



DOWNEY HISTORY

Newspaper ads from the 1890s

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NEWS

YMCA launches final leg of fundraising campaign

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OPINION

Congress needs to get its act together

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PAGING DR. FRISCHER

More studies needed on cupping

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The high cost of assisted living

■ Assisted living facilities are attractive options for seniors who want to retain a level of independence. But their growing costs make them unaffordable for many.

By **Jordan Rau**
KFF Health News

Assisted living centers have become an appealing retirement option for hundreds of thousands of boomers who can no longer live independently, promising a cheerful alternative to the institutional feel of a nursing home.

But their cost is so crushingly high that most Americans can't afford them.

These highly profitable facilities often charge \$5,000 a month or more and then layer on fees at every step. Residents' bills and price lists from a dozen facilities offer a glimpse of the charges: \$12 for a blood pressure check; \$50 per injection (more for insulin); \$93 a month to order medications from a pharmacy not used by the facility; \$315 a month for daily help with an inhaler.

The facilities charge extra to help residents get to the shower, bathroom, or dining room; to deliver meals to their rooms; to have staff check-ins for daily "reassurance" or simply to remind residents when it's time to eat or take their medication. Some even charge for routine billing of a resident's insurance for care.

"They say, 'Your mother forgot one time to take her medications, and so now you've got to add this on, and we're billing you for it,'" said Lori Smetanka, executive director of the National Consumer Voice for Quality Long-Term Care, a nonprofit.

About 850,000 older Americans reside in assisted living facilities, which have become one of the most lucrative branches of the long-term care industry that caters to people 65 and older. Investors, regional companies, and international real estate trusts have jumped in: Half of operators in the business of assisted living earn returns of 20% or more than it costs to run the sites, an industry survey shows. That is far higher than the money made in most other health sectors.

Rents are often rivaled or exceeded by charges for services, which are either packaged in a bundle or levied à la carte. Overall prices have been rising faster than inflation, and rent increases since the start of last year have been higher than at any previous time since at least 2007, according to the National Investment Center for Seniors Housing & Care, which provides data and other information to companies.

There are now 31,000 assisted living facilities nationwide — twice the number of skilled nursing homes. Four of every five facilities are run as for-profits. Members of racial or ethnic minority groups account for only a tenth of residents, even though they make up a quarter of the population of people 65 or older in the United States.

A public opinion survey conducted by KFF found that 83% of adults said it would be impossible or very difficult to pay \$60,000 a year for an assisted living facility. Almost half of those surveyed who either lived in a long-term care residence or had a loved one who did encountered unexpected add-on fees for things they assumed were included in the price.

Assisted living is part of a broader affordability crisis in long-term care for the swelling population of older Americans. Over the past decade, the market for long-term care insurance has virtually collapsed, covering just a tiny portion of older people. Home health workers who can help people stay safely in their homes are generally poorly paid and hard to find.

And even older people who can afford an assisted living facility often find their life savings rapidly drained.



Seniors living in assisted living facilities often struggle to manage various service charges, which often costs as much if not more than their rent.

Unlike most residents of nursing homes, where care is generally paid for by Medicaid, the federal-state program for the poor and disabled, assisted living residents or their families usually must shoulder the full costs. Most centers require those who can no longer pay to move out.

The industry says its pricing structures pay for increased staffing that helps the more infirm residents and avoids saddling others with costs of services they don't need.

Prices escalate greatly when a resident develops dementia or other serious illnesses. At one facility in California, the monthly cost of care packages for people with dementia or other cognitive issues increased from \$1,325 for those needing the least amount of help to \$4,625 as residents' needs grew.

"It's profiteering at its worst," said Mark Bonitz, who explored multiple places in Minnesota for his mother, Elizabeth. "They have a fixed amount of rooms," he said. "The way you make the most money is you get so many add-ons." Last year, he moved his mother to a nonprofit center, where she lived until her death in July at age 96.

LaShuan Bethea, executive director of the National Center for Assisted Living, a trade association of owners and operators, said the industry would require financial support from the government and private lenders to bring prices down.

"Assisted living providers are ready and willing to provide more affordable options, especially for a growing elderly population," Bethea said. "But we need the support of policymakers and other industries." She said offering affordable assisted living "requires an entirely different business model."

Others defend the extras as a way to appeal to the waves of boomers who are retiring. "People want choice," said Beth Burnham Mace, a special adviser for the National Investment Center for Seniors Housing & Care. "If you price it more à la carte, you're paying for what you actually desire and need."

Yet residents don't always get the heightened attention they paid for. Class-action lawsuits have accused several assisted living chains of failing to raise staffing levels to accommodate residents' needs or of failing to fulfill billed services.

"We still receive many complaints about staffing shortages and services not being provided as promised," said Aisha Elmquist, until recently the deputy ombudsman for long-term care in Minnesota, a state-funded advocate. "Some residents have reported to us they called 911 for things like getting in and out of bed."

'Can You Find Me a Money Tree?'

Florence Reiners, 94, adores living at the Waters of Excelsior, an upscale assisted living facility in the Minneapolis suburb of Excelsior. The 115-unit building has a theater, a library, a hair salon, and a spacious dining room.

"The windows, the brightness, and the people overall are very cheerful and very friendly," Reiners, a retired nursing assistant, said. Most important, she was just a floor away from her husband, Donald, 95, a retired water department worker who served in the military after World War II and has severe dementia.

She resisted her children's pleas to move him to a less expensive facility available to veterans.

Reiners is healthy enough to be on a floor for people who can live independently, so her rent is \$3,330 plus \$275 for a pendant alarm. When she needs help, she's billed an exact amount, like a \$26.67 charge for the 31 minutes an aide spent helping her to the bathroom one night.

Her husband's specialty care at the facility cost much more: \$6,150 a month on top of \$3,825 in rent.

Month by month, their savings, mainly from the sale of their home, and monthly retirement income of \$6,600 from Social Security and his municipal pension, dwindled. In three years, their assets and savings dropped to about \$300,000 from around \$550,000.

Her children warned her that she would run out of money if her health worsened. "She about cried because she doesn't want to leave her community," Anne Palm, one of her daughters, said.

In June, they moved Donald Reiners to the VA home across the city. His care there costs \$3,900 a month, 60% less than at the Waters. But his wife is not allowed to live at the veterans' facility.

After nearly 60 years together, she was devastated. When an admissions worker asked her if she had any questions, she answered, "Can you find me a money tree so I don't have to move him?"

Heidi Elliott, vice president for operations at the Waters, said employees carefully review potential residents' financial assets with them, and explain how costs can increase over time.

"Oftentimes, our senior living consultants will ask, 'After you've reviewed this, Mr. Smith, how many years do you think Mom is going to be able to, to afford this?'" she said. "And sometimes we lose prospects because they've realized, 'You know what? Nope, we don't have it.'"

Rating the Cost of a Shower, on a Point Scale

To consistently get such impressive returns, some assisted living facilities have devised sophisticated pricing methods. Each service is assigned points based on an estimate of how much it costs in extra labor, to the minute. When residents arrive, they are evaluated to see what services they need, and the facility adds up the points. The number of points determines which tier of services you require; facilities often have four or five levels of care, each with its own price.

Continued on page 4

Weekend at a Glance

Friday 70°

Saturday 71°

Sunday 72°

ON THIS DAY

1863:

The Battle of Chattanooga, a decisive Union victory during the American Civil War, began.

1935:

Lincoln Ellsworth landed on Ellsworth Land, Antarctica, and claimed it for the United States, a claim the U.S. government has never taken up.

1936:

The first issue of Life was published, and the magazine later became a pioneer in photojournalism

1963:

The first episode of the science-fiction television series "Doctor Who" aired, and the show became a landmark of British popular culture.

1990:

Author Roald Dahl—who was best known for his irreverent children's books, which included *James and the Giant Peach* and *Charlie and the Chocolate Factory*—died in Oxford, England.

1991:

Queen frontman Freddie Mercury released a statement confirming he had AIDS and calling for help in fighting the disease; he died the next day.

1992:

The first smartphone, the IBM Simon, was introduced at a Las Vegas trade show; the touch screen phone was capable of sending and receiving emails, faxes and cellular pages, although its battery life was only one hour.

2005:

Ellen Johnson Sirleaf was elected president of Liberia, becoming the first woman to lead an African country.

