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RICK RODRIGUEZ, BLANCA PACHECO WINNERS ALEX SAAB RE-ELECTED



Photo by John Zander

MEASURE S TAX MEASURE APPROVED

DOWNEY – After what could be described as a strange and historic election for the City of Downey, Blanca Pacheco, Rick Rodriguez, and Alex Saab have all been elected to City Council.

This year's election saw nine candidates vying for three council seats that will soon be vacated in the coming weeks.

All three victors took early leads in the polls Tuesday, and maintained and increased on their position throughout the night.

Pacheco, who will now sit in the District 1 seat once Luis Marquez leaves office, took 50.35% of the vote with 2,424 ballots cast. Pacheco defeated Alma Marquez (wife of current Council Member Marquez) and Downey Planning Commissioner Hector Lujan, who took 1,248 and 1,142 votes respectively.

Rodriguez will now preside over District 3 once current Council Member Roger Brossmer's term expires. Rodriguez took 2,698 and 43.78% of the votes to secure his spot on the City Council.

His opponents Frine Medrano, Louis Morales, and Art Montoya took 1,789, 975, and 700 votes respectively.

Mayor Saab, the single candidate looking for reelection, took a commanding lead that seemed insurmountable early on. Saab took 81.88% and 17,247 of the votes for District 5, breaking the city record for most votes cast for one candidate; a feat Saab had accomplished already once before.

Rick Rodriguez displayed an excitement and enthusiasm for the council's work to come in the next four years.

"I'm very excited and honored that the voters of Downey District 3 would select me out of the four candidates to be their City Council person," said Rodriguez. "I'm so fortunate that our city – they're keenly aware of what certain agendas are and what certain things are. And they realize when someone comes with their heart in their hand about wanting to serve, they recognize that."

"I'm excited about working with Mayor Saab, Mayor Pro Tem Fernando Vasquez, Blanca, and Sean [Ashton]. We have an outstanding City Council team...I'm excited about what's to come. I'm excited and honored all at the same time."

Mayor Saab thanked the citizens of Downey for allowing him to serve the community for another four years.

"I'm humbled that we can all work together for four more years. Holding public office is one of the most sacred responsibilities that we can do as an elected official – to serve our residents," said Saab. "I'm just ecstatic that the residents gave me an opportunity to serve them for four more years."

The mayor also seemed pleased with the results from the other two elections.

"I think Blanca and Rick, their track record and their dedication to the community speaks volumes," said Saab. "I have all the confidence that we're gonna be able to work well together with the common goal of achieving greatness in our city, to make sure that we continue to prioritize the public safety of our residents, to be fiscally responsible, and represent our residents ethically and honorably. I couldn't be happier with those results."

Pacheco said she was anxious to get to work.

"I'm excited with working with the other council members. I'm excited that I can do so much more for our community," she said. "I'm ready to start and help the residents overall here in all of Downey and here in District 1."

MEASURE S: Downey's hotly-anticipated Measure S ballot item passed Tuesday evening.

The widely controversial ballot measure passed with a comfortable lead against those opposed, taking 62.30% of the vote. The final vote tally came to 15,100 over 9,137.

Downey will now see a half-cent sales tax increase, raising around \$9 million annually for the purpose of increasing and improving public safety, infrastructure, and public parks.

The increase is set to expire in 2037. The funds will be monitored by an independent citizens' oversight committee.

–Alex Dominguez



Weekend at a Glance

Friday 86°

Saturday 83°

Sunday 86°

THINGS TO DO



Los Angeles Beer Fest

Saturday - Los Angeles Center Studios, 12-4 pm

Over 150 beers, food trucks, DJ, live music and surprises. \$45



Vegetarian Food Festival

Sunday - Raleigh Studios in Los Angeles, 10 am to 5 pm

Vegan eats, presentations, live music, fitness activities, and more.



Grove Christmas

Sunday - The Grove, 7 pm

Seth McFarlane kicks off the holiday season with performances by Lea Michele and Rachel Platten.



Mana

Saturday and Sunday - The Forum

Mexican pop band Mana performs live at the Forum.

FROM OUR FACEBOOK

Blanca Pacheco, Rick Rodriguez win seats

Maria Maciel: I personally experienced first hand seeing how low Alma Marquez will go to obtain votes tonight. Not only did she lie about Blanca's character throughout the campaign but Alma used her "bribing" techniques walking people into the voting precinct and setting up a table with drinks and doughnuts to convince undecided voters.

