with any other offer.)

**MARIACHI**  
Friday & Saturday 7:30 PM - 12 PM  
Sunday 4 PM - 9 PM

Tel. 562.622.9100  
11010 Paramount Blvd.  
Downey, CA 90241

**Heloon** 10822 LAKEWOOD BLVD., DOWNEY • 862-0223

Your choice of any item on the Dinner or Pasta section of our menu, valid only with purchase of two beverages 1 coupon per table • No take-out

**BUY ONE DINNER AT REGULAR PRICE GET ONE DINNER FREE!**  
of equal value or less

Not Valid on Holidays, not good with any other offer.  
Expires: 2-10-16

For Information on this **DINING OUT** section  
Call **Dorothy** or **MaryAnn** at  
The Downey Patriot **(562) 904-3668**







## CLASSIFIEDS

**ANIMALS**

**LOST DOG**  
Looking 4 Buddy  
Reddish Brown  
Male Pomeranian. Lost 1/25  
8500 block of Cavel St., Dwy  
(562) 923-2941

**CLASSES**

**LEARN TO TAP**  
Beginners 8 wk classes start  
Wed. Feb. 3rd 6pm  
Thurs. Feb. 4th 10am  
Intermediate start  
Wed. Feb. 3rd 7pm  
Instructor Melodie Danley  
Registration & class held at  
**Barbara J. Riley  
Community & Senior Center**  
7810 Quill Dr., Dwy  
For info (562) 904-7223

**EMPLOYMENT**

**REAL ESTATE OFFICE**  
Needs receptionist/rental clerk  
bilingual, comp exp & office  
exp req'd, part time position  
Call for more details  
(310) 637-0422  
(323) 774-3122

**FOR RENT**

**2 BR 1 BA N. DWY HOUSE**  
Pool. \$1,695/mo.  
Available Feb. 1st  
(310) 617-3640

**\*GREAT LOCATION\***  
Like new, totally refurbished.  
2BR built-in forced air & heat.  
Owner pays gas. \$1,300/mo.  
Will consider Sec. 8  
**11613 Downey Avenue**  
(323) 992-8083

**FOR RENT**

**MASTER BEDROOM**  
with bonus room utilities &  
cable incl. \$750 + dep  
(562) 715-3284

**DOWNY APT**  
1 BR, 1 BA, \$950 + dep  
(562) 881-5635

**1 BED, 1 BATH**  
\$1,200/mo  
(562) 618-2881

**MISCELLANEOUS**

**RUMMAGE SALE &  
BAKE SALE**  
Good Shepherd Lutheran  
Church  
**13200 Clark (Columbia  
Way) Downey**  
Friday & Saturday  
Feb. 5-6 from 8am - 2pm  
Clothing, household items,  
antiques, toys, books, baked  
goods and more.  
Call (560) 803-4459 for in-  
formation.

**OFFICE FOR RENT**

**OFFICE SPACE AVAIL-  
ABLE**  
The best office space in  
Downey  
**ARENAS SQUARE**  
12125 Woodruff Avenue  
Downey, CA 90241  
6,000 square ft., 14 offices,  
kitchen, & 4 bathrooms  
(323) 583-4241

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Licensed, bonded & insured,  
24/7, senior discount  
**McKinnon & Sons**  
Plumbing of Downey  
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SOLUTION**  
Desktop & Notebook Re-  
pair. Senior computer help &  
printer setup. Virus Removal  
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(562) 714-9876

**SERVICES**

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PLUMBING WORK**  
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Jobs start at \$35, free estimate  
Call Erik (323) 228-4500

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SERVICE**  
for all your home improve-  
ments & repairs. All labor and  
material guaranteed.  
(562) 331-0976

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CONSTRUCTION**  
Project Design,  
New Construction,  
Remodeling & Additions  
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Call Jeff (562) 869-1421

**CARPET CLEANING**  
\$79 for 4 rooms, \$39 for 2  
rooms, hallways included, \$59  
for sofa and love seat.  
We do all types of cleaning  
(562) 472-6177

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**FINE ROOFING, INC.**  
Roof Repair & Leaks  
Free Estimate•Quality Service  
Senior Discount. Lic 976823  
(562) 879-4987

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Phone Call Away  
to include your ad in  
The **Downey Patriot**



