



**COMMENTARY**  
Putting a face on Covid-19 victims

SEE PAGE 4



**COMMENTARY**  
Remembering the Holocaust

SEE PAGE 7



**PAGING DR. FRISCHER**  
Enhancing our immune system

SEE PAGE 8



**FEATURES**  
Checking in with Soroptimist

SEE PAGE 11

## Downey workers checking on local seniors

City employees are calling a database of senior citizens to make sure they're safe.

By Carol Kearns  
Contributor

**DOWNEY** — Just days after the Los Angeles County Department of Health issued its "Stay at Home" order to slow the spread of Covid-19, the City of Downey instituted proactive measures to aid seniors living alone—the Senior Wellness Check Program.

Since mid-March, city staff at the Department of Parks and Recreation have been making weekly phone calls and visits to seniors known to be living alone and/or unable to leave the house.

"If we don't hear from somebody for a week's period," explains Jason Chacon, Parks and Recreation Manager, "they go on to our actual home visit wellness check, where we send staff out to their house to check on them." Staff members who visit a home leave notices and talk to neighbors if no one answers.

"I personally did one call," recounts Chacon, "where her neighbor was a police officer and he said, 'Shirley went with her daughter. They live in another city, and we know she's okay.'"

If staff are still unable to make contact or acquire information, Chacon says, "We forward those names over to our police department and the Downey PD will go actually do a more formal wellness check."

The swift implementation of Downey's Wellness Check Program was possible because of the Senior Congregate Lunch

Program already in place at the Barbara J. Riley Community and Senior Center.

For many seniors, daily lunch at the Riley center was an important social event as well as an affordable meal. Modest donations, usually under \$2, were suggested, not mandatory.

When the center closed, to comply with emergency procedures limiting social contact, city staff knew that social isolation would pose serious risks for many homebound seniors.

"Our city manager [Gilbert Livias] asked us to come up with a system for us to be able to check on our seniors," says Chacon.

Working closely with the non-profit agency that delivers the daily meals, Human Services Association (HSA), city staff compiled a database of all seniors who may have participated in the lunch program at any time in the past.

"We started a phone bank of roughly about 380 seniors," says Chacon, "and we would call them once or twice a week, depending on how we could get through the list, and just kind of check on them, their well-being, how are they, did they need anything."

After the first round of wellness checks by phone, Chacon says 38 homes required a visit because no one answered.

"People don't answer for a variety of reasons," explains Chacon. "Sometimes phone numbers might be wrong, sometimes they can't get to the phone in time and don't check their voicemail."

Continued on page 2

A Downey Parks & Recreation worker goes through her list of elderly residents to call.

City employees are calling local seniors to make sure their needs are being met during the pandemic.

Photo courtesy City of Downey



## Coronavirus hits Downey nursing home

**DOWNEY** — Brookfield Healthcare Center in Downey is one of over 250 skilled nursing facilities in California to have been impacted by COVID-19.

The California Department of Public Health released a list of 258 skilled nursing facilities across the state to have reported having one or more confirmed coronavirus cases by either a resident or health care worker as of April 17.

More than half of the facilities listed are within Los Angeles County.

According to the CDPH, Brookfield has tallied a sum of less than 11 positive COVID-19 cases for both patients and staff counts.

The report lists a grand total of 1290 positive patient counts and 1740 positive staff counts from 1224 total skilled nursing facilities statewide.

At the time of writing, there are 155 total confirmed cases in Downey.

Alex Dominguez, staff writer



Mayor Blanca Pacheco practices social distancing with Barbara J. Riley Senior Center staff. (City of Downey photo)

## Mayor's Corner: Thank you for helping flatten the curve

By Blanca Pacheco  
Mayor of Downey

Hello Downey,

As we continue with the Stay At Home order, I want to thank everyone in the Downey community for following the order and helping to flatten the curve. Maintaining our distance from each other will help us continue to stay healthy and safe.

During this unprecedented time, our city services are still working and available for you. The Downey City Library has thousands of free materials that you can access from your home. From eBooks to online courses, all are available through the Downey City Library at [downeylibrary.org](http://downeylibrary.org).

Anyone with a Downey library card can access the free material. If you need a library card, you can sign up for one online through the library website. Recently, the Downey City Library added free streaming movies for adults and kids through a service called Kanopy. Here you can watch over 30,000 documentaries, classic movies, and indie films. Log in with your library membership and enjoy the diverse catalog with new titles added every month.

Online story-time will be launching soon! Our library staff will be reading stories for children of all ages. Reading aloud to children has been shown to improve reading, writing and communication skills, logical thinking and concentration as well as inspire a lifelong love of reading. So please join us and read along with us! Information about this program and the many other resources offered by the Downey City Library is available on [downeylibrary.org](http://downeylibrary.org) as well as their social media sites.

During this unprecedented time, we have all made changes



in our daily lives to help stop the spread of COVID-19. I have seen many residents go above and beyond to help their neighbors. They have checked in on seniors who may need groceries or simply stopped by to say hello. I have seen the dedicated staff of the Downey Unified School District at our local schools passing out food to make sure our students eat during this time.

Also, I have spoken with our teachers who are working together to try and figure out the new normal of distance learning. Many of them spending extra time with each student to make sure they understand their homework and stay on track. These are just a few examples of acts of kindness I have seen, but there are so many more. I would love to hear your stories of acts of kindness you have witnessed during this time. Please email me at [bpacheco@downeyca.org](mailto:bpacheco@downeyca.org).

We are still in the reporting stage for the Census 2020. Downey has had a response rate of 47.8%. This is great but our goal is to reach 100%. Results help determine how federal funding impacts our community each year. Getting a complete and accurate count in 2020 requires everyone's help. For more information please visit [2020census.gov](http://2020census.gov).

I would like to remind everyone that our Senior Congregate Meal Program is still available for seniors. To qualify you must be a resident of Downey and be age 65 or older. For availability and registration please contact (562) 862-8800. Residents have also inquired about food banks, below is a list of resources in our area:

Calvary Chapel Downey, 12808 Woodruff Ave., (562) 803-5631

Downey First Christian Church, 10909 New St., (562) 862-2438

St. Gertrude Catholic Church, 7025 Garfield Ave., Bell Gardens, (562) 927-4495

Food Finders, 3744 Industry Ave., #401, Lakewood, (562) 283-1400

LA Regional Food Bank, 1734 E. 41st St., Los Angeles, (323) 234-3030

Kingdom Causes, 16429 Bellflower Blvd., Bellflower, (562) 804-2189

Again I want to thank everyone for your cooperation during this unprecedented time. Together we will get through this.

Sincerely,  
Mayor Blanca Pacheco

## Food pantry needs donations

**DOWNEY** — FoodHelp, the food pantry operated by Downey First Christian Church, is hosting a food drive to help the increasing number of families seeking food.

Fresh fruit and dry goods are needed, including canned vegetables, canned fruit, canned meat, soups and stews, cereals and bars, peanut butter, rice and beans, pasta, flour, sugar, and bottled drinks.

Donations should be brought to the church parking lot at 10900 La Reina Ave., Sunday through Thursday.

For questions or more information, email [FoodHelp@downeyfirst.org](mailto:FoodHelp@downeyfirst.org).

Monetary donations can also be made online at <https://downeyfirst.breezechms.com/form/09ffe1>

## Weekend at a Glance

Friday 95°

Saturday 90°

Sunday 86°

### THINGS TO WATCH



**A Fall From Grace**  
Netflix (film)

When gentle, law-abiding Grace confesses to killing her new husband, her skeptical young lawyer sets out to uncover the truth. A film by Tyler Perry.



**Angel Has Fallen**  
Netflix (film)

Secret Service agent Mike Banning is caught in the crossfire when he's framed for a deadly attack on the president and forced to run for his life.



**Waco**  
Netflix (series)

When federal authorities attempt to seize a religious compound, a standoff with its prophetic leader and his followers ensue. Based on true events.



**Insecure**  
Hulu (series)

Created by and starring Issa Rae, this comedy series looks at the friendship of two modern-day black women and all of their tribulations.



**High Fidelity**  
Hulu (series)

A record store owner revisits past relationships through music and pop culture while trying to get over her one true love.



**Good Boys**  
Hulu (film)

Three 12-year-old boys endure epic misadventures as they prepare for their first "kissing" party in this coming-of-age comedy.

# Help available for Downey senior citizens

Continued from page 1

Notices left by these visits from city workers say, "The City of Downey stopped by to check on you today. Please give us a call to let us know you are doing ok."

When the home visits were completed, Chacon says the number of people unaccounted for was reduced to 28. By the next round of home visits, the number of unaccounted residents dropped to 18.

Chacon says they try to make contact by phone at least once a week with seniors on the list, adding, "Usually we're able to get through it twice."

Seniors can register themselves for the Wellness Check Program by calling Downey's Parks and Recreation Department at (562) 904-7238.

People can also call the city

and request that someone they know be added for a wellness check.

"We've gotten phone calls from people who want us to check on a relative," says Chacon. "Maybe they don't even live in the city but a relative does. So we add those people to our check-up program."

### Senior Lunch Program

Even though the Riley center is now closed to the public, the city lunch program for seniors is continuing, but with some changes.

HSA, which prepares and delivers the lunches, is a private, non-profit organization that partners with 20 local cities in LA County to provide daily meals for seniors. Funding for the popular program is a combination of city contracts, grants, and voluntary (not mandatory) donations of up

to \$2.00 from each client.

"On a normal basis, without this crisis," says Darren Dunaway, HSA Director, "we're doing hot meals every single day at the Downey senior center."

Under a county directive to limit contact and exposure during the pandemic, the new procedure precludes daily hot meals.

Instead, HSA is now preparing and delivering frozen meals to the Riley center twice a week that can be picked up and taken home by qualifying seniors on Mondays and Thursdays, between 11-11:30 a.m. Known as Grab-and-Go, this program allows each client to pick up four meals at a time.

Seniors who want to sign up for the lunch program must call the city before noon on Friday to pick up the meals on Monday, and before noon on Wednesday

to pick up meals on Thursday. The city number is (562) 862-9571.

Dunaway says this congregate meal program is currently serving 86 clients a week in Downey alone. Per county guidelines, a voluntary donation is no longer mentioned.

The procedure for HSA home-delivered meals has also been modified from daily hot meals to the delivery once a week of 7-10 frozen meals.

"We don't like doing that normally," explains Dunaway, "because we like to check on people every day, but it's a county directive that they're trying to limit contact and exposure, so they mandate that we move to that system." HSA is currently serving 69 home-bound seniors.

This cessation of daily contact during meal deliveries was also a factor in Downey's decision to implement its Senior Wellness Check Program.

The requirement for home-delivered meals, says Dunaway, is that they be 60 or older, and have the need.

"We ask for a doctor's note," says Dunaway, "but there's no income requirement. It's just 60 and over and be homebound for some reason."

Calls for food assistance have increased during the expanding health crisis.

Dunaway reports people calling to say, "I've got a health condition and I don't want to go out," or "They told me to stay home."

Regarding HSA's total program throughout LA County, Dunaway calculated, "We've had roughly 2,000 brand new clients that we never served before call us. Whatever the reason, most people are just afraid."

Based on recent conversations with county officials, Dunaway estimates that the current meal program for seniors will continue for a while.

"We're probably going to be doing this until September, at least," he says.

HSA's home-delivery program, which operates in partnership with local cities, is

not to be confused with the well-known volunteer services of Meals on Wheels.

"Our program is partially government-funded," Dunaway says. "We use all-staff."

New county guidelines during the pandemic now restrict HSA from suggesting donations for the meals. This is impacting HSA's budget.

"In general it [a donation] was a little over a dollar a meal," says Dunaway. "My agency is doing about 20,000 meals a week, so that's a huge hit for us."

Dunaway urges people who are interested in supporting food services for the needy to visit the Human Services Association website at [www.hsala.org](http://www.hsala.org) or call their number at (562) 806-5400.

HSA headquarters is in Bell Gardens, where it was founded in 1940 as an outreach effort by the Presbyterian Church. Its services are non-sectarian.

