

# The Downey Patriot

Thursday, Sept. 9, 2021 Vol. 20 No. 23



**PAGING DR. FRISCHER** The many benefits of walking



SEE PAGE 7

**ENTERTAINMENT** Comic book exhibit opens in Cerritos



**NEWS** 

Apple honors 5 **Downey schools** 

SEE PAGE 8

# Doctors go from colleagues to friends as one saves the other's life

■ Dr. Sammy Saab suffered a heart attack at home but was saved by his healthcare colleagues.

### **Contributed by UCLA Health**

**DOWNEY** – Eight months after a massive heart attack, Sammy Saab, MD, MPH, medical director of the Adult Liver Transplant Program at UCLA Health, trekked 60 miles of mountain trails with his 17-year-old daughter's Girls in Boy Scouts of America troop.

As he carried a 50-pound pack, Dr. Saab sometimes feared he could die in the remote New Mexico wilderness.

Yet as he trudged through storms and mud over the summer, he found confidence and inspiration thinking about Tamer Sallam, MD, PhD, the UCLA Health cardiologist who helped save his life.

"When I was on the hike all I could think about was Tamer and how I'm going to thank him when I get back," Dr. Saab said. "If it wasn't for him, I wouldn't be doing it. I thought about him every day."

Sallam said he wasn't expecting to care for a colleague on that October 2020 day at Ronald Reagan UCLA Medical Center. Although now, Saab is also his friend.

"A lot of it comes down to the basic principles that guide any patient-physician relationship, which is based on trust, being ethically responsible, trying to advocate for your patient's welfare - whether they're a physician or not - and making recommendations based on the evidence," Sallam said.

known physician at UCLA, I see him like he could be my brother and how would I want him being

### 2 workouts, 1 ambulance ride

On a Tuesday afternoon last fall, Saab finished a 30-minute stair workout before rushing to his home office for a Zoom meeting without time to shower. He began feeling heaviness and squeezing in his chest. His asthma inhaler and an antacid provided no relief.

"When I realized it was probably a heart attack, I took a quick shower. I was pretty smelly," said Saab, who also ran four miles early that morning.

Saab, who was 52 at the time, called 911 and directed the ambulance to take him to Ronald Reagan UCLA Medical Center, next door to his office in the Medical Plaza.

Sallam, co-director of the UCLA Cholesterol Management Center, was on call overseeing the cardiac care unit when he got a page with Saab's name. He'd never met him but knew he also cared for critically ill patients at the hospital.

"I initially thought it must be an error," Sallam said. "I thought they probably paged me with a supervising physician

He soon discovered that Saab was his emergency patient despite no history of heart

"Sammy was arguably the poster child for a healthy person, exercising twice a day and not having any seemingly obvious risk factors," Sallam said. "But unfortunately, this is the humbling nature of this disease; 15% of patients who have their first heart "I don't see him as this well- attack don't have any obvious

Dr. Stauffer's family

says thank you

School. It was fulfilling to have the celebration

also where she created the Mary R. Stauffer Foundation to give back to the community where

here in Downey where she spent so much of

her time as a doctor and philanthropist. It is

her medical practice thrived, and her children

There are so many people that my mom

would want me to thank for making the event

possible, so please bear with me. I'd like to

start by thanking Dr. John Garcia, Alyda Mir, Emely Martinez, and Glenn Yamasaki who all

had such great memories to share during the

program. Thanks to Greg Welch for emceeing

and beginning with a moving invocation, and

passages. Thanks to Bill Kirkwood for presenting

thanks to my brother Jim for reading Bible

the "Angel Among Us" award to the school

and to Mayor Claudia M. Frometa for declaring

Aug. 26 "Mary R. Stauffer Day." And thanks to

brother Calvin for their heart rendering duet of

There are so many other people to thank

who helped make the day a success. Thanks to

Nancy Swenson, Foundation COO, who directed

the multiple preparation activities. Thanks to

Darryl Browning, principal at Stauffer Middle

School, who assured all aspects of the facility

his vice-principal Erin Hanohano-Lira, who

accommodated memories of mom's life and to

the library. Chris Nezzer and Curtis Choi made

beautifully arranged the displays of mom's life in

Foundation board member Phil Davis and his

"Prayer" that closed the program.

graduated from the public schools.

predisposing conditions."

### Diagnosis and treatment

Sallam's team began their evaluation and an EKG showed that Saab had suffered what's known as a "widow maker" heart attack, which involves the blood vessel that supplies up to half of the heart muscle.

"The key is to move quickly and initiate treatment right away," he said. "Even a few minutes can be the difference between tens of millions of dead or healthy heart cells.'

They administered medication and cardiologist Rushi Parikh, MD, performed an emergency angioplasty to remove the clot and place a

Saab, who was hospitalized for the first time since childhood, said he adjusted easily to being a patient rather than a provider. Colleagues dropped by to say hello. Due to COVID-19 protocols, only his wife could visit. His four children made a big sign and stood outside his window. He had his laptop to respond to work emails.

"I'm a big believer in karma," he said. "I've always been very sensitive to patients. I always picture myself as a patient and that's how I treat people. It wasn't a big adjustment. I felt empowered, they answered all my

Saab spent two days in the ICU and two more in a recovery unit before he was released. He went back to work on the following Monday and started the process of recovery, both physically and psychologically.

He underwent cardiac renab, a program of supervised



Dr. Tamer Sallam, left, was on call overseeing the cardiac unit at Ronald Reagan UCLA Medical Center when Dr. Sammy Saab was brought in, having suffered a massive heart attack. (Photo by Joshua/UCLA Health)

exercise, based on the recommendation of Sallam.

"I didn't think I needed it, but in reality I needed it," he said. "It was a great boost to my mental health. It gave me a lot of confidence.'

Saab takes about seven medications, including a twicea-month injectable to treat a type of bad cholesterol called lipoprotein A (LPA) that isn't captured on a traditional lipid panel but increases the risk of heart disease. Some of his family members see Sallam after Saab's brothers and son were tested for elevated LPA.

He said managing his own medication has helped him realize the intricacies that patients face. He now spends more time explaining the purpose of what he prescribes.

"I can't pronounce the drugs I take," Saab said. "Now I can see how easy it is to get medication confused."

### **Moving forward**

Dr. Saab is treated by a team of UCLA Health cardiologists, including Dr. Parikh and Eric Yang, MD, and sees Sallam every few months. He still exercises twice a day, although his running pace isn't as fast as

"Physically he feels great and I'm expecting that his prognosis is excellent based on all the data we have," Sallam

After Saab returned from the June hiking trip, he sent a letter to Sallam chronicling the hailstorm, gushing winds, hypothermia and dehydration

"Nevertheless, spending time with my daughter during those 12 days was priceless,' he wrote. "I wanted to thank you for helping make this trip

### Weekend at a Glance



Sunday



### THINGS TO DO



**Cool Cruise Car Show** Saturday, 10 am-4 pm Old Town La Verne

Featuring The Answer band in concert and benefitting the La Verne **K9** Police Foundation.

### **ON THIS DAY SEPTEMBER 9**

### **1850**:

California became the 31st state of the union

### 1926:

The National Broadcasting Co. (NBC) was incorporated by the Radio Corporation of America.

A Japanese floatplane dropped incendiary bombs on Oregon during World War II, marking the first time the contiguous United States was bombed by an enemy aircraft.

### 1956:

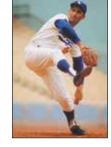
Elvis Preslev appeared on The Ed Sullivan Show for the first time.

### 1957:

President Dwight D. Eisenhower signed into law the first civil rights bill to pass Congress since Reconstruction.

### 1965:

Sandy Koufax of the Los Angeles **Dodgers** pitched a perfect game in a 1-0 victory over the Chicago Cubs.



### 1971:

Prisoners seized control of the maximum-security Attica Correctional Facility near Buffalo, N.Y., beginning a four-day siege that claimed 43 lives.

### 1976:

Communist Chinese leader Mao Zedong died in Beijing at age 82.

### 2003:

The Boston Roman Catholic Archdiocese agreed to pay \$85 million to 552 people to settle clergy sex abuse cases.

### 2009:

Rep. Joe Wilson, R-S.C., shouted "You lie!" during President Barack Obama's speech to Congress on

### **Birthdays**

"Bridget Jones's Diary" star **Hugh** Grant (61), "The George Lopez Show" actress Constance Marie (56), actor and comedian Adam Sandler (55), "Modern Family" star Eric Stonestreet (50), jazz singer Michael Buble (46), Academy Award nominated actress Michelle Williams (41), former Lakers guard J.R. Smith (36) and Croatian soccer player Luka Modrić (36).

sure stage sound and all video stations worked without a hitch. Nate Harris created a superb video of recent Foundation student award winners, memories from a few local citizens, and a touching remembrance from the eyes of her granddaughter Jessica. And we can't forget Johnny Zegarra and the Culinary Arts students who prepared and served the delicious appetizers, especially the blueberry tart - reflective of mom's favorite food blueberry pie. Students demonstrated results from some Foundation grants with their expertise in robotic and drone equipment. Foundation secretary Reggie Donahue secured the photoshoot background with mom's picture in the center, and My mom was Mary R. Stauffer, who passed the Italian Ice – a sweet cold treat. Teresa Ford away in February of this year. I would like to thank all the wonderful people who came to help celebrate her life on Aug. 28 at Stauffer Middle assembled into binders a small portion of the thank you cards and letters my mom received over the years. Kim Sodetani organized the display of the binders and prepped the book "The Complete

> We have many volunteers supporting the Mary R. Stauffer Foundation today (and always looking for more) but I would be remiss if I didn't thank those that helped launch mom's educational foundation and the Downey Patriot for showing its contributions to the world. A huge thanks to the late Linda Kennedy who was mom's right hand as the Foundation's CFO for many years and whose husband, John, still volunteers. And a special thanks to my siblings Dorothy, Jim, Judi, and John, our spouses and children who have all supported mom's foundation in so many ways. Over its 29 years, her Foundation has given nearly \$7 million to students and teachers in Downey, and it is ready to continue long into the future as she wished.

Life" (written by my mom's grandfather) that Jim

Stauffer helped give away. And a big thanks to all

who attended and respected the COVID protocols. I know the list was long and if I missed someone,

If only one Character Counts pillar could be chosen to describe my mom, I would choose Citizenship. What would the world be like if every successful person gave back to their community in this way?

Thanks to God for all our blessings,

Janet Stauffer Suzuki

please forgive.

4th of 5 children and CEO of Mary R. Stauffer **Foundation** 



Air Force veteran Roman Gonzalez spent four years in active duty. He says he has "mixed emotions" about the state of the country today. (Photo by Alex

# Fall of Afghanistan painful to watch for veterans

■ Military veterans share their the Taliban in just over a week's frustrations with the turmoil engulfing Afghanistan.

By Alex Dominguez **Staff Writer** 

**DOWNEY** - After over \$2 trillion spent, 2,352 American service members killed and 20,000 wounded, a war weary America pulled its final troops out of Afghanistan on Aug. 30; America's longest war would come to an end just a few weeks shy of the 20th anniversary of the Sept. 11 attacks that sparked the

In the wake of its departure, the country fell into the hands of

For those who were one of the 800,000 service members to serve in Afghanistan over the war's span, it's a bitter pill to

Roman Gonzalez, 33, served four years active duty in the Air Force and is currently in the reserves. Over the course of his service, he has deployed three times; most recently to Afghanistan in 2018-19 as a medic in a hospital.

He says he "still doesn't know how to feel about it."

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## Paging Dr. Frischer...

By Dr. Alan Frischer

I encourage each and every patient I see to find a way to make exercise a regular part of his or her life. Many forms of exercise involve coordination

coordination
with others,
purchasing
costly equipment, reserving
a court, or taking
classes. There
is one simple,
no-excuse form
of exercise that

no-excuse form of exercise that nearly anyone can do: Walk.

Countless studies show that this simple form of movement has numerous and wide-ranging benefits:

·Nearly half of all Americans are inactive, and walking is the simplest way to start. It doesn't involve special training, is safe for new exercisers, and has one of the lowest exercise injury rates.

·Walking can be as easy or intense as desired. Start slowly on level surfaces, and increase pace and elevation gradually. Some choose to walk with hand and ankle weights.

·Walking regularly for some 22 minutes per day can help with weight loss, lower cholesterol and blood pressure, reduce the risk of heart disease, diabetes and cancer, and strengthen the bones, muscles and joints.

·Walking is a brain booster; it improves memory and cognitive function. It has been associated with an increase in the brain's gray matter, and some studies show that walking reduces the risk of dementia and Alzheimer's disease.

·Walking boosts mood and lowers stress, especially when walking outdoors, in a natural setting.

·Walking helps to improve our energy level. Many people reason that if they feel tired, how can they go for a walk? It is a proven fact that exercise gives us more energy.

·Walking improves sleep and helps to resolve insomnia. This is especially true for those between 50 and 75.

·We hear a lot about walking

10,000 steps per day. This is not a magic health goal. While reaching 10,000 steps is admirable, one study showed that even as few as 4,400 steps per day resulted in a lower death rate than did 2,700 steps per day.

·Walking with others is a great way to build bonds. Walking with your children can enhance communication, reduce behavioral issues and even help them academically. Walking with your spouse offers similar benefits. Note that most romantic relationships start with a friendship! Take a friend for a walk.

·Walking through the neighborhood improves relationships with neighbors, reduces crime rates, and serves as a great way to get to know your community.

Need one more argument?
Other than investing in a good pair of well-fitting walking shoes, it's free. No money spent on a gym membership, yoga classes, tennis lessons, etc. I urge you to consider starting your new walking program today

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.

# Crime Report

On Aug. 30 at 12:40 am officers responded to a shots fired call, at 12340 Lakewood Blvd (Studio Inn) and upon arrival, they could not locate any victims or suspects. A review of surveillance video showed a brief interaction between two unknown adults in the parking lot. The victim suddenly ran toward a car and the suspect fired one shot at him with a black handgun. The victim fled in a vehicle, and the suspect fled on foot. Officers located one spent shell casing confirming a round was fired, but they were unable to locate a victim or witness.

On Aug. 31 at 11:55 pm, officers responded to 9851 Imperial Hwy (Chevron) in regards to a robbery in progress. The adult male suspect entered the Chevron and handed the cashier a handwritten letter. The suspect brandished a metal hammer, walked behind

the sales counter, and took \$780 worth of cigarettes. The suspect fled the scene on a bicycle. The suspect has since been identified and arrested.

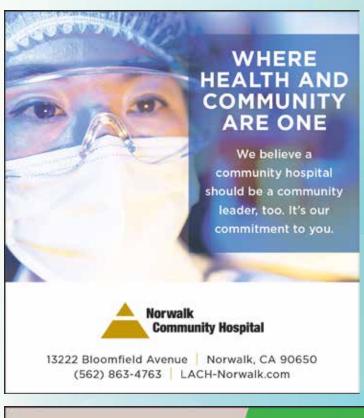
On Sept. 1 at 6:45 am, the victim was making a delivery to the 9800 block of Everest St. During the delivery, a road rage incident occurred with the suspect in a passing vehicle. The suspect exited his vehicle with a metal bar and approached the victim. The suspect swung the bar, missing the victim, who retreated and called police. Suspect fled and was not located

On Sept. 3 at 3:15 pm, officers were dispatched to the 8500 block of Everest St, in regards to a robbery. The victim, a juvenile, was walking from school when the juvenile suspect grabbed the victim's necklace from her neck. The victim ran to her parent and pointed out the suspect who had taken

her necklace. The suspect fled the scene. The Detective Bureau identified the suspect and is handling the investigation.