2007:

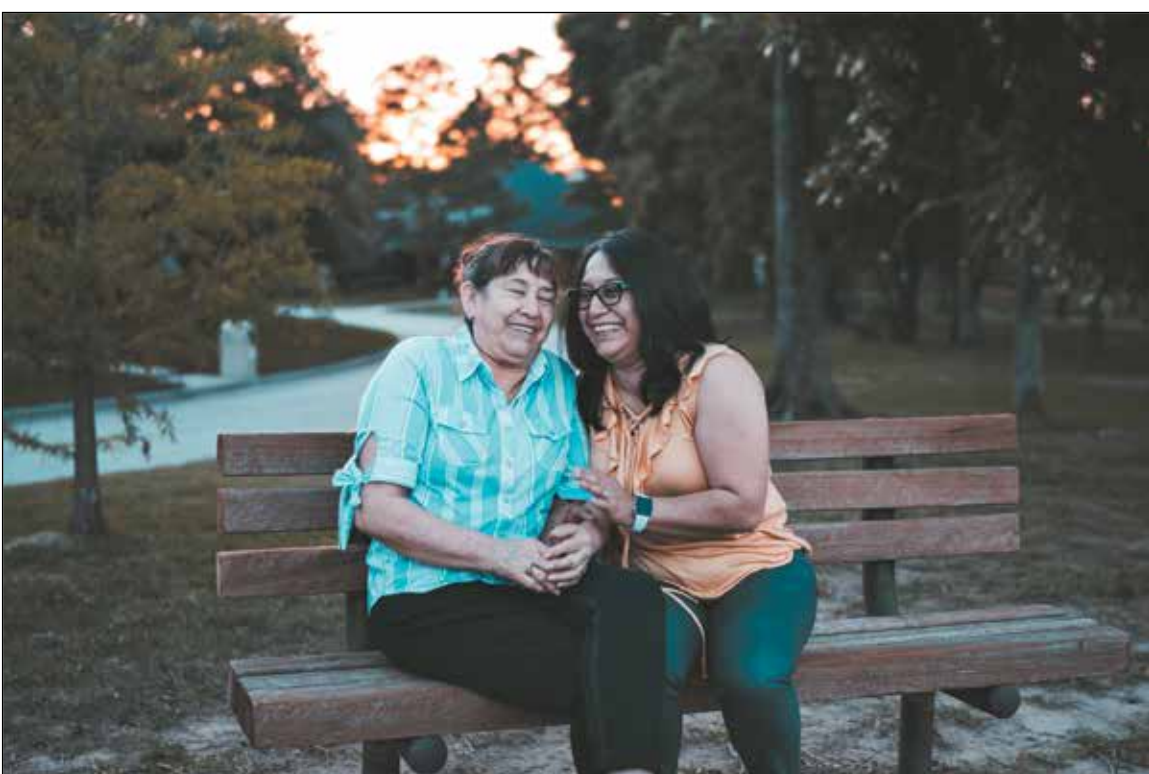
MS Explorer, a cruise liner carrying 154 people, sank in the Antarctic Ocean south of Argentina after hitting an iceberg; everyone survived.

2011:

After 11 months of protests in Yemen, Yemeni president Ali Abdullah Saleh signed a deal to transfer power to the vice president, in exchange for legal immunity.

BIRTHDAYS

"Good Morning America" anchor **ROBIN ROBERTS** (63), TV host **CHRIS HARDWICK** (52), former Dodgers third baseman **JUSTIN TURNER** (39), "Jersey Shore" star **SNOOKI** (36) and pop singer **MILEY CYRUS** (31).



Things You Didn't Know About Downey

■ Perusing advertisements from Downey newspapers in the 1890s.

By **Bobbi Bruce**
Downey Historical Society

DOWNEY – The following are advertisements from the June 15, 1895 edition of the Downey Champion newspaper.

For the Blood – Start with Simmons Liver Regulator. A spring medicine as we speak of it. If you consult your physician, he will tell you to take a good liver medicine, "King of the Liver Medicine" is better than pills and can be had in liquid or powder form. Remember Simmons Liver Regulator.

Drs. C & Frank Stevens Dentists – Painless extraction of teeth by the Dentist Electronic Vibrator – the only one in the city – no chloroform, ether or gas; no risks. Located at 18 & 19 Schumacher Block, No. 7 North Spring St., Los Angeles.

James Brookshire – expressman and job hauling – located at train depot – will take passengers to all parts of town and country – special rates for picnic parties, etc.

W.M. Morrow, Jr. Livery, Sale and Feed Stable

Horses boarded by day, week, and month. Transient solicited-turnouts to let at low rates – Located at Crawford St., Downey, California

Compton Bakery – The citizens of Downey and vicinity will be served with fresh bread by our delivery wagon on Wednesdays and Saturdays = Six loaves for 25 cents.

Berkshire Pigs for sale – I am breeding thoroughbred Berkshire Hogs of improved strains; the best of the pacific coast. Have constantly on hand a stock to select from. Address T.J. Kerns, Downey, CA. – Ranch one mile south of Downey.

Boring Hydraulic Well

Boring Outfit – I am prepared to bore wells on short notice. My plant is the best and most economical in use and consequently I am able to accomplish more in a given time than is possible with old-style machinery. I am experienced in many years which warrants me to give guarantees and satisfaction. Leave orders at R.B. Harris, Blacksmith Shop in Downey – W.W. Wright.

J. M. Griffith Co. for lumber, doors, windows, blinds, lime, hair, plaster, etc. We keep on-hand a full supply of builder's material and are prepared to fill on short notice all orders that may be given us. S.S. Skidmore, agent, First Street, Downey CA.

J.W. McKellar, Downey CA. Undertaker and dealer in furniture. Wall paper, carpets, matings, etc.

Downey City Meat Market. Samuel Cohn, proprietor, serving choice beef, pork, mutton, veal, sausage, etc. etc. Located at Cohn Building, Crawford St. Downey

The following is from the Downey Champion, published Dec. 23, 1899.

Julius H. Ardis, Attorney at Law, Notary Public, Office and Residence Downey, CA.

Hotel Barber Shop, Henry C. Roemer, proprietor – Hot and cold baths at Central Hotel Building, Downey, CA



Downey Cooperative Creamery Incorporative – The patronage of dairy farmers, respectfully solicited – Highest price paid for milk, cash on the 10th of each month – Directors, John Bartlett, T.E. Hass, Clinton Blythe, E. Jarvis, R.S. Mayes, E.R. Golthwaite – Manager.

Downey in 1954

Here are Downey's top businesses in 1954:

Glenwood Drugs, the best in medical supplies

The Chic Shop, sensationally modern swimsuits

Rio Hondo Furniture

Ben Franklin Stores, where you can find just about everything for gifts

Krueger's Shoe Store, where you can buy your saddle oxford shoes

Rexall Drugs, where you can have pause and refresh with friends

Powow, where you can eat either inside or outside in the car

Everything for the "Complete Angler" can be found at Bill's Sports Dean

Downey Checker Cab for convenience, efficiency and speedy transportation

Graduating Downey High School seniors found part-time jobs at Pacific Telephone, where they found their jobs interesting and the salary good.

For people who liked to dress conservatively or liked being a real cool cat, the People's Department Store was where you can get what you want.

Class of 1954

The following is taken from the Downey High School 1954 yearbook, titled Volsung:

A dream is such a common thing. Everyone dreams, whether he be rich or poor, it makes no difference. Neither does it make any difference whether a man is white, or red, or black, or any color, or whether he is young or old. Dreams are the privilege of all mankind.

There are dreams of every size, shape and class. There are dreams of yesterday, or today and tomorrow. Yesterday we dreamt of the dances and parties of our high school years. The promise of class and club activities spurred us through

the grueling years of grammar school and junior high.

During this last year, for some of us, these dreams just began to come true: for the seniors they are now treasured momentos. But the dreams do not stop with graduation. They go on in future years.

In this year's edition of the Volsung (1954), we have tried to record the year's activities so that you, the reader, may remember them more freely in later years, when today's dreams of the future are also treasured momentos.

Secretaries, the dream of many girls

Producing student leaders

Student Court

Justice True and Clear

Campaign students were rough but exciting

Have a well-lived life

Have a vision of happiness

Girls League dreams of feminine leadership

We had an active Bible Club, Aviation Club and Photography Club

French Club, Spanish Club and Latin Council

For girls who may wish to go into social service in the future, there was the Red Cross Club, Future Homemakers Club and Science Club

Chess Club was newly-formed and met every Thursday evening at Mr. Burggraaf's home. This club attracted boys who were interested in learning more about the game of chess.

How much fun would it be to talk with this graduating class to see how their life evolved.

Don't forget this year's is Downey's 150-year anniversary.

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YMCA looks to community to raise money

■ Another \$6 million is still needed to build a new Downey YMCA.

By Alex Dominguez
Staff Writer

DOWNEY – Still \$6 million shy towards the construction of its new facility, the Downey YMCA is now looking to the community to help get them the rest of the way.

To meet the project's needs, Downey YMCA is currently working on a \$20 million fundraising campaign. To date, they have raised around \$14 million in grants and donations.

At a kick-off event at the Embassy Suites last week, the Y encouraged others around the community to contribute and spread the word, so that the organization could raise the remaining \$6 million.

Financial Development Chairman Steve Roberson said that "there's so much generosity in the city of Downey."

"We started the campaign to raise money for the new Y in 2022, and now we're toward the end of 2023, but every day we seem to get a little closer and a little closer," said Roberson.

Included in the funds



Ron Kolar speaks after the announcement that the new YMCA will be named in his honor. (Photo by Alex Dominguez)

currently raised is around \$800,000 collectively from the Downey Y's Board of Managers, a \$3 million grant from former Assemblywoman Cristina Garcia, a pledge of up to \$3 million from Congressman Robert Garcia, \$1 million from the Larry and Helen Hoag Foundation, \$250,000 from both of Downey's Kiwanis clubs, as well as other organizations.

Roberson called the kick-off "the start of the community campaign."

"We're going to begin to go

out into the community and ask for people to help us, either help us raise money or help us get to people that could help us raise money," said Roberson.

According to Roberson, the Downey Y hopes to reach their goal by "early to mid-next year."

He finished his pitch by saying "The Y does so much for people here in our community."

"From swimming lessons, to dance, to Karate, to after-school care...The YMCA does a lot of stuff for a lot of people," said Roberson.

Victor Dominguez, President and CEO of YMCA Metropolitan Los Angeles, said it was "a great start" for the Downey YMCA, but added that "We've got work to do."

"I know within a short time, we will complete this and we will celebrate the grand opening of a beautiful new Y for the city of Downey," said Dominguez.

The evening's event also served as an opportunity to announce that the facility would be named The Kolar Family YMCA, after lead contributor Ron Kolar.

Kolar, who admitted to being "a bit embarrassed" after the announcement, said that "The Y has been good to me."