**Classified Section**  
Deadline is Wednesday  
at 11:00 am  
**(562) 904-3668**

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[www.TheDowneyPatriot.com](http://www.TheDowneyPatriot.com)

payment authorized by 2924h(b), (payable at time of sale in lawful money of the United States). By the fountain located at 400 Civic Center Plaza, Pomona, CA 91766. 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: FULLY DESCRIBED IN THE ABOVE DEED OF TRUST. APN 8045-004-045 The street address and other common designation, if any, of the real property described above is purported to be: 12933 Navajo Lane, Norwalk, CA 90650 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be 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 said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, 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 and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is: \$255,804.62 If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and written Notice of Default and Election to Sell. The undersigned caused a Notice of Default and Election to Sell to be recorded in the county where the real property is located. Dated: 1/8/2016 THE MORTGAGE LAW FIRM, P.L.C. Adriana Rivas/Authorized Signatory 41689 ENTERPRISE CIRCLE NORTH, STE. 228, TEMECULA, CA 92590 (619) 465-8200 FOR TRUSTEE'S SALE INFORMATION PLEASE CALL 714-730-2727 The Mortgage Law Firm, P.L.C. is attempting to collect a debt. Any information obtained may be used for that purpose. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (714) 730-2727 for information regarding the trustee's sale or visit this Internet Web site - [www.servicelinkASAP.com](http://www.servicelinkASAP.com) - for information regarding the sale of this property, using the file number assigned to this case: 123867. 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. A-FN4557245 01/14/2016, 01/21/2016, 01/28/2016

**The Downey Patriot**  
1/14/16, 1/21/16, 1/28/16

Trustee Sale No.: 20110015002135 Title Order No.: 7341611 FHA/VA/PMI No.: NOTICE OF TRUSTEE'S SALE: YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 04/03/2007. 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. NDEX West, L.L.C., as duly appointed Trustee under and pursuant to Deed of Trust Recorded on 04/10/2007 as Instrument No. 20070894550 of official records in the office of the County Recorder of LOS ANGELES County, State of CALIFORNIA. EXECUTED BY: SERGIO S CORTEZ, WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK/ CASH EQUIVALENT or other form of payment authorized by California Civil Code 2924h(b), (payable at time of sale in lawful money of the United States). DATE OF SALE: 02/03/2016 TIME OF SALE: 10:00 AM PLACE OF SALE: BEHIND THE FOUNTAIN LOCATED IN CIVIC CENTER PLAZA, 400 CIVIC CENTER PLAZA, POMONA CA. STREET ADDRESS and other common designation, if any, of the real property described above is purported to be: 8423 EVEREST ST, DOWNEY, CALIFORNIA 90242 APN#: 6261-002-018 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be 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 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 and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$479,408.32. 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 caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section

2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 916-939-0772 for information regarding the trustee's sale or visit this Internet Web site [www.nationwideposting.com](http://www.nationwideposting.com) for information regarding the sale of this property, using the file number assigned to this case 20110015002135. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. FOR TRUSTEE SALE INFORMATION PLEASE CALL: NATIONWIDE POSTING & PUBLICATION A DIVISION OF FIRST AMERICAN TITLE INSURANCE COMPANY 1180 IRON POINT ROAD, SUITE 100 FOLSOM, CA 95630 916-939-0772 [www.nationwideposting.com](http://www.nationwideposting.com) NDEX West, L.L.C. MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. NDEX West, L.L.C. as Trustee Dated: 12/28/2015 NPP0268696 To: THE DOWNEY PATRIOT 01/14/2016, 01/21/2016, 01/28/2016

**The Downey Patriot**  
1/14/16, 1/21/16, 1/28/16

Trustee Sale No.: 20110015005170 Title Order No.: 110461140 FHA/VA/PMI No.: NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 05/07/2007. 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. NDEX West, L.L.C., as duly appointed Trustee under and pursuant to Deed of Trust Recorded on 05/15/2007 as Instrument No. 20071175404 of official records in the office of the County Recorder of LOS ANGELES County, State of CALIFORNIA. EXECUTED BY: GUILLERMINA JIMENEZ, WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK/CASH EQUIVALENT or other form of payment authorized by California Civil Code 2924h(b), (payable at time of sale in lawful money of the United States). DATE OF SALE: 02/18/2016 TIME OF SALE: 10:00 AM PLACE OF SALE: BEHIND THE FOUNTAIN LOCATED IN CIVIC CENTER PLAZA, 400 CIVIC CENTER PLAZA, POMONA CA. STREET ADDRESS and other common designation, if any, of the real property described above is purported to be: 14322 IBEX AVE, NORWALK CALIFORNIA 90650 APN#: 8072-017-009 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be 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 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 and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$367,928.36. 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 caused said Notice of Default and Election to Sell to be recorded in the county where the real