For further information about services in Downey, and updates about emergency restrictions, residents can visit the city website at [www.downeyca.org](http://www.downeyca.org).

Bankruptcy

Bancarrota

Visitation & Custody

Visitaciones y Custodia

Restraining Orders

Child Support

Living Trust and Wills

FREE CONSULTATIONS

LLAMA PARA UNA CONSULTA GRATIS

(323) 540-9295

Divorces

Divorcios

Change of Name

Cambio de Nombre

Paternity

Paternidad

Notary Public

Today while cruising for lawns displaying small volunteer neighborhood pantries, I found a black trash barrel at the curb on Adwen, with a sign "Honk, it's my birthday," and balloons.

I stopped and honked, and a woman came to the door and waved, and her husband came and pointed to a beautiful blue and yellow bicycle parked in the driveway. I called out, Happy Birthday, and they clapped their hands.

That made my day.

Lorine Parks



## CONSOLIDATE DEBT & SAVE MONEY

WITH RATES AS LOW AS

# 5.99% APR\*

Ask us about all the ways we can help you save!

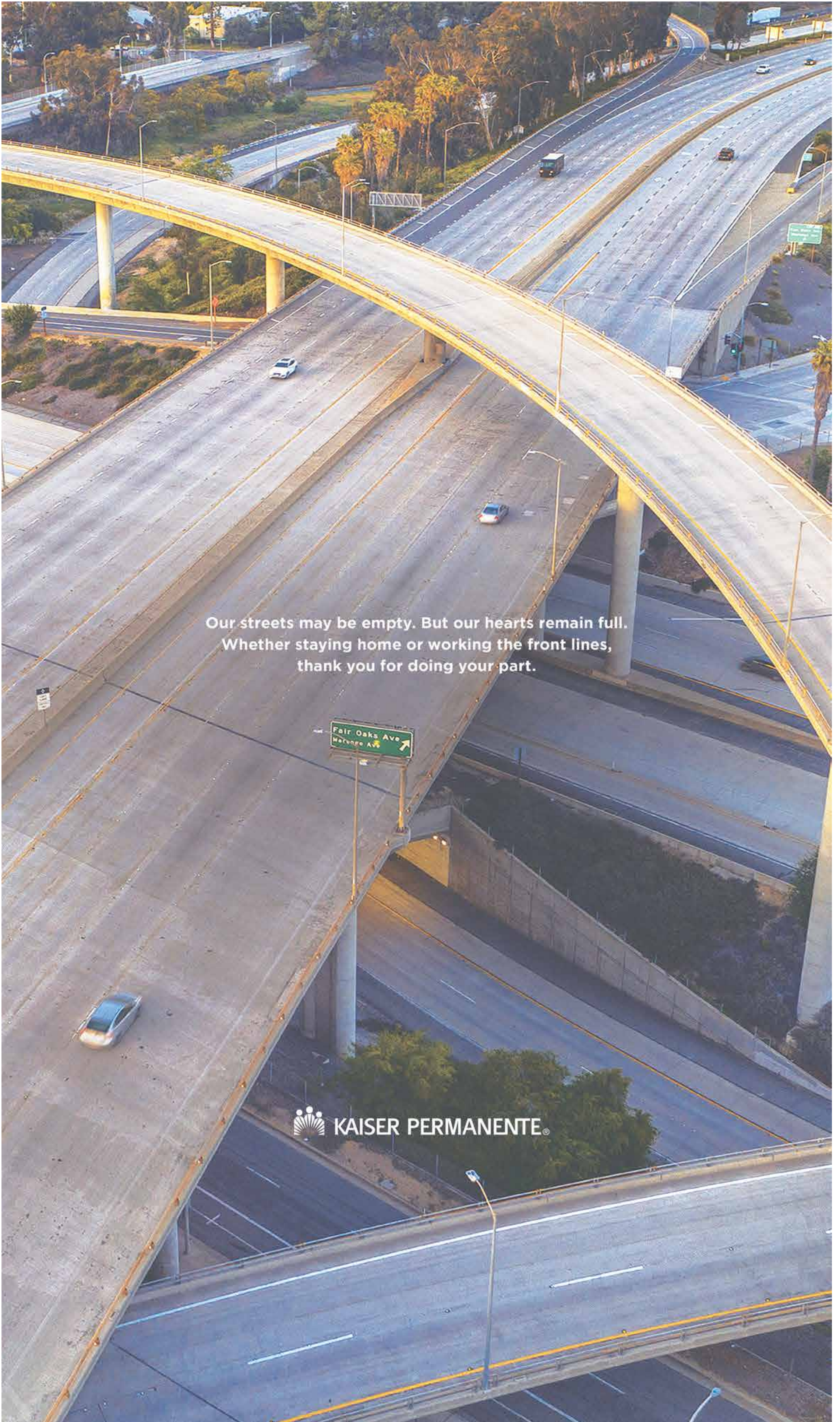
**Gateway Branch**  
8274 Firestone Blvd.  
Downey, CA 90241

**Imperial Branch**  
7800 E. Imperial Hwy.  
Downey, CA 90242

**FPCU.org**  
844.TRY.FPCU

**FINANCIAL PARTNERS**  
CREDIT UNION

\*APR=Annual Percentage Rate. Offer valid 04/17/2020, subject to change without notice and may end at any time. Your actual APR may differ based on your ability to repay, credit history, approved loan amount, term, and applicable discount. Not valid with any other offers. Fees and charges may apply. Additional terms, conditions and restrictions may apply. Sample loan of \$4,000.00 based on an Unsecured Personal Loan with an 5.99% APR= monthly payments of \$140.88 for 48 months. A Financial Partners Credit Union membership is required.



Our streets may be empty. But our hearts remain full.  
Whether staying home or working the front lines,  
thank you for doing your part.



# Putting a face on Covid-19

By Lawrence Christon  
Contributor

One of the strange and unusual features about the Covid-19 pandemic and its toxic seepage into our lives, is that we're rarely given the names of those who have died from it.

In a way, this is understandable. In our brave new world of Twitter, Facebook, Instagram, and a technology in which everyone is connected to everyone else in screen cyberspace, we've seen that anyone who has a nametag and a signature photo is fair game for the spiteful, the sorehead, the lunatic and terminally begrudged—a small percentage of whom will translate bitter resentment into dangerous action. Add to that the pandemic

fear that reaches farther than the disease itself, and how that fear can trigger anger against the victims and their families – and even Asian-Americans – and you'd have to agree that public officials are obliged to exercise prudence about releasing names.

But this goes against custom, of honoring the dead and placing a lapidary stone over a burial site: this person lived, this person died, these are the dates of that life and a few words to link it with perpetuity, even if they're merely spoken and snatched away by the wind. Our names are ourselves; they confer selfhood. In Arthur Miller's "The Crucible," John Proctor vigorously argues for the protection of his name as linked to his oath of innocence and honor. Take my name away and you take me away. My name is who I am.

In one of Athol Fugard's plays, reference is made to a

murdered infant, a casualty of political and racial strife.

"I want to know that child's name!" cries the anguished protagonist. A name establishes ineluctable personhood in the human community. It rescues the individual from the rubble of history. It puts an obscure Zulu child on the earth with Jesus, Socrates, Alexander the Great and everyone you've known or can find in an archive.

"Who's there?" is the first line of Shakespeare's "Hamlet." The absence of a simple reply strikes fear and turmoil in the court of Elsinore. Shakespeare also asked, elsewhere and rhetorically, "What's in a name?" The rose would indeed smell just as sweet, but naming it gives us the capacity to share it and thereby widen our knowledge of the world.

In the basest and most

barbaric failure of civilization, war, soldiers wear their ID in dog tags; if they don't make it out alive, chances are we'll still know their names. Among of the most poignant expressions of that failure, incidentally, are the tombs of unknown soldiers, as if not knowing who they were seals their lives in utter loss, metaphoric as well as real.

You could argue that the numbers are too great for daily or weekly publication, and that family, friends and clergymen will know anyway who the Covid-19 casualties are and will honor them one last time with ceremonial love and grief before sending them on. It's the numbers that are changing how we deal with things. And their immediacy. No one really wants to think of what it's like to drown from inside your own lungs, or know it's happening to a loved one you're barred from comforting. It's enough to jack our nerves into high alert and ruin our sleep. And the numbers keep piling up.

There's no question that Covid-19 represents the greatest challenge the world has faced since WWII, made more ghastly by our knowledge that it didn't have to be this way. We neutralized AIDS, SARS MERS, Swine flu, Legionnaire's Disease, Ebola, and Zika. "Mismanagement and grief," wrote W.H. Auden in his definitive WWII poem, "September 1, 1939," "Do we have to suffer them again?"

The answer is clearly yes. We were warned. Our self-serving political leadership in Washington dithered and then made, and continues to make, excuses for itself while lying to us and parceling out blame in its ongoing dysfunction.

So here we are, unable to know who among us carries a deadly virus characterized by the swiftness of its contagion, and without a vaccine to protect us. All we know for sure is that this condition, along with a collapsing economy, will last, in varying degrees of crisis, for years, with

no way to predict how bad this is all going to be. For a lot of people, it's plenty bad already.

The challenge isn't just what we're going to do by way of medical science and economic policy to get a handle on this thing and resume some semblance of normality; it's who we're going to be, as a society, a culture, and in our sequestered selves, once we discover how much that normality has changed.

We've already been moving into greater and greater individual isolation as the virtual world crowds out the real one and our sense of personal touch and ambient experience—the mysterious and unique atmosphere that links performer with audience, painter with viewer, poet with reader, the individual with nature and people with each other—becomes lost in transmission. I've read of young people in close proximity to each other who prefer to text rather than look up and read the infinite subtleties of face and flesh. This, to me, represents a death more insidious than any virus.

One thing we learn as we mature—the universal, timeless lesson—is that change is changeless. It never exactly recurs, despite patterns. As the poet Joseph Brodsky said, "Nothing ever happens the same way twice." So maybe in time we'll find a way to exploit the considerable, even miraculous benefits of modern technology while rediscovering the ineffable value of the human touch and the understanding what it is to be alive in the only moment that's given us: the eternal present.

The question follows: what will we make of our world?

It may sound perverse, but the Virus has given us new challenges beyond survival and physical health. It's given us the chance to reconceive our society. It's redistributing financial resources. It's reintroducing us to the meaning of privation and community, as the mantra goes around, "We're all in this together." We're celebrating the right people, not for money and

empty fame, but for courage, expertise, and devotion to service, from medical professionals to cops to food bank volunteers and grocery store checkout clerks. Outside of Washington, state and local politicians—in our case Governor Gavin Newsom and L.A. Mayor Eric Garcetti, have come through for us. So has Downey Mayor Blanca Pacheco, who's proven steady at the helm.

Now that we're stuck at home—no sports, no live performances or exhibitions or standup laughs—we're finding that binge-watching Netflix and the whole boredom-killing business of TV and entertainment is no longer feeding our hunger for meaning and connection. A lot of writers lately have been mentioning the Old Masters and their understanding of suffering, and how that has given us a more sober appreciation of our impermanence, as well as knowledge and wisdom. Maybe this is all forcing us to get a little more real.

Maybe, too, this will lead us to rethink the moldering empire that's become the American experiment. One of our great and definitive American musical achievements is Aaron Copland's "Appalachian Spring," with its lush and stirring evocations of pastoral beauty harvested out of the struggles of immigrant Pilgrims in search of a new land free of decadence and oppression. One of the piece's themes is based on an old Shaker hymn:

*"Tis the gift to be simple, 'tis the gift to be free,*

*'Tis the gift to come down where we ought to be,*

*And when we find ourselves in the place just right,*

*We'll be in the valley of love and delight."*

We've always dreamt of finding a new Eden, of starting out all over and this time doing it better. Once we get out of lockdown, wouldn't it be nice if we found ourselves willing to try again?

**ATTORNEY • ABOGADA**

**Eva Juárez Malhotra**  
ATTORNEY AT LAW



I am fully fluent in English and Spanish and a graduate of UCLA Law School with more than 34 years of experience.  
Contact me today for your FREE consultation!