"The Y has been very special; Downey's also been very good to me," said Kolar.

Mauricio Nunez, Chair of the Downey YMCA Board, said that the Y would "return to serve more than 15,000 members of the community."

"This project is for the community, and it's going to take the community to get it done," said Nunez. "This is a call of action to all of us here, to go out there, talk about it, spread the word, get involved, donate in whichever way you can."

Located at the site of the former building, the new 20,000 square foot facility will be designed to include an outdoor basketball court, pickleball courts, a child activity center, indoor pool, men's, women's, and family locker rooms, state-of-the-art fitness center, holistic health community space, and

dedicated parking with electric vehicle charging stations and a secured entrance. The existing gym will be retained, retrofitted, and upgraded.

Those interested are encouraged to reach out to Steve Roberson at SteveCRoberson@aol.com.

L.A. County Fair releases 2024 dates

■ The fair returns May 3-27 and will be themed "Stars, Stripes and Fun."

POMONA – Next year's LA County Fair, the 102nd anniversary of the event, will be from May 3-27, and it will be themed "Stars, Stripes and Fun," organizers announced Wednesday.

The 16-day fair will begin on the first Friday of May, marking the third year of the event's shift to spring. The event was traditionally in September, but the move to spring was prompted by concerns about the late-summer heat, and in hopes that milder spring weather would boost attendance.

Organizers said next year's fair will include the return of the Big Red Barn and its array of animals and agricultural programming, along with the Fairplex Garden Railroad, an exhibition by the Los Angeles County Museum of Art and the NextFest LA independent music festival -- along with the usual array of create fair food offerings.

Performers for the fair's concert series will be announced in December, officials said.

The fair evolved from a commercial-industrial show along the Southern Pacific railroad siding in downtown Pomona in 1921. It proved so successful that the businessmen

who produced it put on the first Los Angeles County Fair in October 1922.

The fair has been an annual event at Fairplex since 1922, except from 1942-47, when the facility was being used by the U.S. Army, including as a prisoner of war camp for German and Italian soldiers and

a relocation camp for Japanese Americans, and in 2020 and 2021 because of the coronavirus pandemic.

"County fairs are a community celebration, and county and state fairs across the nation reflect the unique characteristics of all their communities. Fairs celebrate

people in all our wonderful and intriguing variety," Walter Marquez, president/CEO of Fairplex, said in a statement.

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f i t discover Downey

Assisted living gets more costly

Continued from page 1

Charles Barker, an 81-year-old retired psychiatrist with Alzheimer's, moved into Oakmont of Pacific Beach, a memory care facility in San Diego, in November 2020. In the initial estimate, he was assigned 135 points: 5 for mealtime reminders; 12 for shaving and grooming reminders; 18 for help with clothes selection twice a day; 36 to manage medications; and 30 for the attention, prompting, and redirection he would need because of his dementia, according to a copy of his assessment provided by his daughter, Celenie Singley.

Barker's points fell into the second-lowest of five service levels, with a charge of \$2,340 on top of his \$7,895 monthly rent.

Singley became distraught over safety issues that she said did not seem as important to Oakmont as its point system. She complained in a May 2021 letter to Courtney Siegel, the company's chief executive, that she repeatedly found the doors to the facility, located on a busy street, unlocked — a lapse at memory care centers, where secured exits keep people with dementia from wandering away. "Even when it's expensive, you really don't know what you're getting," she said in an interview.

Singley, 50, moved her father to another memory care unit. Oakmont did not respond to requests for comment.

Other residents and their families brought a class-action lawsuit against Oakmont in 2017 that said the company, an assisted living and memory care provider based in Irvine, California, had not provided enough staffing to meet the needs of residents it identified through its own assessments.

Jane Burton-Whitaker, a plaintiff who moved into Oakmont of Mariner Point in Alameda, California, in 2016, paid \$5,795 monthly rent and \$270 a month for assistance with her urinary catheter, but sometimes the staff would empty the bag just once a day when it required multiple changes, the lawsuit said.

She paid an additional \$153 a month for checks of her "fragile" skin "up to three times a day, but most days staff did not provide any skin checks," according to the lawsuit. (Skin breakdown is a hazard for older people that can lead to bedsores and infections.) Sometimes it took the staff 45 minutes to respond to her call button, so she left the facility in 2017 out of concern she would not get attention should she have a medical emergency, the lawsuit said.

Oakmont paid \$9 million in 2020 to settle the class-action suit and agreed to provide enough staffing, without admitting fault.

Similar cases have been brought against other assisted living companies. In 2021, Aegis Living, a company based in Bellevue, Washington, agreed to a \$16 million settlement in a case claiming that its point system — which charged 64 cents per point per day — was "based solely on budget considerations and desired profit margins." Aegis did not admit fault in the settlement or respond to requests for comment.

When the Money Is Gone

Jon Guckenberger's rent for a single room in an assisted living cottage in rural Minnesota was \$4,140 a month before adding in a raft of other charges.

The facility, New Perspective Cloquet, charged him \$500 to reserve a spot and a \$2,000 "entrance fee" before he set foot inside two years ago. Each month, he also paid \$1,080 for a care plan that helped him cope with bipolar disorder and kidney problems, \$750 for meals, and another \$750 to make sure he took his daily medications. Cable service in his room was an extra \$50 a month.

A year after moving in, Guckenberger, 83, a retired pizza parlor owner, had run through his life's savings and was put on a state health plan for the poor.

Doug Anderson, a senior vice president at New Perspective, said in a statement that "the cost and complexity of providing care and housing to seniors has increased exponentially due to the pandemic and record-high inflation."

In one way, Guckenberger has been luckier than most people who run out of money to pay for their care. His residential center accepts Medicaid to cover the health services he receives.



Most states have similar programs, though a resident must be frail enough to qualify for a nursing home before Medicaid will cover the health care costs in an assisted living facility. But enrollment is restricted. In 37 states, people are on waiting lists for months or years.

"We recognize the current system of having residents spend down their assets and then qualify for Medicaid in order to stay in their assisted living home is broken," said Betha, with the trade association. "Residents shouldn't have to impoverish themselves in order to continue receiving assisted living care."

Only 18% of residential care facilities agree to take Medicaid payments, which tend to be lower than what they charge self-paying clients, according to a federal survey of facilities. And even places that accept Medicaid often limit coverage to a minority of their beds.

For those with some retirement income, Medicaid isn't free. Nancy Pilger, Guckenberger's guardian, said that he was able to keep only about \$200 of his \$2,831 monthly retirement income, with the rest going to paying rent and a portion of his costs covered by the government.

In September, Guckenberger moved to a nearby assisted living building run by a nonprofit. Pilger said the price was the same. But for other residents who have not yet exhausted their assets, Guckenberger's new home charges \$12 a tray for meal delivery to the room; \$50 a month to bill a person's long-term care insurance plan; and \$55 for a set of bed rails.

Even after Guckenberger had left New Perspective, however, the company had one more charge for him: a \$200 late payment fee for money it said he still owed.

POET'S CORNER

Murder Most Foul

excerpt

Freedom, oh freedom Freedom above me
I hate to tell you, mister, but only dead men are free
Send me some lovin', tell me no lies
Throw the gun in the gutter and walk on by
Wake up, little Suzie, let's go for a drive
Cross the Trinity River, let's keep hope alive
Turn the radio on, don't touch the dials
Parkland hospital, only six more miles...
Play me a song, Mr. Wolfman Jack
Play it for me in my long Cadillac
Play me that "Only the Good Die Young"
Take me to the place Tom Dooley was hung
Play "St. James Infirmary" and "The Port of King James"
If you want to remember, you better write down the names
Play Etta James, too...
Play "Merchant to Venice"
Play "Merchants of Death"
Play "Stella by Starlight" for Lady Macbeth
Play "Merchants of Death"...
They killed him on the altar of the rising sun...
Wolfman Jack, he's speaking in tongues
Play darkness and death will come when it comes
Play "Love Me Or Leave Me" by the great Bud Powell
Play "The Blood-stained Banner"
Play "Murder Most Foul"

Bob Dylan, Rough and Rowdy Ways, Universal Music Publishing Group, 2020

Bob Dylan generated an enormous amount of attention in 2020 when he released this 17-minute track on the assassination of President Kennedy. Dylan's first new song in eight years. The litany of songs seems to be an attempt to heal. Kennedy died Nov. 22, 1963. Poetry Matters is curated by Lorine Parks

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Congress needs to get its act together

We can't allow dysfunction in Congress to become normalized.

By Douglas Heye

Douglas Heye is the ex-deputy chief of staff to former House Majority Leader Eric Cantor, a GOP strategist and a CNN political commentator.

In a Senate hearing last Tuesday, Republican Sen. Markwayne Mullin of Oklahoma rose to challenge Sean O'Brien, general president of the International Brotherhood of Teamsters, to a "stand your butt up" stand-off.

On the House side, House Oversight Chairman Rep. James Comer called his Democratic colleague Rep. Jared Moskowitz of Florida a "liar" and a "smurf," while Moskowitz suggested Comer needed a "mental health day."

GOP Rep. Marjorie Taylor Greene tweeted emojis of basketballs and baseballs to suggest what her Republican colleague, Rep. Darrell Issa, um, does not have (I think you get the picture).

And Tennessee Republican Rep. Tim Burchett accused former Speaker Kevin McCarthy of elbowing him with a "clean kidney shot," a charge McCarthy denies.

These events — all of which happened before lunch was over — are more and more typical of daily life in Congress.

Apologies won't be forthcoming, as they could be portrayed as showing weakness. But whether silly or serious, these actions demonstrate why we've seen a dramatic uptick in another recent congressional trend: retirements.