On Sept. 4 at 1:25 pm, officers responded to calls of a shooting on the 7300 block of Dinwiddie Ave. Responding officers located an adult male victim on scene suffering from a single gunshot wound. The victim was transported to a local hospital where he was treated and is in stable condition. Downey Police Detectives are currently investigating.

On Sept. 5 at 3:45 pm, officers responded to the 13600 block of Downey Ave. regarding a subject with a knife running and screaming. Officers located the suspect in the area, where he was detained without incident and arrested.



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### **DOWNEY HAPPENINGS**

### **SATURDAY, SEPTEMBER 11**

Car Show, 10 am to 4 pm. Latin World Car Club Los Angeles presents a benefit car show featuring classic vehicles, 50/50 raffles, and more, with proceeds benefiting military ministries. Calvary Chapel Downey, 12808 Woodruff Ave.

### **MONDAY, SEPTEMBER 13**

Blood Drive, 12-6 pm. PIH Health and the Southeast District Bar Association are partnering for a blood drive to benefit the American Red Cross. Visit RedCrossBlood.org and enter sponsor code SEDBA to schedule an appointment. PIH Health, 11500 Brookshire Ave.

### **THURSDAY, SEPTEMBER 16**

**Ribbon Cutting**, 4 pm. The Downey Chamber of Commerce hosts a ribbon cutting ceremony for Guacamaya Oasis at its new location, 8830 Apollo Way

### **SATURDAY, SEPTEMBER 18**

Keep Downey Beautiful, 9 am. Join Keep Downey Beautiful for a one-hour community clean-up. Volunteers should wear closed-toe shoes and old clothes. Gloves, safety vests litter sticks and trash bags are provided. Meet behind the former Denny's restaurant on Firestone Boulevard.

Small Business Festival, 10 am to 2 pm. Shop from a variety of local small businesses, from candles to candies to coffee. Plus raffles, barbecue and live entertainment. Downey Federal Credit Union parking lot, 8237 3rd St.

Early Literacy Training, 10-11 am. Learn how to create a literacy rich environment for your children by following a whole child approach to literacy and learning. Open to parents of children ages 0-5. Downey City Library, 11121 Brookshire

### **SUNDAY, SEPTEMBER 19**

**OG Game Exchange**, 10 am to 2 pm. Shop from various vendors selling retro and modern video games, consoles, Funko pops, DVDs, VHS tapes, and more. Face masks mandatory. OG Collectibles, 8124 Firestone Blvd.

**Grand Opening Ride Out**, 10 am to 4 pm. New bicycle shop Live 4 Bikes celebrates its grand opening with music, food, giveaways, raffles, and a group bicycle ride starting at 2 pm. Live 4 Bikes, 8134 Firestone Blvd.

### **MONDAY, SEPTEMBER. 20**

Kiwanis Golf Tournament, 11 am. Downey Los Amigos Kiwanis hosts its annual golf tournament, raising money for college scholarships and the Downey YMCA's new facility. Rio Hondo Golf Club, 10627 Old River School Rd.

### **THURSDAY, SEPTEMBER 23**

**Economic Forum**, 2 pm. Economist Christopher Thornberg will discuss "The Future Workplace" in the fifth annual Economic Forum presented by Financial Partners Credit Union. Register for this free virtual event at fpcu.org/econforum

Writing Workshop, 4 pm. Learn different exercises to discover the advantages of using a gratitude journal. This workshop is meant to provide a safe space for people to do self reflection and find community through journaling. Ages 15 plus. Downey City Library, 11121 Brookshire Ave.

### SATURDAY, OCTOBER 2

Free Mulch, 8-11 am. Downey residents can receive up to 32 gallons of free mulch. Bring your own containers. No truck beds, no bags. City Hall parking lot, 11111 Brookshire Ave.

"Tiempos Mejores", 7 pm. Presented by Orígenes Dance Company de Rafael Valpuesta, "Tiempos Mejores" preserves Mexican Heritage through song and dance. Downey Theatre, 8435 Firestone

### **SUNDAY, OCTOBER 3**

Clint Black in Concert, 7 pm. Grammy Award winning country music star Clint Black performs live. Downey Theatre, 8435 Firestone Blvd.

### **THURSDAY, OCTOBER 7**

Havana Nights, 6-9:30 pm. A celebration of Cuban culture featuring live musical performances, artist exhibits, food vendors, arts and crafts for kids, and a beer and wine garden. Located on the rooftop of the downtown parking structure at 2nd and New streets.

### **SATURDAY, OCTOBER 9**

One Day of Service, 9 am. An entire day of service to the Downey community. Residents, service groups, businesses and churches are encouraged to take ownership of a specific project and give back to their community. Kick-off rally starts at 9 am outside City Hall. Call (562) 904-7284 for more details

### **THURSDAY, OCTOBER 14**

Book Lovers Club, 12 pm. Join other readers in a discussion of "What Comes After," a suspense novel by JoAnne Tompkins. Downey City Library, 11121 Brookshire Ave.

### **MONDAY, OCTOBER 18**

31st Annual Rancho Golf Classic, 11 am. The Rancho Foundation's annual golf fundraiser benefiting patient programs and services at Rancho Los Amigos National Rehabilitation Center. Online registration now open. Friendly Hills Country Club, 8500 Villaverde Dr. in Whittier

### **TUESDAY, OCTOBER 19**

State of the City, 12 pm. Mayor Claudia Frometa and Mayor Pro Tem Blanca Pacheco provide an update on the City of Downey's current status. Rio Hondo Event Center, 10627 Old River School Rd

### FRIDAY, OCTOBER 29

Downey vs. Warren football game, 7 pm. Downey High hosts the annual rivalry game, which this year marks the end of the regular seasons for Downey and Warren. Downey High, 11040 Brookshire Ave.

### SATURDAY, OCTOBER 30

Dia de los Muertos Art Festival. 11 am to 8 pm. Downey's annual festival featuring folklorico dancers, two stages of entertainment, film screenings, artisan vendors, and more. Downey Theatre, 8435 Firestone Blvd

### **SUNDAY, OCTOBER 31**

Pumpkin Patch, 5-8:30 pm. Free familyfriendly event with games, activities, candy, costume contests, and more. Downey Adult School, 12340 Woodruff

### **MONDAY, NOVEMBER 1**

DPFF Golf Tournament, 12 pm. The 30th annual golf tournament supporting the Downey Police and Firefighters Foundation. California Country Club, 1509 Workman Mill Rd. in Whittier



### **SATURDAY, NOVEMBER 6**

Rudolph the Red-Nosed Reindeer, 2 pm and 6:30 pm. The beloved TV classic comes to life on stage, ushering in the holiday season. Downey Theatre, 8435 Firestone Blvd.

### **SUNDAY, NOVEMBER 14**

Inspiracion De XV Años, 4 pm. An evening of traditional Mexican folk dance, featuring dances from different regions of Mexico. Downey Theatre, 8435 Firestone Blvd.

### **THURSDAY, NOVEMBER 18**

Book Lovers Club, 12 pm. Join other readers in a discussion of "Sooley," the latest novel by bestselling author John Grisham. Downey City Library, 11121 Brookshire Ave.

### **SATURDAY, NOVEMBER 20**

Keep Downey Beautiful, 9 am. Join Keep Downey Beautiful for a one-hour community clean-up. Volunteers should wear closed-toe shoes and old clothes. Gloves, safety vests litter sticks and trash bags are provided. Meet in the city parking lot behind Independence Park.

### WEDNESDAY, DECEMBER 1

Book and a Movie, 11 am. Read a book and then watch the movie inspired by it. Discuss the storyline, symbolism and parallels between the literature and cinematography. Downey City Library, 11121 Brookshire Ave.

### **SUNDAY, DECEMBER 5**

**Downey Christmas Parade**, 1 pm. Downey's annual Christmas Parade returns, presented by the Downey Chamber of Commerce. Downey Avenue, from Florence to 3rd Street.

### **MONDAY, DECEMBER 6**

Family Story Night, 6-8 pm. Enjoy family fun with stories, music, crafts and more. All ages. Downey City Library, 11121 Brookshire Ave.

### **MONDAY, DECEMBER 13**

Santa Claus Visits, 6 pm. Santa Claus visits with children at the Downey City Library, 11121 Brookshire Ave. Free, bring your own cameras.

### **SATURDAY, JANUARY 8**

The Edwards Twins, 7:30 pm. Anthony and Eddie Edwards use state of the art make-up to look and sound like the superstars of today and yesterday, including Cher, Elton John, Dolly Parton and Barbra Streisand. Downey Theatre, 8435 Firestone Blvd.

### SUNDAY, MARCH 20

Beauty & the Beast Sing-Along, 2 pm. This interactive presentation of Disney's favorite classic has been customized with on-screen lyrics for all the songs so that audiences can sing along. Your hosts will introduce each performance and in addition, goody bags are available for purchase and audience members are encouraged to participate. Add to the fun by dressing up as a favorite character from the film. Downey Theatre, 8435 Firestone Blvd.

### FRIDAY, APRIL 1

Willy Chirino, 8 pm. Combining the musical traditions of Cuba with American rock and jazz, Cuba-born and South Florida-based vocalist and bandleader Willy Chirino helped to create the "Miami sound" of salsa music. The composer of more than 100 songs, Chirino's material has been covered by a lengthy list of artists. First of two concerts. Downey Theatre, 8435 Firestone Blvd.

### SATURDAY, APRIL 2

Willy Chirino, 8 pm. Combining the musical traditions of Cuba with American rock and jazz, Cuba-born and South Florida-based vocalist and bandleader Willy Chirino helped to create the "Miami sound" of salsa music. The composer of more than 100 songs, Chirino's material has been covered by a lengthy list of artists. Second of two concerts. Downey Theatre, 8435 Firestone Blvd.

### **SUNDAY, APRIL 10**

**Grease Sing-Along**, 7 pm. Hand jive in the aisles, enjoy specialty treats and drinks and get ready to fall in love with John Travolta and Olivia Newton-John all over again as you sing along to "You're the One That I Want," "Beauty School Dropout," "Summer Nights" and all of the film's big hits. Downey Theatre, 8435 Firestone Blvd.

### **SUNDAY, MAY 8**

Mariachi Los Camperos, 4 pm. Two-Time Grammy award winner Mariachi Los Camperos originated in 1961 and played a fundamental role in the development of Mariachi music in the United States and was the first to take the Mariachi performances out of customary locations such as cantinas and into concert halls. Downey Theatre, 8435 Firestone Blvd.

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# Rape reform bill passes Assembly, awaits signature

■ The legislation would treat all rapes equally, regardless of whether it was committed by a

DOWNEY California State Assemblymembers voted overwhelmingly Wednesday in favor of modernizing and equalizing California's spousal rape law.

AB 1171 California's rape statutes by requiring the same standards for "spousal rape" that is currently in the penal code for rape.

The bill eliminates "spousal rape exception" in the California Penal Code (Section 262) to ensure that "spousal rape" is treated and punished as seriously as the rape of a non-

Although spousal rape is illegal in all 50 states, California is one of nine states that distinguishes spousal from rape. Idaho and Ohio have recently passed spousal rape reform bills.

A coalition of woman's justice advocates and reform minded prosecutors joined bill author and Assemblymember Cristina Garcia (D- Bell Gardens) in celebrating the vote.

"From the beginning of our efforts, we have been clear that rape is rape. And a marriage license is not an excuse for committing one of society's most violent and sadistic crimes," said Garcia. "AB 1171 will put the power of the law to help enforce that truth."

The bill has been supported instrumental advocates Michele Dauber and the Enough Enough Voter Project. California National Organization for Women, Feminist Majority, and several California District Attorneys including Los Angeles County DA George Gascon, San

Joaquin County DA Tori Verber Salazar and San Francisco District Attorney Chesa Boudin.

According to the National Coalition Against Domestic Violence (NCADV), between 10-14% of married women have been or may experience rape by their spouse. Additionally, 18% of these victims state their children have witnessed the rape.

"AB 1171 will give victims will amend of rape, irrespective of marital hope that crimes committed against them will be justly punished. Rape is rape, and we must continue to fight for our survivors, regardless of who victimized them," said San Joaquin DA Salazar.

> "This bill will ensure that our laws protect all victims of sexual abuse and that rape committed against a spouse is treated just as seriously under the law as rape against any other victim," added San Francisco DA Boudin. "I support AB 1171 to bring

> about necessary protections for domestic violence victims who suffer sexual abuse and hold those who commit spousal rape accountable.'

> Lieutenant Gov. Kounalakis said marital rape 'should be treated just as seriously as any other form of sexual assault, and it is shocking that it isn't under current California law.

> "I thank the Legislature for voting to right this wrong and send this important bill to the governor's desk," she said.

> The bill was passed out of the Assembly and the Senate with wide bipartisan support. The bill now awaits Governor Gavin Newsom's signature.

> "The first question a rape victim is asked should not be whether or not they are married," Garcia said. "Rape is rape."







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Immediate interviews will be arranged (562) 205-4615

### Proposition 19 - The Home Protection for Seniors, Severely Disabled, Families, and Victims of Wildfire or **Natural Disasters Act**

In 2020, California voters approved Proposition 19, The Home Protection for Seniors, Severely Disabled Families, and Victims of Wildfire or Natural Disasters Act. prop 19 changes to property benefits. Specifically, Proposition 19 is constitutional amendment that limits people who inherit family properties from keeping the low property tax base unless they use the home as their primary residence, but it also allows home-owners who are over 55 years of age, disabled, or victims of a wildfire or natural disaster to transfer their assessed value of their primary home to a newly purchased or newly constructed replacement primary residence up to three times.

The new law will make important changes to two existing statewide property tax saving programs:

I) Changes to Parent-and-Child and Grandparent-to-Grandchild Transfer Exclusions Current laws allow parents, grandparents and children to pass on the existing assessed values of their primary residence and other properties up to \$1 million in assessed values without reassessment. However, under Proposition 19 these programs will be limited with fewer tax savings opportunities.

II) Changes to Senior Replacement Home Transfers (Effective April 1, 2021) Current laws allow seniors over 55 years old and severely disabled persons to transfer the taxable value of their existing home to their new replacement home, so long as the market value of the new home is equal to or less than the existing home's value. The program was also limited to once in a lifetime, with additional restrictions where the replacement home is located (usually within the same county or within some counties that allow for reciprocity). Proposition 19 will make these programs more flexible.

For more information on how you can take advantage of Prop 19 contact your local REALTOR®. A REALTOR® is more than a licensed real estate agent/broker, always use a REALTOR®.

### In Memory of

### Reverend Ivan C. York February 21, 1933 - August 9, 2021

Ivan York passed away peacefully at the home of his eldest son and wife, Vaden Scott and Blanca on August 9, 2021, at the age of 88 years. Ivan was born in Goodland, Kansas to George Earl and Calla Perna York. Ivan was the 10th of 11 children. He was raised attending church and at the age of 12, accepted the calling to spread the good news message of Jesus Christ.