**DIVORCE | CHILD CUSTODY/SUPPORT | BANKRUPTCY | TRUSTS/WILLS**

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

**Kids may think they're grown up. We Know Better.**

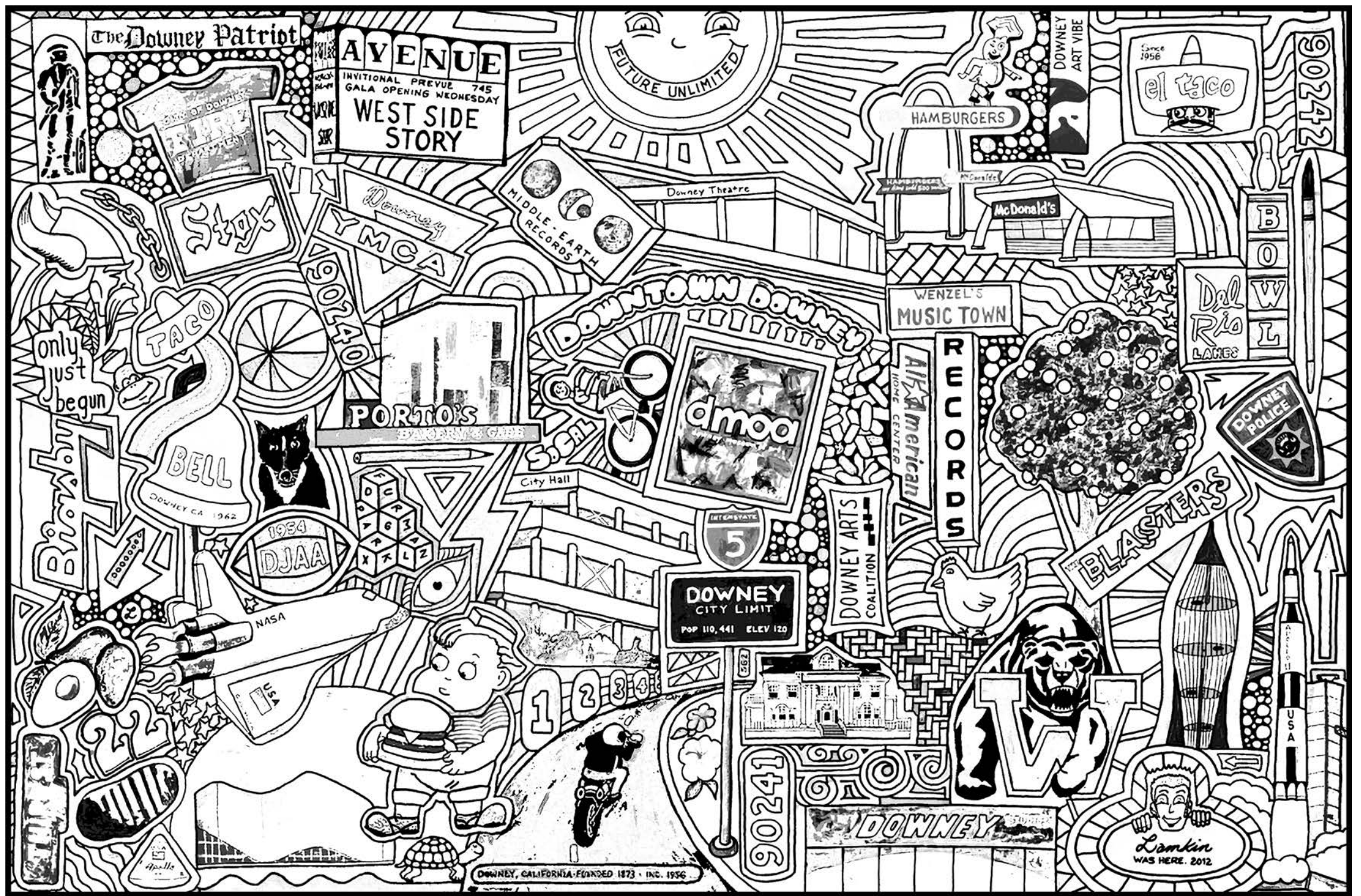
Being a leader in children's health care is serious business. And with more than 40 pediatric specialties, you can see why Miller Children's delivers off-the-charts care.

**Specialized care. Just for kids.**



**MemorialCare™**  
Miller Children's & Women's Hospital Long Beach

800-MEMORIAL  
millerchildrens.org/WeKnow



# Help color Downey Doodle-icious

Downey Doodle-icious was born in 2014 when Downey resident and artist Don Lamkin was asked if he could put his colorful sketches and doodles into mural form. Don agreed and Downey Doodle-icious quickly became a popular attraction in Downtown Downey. We'd like to thank Don for allowing the Patriot to print Downey Doodle-icious as a coloring sheet. Thanks also to Stay Gallery for preparing the image for print.

## Opinion

# Individual rights balanced against the common welfare

By Richard Daggett

There has always been a social and legal conflict between individual rights and community responsibility. Free speech is a fundamental right under our Constitution. However, the Supreme Court has ruled that free speech does not allow a person to shout "fire" in a crowded auditorium, if no fire actually exists.

Do individual rights usurp community and individual safety? Is it an individual's right to drive 100 miles per hour on a street that is marked with a 30 mile an hour speed limit? Is it an individual's right to construct an atomic bomb in their own garage?

Individual control of one's own body seems obvious, but is it? If a person has an active disease, even if they are only a carrier, do they have a right to work in a restaurant or a hospital? Who determines the limits between individual rights and community responsibilities?

Does the Judge know the story of "Typhoid Mary"? Her real name was Mary Mallon, and she worked as a cook in and around New York City in the early part of the twentieth century. She never had symptoms of typhoid, but she was a carrier of this often deadly disease. Mallon infected 51 people. Three of those illnesses resulted

in death. And, since she used a number of aliases, it's possible the true death toll could have been higher.

When she was finally identified, the medical authorities put her in mandatory isolation. William Randolph Hearst, the "Fox News" of that time, felt that her civil rights had been ignored. He paid for a lawyer to get her out of isolation.

She returned to cooking, this time in a maternity hospital. Twenty-five more typhoid illnesses and two more deaths resulted. Were the civil rights of those who were sickened and died considered by the those who believed in "rights over responsibility"?

The perception of rights and responsibilities has evolved over time. In an agricultural society, where most families lived independently and often far apart, there was little conflict. What you did had little impact on your neighbors. As we transitioned to a more urban society, our own actions, or inactions, had greater impact on those around us.

One current example of this conflict is prevention of disease. When do our individual rights to make choices impact the lives of others? Many preventable diseases are highly contagious. Poliomyelitis is one of these preventable diseases. In 1952, approximately 58,000 cases of polio were reported in the United States and, in 1953, more children died of polio than of any other communicable disease. I remember this well. I contracted polio in 1953, and spent six months in an "iron lung".

If someone was diagnosed with polio they were immediately placed in quarantine. Was this a violation of individual rights? If a person with polio was not quarantined, and spread the disease to a neighbor, would the neighbor's rights be compromised? Whose rights should take precedence?

In the polio epidemic years of the 1940s and 1950s, placing someone diagnosed with polio into quarantine was accepted by society as a necessity. Was society ignoring individual rights, or was society recognizing a need for the common welfare?

Many diseases can now be prevented through immunization: smallpox, measles, polio, whooping cough are just a few. Because immunizations have been effective many people have no memory of these diseases. Perhaps, some day, Covid-19 will join this list.

We in the United States have a long history of individual rights. We also have established restraints on absolute individual rights. As noted above, we have a tradition of free speech. We have also set limits to this right. Does one person have an absolute right to make a decision, if exercising that right puts some other person at risk?

Judge Napolitano believes he should have the right to attend Mass. And he blames the "government" for preventing him from acting irresponsibly. Perhaps he should complain to his local Archbishop and to the Pope, both of whom agree that the Mass should be observed in isolation.

Richard Daggett is president of the Polio Survivors Association.

## Downey can do more for its vulnerable residents

Dear Editor:

First of all, I want to thank the City of Downey for its website that provides a lot of important Covid-19 information.

This virus is giving us all the opportunity to see that we are one human community. This is our opportunity to reflect on what we have done and have failed to do. It's also a time to show compassion, and humility.

Many people are fragile, afraid, and lonely. Do we as a city know who is disabled, elderly and alone in their homes? Do we know who can benefit from a box of food?

I have been blessed to observe many acts of kindness this past month. Local churches and colleges are distributing food to families in need. The City of Paramount has been distributing for almost three weeks fabric masks to all their residents on different days, locations and times so that all residents can have access to them and if you drive to Paramount you will see Public Works employees cleaning and sanitizing bus benches and other areas.

Cities like Lakewood delivered care packages with items that are hard to get like toilet paper to their elderly residents. Groups of people are calling senior citizens that live by themselves and asking them if they need something. A simple call can lift a spirit.

I have been observing the numbers of coronavirus cases on the website of the Department of Public Health. I have seen some cities that had a large number of infected residents in March; their numbers haven't increased as much as other cities in the last weeks. Is there a correlation between the number of coronavirus and fast preventive measures taken after the virus emerged? I honestly have stopped doing most of my shopping in the city of Downey because of the continuous increase in coronavirus cases in our city. I haven't personally observed the same safety measures taken by businesses in Downey as nearby cities.

Last week and this week I called to speak to the City of Manager and left several messages. I finally was able to speak to the Assistant to the City Manager this week. I asked if the city was planning to distribute masks and was instead told how to use different face coverings.

I also voiced my concern how seniors have to wait in line when there is food distribution at the Barbara Riley Center instead of food being given to them in their cars (a practice some cities are implementing to protect their residents and employees). I was reminded that they are keeping distance; 6 feet apart. The reality is some people keep the distance and others don't.

When I kept bringing up the issue about the masks, I was told that the city is still thinking and they have to consider cost. I reminded her that Downey charges more taxes than other cities that have a smaller budget and are spending money to protect their community.

I have to admit I felt frustrated and angry with the conversation. I have masks and thanks to God I'm healthy and blessed that I can acquire what I need at this time.

Pope Francis warned us a week ago that "Selfish indifference is a worse crisis than the pandemic." The Pope warned it is "Spread by the thought that is better if it is better for me."

Governor Newsom issued a stay at home order on March 19 and Downey is "still thinking about it!"

As my elected city representatives, I am asking the City Council to pool their resources together and distribute it to those in need. Please observe what other cities are doing to implement systems that will keep their residents safe.

I believe that the majority of the community will agree with me that we need a plan to save lives when a catastrophe occurs. We need to embrace everyone: the poor, the sick, the aging, the young, and the lonely. I hope that you will show your mercy to the most vulnerable.