John Zander: Good bye Frine Medrano! Downey just let you know your dirty politics are not welcome here.

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

TWEET OF THE WEEK

@AE_Media: Polls haven't even been open 30 minutes and there is a long line outside the Barbara Riley Center #downeyvotes2016

Follow us! @DowneyPatriot

California Results

Prop. 51: \$9 Billion Bond for modernizing K-12, charter, vocational schools and community colleges
PASSED

Prop. 52: Extends existing fee on hospitals to fund coverage for Medi-Cal, uninsured patients, and children's health
PASSED

Prop. 53: Requires statewide voter approval for bonds over \$2 billion
DEFEATED

Prop. 54: Stops the legislature from passing any bill unless it's published on the internet for 72 hours
PASSED

Prop. 55: Extends income tax on earnings over \$250,000 to fund schools and healthcare
PASSED

Prop. 56: Increases taxes on tobacco and e-cigarettes to increase funding for health care for low-income Californians
PASSED

Prop. 57: Allows parole consideration for nonviolent felons and allows juvenile court judges to decide whether juveniles will be prosecuted as adults
PASSED

Prop. 58: Allows schools to establish non-English-only education programs
PASSED

Prop. 59: Recommends California propose an amendment to overturn Citizens United decision, which removed some limits for corporate and union campaign spending
PASSED

Prop. 60: Requires adult film performers to use condoms when filming, and other health regulations
DEFEATED

Prop. 61: Prohibits California from buying prescription drugs at a higher price than paid by the US Department of Veterans Affairs
DEFEATED

Prop. 62: Repeals the death penalty and replaces it with life imprisonment without possibility of parole
DEFEATED

Prop. 63: Requires background checks for purchasing ammunition and prohibits possession of large capacity magazines
PASSED

Prop. 64: Legalizes marijuana for use by adults 21 and over
PASSED

Prop. 65: Requires plastic bag fees be directed toward specified environmental projects
DEFEATED

Prop. 66: Changes procedures governing state court challenges to death sentences
PASSED

Prop. 67: Bans single-use plastic and paper bags
PASSED

Measure HHH: Homelessness Reduction and Prevention Housing, and Facilities Bond Issue
PASSED

Measure M: Los Angeles County Traffic Improvement Plan
PASSED

Measure A: Parks and Open Space Parcel Tax
PASSED

Downey reaches deal to sell historic Avenue Theatre

■ **REDEVELOPMENT:** Conceptual plan is to redevelop the theater into two restaurants.

By Eric Pierce
 Editor

DOWNEY – The city of Downey has reached a deal to sell the historic but run-down Avenue Theatre to a group of investors who plan to redevelop the former discount movie house into contemporary restaurants.

City Council members voted 4-0 Monday to authorize the sale to Downey Restaurant Group at a price of \$750,000. The city purchased the property for \$1.2 million in 2008.

Downey Restaurant Group is a partnership between former mayor Kirk Cartozian and restaurateur Adrian Amosa. They own the recently-opened Gaucho Grill restaurant at the Promenade in Downey along with eateries in Burbank, Brentwood and downtown Long Beach.

"The Downey Restaurant Group plans an adaptive reuse of the same footprint of the former Avenue Theatre building," community development director Aldo Schindler wrote in a report to council members. "As such, it is their intent to appropriately restore the site and rename the future 10,000 square foot operating facility complex Alegria at the Avenue Theatre."

"This multi-functional complex will host a balanced mix of restaurants and identities, sure to deliver the highest levels of gastronomic and entertainment experiences to its patrons,"



The inside of the Avenue Theatre as photographed in 2007 by George Manzanilla

Schindler added.

Conceptual designs call for a pizza parlor at the entrance facing Downey Avenue, with a second restaurant and pub facing 3rd Street.

"Two new storefronts will bring the building back to life," Schindler said. "The existing marquee will be preserved and fully restored."

The project is contingent on the site being structurally sound and passing a property inspection. The city holds the right of first refusal to buy the property back if plans fall through.

Downey Restaurant Group also needs to obtain project approval from the Planning Commission in order for escrow to close. Proceeds from the sale will reimburse the city's housing funds, which were used to

purchase the site in 2008.

City council members praised the sale, calling redevelopment of the Avenue an expensive and complicated project that few wanted to take on.

"The fact is, unless someone stepped up to redevelop the Avenue like this group did, it was going to remain idle for years and years and years," said Mayor Alex Saab.