He graduated a semester early from Modesto High School in 1952 and was the "Valedictorian". He then met his future wife Virginia Mae Brown on March 22, 1952, at a church service in Grover City, CA, and were married in 1953.

Ivan attended Glad Tidings Bible Institute in Scott's Valley between San Jose and Santa Cruz, California for two years 1953 & 1954. He then received a "Teacher's Certification" and was then awarded a Bachelor of Theology from L.I.F.E. Bible College located in Los Angeles, CA in 1957. He further expanded his education throughout the years.

His marriage to his wife, Virginia Mae "Cookie" lasted for 61 years until her passing. Together, they built a family and a ministry. In 1970 a church ministry was started in the living room of their home and that small gathering led them to build a church in 1979 called Sonlite Tabernacle, located at 9020 Imperial Hwy. in Downey. Ivan retired from that ministry in 1997. His overall ministry spanned 70 years as pastor, evangelist, teacher, etc.

Ivan had a strong work ethic and during his ministry, he often had to obtain simultaneous employment to keep the family fed. To list a few, he worked at a paper bag company, was a salesman at a shoe store, became a real estate agent, a night janitor at Stonewood Mall, as well as a shipping dock worker at Superior Fast Freight located in Los Angeles, CA.

York has been a Downey resident since 1970, and was preceded in death by his wife, "Cookie" in 2014. He is survived by his sons, Vaden Scott York (Blanca), Nathan Todd York; daughter, Tonya Zan Fujita (Gene); two brothers, Robert York and Leland York; several grandchildren, nieces and nephews.

Experiencing the loss of their family Patriarch, Ivan's children offer these simple words in reflection: "His passing has affected me profoundly, but his life has affected me even more" – Vaden York, son. "To know him, was to love him" – Nathan York, son.

"He loved people and he loved his family with all he had" – Tonya Fujita, daughter.

### In Memory of



### **Arthur Clerance Callahan** July 30, 1943 - August 13, 2021

Arthur Clerance Callahan, 78, finally decided to make his way - on his own terms - after living nine lives and enduring multiple challenges and near-death experiences, incl. motorcycle accidents, heart attacks, and various health scares.

He passed away Friday afternoon, Aug. 13, 2021, with his loving wife of 55 years nearby. He was a devoted husband, fiercely protective and loyal father, kind, gentle-spirited and thoughtful

grandfather and friend. He will be remembered for his endless generosity, selfless service to others, and incredible work ethic.

He was born, July 30, 1943, the second eldest of six and grew up in Erwin, TN. On December 11, 1965, he married the love of his life, San Juana Aranda. Together they are the parents of Ramona (Matthew) Curtis, Alice (Patrick) McCormack and Les (Sarah) Callahan, Savannah Camacho, and Pearl Callahan. He is the grandfather of Heather (Nico) Roulston, Taylor Curtis, Raven (Brian) Vincent, James McCormack, Meredith McCormack, Sarah Jane Callahan, Robbie Callahan, Malikai Camacho, and Noah Camacho. He also has three sisters, Pat (Gene) Grossenberg, Sherrie Welcher, and Nety Pepper, along with brother Jimmy (Heidi) who survive him. He was preceded in passing by his daughter, Connie Francis, and brother, Harold.

Art, as friends called him, worked most of his career at Pacific Bell until his retirement in 1999 but enjoyed working at Carl's Jr. and the GTE Corporation beforehand.

He was a gritty man's man who would clean the oil off his hands after working on his old 57 pickup by pouring gasoline on them and scrubbing with a steel wire brush, then clear the dirt from his nails with his knife.

He loved projects – when he was younger, you could always find him tinkering in the garage on old cars, reupholstering furniture or remodeling some aspect of his home. He was unafraid of tackling any project – there was none too great or small for him to approach with the greatest confidence.

He was often buried in books reading his beloved Louis L'Amour novels, home improvement encyclopedias or anything that would teach him something new – he was a lifelong learner.

In later years, during retirement, he would often help his kids with remodeling projects, including the installation of hardwood floors, plumbing, electrical, framing, or hanging drywall, etc. He could literally do anything.

He loved to travel to see his siblings, cousins, aunts, and uncles scattered throughout South Dakota, Ohio or his home state of Tennessee.

A Celebration of Life service will be planned for 3pm on Sunday, September 26, in Glendale, CA, at the Glendale City Church, 610 E. California Ave., Glendale, CA.

# Taliban's takeover sparks mixed emotions among local veterans

Continued from page 1

"It's definitely mixed emotions," said Roman. "You put in so much of your time and effort; when I was there, I became immersed in it. That was my day in, and day out...that was my life."

Roman says that he understands the decision to leave, saying "we can't fight a war forever," however feels that the pull out was done too

"I think it was the right decision to come home, but I don't think it was done the right way,' said Roman. "I think we saw the chaotic scenes and everything, and obviously the 13 [service] members who died and many more that were wounded; I think that was lack of security

"We kind of abandoned our bases. I think we pulled out our troops too soon, not really securing the area for that pull out.

The images of the Taliban "parading around" with American vehicles and equipment left Roman

think we should have disabled all that equipment or brought it back home; it got there somehow, right," said Roman. "That's another thing with the whole pull out decision: If you're going to pull out, bring some of our stuff home too.'

Ian Murphy, 29, deployed in 2014 with the Army's 305th Engineer Company, with the dangerous task of clearing roads of explosives so that the infantry could patrol their routes.

Murphy says that his platoon alone suffered around 20 IED hits along with small arms fire and RPG's.

"Luckily, our armored vehicles protected us," said Murphy. "To this day, I will not forget the feeling of the Ammonia Nitrate as it exploded, or the sight of mangled metal and tires, and clouds of dirt that accompanied each hit.'

months into deployment, would he transferred to Camp Arena, Herat, to act as the assistant liaison officer



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he would help coordinate drone

"Once, we utterly annihilated 15 insurgents gathered for a meal prepared by their families before they carried out their attack," said Murphy. "But another time, we fired at two motorcycles that turned out to be a father and his son in front, and his wife and daughter in the rear. The rear motorcycle was struck by a hellfire missile, and wounded the father in the front motorcycle. They were carrying illicit weaponry, but it didn't make the feeling of knowing that I was complicit in the deaths of two women any better.'

Now he worries that it was all in vain, and he blames the current administration.

"The botched pullout of Afghanistan was only the most recent in the long military history of the Great Powers' involvements there," said Murphy. "It was a military failing of the highest order, and those at the top of our political food chain are solely responsible for the deaths of the 13 [soldiers] on Aug. 26th, and they should be held accountable.'

"I am angry that our 'allies' turned on us and themselves. I am scared that my son may have to resume my war. I am disappointed in the American people for electing a mentally-incapable man to the office that allowed this travesty."

Brad Gonzalez, 38, joined the military shortly after graduating from Paramount High School in 2001, in part as a direct response to the terrorist attacks. He would serve as a Navy corpsman with the Marines, then as a private military contractor for the US Embassy in Afghanistan from 2013-14.

As such, the current situation in Afghanistan is very personal for

him.
"I've seen the best of men and I've seen the worst of men, and say that with a lot of pride, a lot of shame, and a lot of guilt," said Brad. "The first time I deployed, it was nuts. I was a 20-year-old kid, we had to write our wills. I had just gotten married.'

"The thing about combat is at its very core it's somebody trying to kill you. We can talk about this and that, but at the end of the day there's another person trying to exterminate you. The thing about combat is it brings this intense feeling; these emotions are hard to describe, as far as anger, hate, depression, happiness, comradery, brotherhood, intensifies everything.

Brad describes the things he witnessed as "mind-bogglingly the most horrific thing you could ever be put through.

"Seeing people - especially our guys - die and get wounded, I've been in and out of talk therapy for a while now," said Brad. "It's something that of course will never

"I understand people wanted

for his company to NATO. There, to get out of Afghanistan. All those people, all those hawks that would say 'let's go to war, let's do this, let's do that,' they don't

understand the aftermath. Brad says he initially felt some relief with the announcement that American troops would be coming home.

"It was supposed to be conditions-based. Just like in Iraq, I thought there was going to be a small contingent of Americans, said Brad. "I was relieved, because the thing about Afghanistan that I want to make very clear is that in Iraq, they try to kill you. In Afghanistan, the Taliban, those guys, they wanted to hurt you; they want to make sure that you lived, but didn't live with an arm or a leg. Not only sending a message, but that you remember them for the rest of your life.'

He still had concerns, however, that the Taliban would eventually regain control of the country. Of course, that's exactly what would happen.

"Seeing those pictures...It's demoralizing man. You go like, 'What the f---?'' said Brad. "It was a punch in the gut, and it really made me question a lot of things.

Brad says that America "will definitely have to go back," due to the area being a "hotbed" for several terrorist organizations. "I have a 1-year-old-son.

In his lifetime, probably in the next 18 to 25 years, we will have to go back and root them out,' said Brad. "God forbid, I foresee an attack happening - maybe not on American soil like 9/11 but probably against Europe... something like that; something crazy, or against US interests, and we're going to have to go back.'

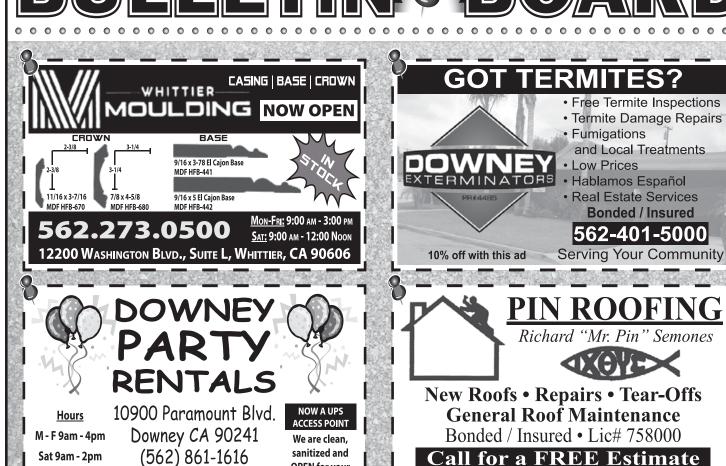
Despite the current outlook of Afghanistan, Brad says he does not regret his service. His only hope is that through the current crisis and the inevitable debates to come, American's don't forget those who made the ultimate sacrifice.

'I want people to know that a lot of good men and women gave their life, not just for freedom, not just for us, but for other people that they had no idea," said Brad. "I want people to remember them. I want people to pray, or meditate, or whatever it is that people do.'

"A lot of them, 98% of them were young guys, young girls. Very young. They'll never get to have a family, [be] parents, grandchildren, they'll never do this or that. I just want people to remember them, and that they went over there for the right reasons, because they wanted the people to have the freedom that we have. They wanted to make sure that people can go to the park, people can do whatever they want, and not have to worry about a car bomb going off on a Friday because it's Friday prayers."

"I want people to remember

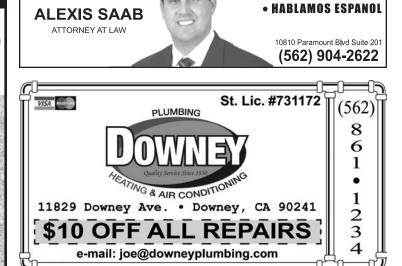




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# The Supreme Court's assault on women

### **By Susan Estrich**

It was almost 50 years ago that the United States Supreme Court gave women control over their bodies prior to viability.

Within the next two years, they will take it away.

By a vote of 5-4, minutes before midnight, a very different Court refused — for the first time in 50 years — to say that an anti-abortion law is/was/will be unconstitutional.

By a vote of 5-4, the United States Supreme Court elected George W. Bush as president. The rest, as they say, was history.

I am old enough to remember.

Girls used to "get in trouble" in high school, meaning they dropped out of high school, while the boys went to college

In college, we passed the hat for the bus fare to New York, hoping that no one started bleeding in Massachusetts, where even birth control

For the last 30 years, we have been one vote away. For the last 30 years, Democrats have tried to convince women that we really are just

Now we are no votes away.

Women younger than me don't remember. Teenagers and 20-somethings can't even imagine.

Wake up, girls.

Wealthy women can go to their OB-GYNs, and no one will be the wiser. Mothers can bring their daughters. Universities will take care of

But teenagers? Twelve and 13-year-olds?

Victims of rape and incest?

Should those girls be forced to be mothers? Coat hangers or bus tickets? The girls least able to be mothers should be the first in line? Why?

This is the good news. Eighteen-year-olds had best to register to vote. The unimaginable is about to come true. All it took was one more vote. All it took was one term of Donald Trump.

Chief Justice John Roberts can no longer keep the Court out of politics. For better or for worse, Trump's trio has made the case for court-packing, a terrible idea whose time may have come.

What can the president say? What can the Democrats in the Senate say?

This is the good news for Democrats. Texas has overplayed its hand. First, get rid of voting rights. Second, get rid of abortion rights. Third, House Speaker Nancy Pelosi may be, just maybe, about to grab victory from the jaws of defeat. Not to mention Senate Majority Leader Chuck Schumer.

The jobs numbers were terrible. The withdrawal from Afghanistan was a disaster. But if anything, anything, could make half the country sit up and take notice, it is what Judge Amy Coney Barrett and the boys did, literally with seconds to go on the clock.

Hiding behind a procedural trick. No, the state isn't enforcing the law, so the state can't be sued, and then the tricksters play their games. Conservatives, the last folks to anoint private attorneys general, will allow anyone in Texas to be sued — for \$10,000 — if they so much as give a woman a ride to the gynecologist.

You have to hand it to those Texans. On the one hand, they believe in liberty — to not wear a mask. That's liberty. But for the victim of rape or incest to have control over her body? No way. For a teenage girl to have a chance to finish high school? No way.

Shame on Texas.

Susan Estrich is an expert in law and politics, criminal law, and gender discrimination. She teaches Criminal Law, Gender Discrimination and Election Law at the USC Gould School of Law.

# Texas is everything that's wrong with our country

### By Froma Harrop

Texas has low taxes, which is nice. Its mild winter weather appeals to many in the snowbound north. And the cost of living there is certainly lower than that of the elite coastal cities. Also nice.

On the other hand, it has a political culture that launches serial attacks on voting rights and obsesses over transgender youth in high schools. It has now deputized citizen creeps to hunt down anyone who helped a woman obtain an abortion — her parents included — for which they can collect a \$10,000 bounty. And we're only on our second cup of

things. But some big corporations worry that the young, educated workers they want to lure to their Texas operations will start saying "no, thanks" to a place whose government mass-produces schemes, it seems, just to get into the faces of people like them.

Texas has cool progressive cities — Austin's at the top — that fit right

Yes on the recall into the knowledge workers' list of allurements. But these diabolical state laws and restrictions apply to those places as well.

Banning abortion after only six weeks — during which most women wouldn't know they are pregnant — effectively ends abortion in the state. respond. Even more offensive, though, is the legal trickery employed to get around Roe v. Wade — the guarantee to a right to abortion — by substituting citizen enforcers for government ones.

Opportunities for odious behavior are limitless. A woman in Waco who has suffered a miscarriage in private could represent a bag of cash to complete strangers in Wyoming. They could extort her medical providers to pay them money just to go away.