Maria Ravelo  
Downey

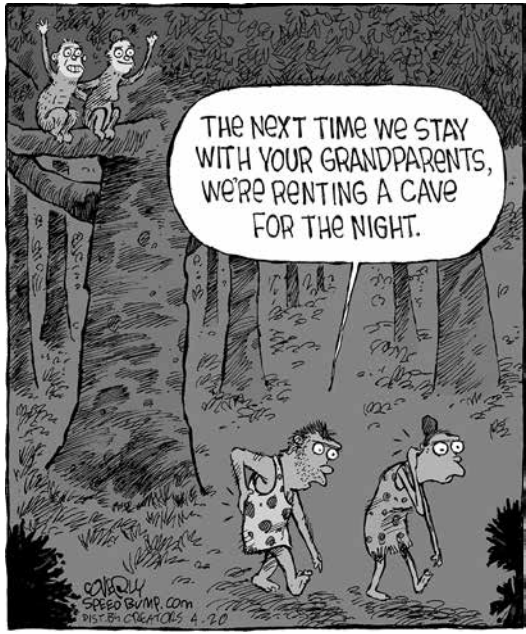
**The Downey Patriot** STAFF

<b>JENNIFER DEKAY</b> Publisher	<b>ERIC PIERCE</b> Editor
<b>JULIE LEDESMA</b> Display Advertising	<b>ALEX DOMINGUEZ</b> Staff Writer
<b>LINDA LARSON</b> Classified Advertising	<b>MARK FETTER</b> Contributor
<b>JONATHAN FOX</b> Production/Graphics	<b>CAROL KEARNS</b> Contributor
	<b>LORINE PARKS</b> Poetry & Society

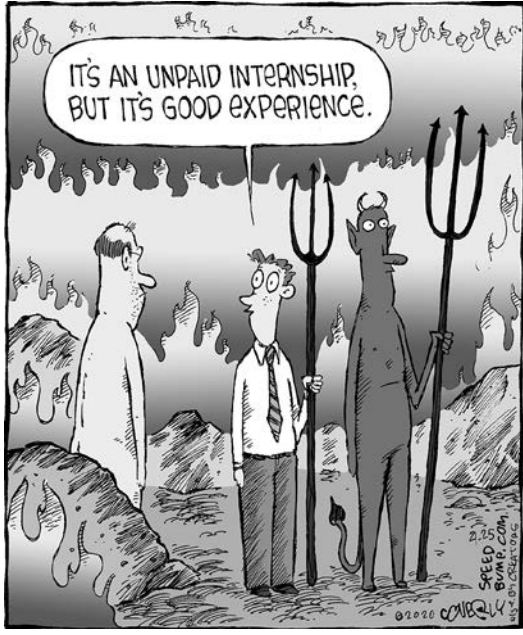
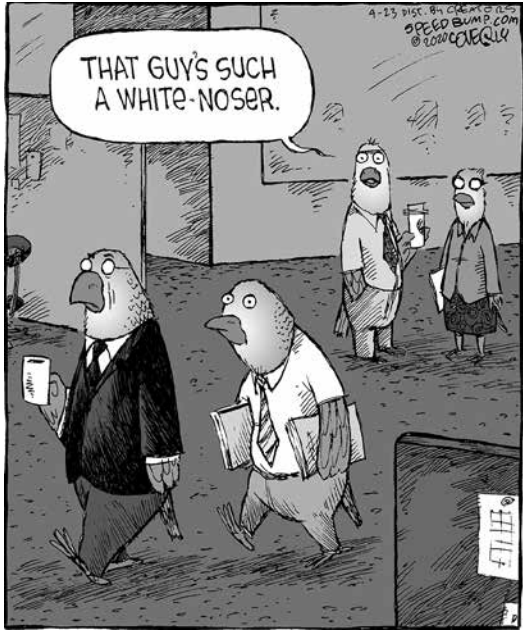
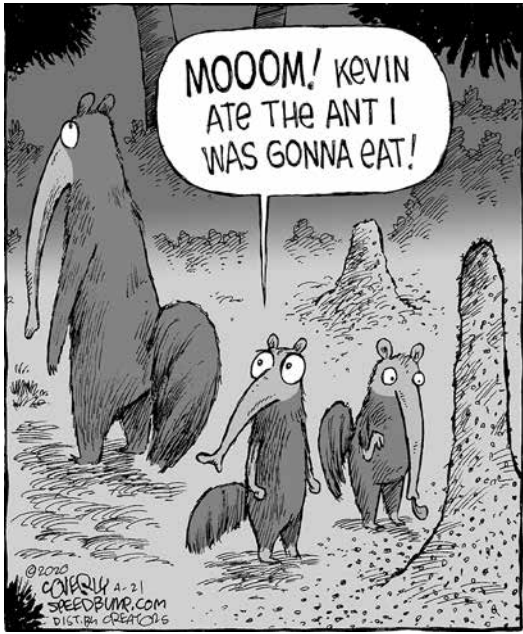
TEL (562) 904-3668 | FAX (562) 904-3124 | MONDAY - THURSDAY 9AM - 3PM  
8301 FLORENCE AVE., SUITE 100, DOWNEY, CA 90240 | FRIDAY 9AM - 12PM  
THE DOWNEY PATRIOT.COM | ADJUDICATION #BS124251

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

## SPEED BUMP



## DAVE COVERLY



# Downey Community Calendar

### CITY MEETINGS

1st & 3rd Wednesday, 6:30pm: Planning Commission, Council Chamber at City Hall.  
 1st Tue., 4:00pm.: Recreation and Community Services Commission, Council Chamber, City Hall.  
 2nd & 4th Tue., 6:30pm: City Council, Council Chamber.  
 3rd Tue., 6:30pm: Library Advisory Board, at Downey City Library.  
 3rd Thurs., 6:30pm: CERT, at Downey City Council Chamber at City Hall, for more info call 299-5462.  
 4th Mon., 5 pm: Green Task Force, at City Hall.

### Regularly Scheduled Meetings

#### MONDAYS

7 pm: Boy Scout Troop 2, at Downey United Methodist Church, call 869-6478.  
 4:30 pm: Courage Forward Meeting, at 10829 New St, 2nd Floor, call 213-545-6810.  
 2nd Mon., 11 am: American Legion Auxiliary #270, at United Methodist Church, call 310-386-8112.  
 3rd Mon., 11:30 am: Downey Newcomers Club, call Marilyn 928-2623.  
 4th Mon., 7:30 pm: Downey Numismatists, at Downey Retirement Center, call 862-6666.

#### TUESDAYS

9 am: Quilters group, at Good Shepherd Lutheran Church, call 803-4459.  
 9:30 am: Downey Seniors Club, at Apollo Park, call Irene Vallini at 328-7039.  
 10 am: Downey Bocce Club, at 7850 Quill Drive, call John Fiorenza at 652-4399.  
 12 pm: Rotary Club, at Rio Hondo Events Center, call Nate Mahoney 416-1826.  
 6 pm: Toastmasters Club 587, at First Baptist Church, contact Salvador Cervantes: tmsalcpuede@gmail.com.  
 7 pm: Downey Knights of Columbus Bingo, at 11231 Rives Ave., call 923-1932.  
 7 pm: Healing Room and Prayer, at Desert Reign Church 11610 Lakewood Blvd, call 861-6011.  
 7:30 pm: Downey Master Chorale, at Cornerstone Church, contact info@downeymasterchorale.org.  
 1st Tues., 7:30 am: Gangs Out of Downey, at City Hall training room.  
 2nd Tues., 6 pm: Downey Fly Fishers, at Apollo Park, call 425-7936.  
 3rd Tues., 6:30 pm: Community Emergency Response Team meeting, Fire station 1, 12222 Paramount.  
 3rd Tues., 6 pm: American Legion #270, at Sizzler Restaurant, call 544-0372.  
 Tues., Thurs. & Sat., 10 am: Downey Bocce Club, at 7850 Quill Drive, call John Fiorenza 652-4399

#### WEDNESDAYS

7 am: Kiwanis Club, at Rio Hondo Events Center, call Steve Roberson at 927-2626.  
 7 am: Women's Bocce Club, at 7850 Quill Drive, call Marie Puch at 869-4366.  
 7 pm: Out Post 132 Royal Rangers, at Desert Reign Church, call 928-8000.  
 1st Wed., 11 am: Woman's Club of Downey, call Cheryl Olson 833-8954.  
 1st Wed., 11:30 am: Downey Coordinating Council, Community Center, call Bobbi Bruce 440-5416.  
 1st Wed., 7:30 pm: Downey Stamp Club, at Maude Price School cafeteria, call 928-3028.  
 2nd Wed., 11:30 am: Christian Women's Club, call Marilyn 928-2623.  
 2nd Wed., 3:30 pm: Keep Downey Beautiful, at City Hall, call 904-7102.  
 2nd Wed., 7:30 pm: Downey Model A Club, at Gallatin School Cafeteria, call 928-4132.  
 3rd Wed.: Downey Dog Obedience Club, for information please call Gina 869-5213 or Valerie 420-2972.  
 3rd Wed., 10 am: Los Angeles County Quilters Guild, at Women's Club, call 860-8821 or 927-3635.  
 3rd Wed., 10 am: OLPH Women's Guild, at OLPH School Auditorium, contact Melodie Santana, (562) 806-3102.  
 3rd Wed., 6:00 pm: Sister Cities of Downey, at Barabara Riley Senior Center, call Gloria Nezahualcoyotl (562) 776-6136.  
 4th Wed., 7:30 pm: US Coast Guard Aux. Flotilla 5-10, First Presbyterian Church, call Brian 419-5420.  
 Wed. & Fri., 10:15 am: Senior Bingo, at Apollo Park, call 904-7223

#### THURSDAYS

7:30 am: Connections Networking, at Bob's Big Boy, for info., call Nick Smith, 861-5222.  
 7:30 am.: Sorooptimist Int'l of Downey, for information, call Mia Vasquez, 806-3217.  
 9 am: Crafters group, at Good Shepherd Lutheran Church, call 803-4459.  
 9:30 am: Take off Pounds Sensibly, at Barabara Riley Senior Center, call (800) 932-8677.  
 12 pm: Kiwanis Club of Downey, at Rio Hondo Events Center, call Roy Jimenez 923-0971.  
 12 pm: Optimist Club of Downey, at Rio Hondo Events Center.  
 6:30 pm: Downey United Masonic Lodge # 220, 8244 3rd St., call 862-4176.  
 7 pm: Troop 351, Boy Scouts of America, at First Baptist Church, call 776-3388.  
 7:30 pm: Downey Elks Lodge #2020, call 803-3557.  
 1st Thurs., 12:00 pm: Downey Christian & Professional Luncheon, Sizzler's Restaurant, call James 310-1335.  
 1st Thurs., 7:30 pm.: The Downey Amateur Radio Club, at First Baptist Church room 120.  
 2nd Thurs., 7:30 pm: Beaming Rebel Foxes Collectors Club, call Carl D. Jones at 923-2400.  
 2nd & 4th Thurs., 6:30 pm: Downey Lions Club, at Mimi's, call Lenora (310) 283-9825.  
 3rd Thurs., 4 pm: Public Works Committee, at City Hall Training Room.  
 3rd Thurs., 6 pm: Downey CIPAC, at Sizzler's Restaurant, call Rich Tuttle 413-6045.  
 4th Thurs., 10 am: Assistance League, at Casa De Parley Johnson, call 869-0232.  
 4th Thurs., 7:30 pm: Downey Historical Society programs, at Community Center, call 862-2777.

#### FRIDAYS

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

#### SATURDAYS

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

## On This Day...

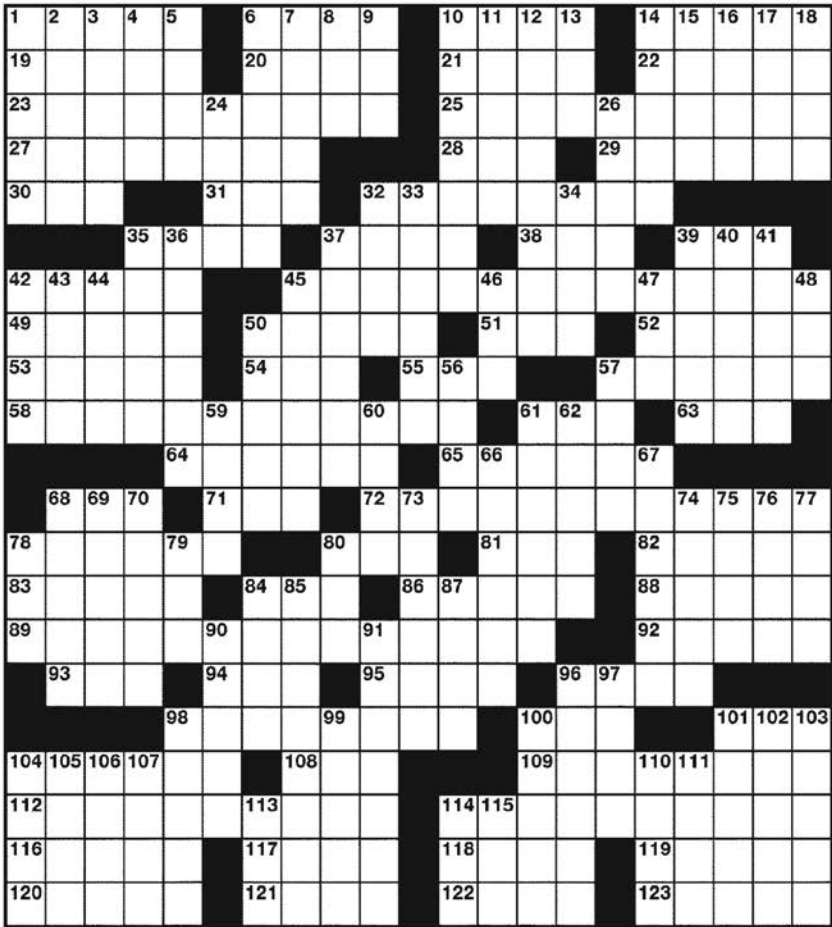
**April 23, 1348:** The first English order of knighthood was founded. It was the Order of the Garter.  
**1908:** U.S. President Theodore Roosevelt signed an act creating the U.S. Army Reserve.  
**1985:** The Coca-Cola Company announced that it was changing its 99-year-old secret formula. New Coke was not successful, which resulted in the resumption of selling the original version.  
**1999:** In Washington, DC, the heads of state and government of the 19 NATO nations celebrated the organization's 50th anniversary.

## THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)  
**SMART MONEY: To spend a little time with**  
 by Fred Piscop

- |                                  |  |                                     |
|----------------------------------|--|-------------------------------------|
| <b>ACROSS</b>                    | 80 1,001 Nights name                   | 10 Grade schooler's shoebox project |
| 1 Old Testament's Queen of _____ | 81 94 Across fellow                    | 11 Simmering, as a stew             |
| 6 Bit of whipped cream           | 82 Certain sort of sculpture           | 12 Imitated                         |
| 10 Capitol topper                | 83 Steam up                            | 13 Recent USNA grad                 |
| 14 Leader of the Teamsters       | 84 Apt. amenity                        | 14 Instruments with pedals          |
| 19 Stopped from squeaking        | 86 Somber verse                        | 15 Delivered audibly                |
| 20 Tomato variety                | 88 Bottled water brand                 | 16 Spinach pie cheese               |
| 21 "___ ideal world . . ."       | 89 Slavic cuisine staple               | 17 It's for real                    |
| 22 Geography book statistics     | 92 Enters slowly                       | 18 Big Apple's Arthur ___ Stadium   |
| 23 Common carnival fare          | 93 "Definitely!"                       | 24 Grumpy                           |
| 25 Prince of Darkness            | 94 Small                               | 26 Witch's revenge                  |
| 27 Removes, as a coupon          | 95 Nearly unobtainable                 | 32 Filly's brother                  |
| 28 Eggs on sushi                 | 96 They fly by night                   | 33 Ivanhoe's beloved                |
| 29 Burning the midnight oil      | 98 Nautical direction                  | 34 Now squared away                 |
| 30 NFL rushers' stats            | 99 Web ID                              | 35 Card payment option              |
| 31 Warship letters               | 100 Destination for a spring vacation? | 36 Blooms from bulbs                |
| 32 Tots, before walking          | 101 Toaster's venue                    | 37 Have home cooking                |
| 35 Calamitous                    | 104 Prefix for cycle                   | 39 Epeeist's move                   |
| 37 Unfortunate fate              | 108 Nautical distances                 | 40 Play participant                 |
| 38 RN setups                     | 112 Army Jeep color                    | 41 Potatoey appetizers              |
| 39 ___ Cruces, NM                | 114 "A Boy Named Sue" singer           | 42 Grabs the tab                    |
| 42 Kitchen implement             | 116 German industrial city             | 43 Quite often                      |
| 45 Wisconsin hoopsters           | 117 Subdue with a stun gun             | 44 Baltic capital                   |
| 49 Accused's out                 | 118 Answered a charge                  | 45 Cartography pro                  |
| 50 <i>Inferno</i> author         | 119 Present moment, in poems           | 46 Sci-fi transport                 |
| 51 Marshy area                   | 120 Goes hang gliding                  | 47 Believe, so to speak             |
| 52 Loosen, as a knot             | 121 Cornerstone abbr.                  | 48 "Catch my drift?"                |
| 53 Meditation mentors            | 122 Emilio's evening                   | 50 Versatile aide                   |
| 54 Reveal, in poems              | 123 Naysayer contingent                | 56 Actor Idris                      |
| 55 Opposite of "paleo-"          |  | 57 Petty officer                    |
| 57 Far back                      |  | 59 "___ la vie!"                    |
| 58 Madison or Jackson            | <b>DOWN</b>                            | 60 Follow in secret                 |
| 61 Even if, in brief             | 1 Pushover                             | 61 MASH procedure                   |
| 63 Places with 38 Across         | 2 Brought on board                     | 62 Exhilarating                     |
| 64 Singer/actress Gomez          | 3 Walter ___ Disney                    | 63 Claim without proof              |
| 65 Most sparsely furnished       | 4 Frequent sportscast sponsor          | 67 Exam for an overseas visitor     |
| 68 Scuff up, say                 | 5 Tosses in                            | 68 Ike's WWII British counterpart   |
| 71 Type of 35mm camera           | 6 Pheasant cousin                      | 69 Contend verbally                 |
| 72 Trattoria freebie             | 7 Ill-mannered ones                    | 70 Hazards for boaters              |
| 78 Annoyed with                  | 8 Texter's "Holy cow!"                 | 73 Clasp for cravats                |
|                                  | 9 Shout from Scrooge                   | 74 Doesn't stay put                 |

CREATORS SYNDICATE © 2020 STANLEY NEWMAN WWW.STANXWORDS.COM 4/19/20



- |                                |   |                                    |
|--------------------------------|---|------------------------------------|
| 75 Detroit River's destination | 87 Sort of shortening                     | 103 Barbecue residue               |
| 76 Rush job notation           | 90 Hoops great Patrick                    | 104 Objectives for some stretchers |
| 77 Slips on                    | 91 Follower or hare or bird               | 105 "What's more . . ."            |
| 78 Carrier with an Oslo hub    | 96 Romance novelist Jackson               | 106 Foreign embassy purchase       |
| 79 Comics canine comment       | 97 Code-cracker Turing                    | 107 On any occasion                |
| 80 Alias introducer            | 98 Small songbirds                        | 110 Feathery talker                |
| 84 Biblical paradise           | 99 Take forcibly                          | 111 Screen trash can, e.g.         |
| 85 Noncarbonated coolers       | 100 Wedding party member                  | 113 Travel plan abbr.              |
|                                | 101 Point of view                         | 114 Wedding chapel VIPs            |
|                                | 102 De Niro costar in <i>The Irishman</i> | 115 World Cup cheer                |

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

## Advertising Policy

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

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

and Jefferson City, Missouri. presidents are Lincoln, Nebraska STATE CAPITALS named for Jackson (58 Across), the other two "demon." Besides Madison and from an Old Norse word meaning "Scritch" (25 Across) is derived Arabia. The "Scratch" in OLD located in what is now Saudi biblical land of SHEBA (1 Across) Modern day scholars believe the



# Remembering the Holocaust, 75 years later

By Mario A. Guerra

**W**ith the current pandemic we thank those who are helping us get through it. We salute all those essential workers. We are forever grateful for your bravery and spirit to serve others.

This April marks a scary time for our country in many ways. The coronavirus has many suffering physically, emotionally and financially.

But it also reminds of us of a past only 75 years ago this month that we should never forget.

Today, we pause to commemorate the Holocaust and remember the victims, survivors and rescuers. We remember their lives, some which ended much too soon, and are determined that an event of this magnitude will never again happen. It has been seventy-five years since the liberation of the concentration camps.

We can learn from the actions of people who helped those in danger during the war, and from the actions of United States Army Soldiers who helped liberate the camps. Their actions went beyond military boundaries to a fundamental understanding of human decency.

As the Allies began moving through occupied countries, they began discovering the concentration camps. Over the course of a year, they liberated prisoners, giving them food, medical attention and whatever help they could provide.

The United States Holocaust Memorial Museum and the Army's Center of Military History have recognized 36 U.S. Army divisions for their heroism, gallantry, and help in liberating prisoners from brutal Nazi rule. The first concentration camp to be liberated by U.S. troops was Ohrdruf, a subcamp of Buchenwald. The 4th Armored Division liberated the camp on April 4, 1945.

By April 12, General Dwight D. Eisenhower had visited the camp and described what he saw to General George C. Marshall, Jr., saying, "I made the visit deliberately, in order to be in position to give first-hand evidence of these things if ever, in the future, there develops a tendency to charge these allegations merely to 'propaganda.'"

Eisenhower anticipated a time when people would deny the Holocaust happened. A few days later on April 19, Eisenhower told Marshall in a cable that, "Whatever has been printed on them to date has been understatement. If you would see any advantage in asking about a dozen leaders of Congress and a dozen prominent editors to make a short visit to this theater in a couple of C-54s, I will arrange to have them conducted to one of these places where the evidence of bestiality and cruelty is so overpowering as to leave no doubt in their minds about the normal practices of the Germans in these camps."

Later, Eisenhower said, "When I found the first camp like that I think I never was so angry in my life... I think people ought to know about such things."

The U.S. Army Signal Corps, who documented the military campaign, also recorded approximately 80,000 feet of moving film, together with still photographs, of conditions at concentration camps. About 6,000 feet of that film footage was used to create a one hour documentary. Prosecutors used the film to prove that Nazi leaders on trial at Nuremberg had perpetrated unbelievably heinous crimes.

The Congressional mission, which included American press, supported the reports of war correspondents and the military. Without photos and testimony from those present, many people would not have believed



the horrors that had taken place at the Nazi camps, and how the brutality went beyond religion, nationality or politics.

When the concentration camps were liberated, Army Soldiers brought medical care, food and clothes. And they brought hope. On May 5, 1945, the 11th Armored Division liberated Mauthausen concentration camp in Austria, where 150,000 prisoners were killed.

The surviving prisoners used sheets and jackets to make a United States flag as a gift to the American Soldiers. The prisoners could not remember how many stars the United States flag had, so they made their flag with 56 stars. Colonel Richard Seibel ordered that the Mauthausen 56-star flag immediately replace the Nazi swastika flag.

Mauthausen prisoner Simon Wiesenthal later said, "I barely weighed 90 pounds that day, and like so many others, I was too weak to walk. But seeing the American flag rekindled something in each of us. Every star on the American flag stood for something precious we had lost: One for hope, one for freedom, one for justice..."

This flag is preserved so that future generations will know its story and understand the emotions that it represents. It stands today as a witness to the

liberation of Mauthausen at the Simon Wiesenthal Center here in Los Angeles.

It's hard to listen to some of the things that happened during the Holocaust, but we can learn lessons from looking beyond labels, whether religious, political or national. I challenge everyone in our community - military and civilian - to remain vigilant. Reject all forms of prejudice. Refuse to participate in bigotry. Defend those who are persecuted.

The Army honors the individuals who took a stand during the Second World War, and it honors individuals today who take a stand against hatred, wherever we find it - in our work places, in our schools or on the battlefield. Please remember those who stood for goodness and decency and stand with them.

*Mario A. Guerra is the former Mayor of Downey and current Civilian Aide to the Secretary of the Army. He can be reached at [www.MarioAGuerra.com](http://www.MarioAGuerra.com)*

**Turkey & Cheese Sandwich \$6.49**  
Hall Of Fame Market & Deli  
10846 Downey Ave., Downey, CA 90241

# Local attorney buys lunch for 200 first responders

**DOWNEY** - On Thursday, April 16, Downey attorney Ricardo Perez purchased and coordinated with local business to have delivered 200 lunches to Downey first responders.

As a way to contribute to the local economy, all lunch purchases were made at local small business restaurants. The owners and employees were excited to be a part of such an effort, so much so that some of the owners and general managers personally made the food deliveries themselves.

Among the local restaurants:

Ralph Verdugo of Buena Mesa (which is just over the bridge in South Gate but whose owner is a long time Downey resident), personally delivered 50 lunches to the Downey PIH Urgent Care

in the Downey Promenade;

Simon Simonian of Joseph's Bar & Grill, who personally delivered 50 lunches to Kaiser Hospital Emergency Room;

Vicente Ortiz of Don Chente/El Pescador who delivered 50 lunches to Downey PIH Emergency Room;

Sam Lupi (owner) and Rami Nasser (manager) of the Olive Restobar who delivered lunches to Downey Fire Station 1;

David Devis of Epic Lounge/La Buns who delivered lunches to Downey Fire Stations 2, 3, and 4.