Since the Nov. 7 elections, more than half a dozen members of Congress and one senator announced their retirement. Some of this is natural.

Democratic Sen. Joe Manchin of West Virginia headed for the exit, while Democratic Rep. Abigail Spanberger of Virginia announced her run for governor in 2025 in lieu of seeking reelection. Both faced exceedingly difficult paths to reelection. But more and more, we are seeing members, fed up with congressional shenanigans, pull the plug and point the finger at their colleagues.

"Congress is not the institution that I went to 19 years

ago. It's a very different place today. We're spending more time doing less and the American people aren't being served," New York Democratic Rep. Brian Higgins said earlier this week after announcing he's stepping down next February. "There was a time where leadership could discern what was serious and what was not. Unfortunately, those days are over."

His Republican colleague Rep. Debbie Lesko of Arizona announced last month she won't seek reelection, saying, "Right now, Washington, DC is broken; it is hard to get anything done."

Republican Rep. Victoria Spartz of Indiana, who initially announced her retirement a mere 25 months after taking office, last month released a statement teasing immediate retirement if no debt commission were formed by year-end, saying, "I will not continue sacrificing my children for this circus with a complete absence of leadership, vision, and spine," adding, "I cannot save this Republic alone."

Retirements happen in Congress usually for one of three reasons — a member thinks, after a long career, it's time; they're running for a higher office and/or announcing a retirement to avoid losing in what looks to be a wave year unfavorable to their party.

Often these retirement announcements happen after Thanksgiving or Christmas holidays, when members have had time with their family (and away from Washington). This cycle, no electoral "wave" appears on the horizon to scare a large block of members from their seats like animals scurrying before an earthquake.

No, their message is clear. More members of Congress are simply saying, "Take this job and shove it."

The actions of the House of recent weeks — three weeks of stalled legislating because of multiple rounds trying to replace a deposed speaker surely play a role. The House's 10 consecutive weeks in session — which ended Wednesday in a whimper as a procedural vote to advance an appropriations bill failed and members were sent home — have surely raised political temperatures and tempers. But the reality is that Congress has become a terrible workplace, and members and staff are feeling those effects.

As a former House leadership staffer, I remember well walking out of my office in the Capitol as fireworks went off at midnight and Dec. 31, 2012, became Jan. 1, 2013. We were trying, unsuccessfully, to pass an extension of the Bush tax cuts, with Republican infighting ensuring our own defeat.

"I gotta get outta here," I sighed to myself.

Since then, it's only gotten worse, and every step of the way, the word "fight" was a rallying cry.

We fought an impossible fight to end Obamacare in 2013, which led to that year's government shutdown and more losing by infighting. Then came Donald Trump, the ultimate "fighter," regardless of results. The Covid-19 pandemic, which further divided Congress. And the Jan. 6 attack on the US Capitol.

It's exhausting to think about, much less live, as a member of Congress. And when you talk to congressional members and staff, they're likely to be exhausted. And miserable.

Add to that a 15-round speaker vote in January (which nearly had its own fistfight) and all legislative activity put on hold for a political vanity effort to depose a speaker for the first time in our nation's history for the unforgivable act of trying to keep the government open.

Commenting Tuesday on the day's events, Rep. and former Speaker Pro Tempore Patrick McHenry said, "There are dumb days on Capitol Hill and there are dumber days on Capitol Hill. And this is one of the dumbest I've seen in quite a long time."

Is it any surprise members want to leave?

Worse? Their replacements. Recruiting quality candidates has become harder. People running to become famous as troublemakers are more likely to win. It's a bipartisan problem, but a much more acute one for Republicans.

There's a political challenge here. It's massively easier to identify problems than solutions. And proposed solutions — changing our political and media incentive structure so new members do not become celebrities while hardworking members remain obscure (have you ever seen Florida Rep. Gus Bilirakis on TV?), improving how district lines are drawn and candidates chosen and turning state and local parties away from becoming baskets of extremism — seem unattainable. Far from being attacked, bipartisan answers, when possible, should be celebrated.

For now, hopefully, there is a respite from the insanity. The House passed a stopgap bill to keep the government open. The Senate will next need to approve the measure. Members can go home and temperatures can come down. Speaker Mike Johnson provided members of the Republican conference with wise counsel: "You have to be wise about choosing the fights."

But don't be surprised if we see more congressional retirements in coming weeks.

Good riddance, George Santos

Santos is a habitual liar without morals; citizens deserved better.

By Julian Zelizer

Julian Zelizer is a professor of history and public affairs at Princeton University. He is the author and editor of 25 books, including *The New York Times* bestseller "Myth America: Historians Take on the Biggest Lies and Legends About Our Past."

A damning report by the House Ethics Committee seems to have done what criminal indictments could not: bring the turbulent saga of Republican Rep. George Santos of New York to the conclusion an increasing number of observers have been hoping for. He has announced he will not seek reelection next year.

While this seemingly interminable drama has at last come to a head, the hard truth here is that at this point, Santos' exit hardly matters, at least when weighed against the reality of the party he's leaving behind.

The report details "substantial evidence" that one of the nation's most famous liars had violated federal laws. The committee was in unanimous agreement

that they would send the material to the Department of Justice. Although the committee did not make any recommendations, the evidence could be enough to finally obtain the support of two-thirds of the lower chamber needed to support expelling him from office. If he were to be expelled, he would be the only member in US history to meet that fate who has not been convicted of a crime or fought for the Confederacy.

At the same time that he announced he would not run for reelection for a second term, since "my family deserves better than to be under the gun from the press all the time," Santos made sure to tell supporters on X (formerly Twitter) that the report was a "disgusting politicized smear that shows the depths of how low our federal government has sunk. Everyone who participated in this grave miscarriage of justice should all be ashamed of themselves."

Santos seems to have learned from former President Donald Trump that when in trouble, the response is to try to discredit everyone who has exposed the problem.

The report doesn't come as much of a surprise. It only adds to the long list of news stories that have uncovered how much of what Santos told voters was not true. He fabricated a record, a whole fake life really, to become one of the handful of Long Island Republicans who helped swing control of the House from the Democrats to the GOP.

In an age where lying and misinformation has become a normalized part of national politics, many observers

rightly wondered if there would be any accountability. Given that Republicans can't afford to lose any seats because of their slim hold on power, a number of House Republicans determined that protecting Santos took priority over any kind of punishment (though both Democrats and Republicans ultimately called for his resignation).

Given the evidence that has been presented by the Ethics Committee, the odds have increased that the indictment could turn into a conviction, and this is more than most Republicans are willing to swallow.

The Santos story, as dramatic as it has been, is just one piece of a much bigger puzzle that has allowed US democracy to descend into a morass of disinformation and falsehood.

In certain respects, Santos stepping aside — before being ejected or convicted — allows the GOP to sidestep the question of what has happened to their party. Santos may be bowing out, but Trump is still their 2024 presidential frontrunner. Four indictments aside, as well as numerous civil suits, Trump remains popular and enormously powerful despite a fact-checking record so long that it should find a place in the Guinness Book of World Records.

Like Trump, Santos is a symptom, not the cause of what has been happening to the Republican Party. Eliminating him from the caucus will not solve the problem at the core of the party. Trump remains front and center as he continues to spread lies about the election that he lost. Rep. Marjorie Taylor Greene of Georgia has been constantly throwing out egregious falsehoods such as saying on CBS "60 Minutes" that Democrats are pedophiles. Lying in the GOP has become a national pastime.

Santos's story is only relevant in that it took so long for him to fall. The fact that he lasted until now, and that there was a serious chance he could survive the kind of record that makes Jon Lovitz's Saturday Night Live character Tommy Flanagan — that's the ticket — look honest is remarkable. Lovitz portrayed a pathological liar who ended his elaborate lies by saying "that's the ticket."

When Santos attacked Lovitz after he came back to play the congressman, the comedian posted on social media: "Thanks the review and advice! You're right! I do need to step my game up! My pathological liar character can't hold a candle to you!"

It took the serious possibility of federal crimes and expulsion to finally shake him. Now it wouldn't be completely surprising to see him reemerge as a commentator on Fox News.

A healthy political party wouldn't allow this behavior to thrive. Santos's downfall should be a moment for Republicans to engage in some introspection, rather than celebration, to think about how they reached this point.

Political signs

Dear Editor:

I laughed out loud when I read "Now take down your signs," in last week's Patriot, written by Norma Godinez. I was one of the many on a campaign team who put up (and took down) many of those signs and I agree with her. Next year will be a general election, and Downey's 1st, 3rd and 5th District elections. Campaign signs will be covering our entire city.

Looking ahead to the 2024 elections, I hope our city council will make it a priority to review the standards and regulations of the approved sign program. I hope they will consider some of these suggestions:

1. No signs up for longer than 60 days
2. No signs on businesses
3. No banners
4. No signs on private property without the resident's permission
5. Enforce the fines for signs placed on public property

Will you be ready for another Sign-o-Rama in nine months? Let's make some changes now.