No standing in the case? No problem. Have a good time, and if you prevail, you win a \$10,000 lottery plus legal fees. No money to pay the other side's legal fees if you lose? No problem. The defendants cannot go after you for legal fees.

We have here the Lone Star version of Stasi, the surveillance apparatus run by Communist East Germany. Under Stasi, an estimated 2 million East Germans spied on fellow citizens. A study found that most informers did it for ideological reasons, not money. Imagine what would happen if, in addition to political motivations, you added a cash prize.

The Supreme Court rushed out its decision letting the law stand. Chief Justice John Roberts says the majority's ruling was tentative — that this was not an overturn of Roe, not yet.

Some say the law gets a pass because no one intends to enforce it. If so, its intention is merely to create an atmosphere of suspicion, confusion and fear.

Is any of this good for business? Dell Technologies, Apple, Facebook, Microsoft, American Airlines, IBM and HP are among the companies that have publicly criticized the Republican-run state government for forcing everyone into a house of funny right-wing mirrors.

The business group Texas Competes released a letter of complaint about the assault on LGBTQ rights. Texas Republicans have proposed bills to stop transgender students from competing on sports teams that don't to stop transgender students from competing on sports teams that don't

**ERIC PIERCE** 

**ALEX DOMINGUEZ** Staff Writer

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match their assigned sex at birth. Can't the schools deal with that? And in an intrusion into parental authority, a state agency announced that it will treat gender-affirming surgery as child abuse.

We haven't even gotten into the law signed by Gov. Greg Abbott forbidding private companies to require proof of vaccination. His government, basically, is interfering with corporate efforts to keep OVID-19-infected individuals from harming their businesses.

In an April interview with Fox News, Abbott said corporations "need to stay out of politics." Alas for his state's economy, some corporations may need to stay out of Texas.

In recent years, Texas has attracted companies looking for the nice Froma Harrop is a syndicated columnist who writes about politics, culture and

After I read Frank Kearns opinion on voting no on the recall, I had to

Now Gavin Newsom is a good politician. Read carefully: a good politician. Politicians are corrupt and speak what people want to hear. Last year, when Newsom set all those horrible shut downs, he continued to have a party with friends unmasked. I guess it didn't matter to him.

Now only that, but what progress has California actually done? We are the worst state to create a business in (ranked 48), people are fleeing to Texas, Arizona, and Florida (6.1 million from 2010 to 2020), we have the worst homeless crisis, our housing prices are rising, people can't afford homes, he allowed the Black Lives Matter protestors to destroy and not follow guidelines, truckers have been suffering from horrible truck regulations, gas prices are ridiculous, and our public schools are some of

How can people ignore all this? How is this democratic?

California was once the greatest state and I truly love this state. I am 21 years old and I want to continue to live here. The reason why we have this recall is because he has positioned this state to doom. Texas and Florida have been doing better than California.

Another point to add: people have the freedom to choose whether to get vaccinated or not, or to wear a mask up or not. You cannot force

Masks for mental health individuals don't make it any easier and I can attest to that.

Roger Orellana

Downey

Dear Editor:

We spent 20 years fighting the Taliban in Afghanistan.

Yet, now with Texas taking away women's rights to reproductive freedom and the decision by five conservative justices on the U.S. Supreme Court not to intervene, it's like another group of religious extremists has taken over our own country.

**Anita Rivero** 

**Downey** 

### Commissioner's comments

Last week, Kevin Ezeh, a City of Downey Public Works Commissioner representing District 3, posted on Facebook that he "refuses to pass judgement on the Taliban until [he] sees what kind of statehood they

He continued: "Just because they don't govern like us...doesn't mean

If Mr. Ezeh took even five minutes to study the Taliban's history, he would learn of their long and well documented history of oppression, cultural genocide, public executions of women, and denial of basic human

I am appalled at Mr. Ezeh's comments, which are at best ignorant and at worst an affront to our nation's military veterans. He should apologize and resign immediately or be removed by Councilwoman Catherine Alvarez, who appointed him to the commission. He is no position to represent Downey in any capacity.

**Ingrid Brown** 

**Downey** 

### Right wing's misinformation

I write in response to a letter published by Martha Morrissy on August 26, 2021 titled, "Biden's Destructive Policies."

I am short of furious regarding statements made by Ms. Morrissy and her lack of checking facts before writing. I do appreciate and always will respect any person's right and willingness to express their opinion, but I also value the facts and truth being told.

There isn't enough space to comment on all that I would like to say so I'll just mention two points she made.

First: "With a stroke of a pen, he shut down the XL pipeline that provided thousands of jobs and a safe, non-polluting way of transporting crude oil from Canada to Houston for refining."

The following is from an article written for nrdc.org in January 2021, and I included the website (https://www.nrdc.org/stories/whatkeystone-pipeline) so sources can be verified. The following has been copied directly from the article:

Will the pipeline create jobs?

The oil industry has lobbied hard to get KXL built by using false claims, political arm-twisting, and big bucks. When TC Energy said the pipeline would create nearly 119,000 jobs, a State Department report instead concluded the project would require fewer than 2,000 two-year construction jobs and that the number of jobs would hover around 35 after construction.

Will the pipeline lower gas prices?

Dirty energy lobbyists claimed developing tar sands would protect our national energy security and bring U.S. fuel prices down. But NRDC and its partners found the majority of Keystone XL oil would be sent to markets overseas (aided by a 2015 reversal of a ban on crude oil exports) and could even lead to higher prices at U.S. pumps.

Leaks and the pipeline

Tar sands oil is thicker, more acidic, and more corrosive than lighter conventional crude, and this ups the likelihood that a pipeline carrying it will leak. Indeed, one study found that between 2007 and 2010, pipelines moving tar sands oil in Midwestern states spilled three times more per mile than the U.S. national average for pipelines carrying conventional crude. Since it first went into operation in 2010, TC Energy's original Keystone Pipeline System has leaked more than a dozen times; one incident in North Dakota sent a 60-foot, 21,000-gallon geyser of tar sands oil spewing into the air. Most recently, on October 31, 2019, the Keystone tar sands pipeline was temporarily shut down after a spill in North Dakota of reportedly more than 378,000 gallons. And the risk that Keystone XL will spill has only been heightened: A study published in early 2020, co-authored by TC Energy's own scientists, found that the anti-corrosion coating on pipes for the project is defective from being stored outside and exposed to the elements for the last decade.

Complicating matters, leaks can be difficult to detect. And when tar sands oil does spill, it's more difficult to clean up than conventional crude because it immediately sinks to the bottom of the waterway. People and wildlife coming into contact with tar sands oil are exposed to toxic chemicals, and rivers and wetland environments are at particular risk from a spill. (For evidence, recall the 2010 tar sands oil spill in Kalamazoo, Michigan, a disaster that cost Enbridge more than a billion dollars in cleanup fees and took six years to settle in court.) Keystone XL would cross agriculturally important and environmentally sensitive areas, including hundreds of rivers, streams, aquifers, and water bodies. One is Nebraska's Ogallala Aquifer, which provides drinking water for millions as well as 30 percent of America's irrigation water. A spill would be devastating to the farms, ranches, and communities that depend on these crucial ecosystems.

Second statement made by Ms. Morrissy: "What country would abandon their allies in the battlefield? Yep, you guessed it. Biden and his inept State Department and Defense leaders who had no foresight and no conditions placed upon the enemy when exiting Afghanistan.

Was it mentioned that the Afghan military failed to defend their own government? Was it mentioned that the process President Biden inherited was the result of presidents before him and Trump's bargain with the Taliban that did not include the Afghanistan government? We, as private citizens, do not know the details of all that happened and chances are we never will.

The following is from businessinsider.com which explains some of the difficulties faced regarding the rescue of Afghans with SIV (Special Immigrate Visa). The following has been copied directly from the article:

"A former national security official blamed the Trump administration and former frump adviser Stephen Miller's "racist nysteria" for impeding the visa application process for Afghans who worked with the US."

"Troye said she worked on the SIV issue but got "nowhere" because allies of President Donald Trump and Miller at the Justice Department, Department of Homeland Security, and other security agencies "made an already cumbersome SIV process even more challenging.

She said many people within the administration believed the matter

was urgent but that many were afraid to oppose the president's allies, adding that there were "many closed door meetings" strategizing how to "Trump had FOUR years-while putting this plan in place-to evacuate

these Afghan allies who were the lifelines for many of us who spent time in Afghanistan," she said. "The process slowed to a trickle for reviews/other "priorities"-then came to a halt."" "Miller is an advocate for strict immigration limits. In an appearance

on Fox News Tuesday night, Miller said "those advocating for mass Afghan resettlement are doing so for political and not humanitarian reasons," adding that it would also be too expensive.

"The United States of America never, ever, made a promise, written or unwritten, to the people of Afghanistan that if after 20 years, they were unable to secure their own country, that we would take them to ours. That is nonsense. That has never been US government policy," Miller said.

Insider has reached out to Trump's office and Troye for comment. Stephen Miller could not immediately be reached for comment.'

In conclusion, good and bad choices will be made. No president will be perfect, and America isn't always perfect either. Villain, hero, or inbetween, history gets to make that decision. When we make that decision, let's present the facts too.

**Kay Begich** Downey

Dear Editor:

Only a Trumpster and fake conservative would conveniently forget what the Donald did to our greatest (non-Jewish) Middle East ally, the Kurds, via another of his quid pro quo deals.

Let's not forget that Trump united the Taliban to Camp David and has since boasted how the process was in motion and Biden couldn't do anything to stop it.

At least Elsa Van Leuven provided us with a toll-free congressional phone number. I consider that constructive.

**Gary Brody** 

**Downey** 

Dear Editor:

When I first read in last week's Patriot, "Circus Makes Stop in Downey" I was assuming with Covid restrictions they had limited the number of clowns to two, and were simply referring to Elsa Van Leuven and Martha Morrissey and their clownish notions about almost everything they write about. My mistake!

**Matt Millard** 

**Downey** 

# Comics/Crossword

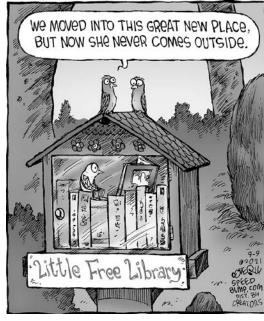
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# **Downey Community Calendar**

### **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. 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 William Medina 413-3447.

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 pm: Boy Scout Troop 441, at Apollo Park, email scoutmaster@downeyboyscouts.com.

7:30 pm: Downey Master Chorale, at Cornerstone Church, contact info@downeymasterchorale.org.

1st Tues., 7:30 am: Gangs Out of Downey, at City Hall training room.

2nd Tues., 6 pm: Downey Fly Fishers, at Apollo Park, call 425-7936. 3rd Tues., 12 pm: Downey Newcomers Club, call Marilyn 928-2623.

3rd Tues., 6:30 pm: Community Emergency Response Team meeting, Fire station 1, 12222 Paramount. 3rd Tues., 6 pm: American Legion #270, at Sizzler Restaurant, call 544-0372.

Tues., Thurs. & Sat., 10 am: Downey Bocce Club, at 7850 Quill Drive, call John Fiorenza 652-4399

### **WEDNESDAYS**

7 am: Kiwanis Club, at Rio Hondo Events Center, call Steve Roberson at 927-2626.

1 pm: Women's Bocce Club, at 7850 Quill Drive, call Marie Puch at 869-4366.

7 pm: Out Post 132 Royal Rangers, at Desert Reign Church, call 928-8000.

1st Wed., 11 am: Woman's Club of Downey, call Cheryll Olson 833-8954.

1st Wed., 11:30 am: Downey Coordinating Council, Community Center, call Bobbi Bruce 440-5416.

1st Wed., 7:30 pm: Downey Stamp Club, at Maude Price School cafeteria, call 928-3028.

2nd Wed., 11:30 am: Christian Women's Club, call Marilyn 928-2623.

2nd Wed., 3:30 pm: Keep Downey Beautiful, at City Hall, call 904-7102.

2nd Wed., 7 pm: Downey Model A Club, at Gallatin School Cafeteria, call 484-8415.

3rd Wed.,: Downey Dog Obedience Club, for information please call Gina 869-5213 or Valerie 420-2972. 3rd Wed., 10 am: Los Angeles County Quilters Guild, at Women's Club, call 860-8821 or 927-3635.

3rd Wed., 6:00 pm: Sister Cites of Downey, at Barabara Riley Senior Center, call Gloria Nezahualcoyotl (562) 776-6136. 4th Wed., 7:30 pm: US Coast Guard Aux. Flotilla 5-10, First Presbyterian Church, call Brian 419-5420. Wed.& Fri., 10:15 am: Senior Bingo, at Apollo Park, call 904-7223

### **THURSDAYS**

7:30 am: Connections Networking, at Bob's Big Boy, for info., call Nick Smith, 861-5222.

7:30 am.: Soroptimist Int'l of Downey, for information, call Mia Vasquez, 806-3217.

9:30 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.

7:30 pm: Downey Elks Lodge #2020, call 803-3557.

1st & 3rd Thurs., 7 pm: Boy Scout Troop 351, at Furman Park, contact 562-500-5093 for more information.

2nd Thurs., 12 Noon: People of Faith Ministries, call Bill Wallace 923-2311. 2nd Thurs., 7:30 pm: Beaming Rebel Foxes Collectors Club, call Carl D. Jones at 923-2400.

2nd & 4th Thurs., 6:30 pm: Downey Lions Club, at Mimi's, call Lenora (310) 283-9825.

3rd Thurs., 4 pm: Public Works Committee, at City Hall Training Room.

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.

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

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### THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com) COURSE CATALOG: It's your choice by Greg Johnson

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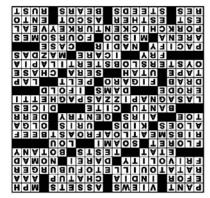
### Reach Stan Newman at www.StanXwords.com

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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 Gaslight. at Eight, The Philadelphia Story CUKOR (97 Down) include Dinner notable films directed by George In addition to My Fair Lady, other to operas by Mozart and Rossini. French play, which was adapted character of an 18th century Across) was originally the title police detective, FIGARO (71 character on a real-life Honolulu Across) based his Charlie Chan Author Earl DERR Biggers (55



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# Glennfest film festival prepares for Oct. 6 opening

By Lorine Parks

**DOWNEY** - Nine ten, big fat hen, it's coming closer. Mark your calendars for Oct 6-17, for the next Glennfest Independent Film Festival.

"We're combining films from the missed ninth year, cancelled because of COVID, with 2021's tenth, and we have more films than we can use," said Glenn Stephens, founder of the festival. "We've gotten rights to two French films, 'Perfume' and 'Lourdes.' And 'Wind in the Willows,' the London Palladium musical hit. The Friends of the Downey City Library are sponsoring that. It has songs like 'Messing About in a Boat.'"

"We think we know Mr.
Toad," said Glenn, "from
Disneyland's Mr. Toad's Wild
Ride, but this is a musical with
live actors. It appeals to adults
as well as children." Kids are
encouraged to come with the
promise of free popcorn and cute
animal masks.