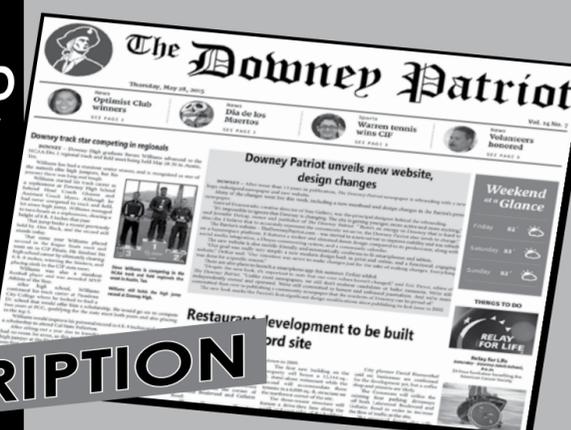
property is located. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold

more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 916-939-0772 for information regarding the trustee's sale or visit this Internet Web site [www.nationwideposting.com](http://www.nationwideposting.com) for information regarding the sale of this property, using the file number assigned to this case 20110015005170. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately

be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. FOR TRUSTEE SALE INFORMATION PLEASE CALL: NATIONWIDE POSTING & PUBLICATION A DIVISION OF FIRST AMERICAN TITLE INSURANCE COMPANY 1180 IRON POINT ROAD, SUITE 100 FOLSOM, CA 95630 916-939-0772 [www.nationwideposting.com](http://www.nationwideposting.com) NDEX West, L.L.C. MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. NDEX West, L.L.C. as Trustee Dated: 01/14/2016 NPP0269963 To: THE DOWNEY PATRIOT 01/21/2016, 01/28/2016, 02/04/2016

**The Downey Patriot**  
1/21/16, 1/28/16, 2/4/16

**GUARANTEED DELIVERY \$15 PER YEAR SUBSCRIPTION**



The Downey Patriot is offering subscriptions for \$15/year. Subscription guarantees delivery every Friday to a single-family home in Downey.  
**8301 E. Florence Ave., Suite 100, Downey, CA 90240**

<b>Name:</b>	
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To give The Downey Patriot as a gift, fill out the information form below and send it along with a check for \$15 to The Downey Patriot, or you can always come into the office and drop off your subscription form.

<b>Name of Recipient:</b>	
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THE DOWNEY ROSE FLOAT ASSOCIATION PRESENTS