Eric Pierce of the Downey Patriot was instrumental in the coordination of the deliveries. Unfortunately, due to internal policy decisions, the Downey Police Department respectfully

declined, but expressed utmost gratitude.

Asked about his motivation, Perez stated that he and his team felt fortunate to be in a position to demonstrate a small gesture of gratitude to our local heroes who are in the frontlines in this time of need. The Law Office of Ricardo Perez, which celebrates an anniversary on May 5th, decided to cancel their anniversary celebration and instead show gratitude and pay it forward to the first responders.

As to any advice he would give to folks looking to do something to show gratitude, Perez recommended: "Let us think globally, but act locally. We are in this together."

# Drive-up testing site opens at PIH Whittier

**WHITTIER** - PIH Health Hospital in Whittier will offer drive-up COVID-19 testing starting Monday, officials announced.

Any resident of Los Angeles County who is experiencing symptoms of COVID-19 is eligible for testing and can make an appointment through the website.

"LA County is partnering with PIH Health to open a new drive-up COVID-19 testing site at their hospital in Whittier," said Supervisor Janice Hahn. "Expanding our testing capacity and ensuring residents have easy access to testing is helping us understand the spread of this virus and will be critical to easing restrictions when that time comes. If you have symptoms of COVID-19, you can make an appointment online for this

new site in Whittier or at any of the dozens of testing sites established across LA County."

Testing will occur in the hospital's parking lot located at Pacific Place and Putnam Street with an entrance on Pacific Place. The site will run Monday through Friday, 9 am to 5 pm.

Individuals who make appointments will stay in their cars for tests. The test is a self-administered oral swab, meaning clients must swab their own mouths/throats by following the instructions provided to them on-site. The testing process will take between 5 and 10 minutes to complete.

**Yvette Mejia**  
REALTOR®, DRE Lic. #01011985  
In Service Since 1988!  
"It's the Experience"

Cell: (562) 544-5110  
Email: [yvette@yvettemejia.net](mailto:yvette@yvettemejia.net)  
[www.facebook.com/YvetteSellsRealEstate](http://www.facebook.com/YvetteSellsRealEstate)

**21 Allstars**

**SOLD**  
Yvette Mejia  
I Love Referrals!

f i t in

**TAKE OUT & STAY IN!**

**VERACRUZ FAMILY RESTAURANT**

**BUY 1 GET 1 FREE!**

\* Choose from items #1-24 on the Lunch menu at regular price and get the 2nd order of equal or lesser value FREE w/ purchase of 2 drinks. 1 coupon per visit. Substitutions extra. Take Out Only. Expires 5-15-20.

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

**Zen's Tea House**

**WE ARE OPEN!**

12848 PIONEER BLVD, NORWALK, CA 90650  
(562) 359-4850

MON: CLOSED  
TUES-FRI: 7AM-7PM  
SAT-SUN: 11AM-7PM

**THE WORKS**

**Central Ford**  
LOS ANGELES

**\$59.99**

RETAIL VALUE \$74.99

- TIRE ROTATION AND PRESSURE CHECK
- BRAKE INSPECTION
- VEHICLE CHECKUP
- FLUID TOP-OFF
- BATTERY TEST
- FILTER CHECK
- BELTS AND HOSES CHECK

**PARTS & SERVICE OPEN DURING COVID-19 CRISIS.**  
MONDAY-SATURDAY 7:30AM - 5PM

5645 FIRESTONE BLVD. SOUTH GATE CA 90280.  
SERVICE (877) 311-2180

NO CASH VALUE. NON TRANSFERABLE. OFFER EXCLUDES DIESELS AND IS GOOD FOR UP TO 5 QUARTS OF OIL. PLEASE PRESENT COUPON AT WRITE UP. COUPON NOT VALID ON PREVIOUS CHARGES. GOOD ONLY WITH THIS COUPON AT LA CENTRAL FORD. NOT VALID WITH ANY OTHER COUPONS OR SPECIALS. EXPIRES 5/10/2020.

# Paging Dr. Frischer...

By Dr. Alan Frischer

Throughout this pandemic, I'm frequently asked about taking various supplements to build up the immune system. Do the many products out there have research and science to support their claims? Can they help us to prevent or minimize the threat from COVID-19?

Why do some of us get sick when exposed to a pathogen, while others do not? The answer



revolves around a number of variables, including nutrition, sleep, exercise, hygiene, age, and genetics; as well as the absence of recreational drugs, cigarettes, alcohol, stress, and underlying illnesses. Rather than making major changes to our entire lifestyle, many of us look for an easy answer - like taking zinc or vitamin C. But, in the absence of making real changes to the other variables, can supplements help?

A number of herbs and supplements have been examined over the past several years, including vitamin D, zinc,

vitamin C, elderberry, medicinal mushrooms, garlic, licorice, and vitamin B complex. These have found some limited level of support from varying levels of scientific research. (Others have found no scientific support at all.) Unfortunately, taking them has not been proven to add a significant boost to the immune system. Having said this, a review of 25 studies published in the British Medical Journal did find that a moderate dose of vitamin D offered some protection for those whose vitamin D levels are already low. Vitamin D levels are measured by a simple blood test.

Our immune system attempts to achieve a balance between limiting the ability of bacteria, viruses, and parasites that cause infection, while not becoming hyperactive and leading to allergies, diabetes, and

other types of auto-inflammatory and autoimmune disorders. If there were indeed a supplement that could supercharge our immune system, it would also need to not swing too far and trigger negative effects.

So what is the best way to boost our immune system? Stop me if you have already heard this. Seriously: You may stop reading here. I've said it before:

**Stay active.** The key to exercise is to use moderation. As with many things, there's a sweet spot - too much exercise can also put too much stress on the body, which will depress the immune system. And, doing too much will likely motivate you to stop exercising. For many, the sweet spot may be 30 to 60 minutes of exercise, four days each week.

**Work on your diet.** The gut

(intestines) makes up a significant part of our immune system. When it is healthy, so is the immune system. Emphasize vegetables, fruits, whole grains; fermented foods like yogurt; and healthy fats and protein like fish, beans and nuts. Limit meat, fried foods, processed foods, and simple carbs.

**Manage stress.** A strong link exists between mental health and the immune system. Chronic stress suppresses the immune system. It is not possible to avoid stress in our lives, but it is possible to adapt strategies to help better manage it.

**Get enough sleep.** Lack of sleep causes the body to produce stress hormones like cortisol. These hormones keep us awake and alert, but can suppress the immune system. Those who get enough sleep have higher levels

of T cells, which help to fight infection.

I'd love to be able to recommend a magic pill in the form of an herb or vitamin. However, the very best way to maintain a strong immune system and to prevent colds, flus, and other viruses appears to be through a healthy lifestyle. I encourage you to focus on these basic principles during this crisis, and to maintain these practices into the future as we emerge beyond it.

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

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

# My mom's famous friend

By Sharon Benson Smith

Down the street, a short jaunt from Auntie Vi's home on 104th Street and Figueroa, lived the young Bob Waterfield. Mom used to see him playing football in the street, and they often waved to one another from across the street or ran into one another at the corner soda fountain.

Of course, that was long before he played quarterback for the UCLA Bruins and the L.A. Rams. It was also long before he married the popular, sexy actress and Hollywood bombshell, Jane Russell.

As a teenager living in Imperial, Calif., Mom spent her summer vacations with Auntie

Vi. Auntie was an avid ballroom dancer, had lovely formal dresses, and she took Mom with her to the various ballrooms in Los Angeles. Mom learned to dance all the then-popular dances, and she won a Tango contest on one of their evenings out.

She was so proud of that fact that years later she shared her Tango win with the six of us (most likely in the mid 1950s when we were learning the Bop and the Twist, those being the latest teenage dance crazes of our day).



Bob Waterfield

When Mom shared her Bob Waterfield experience with us, our brothers were quite excited, as they knew exactly who he was. He was yet to be inducted into The Pro Football Hall of Fame; that came in the year 1965.

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

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

**got trees?**  
 the original **George's Tree Trimming Service**  
**EVERYTHING IN TREES**  
 Trimming • Topping  
 Removing • Stump Grinding  
**\$500 OFF**  
 Any Tree Service  
 Min. \$200.00  
 Present coupon after quote  
 Call for a FREE Estimate  
 (800) 695-5237  
 (562) 923-8911  
 Residential • Commercial  
 Apartments • Condominiums

**PRIMERICA**  
**WILLING TO EDUCATE**  
 Highly motivated individual for rewarding career in financial services.  
**Call Rebekah Ramos.**  
 Office (562) 536-6916  
 Cell (562) 553-2164

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

**MONEY & TAXES 2020**

We are happy to do **FREE ESTIMATES!!!**

**P**

**PATELIS TAX**  
 TAX CONSULTANTS

During these times of "stay-at-home" we are practicing social distancing and we are helping our clients to file their taxes remotely.

Visit our website or download our app to submit your forms, [www.patelitax.com](http://www.patelitax.com) or give us a call at 562-381-2253.

# BULLETIN BOARD

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

**B2BDesignBuild.com**  
**5% OFF**  
 We won't just fix it, we'll make it pretty!  
 Roofing, WaterProofing, Flood Repair,  
 Moldy Drywall & Insulation, Dryrot,  
 House & Foundation Cracks, Seismic.  
 Lic# B1.C39 998582  
**Nelson Bran Cell: 626/695-0605**

**GOT TERMITES?**

**DOWNNEY EXTERMINATORS**

- Free Termite Inspections
- Termite Damage Repairs
- Fumigations and Local Treatments
- Low Prices
- Hablamos Español
- Real Estate Services

Bonded / Insured  
**562-401-5000**  
 10% off with this ad  
 Serving Your Community

**DOWNNEY PARTY RENTALS**

10900 Paramount Blvd.  
 Downey CA 90241  
 (562) 861-1616  
[www.DowneyPartyRental.com](http://www.DowneyPartyRental.com)

Hours  
 M - F 10am - 3pm  
 Sat 10am - 2pm  
 Sun CLOSED

**NOW A UPS ACCESS POINT**  
 We still have canopies available (with or without sidewalls)

**Diversity is our strength!**

**U.S. ARMY**

U.S. Army offers excellent benefits that include money for college, medical/dental, career training, pay with benefits, housing, traveling and so many more. To get more information please contact **Sergeant First Class Eric Rutland • (562) 864-2558**  
 12251 Imperial Highway, Norwalk, Ca 90650

**MALHOTRA & MALHOTRA**  
 Attorneys  
 Serving the community for 36 years

**Have you got your Living Trust or Will?**

*How will your children be cared for after you die?  
 How will you be cared for in your old age?*

**TRUSTS \* CONSERVATORSHIPS \* PROBATE**

*Call us for a free initial appointment*  
 (800) 811-8881 \* (562) 806-9400  
 7847 Florence Ave., Suite 111, Downey, CA 90240  
**Se Habla Espanol**





## CLASSIFIEDS

**SERVICES**

**PLANS, PERMITS CONSTRUCTION**  
Project Design, New Construction, Remodeling & Additions  
Lic. #936419  
Call Jeff (562) 869-1421

---

**ALL ELECTRICAL AND PLUMBING WORK**  
Lic 965519 & Bonded  
Jobs start at \$35, free estimate  
Call Erik (323) 228-4500

**SERVICES**

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

---

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

**SERVICES**

**FULL SERVICE PLUMBING**  
Licensed, bonded & insured, 24/7, senior discount  
**McKinnon & Sons**  
Plumbing of Downey  
(562) 904-3616

---

**NICE-N-KLEAN**  
Residential & Commercial Cleaning.  
Call for a Free Estimate.  
(562) 419-6577

**SERVICES**

**APPLIANCE TECH HAS ARRIVED**  
House calls. Same day rapid service all major brands. Washers, dryers, ovens, stoves, refrigerators, etc. Senior citizen discount.  
(562) 866-4291  
(310) 251-3018

Turn Those **UNUSED ITEMS** in to **CASH!**  
Our Deadline for Classified is **Wednesday at 11:00 am**  
**(562) 904-3668**

*The* **Norwalk Patriot**

Visit Us Online  
[www.TheDowneyPatriot.com](http://www.TheDowneyPatriot.com)

guaranteeing the faithful performance of said Contract, and a bond in the sum of one hundred percent (100%) of the Contract price shall be furnished for the protection of all laborers and materialmen.