All Glennfest performances are offered free to the public, an idea Glenn had when he wanted to celebrate his birthday 10 years ago, but didn't want to have the usual party. It has gained followers for showing independently produced movies that are off-the-beaten-path little gems.

"The Downey Symphonic Society is presenting 'The Conductor,'" said Glenn. "We'll show that in the Downey Theatre. And 'Super Lopez.' The Epic Lounge will be another venue, for flicks like 'Slava's Journey: Secrets of the Snow,' with Helena Bonham-Carter narrating."

Look Dine-In Cinema, a show place just opened where the Kirkorian and then the Studio Movie Grill was, will host "Racetime 2." It's about a spectacular sled race, for kids and adults with special needs.

"Los Caminos de Cuba" will play there too, and the racy Steam Room stories. And a Sunday brunch and screening of "This Changes Everything," an apt title for a Me Too movement story.

There are four Glennfest venues this year, three in Downey and the fourth in Norwalk. While Glennfest may be celebrating its 10th anniversary, the year 2025 will mark 100 years for the Southeast Japanese School and Community Center in Norwalk, since the first church was established right here.

We were visiting the Center, the sponsor for "Talking to the Starry Sky," to be shown Sunday afternoon Oct. 17. There's lots of parking. The Community Center will host Downey community attendees as well as members of the Japanese-American community.

"We teach the Japanese language, dance, kendo and judo, to children and adults," said Linda Kusuda. "For most of our folks, the newer generations of sansei and yonsei, Japanese is only a second language now. We want them to learn respect for the old ways and that includes

respect for all creatures."

"Talking to the Starry Sky" is a film about several almost simultaneous disasters in 2011, told from the point of view of the disabled and elderly: the Great East Japan Earthquake and a devastating tsunami; and then in Fukushima Prefecture the fatal nuclear reactor leak. The country had no contingency plans to rescue the handicapped and elderly from the sites, and that

added to the catastrophe.

The film depicts these civil disasters through a fictional narrative based on the true stories of witnesses. One of the teachers at the Center comes from Fukushima, and she'll bring her students.

"We would like as many people as possible to see it," said Director Yurugu Matsumoto.

For more information about schedules and complete showings, watch this space, and also Glennfest's website and on Facebook and Twitter.

# Last defendant convicted in nationwide drug ring

**DOWNEY** – A 47-year-old man will forfeit three real properties and pay a \$5 million fine for running a multi-million dollar synthetic narcotics distribution network that involved two Downey men, authorities announced.

Daniel Bowles, Phoenix, Arizona, pleaded guilty Tuesday to conspiracy to possess with intent to distribute controlled substances and analogues.

He admitted to overseeing call-takers and the operation's business finances as well as using multiple business entities to conceal the significant amount of its illegal proceeds.

In 2015, authorities began investigating a smoke shop in Laredo. During that time, they discovered a nationwide mail order business that supplied the shop with illegal synthetic cannabinoid products.

Call-takers in several states took orders for the products with names such as "Brain Freeze" and "Death Grip" which were delivered to shop owners from California. Payment was set to Arizona, often into accounts Bowles controlled.

During the investigation, authorities tracked payments from multiple retail smoke shops throughout the United States and identified several bank accounts involved in the scheme. Financial records show that from February 2012 through 2019, the network received over \$15.4 million in illicit proceeds.

Two Downey men were arrested and pleaded guilty to their involvement in the organization. Thirawat Athikulrat, 42, and Chuanphit Srithongrung, 44, admitted to maintaining warehouses to manufacture the synthetic cannabis products.

On Tuesday, U.S. District Judge George Hanks Jr. accepted Bowles' plea and set sentencing for Nov. 16. At that time, Bowles faces up to 20 years in prison and a possible \$250,000 maximum fine. He was permitted to remain on bond pending that hearing.

# OLPH Women's Guild seeks new members

**DOWNEY** - The Catholic Women's Guild of Our Lady of Perpetual Help Church is inviting local women to join its fellowship.

The Women's Guild engages women in supporting our church, school and community through various faith, service, social and fundraising activities.

All women over the age of 18 are welcomed to join. Annual membership is \$20.

Application forms are available in the OLPH parish office. For additional information, contact Rose Douglas at (310) 849-5157.



Comic book artist Allen Montgomery, pictured above eating a churro, will have his work displayed during an exhibit at Cerritos Library, now open through Halloween.

# Comic book exhibit opens at Cerritos Library

**CERRITOS** – The Cerritos Library is now presenting an exhibition of comic book artwork by some of the most influential and groundbreaking artists in history.

The exhibition, "Artists' Alley," is on display until Sunday, October 31 throughout the first floor of the library.

The exhibition includes "Bat Man," "Black Panther," "Justice League America," "Superman," "Dr. Strange" and "X-Men" comic books, posters and action figures.

Featured artists include Amanda Conner, Carmine Infantino,

Dan Jurgens, Bob Kane, Jack Kirby, Adam Kubert, Andy Kubert, Joe Kubert, Win Mortimer, Dick Sprang, Joe Shuster, Brian Stelfreeze, Jim Steranko and Mico Suayan.

The exhibition was organized by Allen Montgomery and features

many pieces from his collection.

Cerritos Library is located at 18025 Bloomfield Avenue, Cerritos.

The library is open 11 a.m. to 7 p.m., Monday through Friday; 1 to 5 p.m. on Saturday; and 1 to 5 p.m. on Sunday.

L.A. County extends pool season to six months

LOS ANGELES - The Los Angeles County Board of Supervisors last week voted to support a proposal to extend the pool season as the region experiences longer, hotter summers.

"Summer may be coming to an end, but the hot summer weather is not," said Supervisor Janice Hahn, who co-authored the motion with Supervisor Kathryn Barger.

The LA County Department of Parks and Recreation manages 30 pools countywide and 25 of them are only open ten weeks out of the year. This year, the summer season pools were open to the public from June 15 to Aug. 21.

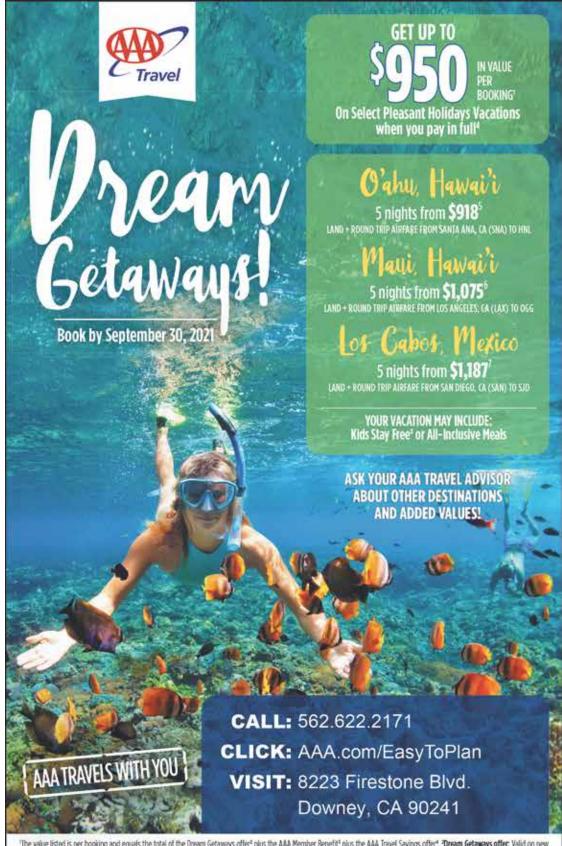
The board voted unanimously to extend the annual pool season from a ten-week season to a sixmonth season from May 1 through October 30. The Department of Parks and Recreation will work with the County's Chief Executive Officer to identify ongoing funding and resources to support this extended pool season and develop a plan to recruit and train additional lifeguards.

The department will report back to the board in 90 days.









The value listed is per booking and equals the total of the Dream Getaways offer' plus the AAA Member Benefit' plus the AAA Travel Savings offer'. \*Dream Getaways offer: Valid on new bookings booked July 23, 2021 – October 22, 2021 for travel July 23, 2022 – June 32, 2022, Minimum five nights' accommodations at a participating resert of hotel and round trip airfare required (equicules Hawari Inter-Band Hights). Savings of \$50 is not reflected in rate reflected in rate is the shown and agolise to be fellowing destinations. Savings activities on the standing resorts. \*AM Member Benefit: \$50 activity woucher is nonrelundable, nontransferable, has no cosh value and agolies to the following destinations: Elvan', Mexico, Central & South America and select Caribbean destinations. Savings and reflected in rates shown and agolies to the following destinations (Elva, Caribba). \*A particular Caribba and Caribba and

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# Airsoft shooting range opening at Stonewood

■ Customers will shoot plastic BBs at targets and be awarded prizes. The game is popping up at malls throughout Southern California.

By Alex Dominguez **Staff Writer** 

**DOWNEY** - Plans for an airsoft shooting range to take residence in the Stonewood approved unanimously by the planning commission last week.

Resembling a carnival style shooting game, "Galactic Challenge" will cost \$10 for a round of 60 plastic BB's. Patrons will shoot at targets and



Photo courtesy Galactic Challenge

be awarded prizes for knocking will require that minors be down a certain number of targets. Rounds usually last anywhere from three to five minutes.

The attraction will be open to all ages, however the facility

accompanied by an adult.

No more than 10 people at a time are anticipated, however the facility can accommodate up to 20, with a total of two staff at any given time.

The proposed hours of operation for the business are the same as the mall itself, 10 am - 9 pm on Monday through Saturday, and 11 am - 7 pm on

Galactic Challenge operates within five shopping centers in Southern California, and plan to open eight more in the near future.

The Planning Commission approved the plans unanimously with Chair Miguel Duarte absent.

### **OLPH** hosting Mass of Thanksgiving

**DOWNEY** - The public is invited to join the OLPH Women's Guild for a Mass of Thanksgiving at Our Lady of Perpetual Help Church on Saturday, Sept. 25, at

Monsignor Miranda will be the celebrant to commemorate the

# POET'S CORNER

### Custer

He is a hard one to write a poem about. Like Napoleon. Hannibal. Genghis Khan. Already so large in history. To do it right, I have to sit down with him. At a place of his own choosing. Probably a steakhouse. We take a table in a corner. But people still recognize him, come up and slap him on the back, say how much they enjoyed studying about him in school and ask for his autograph. After he eats, he leans back and lights up a cigar and asks me what I want to know. Notebook in hand, I suggest that we start with the Little Big Horn and work our way back. But I realize I have offended him. That he would rather take it the other way around. So he rants on about the Civil War, the way west, the loyalty of good soldiers and now and then twists his long yellow hair with his fingers. But when he gets to the part about Sitting Bull, about Crazy Horse, he develops a twitch above his right eye, raises his finger for the waiter, excuses himself and goes to the restroom while I sit there along the bluffs with the entire Sioux nation, awaiting his return.

David Shumate, High Water Mark, University of Pittsburgh Press, 2004.

Interview becomes confrontation and Custer sets himself up to lose again. A man's character is his fate, says Heraclitus. Shumate writes prose poems that are like traditional poem, minus the line break, using

# **Five Downey elementary** campuses named Apple **Distinguished Schools**

■ Gauldin, Imperial, Lewis, Old River and Rio San Gabriel elementary schools were honored for their innovative use of technology.

**DOWNEY** - At Tuesday's Board of Education meeting, it was announced that five Downey Unified elementary have been selected as Apple Distinguished Schools.

This international designation has been awarded to Gauldin, Imperial, Lewis, Old River and Rio San Gabriel elementary schools. Each recipient was selected for their unique and innovative implementation of Apple technologies that fostered tech-rich environments that ultimately enhance students' learning opportunities.

Apple Distinguished School is described as a hub of innovation, leadership and educational excellence. Being awarded this recognition signifies these five recipients use technology to connect students to the world, fuel creativity, deepen collaboration and make learning personal for each student.

There are currently 546 such schools in the world ranging from elementary to college level—with 31 of them in California. Downey Unified adds to this list by having five schools within one school district selected for this global designation.

"We are very proud and excited about this recognition, for not one, but five of our elementary schools. Our teachers, Instructional Technology team and administrators have worked cohesively and pushed themselves to showcase our creative use technology in all subjects," shared Jennifer Robbins, Director of Elementary Education. "Each school's written and video application for this recognition reflects how our teachers have introduced technology, through the use of iPads and educational online applications, to help students gain the confidence and skills necessary to present their learning in new and creative ways."

The selection of five Downey Unified schools as Apple Distinguished Schools highlights the campuses' success in creating and compelling environments that learning engage students, providing tangible proof of academic achievement.

"If 5th graders have a U.S. state presentation, they can plan to use a green screen and appear in the state's capital while they present to their peers or use an app to create a new webpage," said Marnie Luevano, Elementary Instructional Technology Coach, as she explained how students utilize technology within the classrooms. "Our department is here to support our teachers and students in having a 'voice and choice' in how they arrive to and present their findings. Technology offers different paths to the same educational goals solving, public speaking and of technology into our learning the coming months.

Five Downey elementary schools were honored for their use of technology in classrooms. (Photo courtesy Downey Unified) The road to becoming an strategies instills the type of Apple Distinguished School includes significant upgrades to digital technology access and implementation before the school can even receive an invitation to apply. First, schools must have an established 1:1 (oneefforts." to-one) Apple device program for two or more years. This was During each accomplished in Downey Unified

to each elementary and middle school student. Other criteria to apply includes having 75% or more completion of the Apple Teacher training by the school's leadership and educators, and documentation of positive results of the integration of Apple Apps and numerous other digital resources into curriculum to create opportunities for student

when they began with the 21st

Century Learning Communities

initiative in 2015-16 when the

district began providing an iPad

"For our school to recognized, incredibly This is a great validating. accomplishment for our entire school community," shared Gauldin Elementary Principal, Sylvia Estrella. "Utilizing various applications, our Instructional Coaches Technology teachers have led the charge in encouraging our students to become innovators in their learning. Our [Apple Distinguished School] application shows how our students put together engaging presentations, such as writing and creating their own visual autobiographies, fairy tales, experimenting with virtual reality to discover different places around the world, creating their own music with Garage Additionally, this important Band and learning coding and milestone will be celebrated with solving math problems with apps such as Minecraft EDU. There is of research, writing, problem no question that this infusion news to the school community in

curiosity that leads to creative thinking in our students in a way that empowers them to see themselves as capable learners. Our classrooms are limitless in learning, thanks to these

schools' three-year designation as an Apple Distinguished School, each campus is expected to continuously improve and grow their integration of technology into curriculum. In Downey Unified, it was announced that this includes expanding their Student Tech Squads, Robotics and coding programs as well as student created podcasts and app design challenges.

School leaders at each campus plan to share their stories and successes with other educators, both inside and outside the district, through hosted school visits in collaboration with the Apple Education team. These events will be each school's opportunity to show how they use digital content and technology to create powerful teaching and learning experiences for their students and, in the process, inspiring more educators to do the same.