According to the Downey Arts Coalition, the Avenue Theatre opened in 1922 as a vaudeville stage and was renovated in 1949 as a movie theater. Its stage also served as a dance studio for choreographer Doris Niles, a well-known concert and ballet dancer.

The theater closed in 2004, when it was operating as a dollar movie house.

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Christmas Tree Brunch tickets on sale

DOWNEY – Assistance League of Downey will be having its annual Christmas Tree Brunch on Sunday, Nov. 20, at 10 a.m.

Tickets are available at Second Tyme Around Thrift Shop at 11026 Downey Avenue daily between 10 a.m. and 4 p.m.

The luncheon price is \$50 for lunch with a silent auction, music and chances to win decorated Christmas trees.

Police memorial plaque to be unveiled Wednesday

DOWNEY – A memorial plaque dedication in honor of fallen police officer Ricky Galvez will take place this Wednesday, Nov. 16, at 9 a.m. in front of the Downey police station.

The formal ceremony will feature the unveiling of a memorial plaque in honor of Galvez, who was killed Nov. 18.

The plaque will be added to the fallen officers' memorial in front of the police station.

The ceremony is expected to last about 30 minutes and is open to the public.

ROSE PARADE: Downey's Parks and Recreation Department has a limited number of tickets for a Jan. 2 excursion to the Tournament of Roses Parade.

Tickets include grand stand seating and a bus ride to and from the parade.

For more information, call (562) 904-7223 or visit the Barbara J. Riley Center.

SPACE CENTER: Downey's Columbia Memorial Space Center is opening a temporary new exhibit Saturday: "Engineering the Unlimited Future: Albert 'Buddy' Lawbaugh."

The exhibit will highlight the life of Albert Lawbaugh and his role in Downey's aerospace history.

Lawbaugh was a major figure at Downey's North American Aviation facility at the time of the city's incorporation in 1956.

"This exhibit gives the space center the rare opportunity to look at Downey at the time of its birth through the lens of one of the people who was working

here when the city became a city," city officials said.

The space center collaborated with Lawbaugh's family to produce the exhibit, which includes rare artifacts and memorabilia.

The opening reception is from 5-7 p.m. and will include speakers, light refreshments and a celebration of what would have been Lawbaugh's 101st birthday.

For more information, call (562) 231-1200 or go online to columbiaspacescience.org.

NWDLL: Northwest Downey Little League will conduct sign-ups this weekend for the spring 2017 season.

Early registration begins Saturday from 9:30 a.m. to 2 p.m. at Furman Park. Other early registration dates are Dec. 3 and Dec. 17.

Fee is \$95 for kids ages 4-7, \$110 ages 8-12, and \$125 ages 13-18.

Registration is free for its Challenger Division for physically challenged players.

All children, regardless of ability level, can participate in NWDLL provided they live or go to school north of Firestone

Boulevard.

Parents should bring their child's birth certificate and three proofs of address to registration.

For more information, email nwdowney@gmail.com or call Kaye Quintero at (562) 417-2041 or Ed Wormald at (562) 417-2042.

PTA DRIVE: Downey Council PTA is hosting a membership drive contest between Warren and Downey high schools Wednesday, Nov. 16, from 6-8 p.m. at Stay Gallery.

Representatives from both schools will be at the event to discuss a \$750 scholarship available from the California State PTA, along with details on the application process.

DOWNEY 5K: Registration is now open for the fifth annual Healthy Downey 5K run/walk, taking place Feb. 25 at 8 a.m. at Apollo Park.

Early registration is \$25 for adults and \$15 for kids, and includes a commemorative T-shirt.

Prices increase Feb. 1 and do not include T-shirts.

The event raises funds for the Downey TLC Center, which provides health and human services to Downey students and their families.

"Our annual Stay Healthy Downey 5K run is an incredible opportunity for members of the community to support our efforts to ensure healthy and successful futures for all our children," said Luz Perez, TLC coordinator.

Sponsorship opportunities are available and range in price from \$50 to \$1,000 or above.

Landmark distance signs are also available to purchase for \$100 and will be located around the route. Deadline to purchase a landmark sign is Jan. 31.

The 5K will be held rain or shine. No bicycles, skateboards, scooters or pets will be allowed (except service animals).

To register, or to purchase a vendor booth, sponsorship or landmark sign, visit dusd.net/tlc or call (562) 904-3577.

Same-day registration will begin at 6 a.m., and bibs can be picked up from 6:30-7:30 a.m.

Opening remarks and warm-up exercises start at 7:30 a.m., followed by the race at 8.