Gail Raabe
Downey

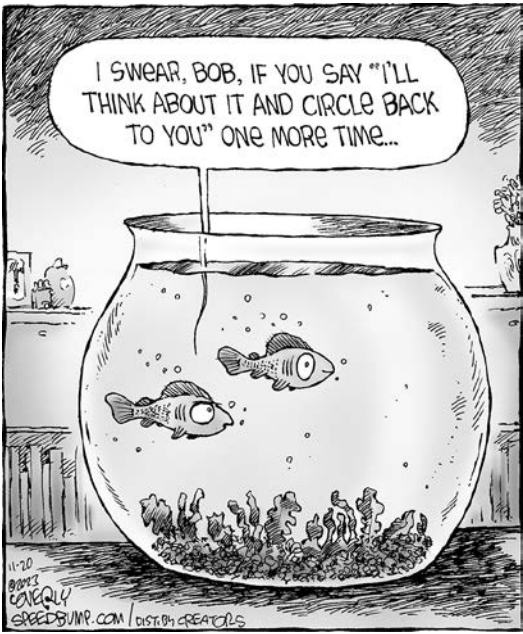
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SPEED BUMP



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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., 6:00pm: Library Advisory Board, at Downey City Library.
 3rd Thurs., 6:30pm: CERT, at Downey City Council Chamber at City Hall, for more info call 299-5462.
 4th Mon., 5 pm: Green Task Force, at City Hall.

Regularly Scheduled Meetings

MONDAYS

7 pm: Boy Scout Troop 2, at Downey United Methodist Church, call 869-6478.
 4:30 pm: Courage Forward Meeting, at 10829 New St, 2nd Floor, call 213-545-6810.
 4th Mon., 7:30 pm: Downey Numismatists, at Downey Retirement Center, call 862-6666.

TUESDAYS

9 am: Quilters group, at Good Shepherd Lutheran Church, call 803-4459.
 9:30 am: Downey Seniors Club, at Apollo Park, call Irene Vallini at 328-7039.
 10 am: Downey Bocce Club, at 7850 Quill Drive, call John Fiorenza at 652-4399.
 12 pm: Rotary Club, at Rio Hondo Events Center, call Mel Sanchez 562-665-4125.
 6 pm: Toastmasters Club 587, at First Baptist Church, contact Salvador Cervantes: tmsalcpuede@gmail.com.
 6:30 - 9 pm: Civil Air Patrol - Los Angeles Cadet Squadron 138, at Downey Adult School, Room M104, call 714-402-5157.
 7 pm: Downey Knights of Columbus Bingo, at 11231 Rives Ave., call 923-1932.
 7 pm: Boy Scout Troop 441, at Apollo Park, email scoutmaster@downeyboyscouts.com.
 7:30 pm: Downey Master Chorale, at Cornerstone Church, contact info@downeymasterchorale.org.
 1st Tues., 7:30 am: Gangs Out of Downey, at City Hall training room.
 1st Tues., 7:30 pm: Downey Amateur Radio Club, EOC room Downey Fire Station #1, 12222 Paramount Blvd.
 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.
 9 am: Quilters Group, at Good Shepherd Lutheran Church, call 803-4459.
 10:30 am: Ballroom dance class, at Downey Community Center, call 776 7270.
 1 pm: Women's Bocce Club, at 7850 Quill Drive, call Marie Puch at 869-4366.
 7 pm: Royal Rangers Outpost 132, at Desert Reign Church, call 562-861-6011.
 1st Wed., 11 am: Woman's Club of Downey, call Cheryl Olson 833-8954.
 1st Wed., 11:30 am: Downey Coordinating Council, Community Center, call Bobbi Bruce 440-5416.
 1st Wed., 7:30 pm: Downey Stamp Club, at Maude Price School cafeteria, call 928-3028.
 2nd Wed., 11:30 am: Christian Women's Club, call Marilyn 928-2623.
 2nd Wed., 3:30 pm: Keep Downey Beautiful, at City Hall, call 904-7102.
 2nd Wed., 7 pm: Downey Model A Club, at Gallatin School Cafeteria, call 484-8415.
 3rd Wed.: Downey Dog Obedience Club, for information please call Gina 869-5213 or Valerie 420-2972.
 3rd Wed., 10 am: Los Angeles County Quilters Guild, at Women's Club, call 860-8821 or 927-3635.
 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 Barbara Riley Senior Center, call (800) 932-8677.
 12 pm: Bingo, at Woman's Club of Downey - Proceeds benefit Rancho.
 12 pm: Optimist Club of Downey, at Rio Hondo Events Center.
 6:30 pm: Downey United Masonic Lodge # 220, 8244 3rd St., call 862-4176.
 7:30 pm: Downey Elks Lodge #2020, call 803-3557.
 1st Thurs., 6 pm, All other Thurs. 12 pm: Kiwanis Club of Downey, at Rio Hondo Events Center, call Roy Jimenez 283-2335.
 2nd Thurs., 12 pm: Creative Purposes, call Bill Wallace 923-2311.
 2nd Thurs., 7:30 pm: Beaming Rebel Foxes Collectors Club, call Carl D. Jones at 923-2400.
 2nd & 4th Thurs., 6:30 pm: Downey Lions Club, at Mimi's, call Lenora (310) 283-9825.
 3rd Thurs., 4 pm: Public Works Committee, at City Hall Training Room.
 4th Thurs., 10 am: Assistance League, at Casa De Parley Johnson, call 869-0232.
 4th Thurs., 7:30 pm: Downey Historical Society programs, at Community Center, call 862-2777.

FRIDAYS

7:30 am: Pro Networkers, at Mimi's Cafe, call Barbara Briley Beard at 869-7618.

SATURDAYS

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

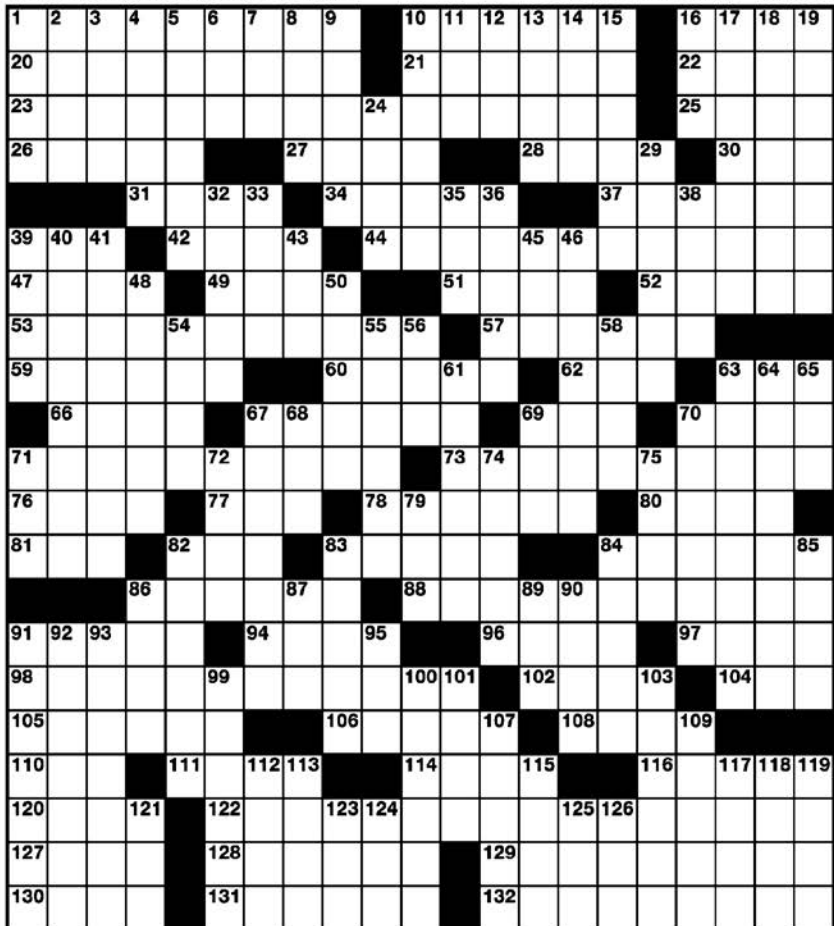
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 by Kevin Christian

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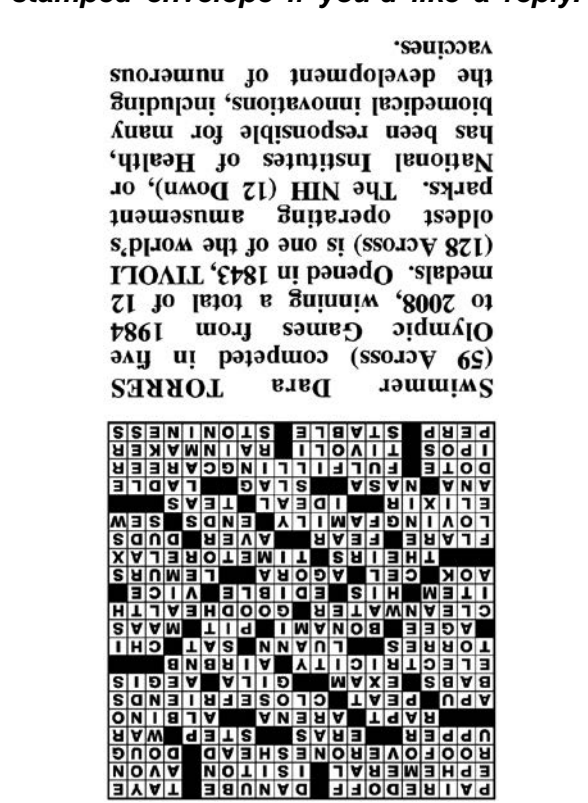


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11/23/23, 11/30/23, 12/7/23, 12/14/23

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THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) TEMCO LOGISTICS, 1371 CHARLES WILLARD STREET, CARSON CA 90745, COUNTY OF LOS ANGELES, 245 PACES FERRY ROAD, ATLANTA GA 30339

Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) HOME EXPRESS DELIVERY SERVICE LLC, 25361 COMMERCE DRIVE, SUITE 250, LAKE FOREST CA 92630