The district shared that the remaining eight Downey Unified elementary schools will continue their technology efforts toward the Apple Distinguished School recognition over the next two

The five Downey Unified elementary schools recognized will be receiving a plaque and banner in the near future to signify this distinguished honor. potentially an in-person or Zoom event to further announce this





Inspection

 Diesel Oil Change \$199.95

**Engine Air Filter** \$70.00

Engine Fuel Filter \$199.00

 Battery Service \$32.99x2 **Def Fluid \$50.00** 



• Engine Air Filter \$32.95 • Cabin Air Filter \$69.95 **Battery service Inspection** 

Airbag recalls performed on some models 19B37 recalls performed on all applicable vehicle

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### FICT. BUS NAME

**FICTITIOUS BUSINESS** 

FIGHTIOUS BUSINESS
NAME STATEMENT
File Number 2021196780
THE FOLLOWING PERSON(S) IS (ARE)
DOING BUSINESS AS: (1) ATLANTIC BOX
AND CARTON CO., 8343 LOCH LOMOND , PICO RIVERA CA 90660, COUNTY OF LOS ANGELES

Articles of Incorporation or Organization Number (if applicable): AI #ON: 854542 REGISTERED OWNERS(S): (1) JKV INC, 8343 LOCH LOMOND DR, PICO RIVERA

State of Incorporation: CALIFORNIA THIS BUSINESS IS CONDUCTED BY: a

Corporation The date registrant started to transact business under the fictitious business name

or names listed above: 12/1977 I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). S/JKV INC, PRESIDENT, MICHAEL VALOV

This statement was filed with the County Clerk of Los Angeles on SEPTEMBER 2, 2021

Notice - In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17013 other then a change in the to Section 17913 other then a change in the residence address of a registered owner. A new Fictitious Business Name Statement must be filed before the expiration. Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by

the affidavit of identity form.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State or Common Law (see Section 14411 et seq., Business and Professions Code)

The Downey Patriot 9/9/21, 9/16/21, 9/23/21, 9/30/21

FICTITIOUS BUSINESS

THE NUMBER 2021191890
THE FOLLOWING PERSON(S) IS (ARE)
DOING BUSINESS AS: (1) SPECIALIST
IN JAPANESE CARS, 8738 LONG BEACH
BLVD, SOUTH GATE CA 90280, LA
COUNTY
Atticles of Incorporation or Organization

Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A REGISTERED OWNERS(S): (1) ANA VICTORIA VALLADARES CRUZ, 8738 LONG BEACH BLVD, SOUTH GATE CA

State of Incorporation: N/A THIS BUSINESS IS CONDUCTED BY: an

The date registrant started to transact

business under the fictitious business name or names listed above: 01/2021 I declare that all the information in this

statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). S/ANA VICTORIA VALLADARES CRUZ,

OWNER This statement was filed with the County Clerk of Los Angeles on AUGUST 26, 2021 Notice - In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other then a change in the residence address of a registered owner. A new Fictitious Business Name Statement must be filed before the expiration. Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by

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The Downey Patriot 9/2/21, 9/9/21, 9/16/21, 9/23/21

NAME STATEMENT

File Number 2021177729
THE FOLLOWING PERSON(S) IS (ARE)
DOING BUSINESS AS: (1) JACOB'S
TRANSPORTATION, 6805 HOLLENBECK HUNTINGTON PARK CA 90255, LA

Articles of Incorporation or Organization Number (if applicable): Al #ON: N/A REGISTERED OWNERS(S): (1) JOSE BALMORE AVELAR, 6805 HOLLENBECK ST, HUNTINGTON PARK CA 90255

State of Incorporation: N/A THIS BUSINESS IS CONDUCTED BY: an

The date registrant started to transact business under the fictitious busi or names listed above: 07/2021

I declare that all the information in this I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

S/JOSE BALMORE AVELAR, OWNER
This statement was filed with the County

This statement was filed with the County Clerk of Los Angeles on AUGUST 10, 2021 Notice - In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other then a change in the residence address of a registered owner. A new Fictitious Business Name Statement must be filed before the expiration. Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by

the affidavit of identity form.

The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State or Common Law (see Section 14411 et seq., Business and Professions Code)

The Downey Patriot 9/2/21, 9/9/21, 9/16/21, 9/23/21

FICTITIOUS BUSINESS NAME STATEMENT File Number 2021195103

THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) HOME CARE WITH DIGNITY, 10817 CORD AVENUE,

WITH DIGNITY, 10817 CORD AVENUE, DOWNEY CA 90241, LA COUNTY
Articles of Incorporation or Organization Number (if applicable): Al #ON: N/A
REGISTERED OWNERS(S): (1) SILVIA
JIMENEZ-LEON, 10817 CORD AVENUE, DOWNEY CA 90241

State of Incorporation: N/A THIS BUSINESS IS CONDUCTED BY: an

The date registrant started to transact business under the fictitious business name or names listed above: 08/2021

I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). S/SILVIA JIMENEZ-LEON, OWNER

This statement was filed with the County Clerk of Los Angeles on AUGUST 31, 2021 Notice - In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other then a change in the residence address of a registered owner. A new Fictitious Business Name Statement must be filed before the expiration. Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by the affidavit of identity form

The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal. State or Common Law (see Section 14411 et seq., Business and Professions Code).

The Downey Patriot 9/2/21, 9/9/21, 9/16/21, 9/23/21

**FICTITIOUS BUSINESS** 

FICTITIOUS BUSINESS
NAME STATEMENT
File Number 2021190068
THE FOLLOWING PERSON(S) IS (ARE)
DOING BUSINESS AS: (1) ELM VIEW
APARTMENTS, 9245 ELM VISTA DRIVE,
DOWNEY CA 90242, LA COUNTY, 8141
2ND ST ST 300, DOWNEY CA 90241
Articles of Incorporation or Organization
Number (if applicable): Al #ON: N/A
REGISTERED OWNERS(S): (1) DON

REGISTERED OWNERS(S): (1) DON KARTCHNER, 42359 WYANDOTTE STREET, TEMECULA CA 92592 State of Incorporation: N/A
THIS BUSINESS IS CONDUCTED BY:

The date registrant started to transact business under the fictitious business name or names listed above: 10/2015 of harles listed above. 10/2019
I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant topus to be folke in with the middle program.

knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). S/DON KARTCHNER, TRUSTEE This statement was filed with the County Clerk of Los Angeles on AUGUST 25, 2021 Notice - In accordance with Subdivision

Notice - In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other then a change in the residence address of a registered owner. A new Fictitious Business Name Statement must be filed before the expiration. Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by the affidavit of identity form.

The filing of this statement does not of itself

authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State or Common Law (see Section 14411 et seq., Business

The Downey Patriot 9/9/21, 9/16/21, 9/23/21, 9/30/21

FICTITIOUS BUSINESS NAME STATEMENT

NAME STATEMENT:
File Number 2021172934
THE FOLLOWING PERSON(S) IS (ARE)
DOING BUSINESS AS: (1) AIMS 360 (2)
AIMS HOTLINE (3) AIMS TECHNOLOGY
SOLUTIONS (4) AIMS TSI, 12130
MILLENNIUM DRIVE RM#03-154, LA CA 90094, LA COUNTY, 11041 SANTA MONICA BLVD #613, LOS ANGELES

CA 90025 Articles of Incorporation or Organization Number (if applicable): Al #ON: N/A REGISTERED OWNERS(S): (1) AF TECHNOLOGY, LLC, 11041 MILLENNIUM DRIVE STE-03-154, LOS ANGELES CA

90094 State of Incorporation: CA
THIS BUSINESS IS CONDUCTED BY: a Limited Liability Company

The date registrant started to transact business under the fictitious business name or names listed above: 11/2011 I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant

knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). S/AF TECHNOLOGY, LLC, PRESIDENT, SHAHIN KOHAN
This statement was filed with the County

Clerk of Los Angeles on AUGUST 03, 2021 Notice - In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920. where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other then a change in the residence address of a registered owner. A new Fictitious Business Name Statement must be filed before the expiration. Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by

The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State or Common Law (see Section 14411 et seq., Business and Professions Code).

The Downey Patriot 8/19/21, 8/26/21, 9/2/21, 9/9/21

the affidavit of identity form

FICTITIOUS BUSINESS FICTITIOUS BUSINESS
NAME STATEMENT
File Number 2021192767
THE FOLLOWING PERSON(S) IS (ARE)
DOING BUSINESS AS: (1) EJR DOOR
DIVISION, 8116 BYRON RD. UNIT A,

WHITTIER CA 90606, LA COUNTY
Articles of Incorporation or Organizatio
Number (if applicable): AI #ON: 3077125 REGISTERED OWNERS(S): (1) E J REYES CORPORATION, 8116 BYRON RD. UNIT A, WHITTIER CA 90606

State of Incorporation: CA
THIS BUSINESS IS CONDUCTED BY: a

Corporation

The date registrant started to transact business under the fictitious business name or names listed above: 02/2008 I declare that all the information in this I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

S/E J REYES CORPORATION, CFO, LORRAINE MACIAS REYES

LORRAINE MACIAS REYES
This statement was filed with the County
Clerk of Los Angeles on AUGUST 27, 2021 Notice - In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other then a change in the residence address of a registered owner. A new Fictitious Business Name Statement must be filed before the expiration. Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by the affidavit of identity form.

The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State or Common Law (see Section 14411 et seq., Business and Professions Code).

The Downey Patriot 9/2/21, 9/9/21, 9/16/21, 9/23/21

**FICTITIOUS BUSINESS** NAME STATEMENT
File Number 2021185963
THE FOLLOWING PERSON(S) IS (ARE)
DOING BUSINESS AS: (1) SUPER
DETAILING, 12333 WOODRUFF AVE.,
DOWNEY CA 90241, LA COUNTY
Atticles of Incorporation or Organization

Articles of Incorporation or Organization Number (if applicable): Al #ON: N/A REGISTERED OWNERS(S): (1) LUIS ADRIAN GRANADOS GOMEZ, 12333 WOODRUFF AVE., DOWNEY CA 90241 State of Incorporation: N/A THIS BUSINESS IS CONDUCTED BY: an

The date registrant started to transact business under the fictitious business name

or names listed above: 05/2017 I declare that all the information in this statement is true and correct. (A registrant

who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one

thousand dollars (\$1,000). S/LUIS ADRIAN GRANADOS GOMEZ, OWNER

This statement was filed with the County Clerk of Los Angeles on AUGUST 20, 2021 Notice - In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other then a change in the residence address of a registered owner. A new Fictitious Business Name Statement must be filed before the expiration. Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by the affidavit of identity form.

The filing of this statement does not of itself

authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State or Common Law (see Section 14411 et seq., Business and Professions Code).

The Downey Patriot 9/2/21, 9/9/21, 9/16/21, 9/23/21

FICTITIOUS BUSINESS NAME STATEMENT

NAME STATEMENT File Number 2021180564 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) GUADALAJARA NOVELTY SHOP, 19 EAST OLVERA ST, LOS ANGELES CA 90012, LA COUNTY, 19709 HARVEST AVE, CERRITOS CA 90703

Articles of Incorporation or Organization Number (if applicable): AI #ON: Ň/A REGISTERED OWNERS(S): (1) LOURDES VASQUEZ, 19709 HARVEST AVE, CERRITOS CA 90703

State of Incorporation: N/A
THIS BUSINESS IS CONDUCTED BY: an

Individual The date registrant started to transact business under the fictitious business name or names listed above: 10/2016

I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
S/LOURDES VASQUEZ, PRESIDENT

This statement was filed with the County Clerk of Los Angeles on AUGUST 13, 2021 Notice - In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other then a change in the residence address of a registered owner. A new Fictitious Business Name Statement must be filed before the expiration. Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by the affidavit of identity form.

The filing of this statement does not of itself

authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State or Common Law (see Section 14411 et seq., Business and Professions Code).

The Downey Patriot 8/26/21, 9/2/21, 9/9/21, 9/16/21

**FICTITIOUS BUSINESS** NAME STATEMENT

THE NUMBER 2021172298
THE FOLLOWING PERSON(S) IS (ARE)
DOING BUSINESS AS: (1) AGAPE
STUDIO, 168 WEST BONITA AVENUE
STUDIO 10, SAN DIMAS CA 91773,
LA COUNTY, 628 N BRADSHAWE ST,

MONTEBELLO CA 90640
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A REGISTERED OWNERS(S): (1) MONICA PEREZ VALADEZ, 628 N BRADSHAWE ST, MONTEBELLO CA 90640 State of Incorporation: N/A
THIS BUSINESS IS CONDUCTED BY: an

Individual The date registrant started to transact business under the fictitious business name or names listed above: 07/2021

I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). S/MONICA PEREZ VALADEZ, OWNER

This statement was filed with the Count Clerk of Los Angeles on AUGUST 3, 2021 Notice - In accordance with Subdivision a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920 where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other then a change in the residence address of a registered owner. A new Fictitious Business Name Statement must be filed before the expiration. Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by the affidavit of identity form.

The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State or Common Law (see Section 14411 et seq., Business and Professions Code).

The Downey Patriot 8/26/21, 9/2/21, 9/9/21, 9/16/21

FICTITIOUS BUSINESS
NAME STATEMENT
File Number 2021172491
THE FOLLOWING PERSON(S) IS

DOING BUSINESS AS: (1) BRICK, 9212 JOSHUA WAY, DOWNEY CA 90240, LA

Articles of Incorporation or Organization Number (if applicable): Al #ON: N/A REGISTERED OWNERS(S): (1) BRCK PRODUCTION, INC., 9212 JOSHUA WAY, DOWNEY CA 90240 State of Incorporation: CA THIS BUSINESS IS CONDUCTED BY: a

The date registrant started to transact business under the fictitious business name

or names listed above: N/A
I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one

thousand dollars (\$1,000). S/BRCK PRODUCTION, INC., CEO This statement was filed with the County Clerk of Los Angeles on AUGUST 03, 2021 Notice - In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other then a change in the residence address of a registered owner. A new Fictitious Business Name Statement must be filed before the expiration. Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by

the affidavit of identity form.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State or Common Law (see Section 14411 et seq., Business and Professions Code).

The Downey Patriot 8/19/21, 8/26/21, 9/2/21, 9/9/21

**FICTITIOUS BUSINESS** NAME STATEMENT

THE FOLLOWING PERSON(S) IS (ARE)
DOING BUSINESS AS: (1) CHULO
ENTERTAINMENT LLC, 7334 QUILL DR.
#94, DOWNEY CA 90242, LA COUNTY,

7334 QUILL DR.#94, DOWNEY CA 90242 Articles of Incorporation or Organization Number (if applicable): Al #ON: N/A REGISTERED OWNERS(S): (1) CHULO ENTERTAINMENT LLC, 7334 QUILL DR.

#94, DOWNEY CA 90242 State of Incorporation: CA THIS BUSINESS IS CONDUCTED BY: a Limited Liability Company
The date registrant started to transact business under the fictitious business name

or names listed above: 03/2021 I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
S/CHULO ENTERTAINMENT LLC, OWNER

– CEO, JACOB ANTHONY PEREZ
This statement was filed with the County Clerk of Los Angeles on AUGUST 27, 2021 Notice - In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other then a change in the residence address of a registered owner. A new Fictitious Business Name Statement must be filed before the expiration. Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by the affidavit of identity form.

The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State or Common Law (see Section 14411 et seq., Business and Professions Code).