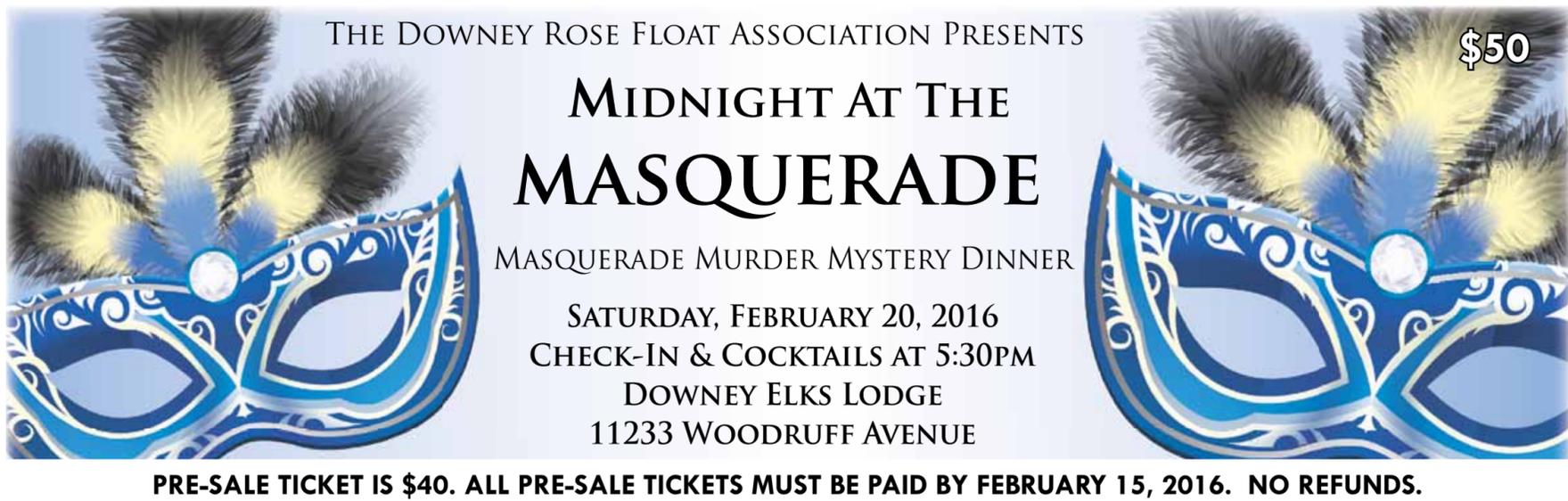
# MIDNIGHT AT THE MASQUERADE

MASQUERADE MURDER MYSTERY DINNER

SATURDAY, FEBRUARY 20, 2016  
CHECK-IN & COCKTAILS AT 5:30PM  
DOWNEY ELKS LODGE  
11233 WOODRUFF AVENUE

**\$50**

PRE-SALE TICKET IS \$40. ALL PRE-SALE TICKETS MUST BE PAID BY FEBRUARY 15, 2016. NO REFUNDS.



# POETRY MATTERS



America PoliticalHistoria, in Spontaneity (exerpts)

By Gregory Corso

O this political air so heavy with the bells...  
The umbrella'd congressmen; the rapping tires  
of big black cars, the shoulders of lobbyists...

and meanwhile lame futurists weep into Spengler's  
prophecy, will the world be over before the races blend color?  
All color must be one or let the world be done-  
There'll be a chance, we'll all be orange!  
I don't want to be orange!  
Nothing about God's color to complain;  
and there is a beauty in yellow, the old Lama  
in his robe the color of Cathay;  
in black a strong & vital beauty,  
Thelonious Monk in his robe of Norman charcoal-  
...I could never understand Uncle Sam  
his red & white striped pants his funny whiskers his starry  
hat:  
how surreal Yankee Doodle Dandy, goof!...

OF THE PEOPLE is fortunate and select.  
FOR THE PEOPLE has never happened in America or  
elsewhere.  
BY THE PEOPLE is the sadness of America...

I am not politic.  
I am not patriotic.  
I am nationalistic! ...  
The men of politics I love are but youth's fantasy:  
The fine profile of Washington on coins stamps &  
tobacco wraps  
The handsomeness and death-in-the-snow of Hamilton.  
The eyeglasses shoe-buckles kites & keys of Ben  
Franklin.  
The sweet melancholy of Lincoln.  
... Politics has lost its romance!...  
Madbeautiful oldyoung America has no candidate  
the craziest wildest greatest country of them all!  
and not one candidate—  
Mad beautiful oldyoung America has no candidate  
the craziest wildest greatest of them all!  
and not one candidate

Corso was a leading member of the Beatliterary movement that shook  
American social and political life in the late 1950's and 60's. This poem he  
wrote in 1970 has relevance duringtoday's season of campaigns. Poetry-  
Matters is curated by Lorine Parks.

## SHARED STORIES: THE TIES THAT BIND

# Always Doing Her Best

Yolanda Gonzales's story of her mother's  
cooking reminds us that our parents  
don't need to be wealthy to leave us with  
rich memories. Shared Stories is a weekly  
column featuring articles by participants  
in a writing class at the Norwalk Senior  
Center. Bonnie Mansell is the instructor  
for this free class offered through the  
Cerritos College Adult Education  
Program. Curated by Carol Kearns

By Yolanda Gonzales

When I was a young girl growing  
up, my family didn't have much.  
We were raised on welfare, but I do  
remember my mother making the best  
of everything!

Just going to cash her welfare  
check, she made sure she was well  
dressed. She'd fix her hair so pretty, find  
the right outfit to wear, stand in front  
of the mirror and put her lipstick on so  
perfectly.

My father also made the best of  
everything. I don't recall my father  
ever owning a suit, but when it was  
time for him to get dressed, he'd put on  
a plaid shirt, a pair of blue jeans, and  
work boots. He also made sure that he  
was well dressed, so he could drive my  
mother to cash her check and take her  
grocery shopping.

Back then my father owned a blue  
Chevrolet pick-up truck and most  
times the children rode along with  
them. Sometimes I got to sit in front  
between my parents. It was so much  
fun! I'd stretch my neck out just to look  
as my father drove. I remember those  
gears shifting as he drove down the  
street.