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

In accordance with California Labor Code Section 1771.1, no Contractor or Subcontractor shall be qualified to (a) bid on or be listed in a bid proposal on

or after March 1, 2015, or (b) engage in the performance of this Work after April 1, 2015, unless registered and qualified to perform the Work pursuant to Labor Code Section 1725.5.

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

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

The City of Downey reserves the right,

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

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

All requests for information (RFI) shall be in written form and shall be directed to:

Mr. Edwin J. Norris,  
Deputy Director of Public Works  
E-Mail: [enorris@downeyca.org](mailto:enorris@downeyca.org)  
Tel: (562) 904-7110  
Fax: (562) 904-7296

No inquiries will be accepted later than five (5) business days prior to the bid opening date as this would not allow time to respond to all plan holders. Phone inquiries will not be accepted.

**NO LATE BIDS WILL BE ACCEPTED.**

CITY OF DOWNEY, CALIFORNIA  
Maria Alicia Duarte, CMC  
City Clerk

The Downey Patriot  
4/16/20, 4/23/20

**NOTICES**  
SUPERIOR COURT OF CALIFORNIA,  
COUNTY OF LOS ANGELES

**ORDER TO SHOW CAUSE FOR CHANGE OF NAME**  
CASE NUMBER: 20NWC00084  
TO ALL INTERESTED PERSONS: Petitioner KIARA DANIELLA ROSCELLI VALER filed a petition with this court for a decree changing names as follows:

Present name (1) KIARA DANIELLA ROSCELLI VALER to Proposed name (1) DANIELLA VALER  
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.  
NOTICE OF HEARING

Date: MAY 6, 2020, Time: 1:30 p.m., Department: C, Room: 312  
The address of the court is 12750 NORWALK BLVD NORWALK, CA 90650  
A copy of this Order to Show Cause shall be published at least once a week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in the county: **The Downey Patriot**  
MARCH 4, 2020  
Judge Margaret M. Bernal  
Judge Of The Superior Court  
Petitioner or Attorney, In Pro Per  
KIARA DANIELLA ROSCELLI VALER  
3022 EAST FLORENC AVENUE,  
HUNTINGTON PARK, CA 90255  
562-292-4331

The Downey Patriot  
4/9/20, 4/16/20, 4/23/20, 4/30/20

**2020**  
*Class of*

**CELEBRATING THE CLASS OF 2020.**

**The Downey Patriot**

**CREATED A COMMEMORATIVE ISSUE TO CELEBRATE THE CLASS OF 2020.**

**DEADLINE**  
Space Reservation: May 15, 2020  
Artwork: May 20, 2020  
Edition: May 30, 2020

**For more information and a quote:**  
Call Julie or Jessica at (562) 904-3668 or  
E-Mail us at: [Sales@thedowneypatriot.com](mailto:Sales@thedowneypatriot.com)

# Checking in with Downey Soroptimist

The ladies of Soroptimist International of Downey are usually the life of every party. How are they coping in quarantine?

By Lorine Parks  
Society Columnist

"The ladies of Soroptimist International of Downey are all staying safe," said Judy Gallardo, "and keeping social distancing with cheer in our hearts."

"We are not just members," said Judy, the president of the Downey club. "We are friends and sisters. We all feel very blessed to have one another. We send text messages and jokes to make sure we are all staying well and keeping a positive and peaceful attitude through all of this."

"Lively fund-raising parties are our signature events," said Judy, "like last year's Roaring Twenties Casino Night. They make it possible for us to support our mission, which is to empower the lives of women and girls, and secure human rights for all."

"But our much needed fundraisers are impacted by the coronavirus crisis," said Judy. "We look forward to getting back to work when it is safe for us all to be out in social arenas."

"Our club is a service club for Downey and the surrounding communities," said Judy.

"We give scholarships which alter lives. And we help fight domestic violence and abuse. For example, we promote an 800 number hotline for victims. We leave the number in women's restrooms, where they might come and their male abusers or johns, could not follow."

"Our members vary in ages," said Judy. "Our membership consists of business owners, women in demanding careers from the school district to the City of Downey, to Realtors, to people in the medical and legal fields. We have retired women and homemakers."

"Gratefully, we have a variety of women in different segments of life that care, love their community and will stick together as sisters to make sure we all do what we need to help each other and lend a hand as needed."

"The closest we get to the front lines in fighting the coronavirus," said Judy, "are two of our members. One works for the fire department and the other for the police department but they have desk jobs and are not in the direct front lines thank goodness."

"My family and I have been working and attending school from," said Judy. "Zoom is very popular at our house. My husband's work is an essential job. He is an elevator mechanic for Next Level. He is required to be out in the field. He carries

his PPE's, his mask and gloves, and is constantly obtaining more. Ralph services high rise buildings for senior housing and those elevators must keep on working for our seniors. They rely on those elevators more than we realize at times."

"My sister, Patricia," said Judy, "is a regional manager for the Salvation Army. She is out there as well, helping her seniors, along with her staff to keep all seniors safe and healthy as well as calming their anxiety."

"I also have a brother-in-law and sister-in-law, Bobby and Ann," said Judy, "that are working the front lines in the police force. They are both required to work 12-hour shifts now. The demand for the officers to be out in the field is very high. My respect goes out to all of them making a difference for our society."

What is to become of on-going Soroptimist programs? Downey Soroptimists are relatively small in number, 23, but mighty in the good works they do on behalf of women and girls.

"The scholarships, grants, and donations that we give out including collaborating with other Downey clubs and non-profits are definitely being affected," said Judy.

"Our Live Your Dream Scholarships go to young women graduating from high school," said Judy, "who have shown outstanding social commitment. We also give unique grants to older women who have hit bottom and are turning their lives around by going back to school."

"But this spring our Scholarship Breakfast for the city of Downey high schools recipients will definitely still receive their awards in time for entering college."

"Every year we have an elegant breakfast meeting," said Judy, "to introduce Our Women of Distinction Award winners to the community. The affair was postponed. We'll honor them at another time."

"Our fundraising opportunities have disappeared," said Judy. "We are happy to receive any donations to Soroptimist International of Downey. They will assure that next year's scholarships, grants, and services that we provide, will still be available to the very needed and deserving recipient."

"A Wine and Cheese Tasting and A High Tea were programmed for this year," said Judy. "We'll still put them on, but later."

"Our participation at the Arc Walk for Independence was cancelled. So we continued forward as spirit walkers. They are one of our recipients of our donations."

"We always look forward to taking one or two tables for the Amistad Awards for Rancho Los Amigos Hospital's RLA Foundation," said Judy. "It's a black tie gala event, and we each pay for our own ticket, and we dress up and go together. But in March the Foundation had to cancel it for this year."

"We had to postpone our Soroptimist Village Birthday Bingo," said Judy, "for the

senior citizen community we help support in Norwalk. Some of us go for an evening with seniors who love the companionship." Soroptimist International bought a few acres in Norwalk in 1963 and built low-rent housing units in a partnership with the Norwalk Housing authority.

"Everything we do or deliver or provide," said Judy, "can continue if anyone needs our services at a distance. We can drop things off and still continue to follow what is required of us all, to keep 'Social Distancing' as we regard people's needs and everyone's safety and well-being."

"It seems that most of the service groups have been quiet," said Judy. "We do know that the Downey PIH Hospital and medical centers are requesting donations to continue forward with the extreme demand of purchasing gloves and masks, as well as other Personal Protective Equipment for our health professionals, staff, and patients."

"Our next business at hand," said Judy, "is to prepare for nomination of next year's board members. This will all be completed via Zoom."

"I would like to let everyone know," said Judy, "that we are all in this together. We will get



past this together and although these are unprecedented times Providence will carry us through. Stay faithful and confident that we will all get through this together."

"We are here to serve and help the community and if there is anyone that needs our help or support we will give it. If we need to, we will also search

out the support of other service groups in the community depending on the individual's or family's needs. You are not alone," said Judy.

"Let us stay united in human dignity and by grace, learn, to better respect each other and really learn to exercise patience with one another."



**Dorothy Pemberton**  
REALTOR DRE #00903993  
NOTARY PUBLIC  
**(310) 717-3637**  
dorothy.pemberton@century21.com  
www.DorothyPemberton.com  
**Downey resident and 30 years experience.**  
**21 CENTURY 21 Peak**  
7825 Florence Ave, Downey, CA 90240

## POETRY MATTERS

### Song of Myself

Smile O voluptuous cool-breath'd earth!  
Earth of the slumbering and liquid trees!  
Earth of departed sunset—earth of the mountains misty-topt!  
Earth of the vitreous pour of the full moon just tinged with blue!  
Earth of shine and dark mottling the tide of the river!  
Earth of the limpid gray of clouds brighter and clearer for my sake!  
Far-swooping elbow'd earth—rich apple-blossom'd earth!  
Smile, for your lover comes.

You sea! I resign myself to you also—I guess what you mean,  
I behold from the beach your crooked inviting fingers,  
I believe you refuse to go back without feeling of me,  
We must have a turn together, I undress, hurry me out of sight of the land,  
Cushion me soft, rock me in billowy drowse,  
Dash me with amorous wet, I can repay you.

**Walt Whitman, Leaves of Grass**

Every day was Earth Day for Whitman. Nature's power and beauty intrigued him. "I lean and loafe at my ease observing a spear of summer grass," is Whitman's portal. "I loafe and invite my soul," the password he shares with the Reader, "for every atom belonging to me as good belongs to you." Poetry Matters is curated by Lorine Parks.

### FAQ'S: THE EFFECT OF CORONAVIRUS ON REAL ESTATE

Hello friends, neighbors and community, first off my thoughts are with those who have been impacted by the novel Coronavirus (Covid 19) global pandemic. During this hard time there are a lot of you that have questions about the real estate market. Some of you were ready to sell, some were preparing for it and others of you simply have questions. I thought I'd answer a few of the questions I have been asked a lot recently. Please keep in mind that things change daily and these are my opinions only.

**Q: What is the state of the real estate market?**  
**A:** The market is in a holding pattern. Before all of this, there was low inventory and low rates making for a Seller's Market. I believe that will still be the case as property values will remain high and rates will be low to spur on the market activity. At this time, there is no need to panic over the value of your home.

**Q: Are you holding Open Houses during this time?**  
**A:** Currently, I am not holding open houses. Our clients' health, as well as the well-being of the community, are always my top priority. I do offer some amazing technology to present your home including virtual tours, 3D floorplans and virtual staging. I also utilize Skype, Facetime and Facebook for tours or meetings.

**Q: Can you help Sellers now?**  
**A:** Yes! While I can't do everything right now, due to the orders from the Governor of California, we can get the ball rolling. We can get the process started, establish the value of your home and start searching online for your next home. Then when things settle you'll be primed for a market that already had low inventory and lower rates.

**Q: Any other advice?**  
**A:** Most importantly be safe. Secondly, don't stress and overthink things. This crisis will pass, the economy will bounce back and housing will be strong. The truth is, there are, and will be, people that need to move. My team and I are 100% committed to helping guide you to the best decision for YOU. As always, I'm here for any of your questions, please feel free to contact me anytime. For your own copy of my special report, **"10 Critical Questions To Ask A Realtor Before You List"**, call/text me today at 562-743-2121 or Email: [dale.jervis@century21.com](mailto:dale.jervis@century21.com)

**NEW LISTING!! 9032 Stoakes Avenue Downey 90240**  
Sparkling and Remodeled Two Bedroom One Bath Home with Seven Car Parking and Large 5,864 Square Feet Lot on Quiet North Downey Street. Plenty of room to expand! **\$490,000**

**DALE JERVIS**  
CENTURY 21 Jervis & Associates  
**www.DaleJervis.com**

**CENTURY 21 My Real Estate is now part of CENTURY 21 Peak**

**Peak Real Estate**  
century21myrealestate.com

**(562) 927-2626**  
7825 Florence Avenue • Downey, CA 90240

### OUR CLIENTS

"Jim Derry was excellent & everything went smoothly!" - Nancy Gust

"Steve Roberson everything went great & I enjoyed working with Steve. I really liked the way he handled the transaction & it gave me a lot of confidence." - Johnny Castaneda

### FEATURED PROPERTY

**Location, Location, Location!!!**  
Beautiful Northeast Downey home. Corner lot. Just east of Lakewood Blvd. Great curb appeal. Wood fence to front entry. 2 bedrooms upstairs. 2 bedrooms downstairs. Backyard has extra-large pool and makes for a great entertaining home. Kitchen needs some updating but nice with large breakfast nook. Two car garage with lots of storage and parking in large driveway. Call Today!!!