The Downey Patriot 9/9/21, 9/16/21, 9/23/21, 9/30/21

FICTITIOUS BUSINESS
NAME STATEMENT
File Number 2021177194
THE FOLLOWING PERSON(S) IS (ARE)
DOING BUSINESS AS: (1) HAPPY
HUNTERS, 12421 COLUMBIA WAY,
DOWNLEY CA 90242 27254 DOWNEY CA 90242-2735, LA COUNTY
Articles of Incorporation or Organization
Number (if applicable): Al #ON: N/A
REGISTERED OWNERS(S): (1) KEVIN
CHUNG, 12421 COLUMBIA WAY,
DOWNEY CA 90242-2735 State of Incorporation: N/A THIS BUSINESS IS CONDUCTED BY: an

Individual The date registrant started to transact

or names listed above: 01/2021 I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). S/KEVIN CHUNG, OWNER

This statement was filed with the County Clerk of Los Angeles on AUGUST 10, 2021 Notice - In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other then a change in the residence address of a registered owner. A new Fictitious Business Name Statement must be filed before the expiration. Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by the affidavit of identity form.

The filing of this statement does not of itself

authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State or Common Law (see Section 14411 et seq., Business

The Downey Patriot 8/19/21, 8/26/21, 9/2/21, 9/9/21

### **GOVERNMENT**

DOWNEY UNIFIED SCHOOL DISTRCT NOTICE TO BIDDERS

Notice is hereby given that the governing board ("Board") of the Downey Unified School District ("District") will receive sealed bids for the following project no later than the specified bid deadline.

Bid #21/22-06 -Columbus High School Welding Project

The Project consists of:

Electrical work for Columbus Welding Project

To bid on this Project, the Bidder is required to possess one or more of the following State of California contractors' license(s): A, B, and/or C-10

The Bidder's license(s) must remain active and in good standing throughout the term of the Contract. To bid on this Project, the Bidder is required

to be registered as a public works contractor with the Department of Industrial Relations pursuant to the Labor Code. Contract Documents will be available on or after September 10, 2021, by contacting

Kay Domingo at kdomingo@dusd.net, or downloaded from the District's website, https://web.dusd.net/bids-rfps/. Sealed bids will be received until 10 a.m., October 15, 2021 at the District Facilities Office, Attn: Kay Domingo, 11627 Brookshire Avenue, Downey California 90241 at or after which time the bids will be opened and publicly read aloud. Any bid that is submitted after this time shall be nonresponsive and returned to the bidder. Any claim by a bidder of error in its bid must be made in compliance with section 5100 et seq. of the Public Contract Code.

All bids shall be on the form provided by the District. Each bid must conform and be responsive to all pertinent Contract Documents, including, but not limited to, the Instructions to Bidders.

A bid bond by an admitted surety insurer on the form provided by the District a cashier's check or a certified check, drawn to the order of the Downey Unified School District, in the amount of ten percent (10%) of the total bid price, shall accompany the Bid Form and Proposal, as a guarantee that the Bidder will, within seven (7) calendar days after the date of the Notice of Award, enter into a contract with the District for the performance of the services as stipulated in the bid.

A mandatory pre-bid conference and site visit will be held on Friday, September 10 at 2:30 p.m. at 12330 Woodruff, Downey, California 90241 at the corner of the north and east parking lot of Columbus High School. All participants are required to sign in. Failure to attend or tardiness will render bid ineligible.

The successful Bidder shall be required to furnish a 100% Performance Bond and a 100% Payment Bond if it is awarded the Contract for the Work.

For further information, call Jessica

determined by the Director of the Department of Industrial Relations, State of California, for

the type of work performed and the locality in which the work is to be performed within the boundaries of the District, pursuant to section

1770 et seq. of the California Labor Code. Prevailing wage rates are also available from the District or on the Internet at: <a href="http://www.">http://www.</a>

This Project is subject to labor compliance

monitoring and enforcement by the Department of Industrial Relations pursuant to Labor Code section 1771.4 and subject to

to Labor Code Section 1771.4 and subject to the requirements of Title 8 of the California Code of Regulations. The successful Bidder shall comply with all requirements of Division 2, Part 7, Chapter 1, Articles 1-5 of

The District shall award the Contract, if it

awards it at all, to the lowest responsive responsible bidder based on:

A. The base bid amount only

The Board reserves the right to reject any and all bids and/or waive any irregularity in any bid received. If the District awards

the Contract, the security of unsuccessful bidder(s) shall be returned within sixty (60) days from the time the award is made.

Unless otherwise required by law, no bidder may withdraw its bid for ninety (90) days after

CITY OF DOWNEY PUBLIC NOTICE

**Consolidated Annual** 

Performance and Evaluation Report (CAPER)

Program Year 2020-2021

Notice is hereby given that the City of Downey has prepared a draft of the required Consolidated Annual

Performance and Evaluation Report (CAPER) for the 2020-2021 Program Year. The CAPER is an assessment

of the City's performance in relation to meeting the priorities and goals proposed in the City's 2020-2024 Consolidated Plan. The CAPER report provides a financial summary of the program year with specific project

information. The Report is specific to the federal Community Development Block Grant (CDBG) and HOME

Investment Partnership Program (HOME) funds received by the City. This report covers the period from

July 1, 2020 through June 30, 2021. The CAPER will be submitted to the U.S. Department of Housing and Urban Development (HUD) on Tuesday, September 28, 2021.

The public is invited to review

the CAPER. Those interested in commenting on the CAPER are

encouraged to do so. A copy of the draft report will be available for review on

Friday, September 10th, during regular

Downey City Hall City Clerk's Office 11111 Brookshire Avenue Downey, CA 90241

business hours at:

the date of the bid opening.

The Downey Patriot 9/2/21, 9/9/21



The Downey Patriot is offering subscriptions for \$15/year. Subscription guarantees delivery every Friday to a singlefamily home in Downey.

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

Name:	
Address:	
Phone:	

Name of



To give The Downey Patriot as a gift, fill out the information form below and send it along with a check for \$15 to The Downey Patriot, or you can always come into the office and

drop off your subscription form.

**Recipient:** Address of **Recipient:** Phone of **Recipient:** 

# Legal Notices/Classifieds

# CLASSIFIEDS

### **MISCELLANEOUS**

**South Central Los Angeles** Regional is developing a Family Home Agency through the competitive

procurement process. Family Home Agencies are not-for-profit organizations that certify, train and provide ongoing support to families who provide services and supports to persons with intellectual and/or developmental disabilities. A copy of the Request for Letters of Interest can be found on SCLARC's website at www. sclarc.org. Susana Hermosillo, FHA Specialist, is the contact person for this project. Ms. Hermosillo can be reached at SCLARC, 2500 South Western Avenue, Los Angeles, CA 90018. Ms. Hermosillo's telephone number is (213)

org. Requests for Letters of Interest must be submitted to vendocs@sclarc.org no later than September 30, 2021.

744-8458 and her email

address is susanah@sclarc.

J. Flores at (562) 904-7152.

The Downey Patriot 9/9/21

# CITY OF DOWNEY NOTICIA PUBLICA Rendimiento anual consolidado y Informe de evaluación (CAPER) Programa año 2020-2021

Por la presente se notifica que la Ciudad de Downey a preparado un borrador del Informe de Evaluación y Desempeño Anual Consolidado (CAPER) requerido para el Año del Programa 2020-2021. El CAPER es una evaluación del desempeño de la Ciudad en relación con el cumplimiento de las prioridades y metas propuestas en el Plan Consolidado 2020-2024 de la Ciudad. El informe CAPER proporciona un resumen financiero del año del programa con información específica del proyecto. El Informe es específico para los fondos federales de la Subvención en Bloque para el Desarrollo Comunitario (CDBG) y del Programa de Asociación de Inversión HOME (HOME) recibidos por la Ciudad. Este informe cubre el período comprendido entre el 1 de julio de 2020 y el 30 de junio de 2021. El CAPER se presentará al Departamento de Vivienda y Desarrollo Urbano de los EE, UU. (HUD) el martes, Septiembre

Se invita al público a revisar el CAPER. Se anima a los interesados en comentar sobre el CAPER a hacerlo. Una copia del informe preliminar estará disponible para su revisión el viernes, de Septiembre durante el horario laboral habitual en:

Ayuntamiento de la Ciudad de Downey
Oficina de la Secretaria de la Ciudad (City Clerk's Office)
11111 Brookshire Avenue
Downey, CA 90241

Los avisos públicos y los borradores de documentos también se publicarán en el sitio web de la ciudad en: <u>www.</u> downeyca.org

La Ciudad fomenta la participación ciudadana en el desarrollo de la CAPER. El borrador de CAPER estará disponible para revisión pública por un período de 15 días (que finaliza el Viernes, 24 de Septiembre del 2021). El Gerente de la División de Vivienda y Desarrollo Económico aceptará comentarios escritos durante el período de revisión pública

Para obtener más información, llame a Jessica J. Flores al (562) 904-7152.

The Downey Patriot

### **NOTICES**

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES ORDER TO SHOW CAUSE FOR CHANGE OF NAME CASE NUMBER: 21NWCP00332

TO ALL INTERESTED PERSONS: Petitioner JESUS A. NAVARRO filed a petition with this court for a decree changing names as Present name (1) a. JESUS A. NAVARRO b. JESUS ALBERTO NAVARRO CASTRO

C. JESUS ALBERTO CASTRO NAVARRO
to Proposed name (1) a. ALBERT J.
NAVARRO b. ALBERT J. NAVARRO c.
ALBERT J. NAVARRO
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

Without a nearing.
NOTICE OF HEARING
Date: OCTOBER 27, 2021, Time: 10:30
a.m., Department: C, Room: 312
The address of the court is 12720
NORWALK BLVD, NORWALK CA 90650 A copy of this Order to Show Cause shall be published at least once a week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in the county, THE DOWNEY PATRIOT AUGUST 26, 2021

Judge Margaret M. Bernal Judge of the Superior Court Petitioner or Attorney for Petitioner JESUS A. NAVARRO 10467 KIMBARK AVE WHITTIER, CA 90601 (562) 503-8269 albert@lahussle.com

The Downey Patriot 9/2/21, 9/9/21, 9/16/21, 9/23/21

SUPERIOR COURT OF CALIFORNIA,

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COUNTY OF LOS ANGELES ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NUMBER: 21NWCP00312
TO ALL INTERESTED PERSONS: Petitioner
KYLE ANTONIO TORRES filed a petition

with this court for a decree changing names

Present name (1) KYLE ANTONIO TORRES

to Proposed name (1) KYLE ANTHONY

SCIACCA
THE COURT ORDERS that all persons

interested in this matter appear before this court at the hearing indicated below to show

cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that

includes the reasons for the objection at least two court days before the matter is

scheduled to be heard and must appear at

the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition

without a hearing.
NOTICE OF HEARING
Date: OCTOBER 18, 2021, Time: 10:30
a.m., Department: C, Room: 312
The address of the court is 12720
NORWALK BLVD, NORWALK 90650

A copy of this Order to Show Cause shall be published at least once a week for four

successive weeks prior to the date set

for hearing on the petition in the following newspaper of general circulation, printed in the county, THE DOWNEY PATRIOT 8301 FLORENCE AVE #100, DOWNEY, CA 90240
AUGUST 16, 201
Ludge Marregret M. Bornel

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

FOR CHANGE OF NAME CASE NUMBER: 21NWCP00313

TO ALL INTERESTED PERSONS: Petitioner CHLOE LYNN TORRES filed a petition with this court for a decree changing names as

rollows:
Present name (1) CHLOE LYNN TORRES to
Proposed name (1) CHLOE LYNN SCIACCA
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

Date: OCTOBER 18, 2021, Time: 10:30 a.m., Department: C, Room: 312 The address of the court is 12720 NORWALK BLVD, NORWALK 90650

A copy of this Order to Show Cause shall be published at least once a week for four

successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in the county, **DOWNEY PATRIOT 8301** 

FLORENCE AVE #100, DOWNEY, CA

Judge Margaret M. Bernal Judge of the Superior Court Petitioner or Attorney for Petitioner

CHLOE LYNN TORRES 16645 PEAR BLOSSOM CT. WHITTIER, CA 90603

NOTICE OF HEARING

AUGUST 16, 2021

Judge Margaret M. Bernal
Judge of the Superior Court
Petitioner or Attorney for Petitioner
KYLE ANTONIO TORRES
16645 PEAR BLOSSOM CT
WHITTIER, CA 90603

8/19/21, 8/26/21, 9/2/21, 9/9/21

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The Downey Patriot

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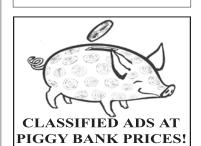
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The Downey Patriot 8/19/21, 8/26/21, 9/2/21, 9/9/21

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NUMBER: 21NWCP00334
TO ALL INTERESTED PERSONS: Petitioner

JESUS MADRID FOR GENESIS VICTORIA MARTINEZ, GIANLUIGI MARTINEZ, DAMIAN JESUS MARTINEZ filed a petition ith this court for a decree changing names

Present name (1) GENESIS VICTORIA Present name (1) GENESIS VICTORIA MARTINEZ to Proposed name (1) GENESIS VICTORIA MADRID Present name (2) GIANLUIGI MARTINEZ to Proposed name (2) GIANLUIGI MADRID Present name (3) DAMIAN JESUS MARTINEZ to Proposed name (3) DAMIAN IESUS MADRID

JESUS MADRID
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 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

WITHOUT A REARING
NOTICE OF HEARING
Date: OCTOBER 25, 2021, Time: 10:30
a.m., Department: C, Room: 312
The address of the court is 12720
NORWALK BLVD, NORWALK CA 90650 A copy of this Order to Show Cause shall be published at least once a week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in the county, THE DOWNEY PATRIOT AUGUST 30, 2021

AUGUST 30, 2021
Judge Margaret M. Bernal
Judge of the Superior Court
Petitioner or Attorney for Petitioner
JESUS MADRID
9642 HUNT AVE
SOUTH GATE, CA 90280
323-245-1477 3-245-1177

The Downey Patriot 9/2/21, 9/9/21, 9/16/21, 9/23/21

# SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES ORDER TO SHOW CAUSE

FOR CHANGE OF NAME
CASE NUMBER: 21NWCP00311
TO ALL INTERESTED PERSONS: Petitioner
ALICIA ESCOBEDO filed a petition with this
court for a decree changing names as

(BIRTH CERTIFICATE) b. ALICIA ESCOBEDO to Proposed name (1) ALICIA GUERRERO
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 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
NOTICE OF HEARING
Date: SEPTEMBER 24, 2021, Time: 10:30
a.m., Department: C, Room: 312
The address of the court is 12720
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 for hearing on the petition in the following newspaper of general circulation, printed in the county, DOWNEY PATRIOT
AUGUST 16, 2021
Judge Margaret M. Bernal
Judge Of The Superior Court
Petitioner or Attorney, In Pro Per
ALICIA ESCOBEDO
9137 MELDAR AVE
DOWNEY CA 90240 DOWNEY, CA 90240 (562) 381-0240

The Downey Patriot 8/19/21, 8/26/21, 9/2/21, 9/9/21

### **PROBATE**

NOTICE OF PETITION TO ADMINISTER ESTATE OF **ROBERT WILSON** 

Case No. 21STPB07962
To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of ROBERT WILSON
A PETITION FOR PROBATE has been filed

by Rosalinda Manigbas in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that Rosalinda Manigbas be appointed as personal representative to administer the

estate of the decedent. THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by

the court.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and

shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on Sept. 24, 2021 at 8:30 AM in Dept. No. 9 located at 111 N. Hill St., Los Angeles,

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing.