CRIME REPORT

SATURDAY, OCT. 29

At 1:42 a.m., officers responded to the call of a stolen vehicle in the 9000 block of Apollo Way. They located the vehicle and the driver was arrested for grand theft auto.

At 3:30 p.m., officers were alerted to a stolen vehicle in the 9000 block of Apollo Way. The vehicle was stopped and the driver was arrested for grand theft auto. The driver is also being charged for possession of narcotics and narcotics paraphernalia.

At 6:00 p.m. two males assaulted an LA Fitness security guard after being asked to leave the premises. The suspects assaulted the security guard and stole his cell phone. The guard attempted to detain the men, but was further assaulted. One of the suspects was located nearby and arrested for robbery. The second suspect is still outstanding. Detectives are investigating.

At 9:15 p.m., gang officers contacted a suspect who was seated in a vehicle on the north side of Apollo Park. During a search of the vehicle, officers located a large caliber rifle with a sawed off buttstock. The suspect was arrested for being a felon in possession of a firearm.

At 11:35 p.m., officers responded to the 12800 block of Paramount Boulevard regarding shots fired in the area. Gang officers contacted the intoxicated suspect inside a liquor store and found him to be in possession of a 9mm handgun. They also located five spent 9mm casings in the area. The suspect was arrested and booked for reckless discharge of a firearm.

SUNDAY, OCT. 30

At 9:03 a.m., officers responded to a call of a stolen vehicle in the 9000 block of Apollo Way. The driver of the vehicle was arrested for grand theft auto and the passenger was arrested for an outstanding warrant.



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SPORTS BRIEFS: Bears cross country finishes first in La Mirada Regional

By Mark Fetter
Contributor

DOWNEY – The Warren High School boys' cross country team finished first at S.G.V.L. Finals held at La Mirada Regional Park last week.

The Bears finished with a team score of 23, Paramount finished second with 40, Gahr finished third with 72, Downey finished fourth with 104, Lynwood finished fifth with 142 and Dominguez finished sixth with 180, respectively.

The Bear running attack placed first, third, fifth, sixth and eighth and was led by Daniel Ramos who finished in a time of 15:40.5. Emiliano Rodriguez finished third in a time of 15:49, Alexander Garber finished fifth in a time of 15:59.6, Antonio Munoz finished sixth in a time of 16:04.6 and Adan Castellanos finished eighth in a time of 16:11.1.

Warren will compete at C.I.F. Prelims later this morning in Riverside. The Bears are scheduled to run at 9:00 a.m. in Division One and Heat One.

■ The Warren High School girls' cross country team finished first at S.G.V.L. Finals held at La Mirada Regional Park last week. The Lady Bears finished with a team score of 30, Downey finished second with 39, Paramount finished third with 88, Gahr finished fourth with 105, Lynwood finished fifth with 144 and Dominguez finished sixth with 149, respectively.

The Lady Bear running attack placed first, second, eighth, ninth and tenth and was led by Trinity Gomez who finished in a time of 18:27.3. Carlota Conant finished second in a time of 18:49.6, Jazlyn Arevala finished eighth in a time of 19:20, Nadine Gomez finished ninth in a time of 19:28.9 and Leann Gonzalez finished tenth in a time of 19:29.6.

The Warren girls' cross country team will also compete at C.I.F. Prelims this weekend in Division One and Heat Two scheduled to start at 10:16 a.m.

■ The Downey High School boys' cross country team finished fourth at S.G.V.L. Finals held at La Mirada Regional Park last week. The Vikings finished with a team score of 104.

Downey finished in 18th, 19th, 21st, 22nd and 24th places respectively and were led by Jaime Quinones who finished in a time of 16:49.1. Juan Luna finished 19th in a time of 16:56.8, Anthony Casillas finished 21st in a time of 17:11.1, Richard Casillas finished 22nd in a time of 17:11.5 and Martin Medina

finished 24th in a time of 17:16.8.

The Downey boys' cross country team did not qualify for C.I.F. Prelims later this morning in Riverside.

■ The Downey High School girls' cross country team finished second at S.G.V.L. Finals held at La Mirada Regional Park last week. The Lady Vikings finished with a team score of 39.

The Lady Vikings finished third, sixth, seventh, 11th and 12th places respectively and were led by Laura Velasco who finished in a time of 18:56.4. Brianna Orozco finished sixth in a time of 19:12.4, Adriana Higuera finished seventh in a time of 19:14.6, Morelia Venegas finished 11th in a time of 19:38 and Elsa Delgado finished 12th in a time of 20:02.1.