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: 04/2022
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/HOME EXPRESS DELIVERY SERVICE LLC, VICE PRESIDENT, PETER MUNIZ
This statement was filed with the County Clerk of Los Angeles on NOVEMBER 9, 2023

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State of Incorporation: N/A
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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/PIEDAD GARCIA DE MORAN, OWNER
This statement was filed with the County Clerk of Los Angeles on NOVEMBER 3, 2023

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 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
11/16/23, 11/23/23, 11/30/23, 12/7/23

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023247477
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) FIXIT BERBER, 2514 W 62ND STREET, LOS ANGELES CA 90043, COUNTY OF LOS ANGELES

Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) JUAN

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 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
11/23/23, 11/30/23, 12/7/23, 12/14/23

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023244839
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) EXCELLENCE CAPITAL NETWORK REALTY, 7840 FIRESTONE BLVD SUITE 112, DOWNEY CA 90241, COUNTY OF LOS ANGELES

Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) DIOMEDES JOEL CRUZADO, 14195 CLOSE ST, WHITTIER CA 90604
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: 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/DIOMEDES JOEL CRUZADO, OWNER
This statement was filed with the County Clerk of Los Angeles on NOVEMBER 16, 2023

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

The Downey Patriot
11/16/23, 11/23/23, 11/30/23, 12/7/23

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023242574
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) TEMCO LOGISTICS, 3001 N. KENWOOD STREET, BUBANK CA 91505, LA COUNTY, 2455 PACES FERRY ROAD, ATLANTA GA 30339

Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) HOME EXPRESS DELIVERY SERVICE, LLC, 25361 COMMERCE DR STE 250, LAKE FOREST CA 92630
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: 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/HOME EXPRESS DELIVERY SERVICE, LLC, VICE PRESIDENT, PETER MUNIZ
This statement was filed with the County Clerk of Los Angeles on NOVEMBER 9, 2023

Notice - In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other than a change in the residence address of a registered owner. A new Fictitious Business Name Statement must be filed before the expiration. 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
11/16/23, 11/23/23, 11/30/23, 12/7/23

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023247477
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) FIXIT BERBER, 2514 W 62ND STREET, LOS ANGELES CA 90043, COUNTY OF LOS ANGELES

Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) JUAN

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 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.

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The Downey Patriot
11/23/23, 11/30/23, 12/7/23, 12/14/23

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023243526
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) LAS ISLAS MARIAS 4, 2713 DURFEE AVE, EL MONTE CA 91732, COUNTY OF LOS ANGELES

Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) JOSHUA RODOLFO HERNANDEZ, 2829 MAXSON RD, EL MONTE CA 91732
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: 12/2019
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 knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). S/JOSHUA RODOLFO HERNANDEZ, OWNER
This statement was filed with the County Clerk of Los Angeles on NOVEMBER 9, 2023

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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
11/23/23, 11/30/23, 12/7/23, 12/14/23

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023244839
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) EXCELLENCE CAPITAL NETWORK REALTY, 7840 FIRESTONE BLVD SUITE 112, DOWNEY CA 90241, COUNTY OF LOS ANGELES

Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) DIOMEDES JOEL CRUZADO, 14195 CLOSE ST, WHITTIER CA 90604
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: 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/DIOMEDES JOEL CRUZADO, OWNER
This statement was filed with the County Clerk of Los Angeles on NOVEMBER 16, 2023

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11/23/23, 11/30/23, 12/7/23, 12/14/23

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This statement was filed with the County Clerk of Los Angeles on NOVEMBER 9, 2023

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The Downey Patriot
11/23/23, 11/30/23, 12/7/23, 12/14/23

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023244839
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11/23/23, 11/30/23, 12/7/23, 12/14/23

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THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) EXCELLENCE CAPITAL NETWORK REALTY, 7840 FIRESTONE BLVD SUITE 112, DOWNEY CA 90241, COUNTY OF LOS ANGELES

The District reserves the right to reject any and all submissions, to negotiate with any or all responsible submitters, and to waive any deficiencies, irregularities or informalities in any proposal or during the evaluation process.

The Downey Patriot
11/23/23, 11/30/23, 12/7/23, 12/14/23

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023244839
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11/23/23, 11/30/23, 12/7/23, 12/14/23

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State of Incorporation: N/A
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The Downey Patriot
11/23/23, 11/30/23, 12/7/23, 12/14/23

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023244839
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Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) DIOMEDES JOEL CRUZADO, 14195 CLOSE ST, WHITTIER CA 90604
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: 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/DIOMEDES JOEL CRUZADO, OWNER
This statement was filed with the County Clerk of Los Angeles on NOVEMBER 16, 2023

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The Downey Patriot
11/23/23, 11/30/23, 12/7/23, 12/14/23

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023244839
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State of Incorporation: N/A
THIS BUSINESS IS CONDUCTED BY: an Individual
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This statement was filed with the County Clerk of Los Angeles on NOVEMBER 16, 2023

Once this RFP has been issued, the individuals identified below are the sole contact points for any inquiries or information relating to this RFP and will coordinate answers with the District/Project Management Contact, if needed. Failure to adhere to this policy may result in disqualification of the Proposer and the Proposer's information related to this RFP process or the RFP documents must be submitted in writing, via e-mail no later than 11:00 am on December 18, 2023 to:

The Downey Patriot
11/23/23, 11/30/23

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023244839
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) EXCELLENCE CAPITAL NETWORK REALTY, 7840 FIRESTONE BLVD SUITE 112, DOWNEY CA 90241, COUNTY OF LOS ANGELES

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THIS BUSINESS IS CONDUCTED BY: an Individual
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The Downey Patriot
11/23/23, 11/30/23

FICTITIOUS BUSINESS NAME STATEMENT
File Number: 2023244839
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This statement was filed with the County Clerk of Los Angeles on NOVEMBER 16, 2023

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The Downey Patriot
11/16/23, 11/23/23

DOWNEY UNIFIED SCHOOL DISTRICT NOTICE TO BIDDERS / INVITATION TO BID

The Lynwood Unified School District (LUSD) is inviting all interested licensed contractors to submit information for inclusion on (LUSD) list of pre-qualified Informal Bidders for Public and Maintenance Works Projects. Contractors are required to provide: 1.) Company name; 2.) Contact name; 3.) Mailing address; 4.) Phone number; 5.) Email address (Very important); 6.) Contractor's license number, trade classification, 7.) DIR registration number and expiration date. Interested contractors should email data request above to: Vendor Profile Registration Form https://forms.gle/SfmgA8xozY3uJzPL9

The Downey Patriot
11/16/23, 11/23/23

DOWNEY UNIFIED SCHOOL DISTRICT NOTICE TO BIDDERS / INVITATION TO BID

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 Project.
The Bidder's license(s) must be active and in good standing at the time of the bid opening and must remain so throughout the term of the Contract.
As security for its Bid, each Bidder shall provide with its Bid form:
• a bid bond issued by an admitted surety insurer on the form provided by the District,
• cash, or
• 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. This bid security shall be a guarantee that the Bidder shall, 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.

The District's 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 the date of the bid opening.
The District shall award the Contract, if it awards it at all, to the lowest responsive responsible Bidder based on: The base bid amount only.
The Downey Patriot
11/23/23, 11/30/23

NOTICES

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

CASE NUMBER: 23NWCPO0426
TO ALL INTERESTED PERSONS: Petitioner ALONSO ALEJANDRO MACHAIN filed a petition with this court for a decree changing names as follows:
Present name (1) ALONSO ALEJANDRO MACHAIN to Proposed name (1) ALONSO ALEJANDRO GONZALEZ
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

CLASSIFIEDS

FOR RENT

DWY 3BD 2BA BACK HOUSE \$3,750

Old River/Luxor. 2 car grg, Patio/pkng, appliances, carpet/laminated floor, heat, 3 A/C's.

(562) 650-8282 for appl/appt on 11/18 or 11/25

SERVICES

HANDY CRAFTSMAN SERVICE

for all your home improvements & repairs. All labor and material guaranteed.

(562) 331-0976

SERVICES

FINE ROOFING, INC.

Roof Repair & Leaks

Free Estimate•Quality Service Senior Discount. Lic 976823

(562) 879-4987

SERVICES

FULL SERVICE 24/7 PLUMBING

Snr Discount, Bonded, Insured & Licensed C-36 #759646

BBB Grade A+

McKinnon & Sons

Plumbing of Downey

(562) 904-3616

SERVICES

APPLIANCE TECH HAS ARRIVED

House calls. Same day rapid service all major brands.

Washers, dryers, ovens, stoves, refrigerators, etc.