Your appearance may be in person or by

your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

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

> Attorney for petitioner: KYLE A PATRICK ESQ SBN 239821 LAW OFFICES KYLE A PATRICK 3859 11TH ST RIVERSIDE CA 92501

CN980661 WILSON Sep 2.9.16, 2021

CN980661 The Downey Patriot 9/2/21, 9/9/21, 9/16/21

### **SUMMONS**

SUMMONS (CITACION JUDICIAL)
CASE NUMBER: (Numero del Caso):
21STCV05211
NOTICE TO DEFENDANT (AVISO AL

DEMANDADO): DEANDRA ANTWAINE HENDERSON, AN INDIVIDUAL; L.A. COUNTY METROPOLITAN TRANSPORTATION AUTHORITY, A PUBLIC ENTITY;

YOU ARE BEING SUED BY PLAINTIFF (LO ESTA DEMANDANDO EL DEMANDANTE): KIRK WATERS, IN INDIVIDUAL

NOTICE! You have been sued. The court may decide against you without your being heard unless you respond within 30 days. Read the information below. You have 30 CALENDAR DAYS after this

You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Heln Center the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money and property may be taken without further warning from the court.

Warfing from the court.

There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia. org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be more in a civil case. The court's lien must be paid before the court will dismiss the case. AVISO! Lo han demandado. Si no responde dentro de 30 días, la corte puede decidir en su contra sin escuchar su versíon. Lea la Tiene 30 DÍAS DE CALENDARIO después

de que le entrequen esta c legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al demandante. Una carta o una llamada telefónica no lo protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso un la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte y más información en el Centro de Ayuda de las Cortes de California (www.sucorte.ca.gov), en la biblioteca de leyes de su condado o en la corte que le quede más cerca. Si no puede pagar la cuota de presentación, pida al secretano de la corte que le dé un formulario de exención de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podrá quitar su sueldo, dinero y bienes sin nás advertencia.

Hav otros requisitos legales. Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de

remisión a abogados. Si no puede pagar a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gratuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos grupos sin fines de lucro en sitio web de California Legal Services, (www. lawhelpcalifornia.org), en el Centro de Ayuda de las Cortes de Calfornia, (www. sucorte.ca.gov) o poniéndose en contacto con la corte o el colegio de abogados locales. AVISO: Por ley, la corte tiene derecho a relamar las cuotas y los costos exentos pro imponer un gravamen sobre cualquier recuperación de \$10,000 ó más de valor recibida mediante un acuerdo o una concesión de arbitraje en un caso de derecho civil. Tiene que pagar el gravamen de la corte antes de que la corte pueda desechar el caso. The name and address of the court is: (El

nombre y direccion de la corte es):
SUPERIOR COURT OF CALIFORNIA,
COUNTY OF LOS ANGELES STANLEY MOSK COURTHOUSE 111 NORTH HILL STREET LOS ANGELES, CA 90012

The name, address and telephone number of plaintiff's attorney, or plaintiff without an attorney, is: (El nombre, la dirección y el número de teléfono del abogado del demandante, o del demandante que no tiene MARK SCHENKMAN, ESQ

8370 WILSHIRE BLVD., SIUTE 205 BEVERLY HILLS, CA 90122 310-550-8888 Date (Fecha): 02/09/2021 SHERRI R. CARTER, Clerk, by (Secretario), R. PEREZ Deputy (Adjunto)

Mark Schenkman, Esq., Bar No. 130424

Lalezary Law Firm 8370 Wilshire Blvd., Suite 205 Beverly Hills, CA 90211 310-550-8888 Attorney for Plaintiff, KIRK WATERS

SUPERIOR COURT OF CALIFORNIA COUNTY OF LOS ANGELES 312 NORTH SPRING STREET LOS ANGELES, CA 90012

ORDER FOR PUBLICATION CASE NUMBER: 21STCV05211

PLAINTIFF: KIRK WATERS DEFENDANT: DEANDRA ANTWAINE HENDERSON ET AL.

IT IS ORDERED that the service of the summons, citation, notice of hearing, or complaint in this action shall be made upon defendant, respondent, or citee DEANDRA ANTWAINE HENDERSON by publication thereof in DOWNEY PATRIOT a newspaper of general circulation published at <u>DOWNEY</u>, California and that said publication be made at least once a week for four successive

IT IS FURTHER ORDERED that a copy of said summons, citation, notice of hearing, or \_\_\_\_\_

said complaint or petition in this action be forthwith deposited in the United States Post Office, postage prepaid, directed to said defendant, respondent, or citee if his address is ascertained before expiration of the time prescribed for the publication of this summons, citation or notice of hearing. A declaration of this mailing, or of the fact that the address was not ascertained, must be filed at the expiration of the time prescribed

DATED: 8/18/2021 /S/ Judge Katherine Chilton Judge of the Superior Court

The Downey Patriot 9/2/21, 9/9/21, 9/16/21, 9/23/21

# Need to Publish a Legal Notice?

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# 10 ways to control high blood pressure without medication

### **Contributed by the Mayo Clinic**

If you've been diagnosed with high blood pressure, you might be worried about taking medication to bring your numbers down.

Lifestyle plays an important role in treating your high blood pressure. If you successfully control your blood pressure with a healthy lifestyle, you might avoid, delay or reduce the need for medication.

Here are 10 lifestyle changes you can make to lower your blood pressure and keep it down.

### 1. Lose extra pounds and watch your waistline

Blood pressure often increases as weight increases. Being overweight also can cause disrupted breathing while you sleep (sleep apnea), which further raises your blood

Weight loss is one of the most effective lifestyle changes for controlling blood pressure. Losing even a small amount of weight if you're overweight or obese can help reduce your blood pressure. In general, you may reduce your blood pressure by about 1 millimeter of mercury (mm Hg) with each kilogram (about 2.2 pounds) of weight you

Besides shedding pounds, you generally should also keep an eye on your waistline. Carrying too much weight around your waist can put you at greater risk of high blood pressure.

In general: Men are at risk if their waist measurement is greater than 40 inches (102 centimeters).

Women are at risk if their waist measurement is greater than 35 inches (89 centimeters).

### 2. Exercise regularly

Regular physical activity such as 150 minutes a week, or about 30 minutes most days of the week — can lower your blood pressure by about 5 to 8 mm Hg if you have high blood pressure. It's important to be consistent because if you stop exercising, your blood pressure can rise again.

If you have elevated blood pressure, exercise can help you avoid developing hypertension. If you already have hypertension, regular physical activity can bring your blood pressure down to safer levels.

### 3. Eat a healthy diet

Eating a diet that is rich in whole grains, fruits, vegetables and low-fat dairy products and skimps on saturated fat and cholesterol can lower your blood pressure by up to 11 mm Hg if you have high blood pressure. This eating plan is known as the Dietary Approaches to Stop Hypertension (DASH) diet.

### 4. Reduce sodium in your

Even a small reduction in the sodium in your diet can improve your heart health and reduce blood pressure by about 5 to 6 mm Hg if you have high blood pressure.

The effect of sodium intake

on blood pressure varies among groups of people. In general, limit sodium to 2,300 milligrams (mg) a day or less. However, a lower sodium intake — 1,500 mg a day or less — is ideal for most

To decrease sodium in your diet, consider these tips:

Read food labels. If possible, choose low-sodium alternatives of the foods and beverages you normally buy.

Eat fewer processed foods. Only a small amount of sodium occurs naturally in foods. Most sodium is added during processing.

Don't add salt. Just 1 level teaspoon of salt has 2,300 mg of sodium. Use herbs or spices to add flavor to your food.

Ease into it. If you don't feel you can drastically reduce the sodium in your diet suddenly, cut back gradually. Your palate will adjust over time.

### 5. Limit the amount of alcohol you drink

Alcohol can be both good and bad for your health. By drinking alcohol only in moderation — generally one drink a day for women, or two a day for men you can potentially lower your blood pressure by about 4 mm Hg. One drink equals 12 ounces of beer, five ounces of wine or 1.5 ounces of 80-proof liquor.

But that protective effect is lost if you drink too much alcohol.

Drinking more than moderate amounts of alcohol can actually raise blood pressure by several points. It can also reduce the effectiveness of blood pressure medications.

### 6. Quit smoking

Each cigarette you smoke increases your blood pressure for many minutes after you finish. Stopping smoking helps your blood pressure return to normal. Quitting smoking can reduce your risk of heart disease and improve your overall health. People who quit smoking may live longer than people who never quit smoking.

### 7. Cut back on caffeine

The role caffeine plays in blood pressure is still debated. Caffeine can raise blood pressure up to 10 mm Hg in people who rarely consume it. But people who drink coffee regularly may experience little or no effect on their blood pressure.

Although the long-term effects of caffeine on blood pressure aren't clear, it's possible blood pressure may slightly increase.

To see if caffeine raises your blood pressure, check your

pressure within 30 minutes of drinking a caffeinated beverage. If your blood pressure increases by 5 to 10 mm Hg, you may be sensitive to the blood pressure raising effects of caffeine. Talk to vour doctor about the effects of caffeine on your blood pressure.

### 8. Reduce your stress

Chronic stress may contribute to high blood pressure. More research is needed to determine the effects of chronic stress on blood pressure. Occasional stress also can contribute to high blood pressure if you react to stress by eating unhealthy food, drinking alcohol or smoking.

Take some time to think about what causes you to feel stressed, such as work, family, finances or illness. Once you know what's causing your stress, consider how you can eliminate or reduce stress.

If you can't eliminate all of your stressors, you can at least cope with them in a healthier

Change your expectations. For example, plan your day and focus on your priorities. Avoid trying to do too much and learn to say no. Understand there are some things you can't change or control, but you can focus on how you react to them.

Focus on issues you can control and make plans to solve them. If you are having an issue at work, try talking to your manager. If you are having a conflict with your kids or spouse, take steps to resolve it.

Avoid stress triggers. Try to avoid triggers when you can. For example, if rush-hour traffic on the way to work causes stress, try leaving earlier in the morning, or take public transportation. Avoid people who cause you stress if possible.

Make time to relax and to do activities you enjoy. Take time each day to sit quietly and breathe deeply. Make time for enjoyable activities or hobbies in your schedule, such as taking a walk, cooking or volunteering.

Practice gratitude. Expressing gratitude to others can help reduce your stress.

### 9. Monitor your blood pressure at home and see your doctor regularly

Home monitoring can help you keep tabs on your blood pressure, make certain your lifestyle changes are working, and alert you and your doctor to potential health complications. Blood pressure monitors are available widely and without a

prescription. Talk to your doctor about home monitoring before you get started.

Regular visits with your doctor are also key to controlling your blood pressure. If your blood pressure is wellcontrolled, check with your doctor about how often you need to check it. Your doctor may suggest checking it daily or less often. If you're making any changes in your medications or other treatments, your doctor may recommend you check your blood pressure starting two weeks after treatment changes and a week before your next appointment.

### 10. Get support

Supportive family and friends can help improve your health. They may encourage you to take care of yourself, drive you to the doctor's office or embark on an exercise program with you to keep your blood pressure low.

If you find you need support beyond your family and friends, consider joining a support group. This may put you in touch with people who can give you an emotional or morale boost and who can offer practical tips to cope with your condition.

PROPERTIES

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"Cecilia Mota walked us through the whole process! She always answered our calls, and I would give her a 10 out of 10!!" - David Ramirez Alonso

"Joanna Torrico treated me like family! She always went the extra mile, and I will use her again!!" -Carlos Lozano

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DOWNEY ACTIVIT



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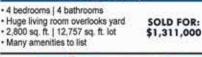
\$430,000

LIST PRICE:

\$995,000









\$145,000 OVER LIST PRICE! LIST PRICE: \$1,075,000 TRIPLEX

2,467 sq. ft. | 12,617 sq. ft. lot



**ANGELO & MARIE** 







Needs a little TLC









562.818.6111



**Jimmy Spathos** REALTOR® 562-400-2148 JimSpathos@aol.com DRE #01296368





lcare4dow@aol.com



· 2 store front spaces 1 bedroom apartment upstairs • Great location





,773 sq. ft. of office spaces 5 separate rooms PRICED AT • 1 3/4 bathrooms Full size kitchen

PamLeeRealtor@gmail.com

Eight off street parking spaces

LIST PRICE:





• 1,106 sq. ft. | 6,408 corner lot CALL MARIO FOR · 3 bedrooms | 2 bathrooms Newer roof, windows and paint MORE INFO!



bedrooms | 4 bathroom bedrooms upstairs SOLD FOR:

\$1,250,000

3,288 sq. ft.
 2 air conditioners

Sparkling pool



DOWNEY ANAHEIM LAKEWOOD LONG BEACH LOS ANGELES MAYWOOD MISSION VIEJO MONTEBELLO ANAHEIM HILLS ARTESIA BELL BELLFLOWER BREA CLAPENCE NORWALK PICO RIVERA SAN JUAN CAPISTRANO CLAREMONT COMPTON ZEASTVALE SANTA MARIA SOUTH GATE WESTMINSTER FULLERTON HUNTINGTONBEACH LA HABRA YORBA LINDA LAKE FOREST



Boy Scouts of America, Cub Scout Pack 805 is currently recruiting boys from Kindergarten to 4th Grade. Pack 805 meets every Tuesday, 6:30 p.m. at Trinity Baptist Church, 8219 Florence Avenue, Downey we will have a recruitment meeting **Tuesday August 31st 6:30 pm.** Cub Scouts enjoy fun activities such as Pinewood Derby, Camping and earning fun Adventures along the way.

Do Your Best. Let's start here: Cub Scouts are awesome. A program with an amazing history and tradition, Cub Scouting is a sure-fire way to get more involved with your son that puts the fun first. Have Fun Doing It.

Cub Scouting uses six specific methods to achieve Scouting's aims of helping boys and young adults build character, train in the responsibilities of citizenship, and develop personal fitness.

- 1. The ideals: The Scout Oath, the Scout Law, and the Cub Scout sign, handshake, motto, and salute all teach good citizenship and contribute to a boy's sense of belonging.
- 2. The den: As part of a small group of six to eight boys, they are able to learn sportsmanship and good citizenship. They learn how to get along with others. They learn how to do their best, not just for themselves but also for the den.

3. Advancement: The advancement plan provides fun for the boys, gives them a sense of personal achievement as they earn badges, and strengthens family understanding. Cub Scout leaders and adult family members work with boys on advancement projects.

- 4. Family involvement: Family involvement is an essential part of Cub Scouting.
- 5. Activities: In Cub Scouting, boys participate in a wide variety of den and pack activities, such as games, projects, skits, stunts, songs, outdoor activities, and trips.
- **6. The uniform:** The Cub Scout uniform helps build pride, loyalty, and self-respect. Wearing the uniform to all den and pack meetings and activities also encourages a neat appearance, a sense of belonging, and good behavior.

E-Mail Cubmaster Aaron Storey cubmaster@downeyboyscouts.com for more information.