Downey will compete at C.I.F. Prelims later this morning in Riverside. The Lady Vikings are scheduled to run at 10:28 a.m. in Division One and Heat Three. Paramount will also be competing in the same race.

■ The Downey High School football team defeated Paramount at Paramount last Friday night, 28-14.

With the win, the Vikings improved to 9-1 overall and 5-0 in S.G.V.L. play. With the loss, the Pirates fell to 7-3 overall and 4-1 in league play.

Downey is the 2016 S.G.V.L. champion and was the only S.G.V.L. team to earn a C.I.F. Division 4 playoff birth. Downey will host Damien of La Verne later tonight. The Spartans finished their regular season with a record of 6-4 and a Baseline League record of 2-3.

In the Paramount game, the Vikings scored a touchdown and extra point in the first quarter to take a 7-0 lead. Downey scored another touchdown and extra point in the second quarter and led 14-0 going into the locker room at halftime.

Downey and Paramount each scored a touchdown and extra point in the third quarter and Downey led 21-7 as the quarter came to an end. Both teams scored a touchdown and converted the extra point in the fourth quarter and Downey came away with the hard fought, 28-14 win.

Downey quarterback Trevor Hill completed 11/19 pass attempts for 182 yards and three touchdowns.

The Viking ground game accumulated 278 yards on 50 carries. Asfunso Elam had 28 carries for 158 yards, Emari Demercado had seven carries for 51 yards and Baraq Ross had six carries for 36 yards.

The Viking receiving corps were led by Christopher Atkins' four catches for 106 yards and two touchdowns, Tony Ramirez's four catches for 31 yards and Joseph Alex's two catches for 39 yards and one touchdown.

The Downey defense was led by Michael Cabrera's nine solo and one assisted tackles, Nicholas Whitney's six solo and three assisted tackles and Eli Garcia's six solo and one assisted tackles.

Coach Williams, his staff and players are looking forward to starting their playoff run later tonight.

■ The Warren High School football team defeated Lynwood at Lynwood last Friday night, 25-15, improving to 2-7-1 overall and 2-3 in S.G.V.L. play.

With the loss, the Knights fell to 4-6 overall and 1-4 in league play.

With two league wins the Bears were hoping for an at-large C.I.F. Division 7 bid. Unfortunately, the Bears did not receive the at-large entry and did not qualify for postseason play.

In the Lynwood game, the Bears and Knights each scored touchdowns and were both successful on two-point conversions. The score at the end of the first quarter was 8-8. Both teams scored a touchdown and converted extra points in the second quarter. The score was 15-15 going into the locker rooms at halftime.

The second half belonged to the Bears as they outscored Lynwood 10-0. Warren scored an unanswered touchdown and extra point in the third quarter to take a 21-7 lead. The Bears added an unanswered field goal in the fourth quarter to take a two possession lead and secured the 25-15 win.

Bear quarterback Chris Venegas completed 9/12 pass attempts for 83 yards and one touchdown. Sebastian Valencia led the Bear ground attack with 19 carries for 83 yards. The Warren receiving corps were led by Valencia's three catches for 28 yards, Robbie Colenzo's three catches for 38 yards and Jordan Mayes' two catches for 12 yards.

The Warren defense was led by Donovan Taylor's nine solo and two assisted tackles, Jorge Valderrama's seven solo and three assisted tackles, Sirahn Fields' five solo and three assisted tackles and Nicholas Cid's three solo and five assisted tackles.

The Bears finished their season on the upswing by winning their last two games. This year's team was young and looks to rebuild for next season with more experience and skill.

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Paging Dr. Frischer...

By Dr. Alan Frischer

As a medical doctor, I am guided by a system of thought that is supported by research, common sense, or at least by experience. Patients come to me for advice, and I make sure that my answers instill confidence, build trust, and lead to positive results.

However, I'm often asked about subjects where I find no support from my training, the medical literature, or personal experience. One such topic is Candida.



What is clear and well researched is that Candida is a genus of yeast and is the most common cause of fungal infections. Many species are completely harmless and live in and on humans. Exposure to Candida is so common that tests that measure a response to Candida can be used to confirm that the immune system is working properly. Candida is a normal member of our gut flora, among trillions of microscopic yeasts and bacteria.