### TOP PRODUCERS

**TOP LISTING**  
Nubia Aguirre

**TOP PRODUCTION**  
Jim Derry

**TOP SALES**  
Cristian Ripoll

**Amazing!!!**  
Don't miss a great opportunity to own this beautiful and spacious home in the Premier 55+ gated Oasis Community. This large 2 Bedroom, 2 Full Bath highly sought-after floor plan is move-in ready, and comes with Paul Solar! The Great Room is huge and features a gas fireplace and Coffered Ceilings. The Chef's Kitchen has Granite counters, Tumbled Stone Backsplash, New Double Oven, and Maple Cabinetry. Much, much more! Call Today!!!

**The Time Is Now!**  
Motivated seller. Needs some TLC to make it your own. Great area of Hollydale. Den can be used as 3rd bedroom, just need to install a closet. Built in BBQ. Has 4 camera security system.

**This Is The One!**  
Wonderful four-bedroom home located in a nice neighborhood of Downey. Located on cul-de-sac. This home features new windows & a two car garage.

**Opportunity Knocks!**  
his beautifully updated NE Downey home on a large corner lot is perfect for entertaining friends and family with a large open kitchen and spacious family room. Use the backyard swimming pool to cool down on hot summer days and the inside sauna to warm up in the winter. The three-car garage and huge driveway offer plenty of parking. Call Today!!!

**Property Management Provides help with:**  
Statewide Rent Control | Rent Collection  
Working with Vendors | Tenant Relations  
**2 Free Months of Management**  
Call Edwin 866-998-4232

**Endless Possibility!**  
Perfect starter home. Needs TLC to make it your own. Huge backyard with many fruit trees. Well taken care of. Newer vinyl windows. Eating area in large kitchen. Large covered patio for entertaining. Won't last long. Call Today!!!

**Won't Last!**  
One of the largest 2 bedroom 2 bath units in the complex. Each bedroom has its own bathroom. There are also 2 parking spaces in the gated parking garage. This corner unit has a view of the pool/spa along with San Pedro from balcony. This unit has a gas fireplace, recessed lighting and HVAC. Updated kitchen with new stainless appliances.

**My Real Estate School DRE APPROVED LIVE REAL ESTATE SCHOOL \$150 Reimbursed**  
Call Bertha - 877-829-0961



**Mel & Rita Berdelis**  
BROKER/OWNERS

**24 HOUR Real Estate**

OFFICE: 562-861-7257  
24hour-RealEstate.com



**Carrie Uva**  
BROKER  
"Let's Talk Real Estate"  
562-382-1252  
www.CarrieUva.com  
DRE #01152047



**Angelo & Marie**  
REALTOR®  
"The Intelligent Choice!"  
562-618-0033  
www.MariePicarelli.com  
DRE #01933141 | DRE #00610605



**Ben & Stephanie**  
REALTOR®  
"The Father-Daughter Team"  
562-217-8384  
TheFatherDaughterTeam.com  
DRE #01090340 | DRE #01445843



**Vicki Spearman**  
REALTOR®  
"I Care for Downey"  
562-367-9520  
Icare4dow@aol.com  
DRE #00542721



**Mario Persico**  
REALTOR®  
"Mario DID IT AGAIN!"  
562-533-7433  
Mario@MarioPersico.com  
DRE #01341121

**PREPARE YOUR LIVING TRUST!**  
Package includes: will, trust, advance health directive, financial power of attorney and one grant deed  
CALL FOR MORE INFO  
**562-382-1252**  
- NEW CLIENTS ONLY  
- EXPIRES 4-30-2020  
- ONE COUPON PER FAMILY  
DOWNEY'S ADVOCATE....  
*Carrie Uva*  
ATTORNEY AT LAW  
SERVING THE DOWNEY COMMUNITY FOR OVER 25 YEARS

**1 BLOCK FROM THE BEACH!**  
**Huntington Beach!**  
Corner lot w/ ocean view! 2,900+ sq. ft. featuring 4 balconies, 4 bedrooms, 3 baths, 3 fireplaces. Elevator, too! Call Marie at 562-618-0033 for details & to view the virtual tour from your home!

**BACK ON THE MARKET!**  
**Live in One, Rent the Other! 2 UNITS**  
Front Unit: 2 BD, 1 BA, covered parking.  
Rear Unit: 1 BD, 1 BA, 1 car garage.  
Call us for more information!  
**562-217-8384.**

**Thank you**  
to Downey's healthcare heroes who fight on the frontlines while we're safe at home.  
**WE ARE GRATEFUL FOR YOU!**  
#healthcareheroes

**MARIO DID IT AGAIN!**  
IN ESCROW - 11849 Haro Avenue, Downey.  
3 BD | 3 BA | 1,890 sq. ft. home | 6,537 sq. ft. lot  
Mario can do this for you, too! 562-533-7433.  
**SOLD!**  
**MARIO DID IT AGAIN!**  
SOLD - 7149 Nada Street, Downey  
3 BD | 3 BA | 2,255 sq. ft. living space | 2-story  
Mario can do this for you, too! 562-533-7433.

**Business Opportunity!**  
Well established Restaurant in Santa Fe Springs. Family owned and operated, seats 65 with beer & wine license. **\$60,000.**

**Live in One and Rent the other!**  
2 separate homes on one lot! Separate yards. Both homes have 2 BD, 1 BA. In nice Downey neighborhood! Priced to sell at only **\$685,000.**

**JOIN OUR EXCITING 24 HOUR TEAM!**  
**WHY JOIN THE 24 HOUR TEAM?**  
- FREE Super Star Marketing Support  
- 24/7 Office Access and Support  
- FREE Smart Start Training  
- FREE Marketing Makeover  
- \*Earn Your Real Estate License for FREE  
**CALL US TODAY!**  
**562-233-5200**

**Pam Lee**  
REALTOR®  
562-537-1134  
PamLeeRealtor@gmail.com  
DRE #01750256

**WHO YOU WORK WITH MATTERS**  
I AM STILL CONDUCTING BUSINESS VIRTUALLY.  
LOOKING FOR A NEW HOME? PLEASE GIVE ME A CALL OR EMAIL ME. I WILL BE HAPPY TO PROVIDE YOU WITH ALL THE INFORMATION YOU NEED AND WILL DO MY BEST TO GIVE YOU THE FULL TOUR EXPERIENCE. VIRTUALLY!  
THANK YOU FOR YOUR CONTINUED PATIENCE DURING THIS UNPRECEDENTED TIME.  
LET ME KNOW HOW I CAN HELP  
**562-533-7433**

**Investment Opportunity!**  
Front house has 3 BD, 1 BA. Rear houses have 2 BD, 1 BA each. **\$668,900.**  
Call 562-382-1252 for more information.

**Diamond in the Rough!**  
Tons of potential! Living room, dining room, 3 BD with walk-in closets, 1,844 sq. ft. of living space all on a large lot. **\$629,000.**

**Downey Beauty**  
2 BD, 1 + 3/4 BA. Spacious living room with dining area. Large family room with fireplace. Family kitchen with eating area. Inside laundry area. 2 car detached garage. 1,856 sq/ft on a 9,908 sq/ft lot. **\$799,000.**  
Call Pam for more info! 562-537-1134.  
PamLeeRealtor@gmail.com

**MARIO PERSICO**  
BORN | EDUCATED | LIVES | WORSHIPS  
- SERVING SINCE 2002 -  
**562-533-7433**  
#ItsNeverJustBusinessItsAlwaysPersonal

**CARRIE UVA**  
Downey Born, Raised & Educated!  
Selling Downey Homes for 27 Years!  
EXPERIENCE YOU CAN TRUST!

**CHECK OUT**  
our 93 REVIEWS on www.Zillow.com  
**Angelo & Marie PICARELLI**  
EXPERIENCE, INTEGRITY, & TEAMWORK

**24 HOUR Real Estate**

**TURN YOUR ISOLATION INTO YOUR NEW OCCUPATION**

ONLINE REAL ESTATE CLASSES ARE NOW GOING LIVE VIA ZOOM!

*Sign up today!*

**NEW CLASSES BEGIN MAY 4TH**

FOR MORE INFORMATION CALL OR TEXT  
**562-818-6111**

**MICHAEL BERDELIS**  
"The 24 Hour Agent"  
(562) 818-6111  
MichaelBerdelis@gmail.com  
**24 HOUR Real Estate**  
RESIDENTIAL & COMMERCIAL SALES  
DRE #01234589  
REALTOR

**DOWNEY'S #1 AGENT FROM 2002 TO TODAY**

**A Fresh New Look**  
3 BD, 2 BA Northwest Downey home with formal living room with fireplace, formal dining room, den/study that could be turned into the 4th BD, a large family room with vaulted ceilings & wet bar, and a master bedroom with it's own bathroom. Beautiful hardwood floors through out, central A/C, and has been freshly painted. Also includes a newer tile roof and newer plumbing.  
PRICED AT \$899,950

<p><b>As Good As New</b></p> <ul style="list-style-type: none"> <li>• 3 bedrooms &amp; 2.5 bathrooms</li> <li>• 1,415 sq. ft. living space</li> <li>• New kitchen and bathrooms</li> <li>• Large patio</li> <li>• 2 car attached garage</li> </ul> <p>LIST PRICE: \$469,950</p>	<p><b>The Price is Right!</b></p> <ul style="list-style-type: none"> <li>• 3 bedrooms &amp; 2 bathrooms</li> <li>• 1,595 sq. ft. living space</li> <li>• Large master bedroom</li> <li>• Den &amp; enclosed patio</li> <li>• 2 car attached garage</li> </ul> <p>LIST PRICE: \$589,900</p>	<p><b>Near Stonewood Mall</b></p> <ul style="list-style-type: none"> <li>• 3 bedroom   2 bathrooms</li> <li>• 1,890 sq ft living space</li> <li>• 7,516 sq. ft lot</li> <li>• Large living room &amp; den</li> <li>• Newer roof</li> </ul> <p>LIST PRICE: \$749,950</p>
<p><b>Cherokee Estates Charmer</b></p> <ul style="list-style-type: none"> <li>• 4 bedrooms &amp; 3 bathrooms</li> <li>• 1,925 sq. ft.</li> <li>• 10,453 sq. ft. lot</li> <li>• Updated kitchen</li> <li>• Master bedroom</li> </ul> <p>LIST PRICE: \$775,000</p>	<p><b>Wow, This Can Be Yours!</b></p> <ul style="list-style-type: none"> <li>• 6 bedrooms &amp; 5 bathrooms</li> <li>• 4,480 sq. ft.   8,617 sq. ft. lot</li> <li>• Newer remodeled kitchen</li> <li>• Updated hardscape/landscape</li> <li>• Oversized master bedroom &amp; bathroom</li> </ul> <p>LIST PRICE: \$1,249,950</p>	<p><b>Italian Design Mansion</b></p> <ul style="list-style-type: none"> <li>• 7 bedrooms   7.5 bathrooms</li> <li>• 6,734 sq. ft. living space</li> <li>• 11,392 sq. ft. lot</li> <li>• Extra large 3 car garage</li> <li>• 2 BD, 1 BA guest quarters</li> </ul> <p>LIST PRICE: \$1,649,950</p>

**FREE VIRTUAL MARKET ANALYSIS OR VIDEO TOURS CALL/TEXT TODAY 562-818-6111**