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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: JANUARY 19, 2024, Time: 8:30 a.m., Department: X, Room: N/A

The address of the court is LOS ANGELES SUPERIOR COURT, ALHAMBRA COURTHOUSE, 150 W. COMMONWEALTH AVE., ALHAMBRA, CA 91801

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 NOVEMBER 15, 2023

ROBIN MILLER SLOAN, JUDGE
Judge of the Superior Court
Petitioner or Attorney for Petitioner
ANNETTE CLARK
596 W HUNTINGTON DR., UNIT G
ARCADIA, CA, 91007
(323) 823-0922
Annette.c.hernandez14@gmail.com

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

A HEARING on the petition will be held on Dec. 8, 2023 at 8:30 AM in Dept. No. 5 located at 111 N. Hill St., Los Angeles, CA 90012.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

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

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

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 DECEMBER 15, 2023 AT 8:30 A.M. in Dept. 67 Room N/A located at 111 NORTH HILL STREET, LOS ANGELES, CA 90012

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

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

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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 DECEMBER 28, 2023 AT 8:30 A.M. in Dept. 11 Room N/A located at 111 NORTH HILL STREET, LOS ANGELES, CA 90012

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

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

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a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. Trustor: **JACKIE MARTINEZ, A MARRIED WOMAN AS HER SOLE AND SEPARATE Property** duly Appointed Trustee: ZBS Law, LLP Deed of Trust recorded 12/21/2005, as Instrument No. 05 3141931, of Official Records in the office of the Recorder of Los Angeles County, California, Date of Sale: **12/7/2023** at 11:00 AM Place of Sale: By the fountain located at 400 Civic Center Plaza, Pomona, CA 91766 Estimated amount of unpaid balance and other charges: **\$418,828.97** Note: Because the Beneficiary reserves the right to bid less than the total debt owed, it is possible that at the time of the sale the opening bid may be less than the total debt owed. Street Address or other common designation of real property: **1214 LUXOR STREET DOWNEY, CALIFORNIA 90241** Described as follows: As more fully described on said Deed of Trust. A.P.N #: **6231-023-014** The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that

the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (866) 266-7512 or visit this Internet Web site www.elitepostandpub.com, using the file number assigned to this case 23-65498. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. NOTICE TO TENANT: You may have a right to purchase this property after the trustee auction pursuant to Section 2924m of the California Civil Code. If you are an "eligible tenant buyer," you can purchase the property if you match the last and highest bid placed at the trustee auction. If you are an "eligible bidder," you may be able to purchase the property if you exceed the last and highest bid placed at the trustee auction. There are three steps to exercising this right of purchase. First, 48 hours after the date of the trustee sale, you can call (866) 266-7512, or visit this internet website www.elitepostandpub.com, using the file number assigned to this case 23-65498 to find the date on which the trustee's sale was held, the amount of the last and highest bid, and the address of the trustee. Second, you must send a written notice of intent to place a bid so that the trustee receives it no more than 15 days after the trustee's sale. Third, you must submit a bid so that the trustee receives it no more than 45 days after the trustee's sale. If you think you may qualify as an "eligible tenant buyer" or "eligible bidder," you should consider contacting an attorney or appropriate real estate professional immediately for advice regarding this potential right to purchase. Dated: 11/13/2023 ZBS Law, LLP, as Trustee 30 Corporate Park, Suite 450Irvine, CA 92606 For Non-Automated Sale Information, call: (714) 848-7920 For Sale Information: (866) 266-7512 www.elitepostandpub.com Michael Busby, Trustee Sale Officer This office is enforcing a security interest of your creditor. To the extent that your obligation has been discharged by a bankruptcy court or is subject to an automatic stay of bankruptcy, this notice is for informational purposes only and does not constitute a demand for payment or any attempt to collect such obligation. EPP 38664 Pub Dates 11/16, 11/23, 11/30/2023

The Downey Patriot 11/23/23, 11/30/23, 12/7/23, 12/14/23

PROBATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF BILLIE CHARLENE CLAWSON aka BILLIE C. CLAWSON

Case No. 23STPB11758

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of BILLIE CHARLENE CLAWSON aka BILLIE C. CLAWSON

A PETITION FOR PROBATE has been filed by Troy Wayne Clawson in the Superior Court of California, County of LOS ANGELES.

THE PETITION FOR PROBATE requests that Troy Wayne Clawson be appointed as personal representative to administer the estate of the decedent.

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

Attorney for petitioner:
MICHAEL K HUTCHINSON ESQ
SBN 298945
LAW OFFICE OF
MICHAEL K HUTCHINSON
11017 PARAMOUNT BLVD
DOWNEY CA 90241
CN101791 CLAWSON Nov 16,23,30, 2023

NOTICE OF PETITION TO ADMINISTER ESTATE OF JOE EDWARD TRUJILLO aka JOE E. TRUJILLO aka JOE TRUJILLO

Case No. 23STPB12369

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of JOE EDWARD TRUJILLO aka JOE E. TRUJILLO aka JOE TRUJILLO

A PETITION FOR PROBATE has been filed by: LINDA M. SMITH in the Superior Court of California, County of LOS ANGELES

THE PETITION FOR PROBATE requests that LINDA M. SMITH be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining

Attorney for petitioner:
OMID J. AFATI 315985
SHOUP LEGAL, A PROFESSIONAL LAW CORP.
39755 DATE STREET, SUITE 203
MURETA, CALIFORNIA 92563
PHONE (951) 445-4114
FAX (650) 830-5294
BIANCAP@SHOUPLELEGAL.COM

The Downey Patriot 11/23/23, 11/30/23, 12/7/23

NOTICE OF PETITION TO ADMINISTER ESTATE OF STUART ZIMMERMAN

Case No. 23STPB12753

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of STUART ZIMMERMAN

A PETITION FOR PROBATE has been filed by: ELIN HAMPTON in the Superior Court of California, County of LOS ANGELES


THE PETITION FOR PROBATE requests that ELIN HAMPTON be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests authority to

TRUSTEE SALES

T.S. No. 23-65498 APN: 6231-023-014

NOTICE OF TRUSTEE'S YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 12/9/2005. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by a state or federal credit union, or



DOWNEY FOUNDATION

FOR INDEPENDENT JOURNALISM

Dear Downey Patriot Valued Reader,

On behalf of The Downey Patriot, I am thrilled to announce the establishment of the Downey Foundation for Independent Journalism, a non-profit foundation launched by the Downey Patriot newspaper. As a cherished member of our community, I wanted to share this exciting news and invite you to be part of our journey.

For several years, the Downey Patriot has been dedicated to providing reliable and unbiased news coverage, championing the principles of journalism, and serving as a beacon of truth in our community. We strongly believe that independent journalism is a cornerstone of a thriving democracy, and it is with this conviction that we have founded the Downey Foundation for Independent Journalism.

The Downey Foundation for Independent Journalism aims to ensure the sustainability and integrity of local news reporting, fostering an informed and engaged citizenry. Our mission is threefold: to support the training and professional development of journalists, to promote investigative journalism, and to enhance access to reliable local news for all residents of our community.

To achieve these goals, we are seeking tax-deductible donations from generous individuals like yourself who share our commitment to independent journalism. Your support will play a crucial role in empowering local journalists, enabling them to cover important stories, hold those in power accountable, and provide unbiased information to our community.

With your contribution, we will establish scholarships and training programs for aspiring journalists, ensuring that the next generation is well-equipped to uphold the principles of ethical and accurate reporting. We will also dedicate resources to support investigative journalism projects, fostering in-depth reporting that uncovers truths, reveals corruption, and sheds light on critical issues affecting our community.

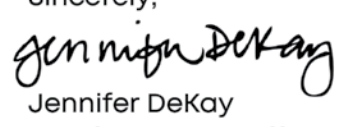
Additionally, the Downey Foundation for Independent Journalism aims to address the challenge of access to local news in underserved areas. We will explore innovative approaches, such as expanding our digital presence, partnering with community organizations, and launching initiatives to bridge the information gap for those who face barriers to accessing reliable news sources.

We kindly invite you to contribute to the Downey Foundation for Independent Journalism and become a vital part of our mission. Your tax-deductible donation, no matter the size, will make a difference in supporting local journalism and nurturing a vibrant democracy.

Thank you for considering our request and for your commitment to the ideals of independent journalism. Together, we can make a lasting impact and ensure that our community remains well-informed, engaged, and empowered. I am happy to answer any questions you may have or provide further information on how your contribution will be utilized. Please contact our office at (562) 904-3668 or jennifer@thedowneypatriot.com.

We look forward to your support and the possibilities that lie ahead.

Sincerely,



Jennifer DeKay
Chief Executive Officer
Downey Foundation for Independent Journalism

Donations can be mailed to:
Downey Foundation for Independent Journalism
10927 Downey Avenue, Suite C
Downey, California 90241

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DOWNEY HAPPENINGS

SATURDAY, NOVEMBER 25

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

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

FRIDAY, DECEMBER 1

Holiday Party & Toy Drive, 9 pm. Free entrance to a party and mixer with donation of a new, unwrapped toy for children ages 1-11. Donations will benefit Ninos Latinos Unidos Inc., a foster family and adoption agency. Epic Lounge, 8239 2nd St.

SATURDAY, DECEMBER 2

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

The Nutcracker Ballet, 2 pm and 6:30 pm. The Nutcracker Ballet, featuring the timeless score by Tchaikovsky, is an enchanting tale of a young girl who has a very special Christmas. Downey Theatre, 8435 Firestone Blvd.

Christmas Market, 5-9 pm. Vendors, food, live music and a real snow playground. Imago Dei Church, 9826 Priscilla St.

SUNDAY, DECEMBER 3

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

The Nutcracker Ballet, 2 pm. The Nutcracker Ballet, featuring the timeless score by Tchaikovsky, is an enchanting tale of a young girl who has a very special Christmas. Downey Theatre, 8435 Firestone Blvd.

MONDAY, DECEMBER 4

Tree Lighting Ceremony, 6-8:30 pm. This free event features entertainment from local schools, a snow play area, arts & crafts, photos with Santa Claus, and more. Downey Civic Center, 11111 Brookshire Ave.

THURSDAY, DECEMBER 7

Blood Drive, 10 am to 4:30 pm. Donate blood to the American Red Cross. Appointments are available online at redcrossblood.org (use sponsor code FPCU) and walk-ins also welcome. Financial Partners

Credit Union, 7800 Imperial Hwy.

Cirque Musica, 8 pm. An all-new musical journey that will transport audiences to a magical land far away for a fun-filled holiday-themed show experience they will never forget. Downey Theatre, 8435 Firestone Blvd.