There was a check cashing place  
where my father drove my mother to.  
I remember the lines were so long! We  
had to wait for hours for our mother.  
But while my father sat in his truck and  
waited, he would listen to the radio.

When my mother was done  
cashing her check, my father would  
drive her to "Phil's Market." That was  
the grocery store where she shopped.  
I remember that market on Rosecrans  
Blvd. in Compton. My mother would  
buy us new toys on that day! She'd buy  
the girls new Barbie dolls and toy army  
men for the boys.

When the grocery shopping was  
done my father drove us back home.  
We were so excited to get new toys on  
that day. I remember that it was always  
a Saturday when my mother cashed her  
check.

My mother really made the best  
of things when she was in the kitchen.  
While she cooked dinner, my father  
would sit in the garage, drink his beer,  
and listen to his music.

My mother did her best with what  
she had in the kitchen. When she  
cooked, she never measured anything.  
We didn't have measuring cups. All she  
used was salt and pepper to season the  
food.

We never had a whole set of dishes.  
We had plastic dishes with flowers on  
them, so light in weight. Most of the  
dishes had a burnt spot somewhere,  
or part of the edge was melted because  
she used them to cover the pots as she  
cooked.

My mother never owned any  
Tupperware. She would use a cup or  
a bowl for anything that was left over.  
The cup was mainly used for leftover  
tomato sauce. We had macaroni and  
tomato sauce.

She also chopped up hot dogs, or as  
she called it, "chopped up wiennies and  
tomato sauce."

We also had hamburger meat  
with potatoes and tomato sauce. That  
meal would later be called "The Poor

Man Meal." That was a specialty in  
our family, often handed down from  
generation to generation.

When the holidays came around  
it was our first day of school, my  
mother would use home-made hair  
curlers on our hair. All she needed was  
an old T-shirt, a brown paper bag, and

a pair of scissors.

She'd cut out strips of both the  
T-shirt and brown paper bag. I can't  
even begin to explain how she mastered  
her work, but believe me, it did curl our  
hair!



Hometown Hardware & Garden announced Ralph Mulholland as the winner of its \$1,000 fall shopping giveaway.

**Jeff & Lois Worthy**  
Your Trust "WORTHY" Real Estate Team!

**When Results Matter...  
and CHARACTER counts!!!**

For all of your Real Estate needs, call Jeff or Lois at:  
**(562) 659-2245**

**OPEN HOUSE THIS WEEKEND!!**  
Saturday and Sunday 1:00PM - 4:00PM

**7725 3rd Street  
Downey • 90241**

Newly Built in 2015  
5 Bedrooms & 5 Bathrooms  
4,989 Living Square Feet  
Over 9,600 Square Feet Lot  
Listed at \$1,539,000

One of a Kind Mediteranean, Two-Story Home in The Orange Estates. Elegance Throughout This Finely Crafted Home. Features Custom and Unique Ceilings, Natural Lighting, Spectacular Travertine Flooring, Sweeping Circular Staircase, Open Kitchen with Granite Counters, Breakfast Bar, Frosted Glass Pantry, and Rich Wood Cabinetry. Master Suite with Stone Fireplace, Oversized Glass Shower, Jacuzzi Tub, Walk In Closet with Custom Organizers, and Private Balcony. Circular Driveway with Porte Cochere and 3 Car Garage, and Expansive Back Yard with Lush Palm Trees. Truly Unique, This Home Lends Itself to Comfortable Everyday Living PLUS a Perfect Setting for Outdoor Enjoyment and Entertainment.

Feel free to stop by and chat about any of your real estate questions and remember, when it's time to sell, it's time to call Dale!!  
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**OUR CLIENTS**

"Carlos Salguero & Maria Zuloaga did a great job, were patient & understanding!" - **Marian Ceja**

"Marcia Cox did an excellent job, was a hard worker & we are very satisfied!" - **Dolores Ramirez**

"Lorena Amaya & Lilian Lopez did an excellent job!" - **Ofelia Salazar**

**FEATURED PROPERTY**

**Move In Ready!**  
MOVE IN READY! Newly remodeled kitchen, including new stone counter tops & tile floor, soft closing drawers & cabinets, stainless steel appliances. Newly remodeled bathrooms; dark wood laminated floors throughout; newly landscaped, including timed sprinklers in front & back yards; covered patio. Call Today For Info!!!

**TOP PRODUCERS**

**TOP LISTING John Kemmerer**

**TOP PRODUCTION Lorena Amaya & Lilian Lopez**

**TOP SALES Nubia Aguirre**

**One Of A Kind!**  
This 11,000 sqft. custom Downey home sits on over an acre of land. The property features 7 bedrooms, 13 bathrooms, pool house, workout room, sports court, study/library, tree house, game room, 6 car garage and a movie theater that seats approximately 10 people. Call Today For Info!!!

**Huge 25K Price Reduction!**  
Beautiful Orange estates home! This home features 6 spacious bedrooms and 4 bathrooms with over 3,000 sq ft of living space. It's over sized master suite is on the upper level with a huge walk in closet and en suite bath. Call Today For Info!!!

**MOVE RIGHT IN!**  
Newer modern and elegant PUD. Spacious 1700 sqft of living area. 3 bedrooms 3 baths. Open loft, dining and kitchen room. Double attached garage for easy access to your home, secure automatic gated property. Call Today For Info!!!

**SPECTACULAR VIEWS!!!**  
This beautiful 2 level townhome features 3 bedrooms and 3 bathrooms. The top level features the kitchen, living room, a bedroom, bathroom and a deck. As soon as you walk in you see the reflection of Alamitos Bay in the mirrored walls. The bottom level features the laundry area, 2 bedrooms including the master. Call Today!!!

**Move In Ready!**  
Nice property with 3 bed, 1 bath & upgraded bathroom with tile floor. Remodeled kitchen with granite counters and newer cabinets. Nice sized bedrooms with window AC units. Detached 2 car garage. Large front and back yard with sprinklers system. Easy freeway access great location. Priced to sell. Great potential. Call Today For Info!!!

**Terrific Downey Home!!!**  
Very nice house you must see have to see the inside. 3 bedrooms 3 baths large family room. Back yard have parking for 6+ cars with electric gate. Spa. Close to freeway, stores & schools. Call Today!!!

**MOVE RIGHT IN!!!**  
This home is move-in condition. Great floor plan - cozy fireplace in living room. Tile floors, newer carpet, remodeled bathroom, covered patio in private yard. Detached garage with extra storage building attached. Wall window air condition, security system. Call Today!!!

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**8416 Fontana, Downey**  
2 bedrooms, 1 bath home with hardwood floors, inside laundry room, 2 car garage, super clean home in quiet neighborhood.  
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**13156 Deming Street, Downey**  
2 bedrooms, 1 bathroom, + a den that can be used as a 3rd bedroom, over 1,100 sq. ft. of living space.  
Priced at: \$399,900

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**UNITS! UNITS! UNITS!**  
Very clean well maintained 6 unit building in Maywood. The city of Maywood is the densest city in California. Strong Rental Market with upside potential. Large 3 bedroom 3 bath front unit recently remodeled in great condition/.4 one bedroom 1 bath units/1 two bedroom 2 bath unit. Priced to sell at: \$995,000  
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**DOWNEY HOME**  
3 bedrooms, 1+3/4 baths, updated kitchen, 1,708 sq. ft. living space.  
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**Downey Townhome**  
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**9720 Pomeroy Rd, Downey**  
3 bedrooms, 2 bathrooms, 1,824 sq. ft. living space  
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## FANTASTIC DOWNEY HOMES FOR SALE



**REMODELED DUPLEX IN DOWNEY**  
Main House has 2 BD, 1 BA, den, remodeled kitchen & oversized BA. Second unit is a studio Apt. renting for \$1,150/month. Property has two 1 car garages.  
**List Price: \$549,900**



**ROOM TO GROW!**  
4 BD, 2 BA, 1,627 sq ft, huge 11,637 sq ft lot. Other amenities: central air & heat, fireplace in living room, enclosed patio, large master bedroom.  
**List Price: \$589,900**



**A-1 NEIGHBORHOOD**  
4 BD, 4 BA, 2,117 sq. ft. on a 7,546 sq. ft. lot w/ a 2 car detached garage, large living room w/ fireplace, formal dining room, family room, & 2 master bedrooms.  
**List Price: 659,900**



**N.E. DOWNEY MANSION**  
Newer built home (2008) on Northeast side of Downey!  
4 BD, + office (could be 5th room), 4 BA, 4,560 sq. ft. living space, 8,808 sq. ft. lot, large family room.  
**List Price: \$1,289,000**



**ENTERTAINER'S DELIGHT**  
4 BD, 4.5 BA, 4,942 sq. ft., 12,112 sq. ft. lot, large pool, luxurious master suite with fireplace, and guest house with bathroom behind 2 car garage.  
**List Price: \$1,349,950**

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