SATURDAY, DECEMBER 9

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

Downey Posadas, 5-9 pm. Celebrate Las Posadas at this free, outdoor festival in Downtown Downey, featuring shopping, food trucks, family activities, and more

Apollo Lighting, 6-8 pm. The Downey space center's annual Christmas tradition returns with the lighting of its Apollo capsule. Plus an appearance by TubeChristmas. Columbia Memorial Space Center, 12400 Columbia Way

SUNDAY, DECEMBER 10

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

Our Lady of Advent: The Greatest Interview, 5 pm. Using music, scripture and dialogue, St. Raymond Church presents the story of St. Luke interviewing the Virgin Mary to get facts to use to write his Gospel. A reception will follow in the parish hall. Admission is free, but a free will offering will be appreciated. St. Raymond Church, 12348 Paramount Blvd.

WEDNESDAY, DECEMBER 13

Jose Feliciano, 7:30 pm. Jose Feliciano takes the stage to perform "Feliz Navidad" and his array of hits from an iconic six-decade career. Downey Theatre, 8435 Firestone Blvd.

THURSDAY, DECEMBER 14

Creative Purpose Club, 11:30 am. Richard Tuttle, retired Downey police officer, is guest speaker at Creative Purpose, a club that discusses politics, science, biblical controversy, and more. Sizzler, 10315 Lakewood Blvd.

SATURDAY, DECEMBER 16

Wreaths Across America, time tba. Join Wreaths Across America as they place wreaths on the graves of local veterans. Downey Cemetery, 9073 Gardendale St.

THURSDAY, DECEMBER 21

Parents Night Out, 5-8 pm. Are you a last minute holiday shopper? Need time to wrap gifts without the kids around? Need a break from the holiday hustle and bustle? Drop off the kids and let them enjoy plenty of food, hands-on activities, games and science fun while you take care of holiday necessities. \$10 per child, ages 5-12. Columbia Memorial Space Center, 12400 Columbia Way

FRIDAY, JANUARY 26

A Night in Monte Carlo, 7-10 pm. A casino night fundraiser benefiting the 10-20 Club. Dress in dapper attire while enjoying casino table games, drinks and appetizers, with raffle and cash prizes. Luz Perez of the TLC Family Resource Center will be presented the 10-20 Club's Youth Legacy Award. The Arc, 12049 Woodruff Ave.

SUNDAY, JANUARY 28

Robert Cazimero in Concert, 3 pm. Robert Cazimero is a Grammy-nominated recording artist who has performed from the stage of Carnegie Hall in New York to stages in Japan, Australia, Hong Kong, San Francisco, Los Angeles, Portland, and Seattle. See him live at the Downey Theatre, 8435 Firestone Blvd.

SUNDAY, FEBRUARY 4

America's Ideal Miss California Pageant, 2 pm. Young women will compete for prizes, scholarships and the title of Ideal Miss California. Downey Theatre, 8435 Firestone Blvd.

TUESDAY, FEBRUARY 20

Coffee with the Superintendent, 6 pm. Join Downey Unified School District superintendent Dr. John Garcia for coffee and conversation. Sussman Middle School, 12500 Birchdale Ave.

SATURDAY, FEBRUARY 24

TLC 5K, 8 am. Save the date: the TLC 5K run/walk returns with proceeds benefiting Downey Unified School District's TLC Family Resource Center

WEDNESDAY, FEBRUARY 28

Stomp, 8 pm. Matchboxes, brooms, garbage cans, Zippo lighters, and more fill the stage with energizing beats at Stomp, the inventive stage show that's dance, music and theatrical

performance blended together. Downey Theatre, 8435 Firestone Blvd.

THURSDAY, FEBRUARY 29

Stomp, 8 pm. Matchboxes, brooms, garbage cans, Zippo lighters, and more fill the stage with energizing beats at Stomp, the inventive stage show that's dance, music and theatrical performance blended together. Downey Theatre, 8435 Firestone Blvd.

SATURDAY, APRIL 6

Downey Symphony Concert, 8 pm. Titled "Springtime," the concert features performances of Beethoven's Coriolan Overture, Mendelssohn's Symphony No. 4 "Italian," and Mozart's Piano Concert No. 20 in D minor with Cameron Akioka on piano. Downey Theatre, 8435 Firestone Blvd.

SUNDAY, APRIL 7

The Dennis Kamakahi Music Festival, 3 pm. The Rev. Dennis Kamakahi is considered one of the most prolific Hawaiian songwriters of all time. Watch him perform live at the Downey Theatre, joined by special guests. Downey Theatre, 8435 Firestone Blvd.

WEDNESDAY, APRIL 10

Coffee with the Superintendent, 6 pm. Join Downey Unified School District superintendent Dr. John Garcia for coffee and conversation. Lewis Elementary, 13220 Bellflower Blvd.

WEDNESDAY, APRIL 24

Carpenters Legacy, 8 pm. Direct from Las Vegas, Carpenters Legacy is the definitive show celebrating the music and legacy of the famed brother-sister duo. Downey Theatre, 8435 Firestone Blvd.

SATURDAY, MAY 18

Mark Yamanaka, Kupaoa, Hoku Zuttermeister in concert, 7 pm. An authentic Hawaiian concert featuring three talented, award-winning recording artists. Downey Theatre, 8435 Firestone Blvd.

Submit Downey events to eric@thedowneypatriot.com

Paging Dr. Frischer...

By Dr. Alan Frischer

I enjoy massages, and had heard about "cupping," which is sometimes offered along with them. Massage I understand. It feels great and I believe that it is beneficial. Cupping, on the other hand, is unfamiliar, and it occurred to me that, without really thinking, I harbored a negative bias.

That made it clear that it was time to investigate.

Cupping became more mainstream in this country during the 2016 Summer Olympics, when swimmer Michael Phelps competed with round bruises on his back. Cupping, however, can be traced to ancient Chinese and Egyptian medicine, and was first documented in about 1550 BCE. It may have first been used for lung conditions. Today, cupping is most frequently used for pain relief and musculoskeletal injuries, although it has also been used to treat skin diseases such as acne and hives, high cholesterol, migraine headaches, arthritis of the knee, and a weakened immune system.

Cups may be heated or not, and manually pumped to create suction. They are placed directly on the skin, and left for several minutes. The bruising and discoloration is simply due to broken blood vessels just beneath the skin. The theory is that the suction created by the cup encourages blood flow into that area,

which promotes healing and reduces pain. The bruising and skin irritation heal within seven to ten days. There is a very small risk of infection, and some patients are sent home with an antibiotic cream.

What does Western medicine have to say about it? Research has been limited, and suggests that cupping may provide pain relief. However, the actual mechanism of just how drawing blood to the skin provides other benefits is unclear. Additional and better studies are needed. One major problem is that it is difficult to perform a high quality, double blinded, placebo trial. These trials are far easier when drugs are studied, where a study participant is unaware whether they received the treatment...or the placebo.

My own bottom line? Many complementary therapies, including Chinese and other Eastern medical techniques, have been shown to be effective. Cupping does not have an abundance of convincing evidence at this time.

However, it does appear to be safe and might indeed help with pain, so if you are interested, go ahead and try it. I do urge you to use a practitioner who has been well trained and appropriately licensed.

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 10927 Downey Ave., Suite C, Downey, CA 90241.



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562-533-7433
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- ☑ Broker with 30 Years of Experience
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- 2 bed house in front!
- 3 -1 bed units in the back with separate yards!
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- Large primary suite
- 2 car attached garage
- Steps to gym, restaurants + more

PRICE: \$674,950

WHO'S YOUR REALTOR?

I CAN LIST AND SELL YOUR HOME TOO. CALL ME TODAY!

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SOLD



MARIO DID IT AGAIN!

10302 WOODRUFF, DOWNEY

- 3 beds | 3 baths
- Entertainers backyard
- 2 car garage
- Huge master suite
- Den (could be 4th bed)
- 2,189 sq ft | 8,000 sq ft lot

LIST PRICE: \$999,000

FOR RENT



DOWNEY HOME

- 3 beds | 2 baths
- Remodeled kitchen
- Water, gas, trash & partial electricity included

\$4,000 PER MONTH

SOLD



BUILDER'S SPECIAL!

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- 2,200+ sq ft.
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JUST LISTED



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- 2,176 sq. ft.
- 5,194 sq ft lot
- Family room with fireplace
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PRICE: \$1,090,000

LIVE REAL ESTATE CLASSES NOW FORMING

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SOLD



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12111 GURLEY AVE, DOWNEY

SOLD \$51K OVER LIST PRICE

ASK ME ABOUT LIVING TRUSTS!

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SOLD



WHITTIER TRUST SALE!

TESTIMONIAL

Marie was very knowledgeable and helpful during my home search. She brings a wealth of experience, is very communicative, and intuitive with her clients. As my closing approached, she worked diligently to resolve issues in final walk throughs. - Cynthia P.

FREE



PICTURES WITH SANTA

DECEMBER 2, 2023

BY APPOINTMENT ONLY

Save Your Spot!
CALL/TEXT MICHAEL AT OR SCAN THE QR CODE!

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PAM LEE
REALTOR®
562-537-1134
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- Spacious living room
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Downey Theatre presents:

Upcoming Events...

November 25th - 8:00pm

Carpenters Legacy: A Christmas Portrait

December 2nd & 3rd

The Nutcracker Ballet

December 7th - 8:00pm

Downey Theatre presents: Cirque Musica Holiday Wonderland

December 13th - 7:30pm

Jose Feliciano

December 16th - 5:30pm

Danza Artes de Mexico Presents: Navidad Mestiza

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