Sometimes Candida becomes so numerous that it causes a yeast infection, especially on the surface of the skin in such warm moist places as beneath the breasts, armpits, the groin, nail beds, and, for those who are very overweight, in folds of skin of the lower abdomen. Another common site for fungal infections is the mouth, where the infection is called oral thrush. Candida is also responsible for the most common vaginal infection. These infections become more common with age, diabetes, diseases causing suppression of the immune system (such as AIDS, cancer or critical illness), use of oral steroids, and heavy use of antibiotics.

It's possible, but rare, for Candida to get into the bloodstream and spread throughout the body. This is known as candidemia, and can happen if someone has a very weakened immune system and a yeast infection that has gone untreated. Symptoms usually

include high fever and chills. It is seen most often in people who have been in the hospital, and represents a leading cause of bloodstream infection and death among hospitalized patients.

Despite the fact that Candida can cause serious problems, it is still normal and universally found among healthy people, and belongs in our bodies. Yet since around the 1980's, there has been much discussion about the purported condition of chronic candidiasis. This has absolutely no support among mainstream medicine. The concept became a social phenomenon in 1986 with the publication of The Yeast Connection by Dr. William Crook. In his book, he proposed that systemic candidiasis, or Candida hypersensitivity, was responsible for a long list of common conditions and non-specific symptoms including fatigue, sexual dysfunction, asthma, and psoriasis. Dr. Crook conducted no research to support his claims. He managed to bypass research, peer review, and scientific consensus, going directly to public promotion! This concept was further bolstered by a 2009 Huffington Post blog by Kim Evans, who claimed that 90% of the population has a problem with Candida overgrowth. She speculated that Candida overgrowth could be the root cause of hundreds of different problems in the body.

Today, Candida hypersensitivity remains a popular condition among some alternative practitioners. The American Academy of Allergy, Asthma and Immunology states that it is speculative and unproven. They point out that some of the proposed treatments offered can be dangerous.

I am committed to practicing medicine that is supported by science. So, my recommendation is to look elsewhere for an explanation of your symptoms. At this time, medical science believes that practically all of us have candida growing in our intestines...and that it is not harmful.

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

13 cases of Candida discovered in U.S.

Thirteen cases of Candida auris (C. auris), a serious and sometimes fatal fungal infection that is emerging globally, have been identified in the United States, according to the Centers for Disease Control and Prevention (CDC).

Seven of the cases occurred between May 2013 and August 2016 and are described this week in CDC's Morbidity and Mortality Weekly Report (MMWR). The other six cases were identified after the period covered by the report and are still under investigation.

The report is the first to describe U.S. cases of C. auris infection. C. auris is often resistant to antifungal drugs and tends to occur in hospitalized patients.

"We need to act now to better understand, contain and stop the spread of this drug-resistant fungus," said CDC Director Tom Frieden, M.D., M.P.H. "This is an emerging threat, and we need to protect vulnerable patients and others."

Among the seven cases detailed in the report, patients with C. auris were reported in four states: New York, Illinois, Maryland and New Jersey. All of the patients had serious underlying medical conditions and had been hospitalized an average of 18 days when C. auris was identified. Four of the patients died; it is unclear whether the deaths were associated with C. auris infection or underlying health conditions.

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Western Physical Therapy, the home of The Downey Gym, began in Downey 29 years ago. We have been lucky to serve multiple generations of families in our city. As healthcare and lifestyles

have changed we understand the challenges our community faces in staying active and healthy. That's why we started The Downey Gym.

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components, if improved, would be the most benefit to you. Some people could benefit more from strength training than they would from flexibility exercises. Others need balance practice in addition to working on their endurance. Our program helps you focus on your level of fitness.

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- Jim Harrison DPT



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Advertising Supplement

Alternative Medicine: The human energy field

By Marcela Arrieta

Did you know that all living things have an invisible source of energy? Throughout history, tradition, culture and religion it is referred to as Life Force, Chi, Prana, Mana or divine energy. The difference: only the spelling.

Our bodies are an intricate and complex manufacturing and production powerhouse. It's composed of many systems that serve very important functions. In the same fashion the chakras and the aura serve a purpose.

The word Chakra derives from the Sanskrit word meaning "wheel". To help us put things into perspective let's use breathing as an example. We mammals breathe in oxygen that nourishes our cells. It's distributed by an intricate circulatory system. The same system manages the retrieval of the cells byproduct, which we exhale as carbon dioxide. In this same fashion the chakras draw in an invisible source of energy from the earth, air, water, solar elements. Basically our environment. That is part of the reason why when in a toxic environment we tend to feel drained.

The question asked the most (I know because I asked it many times) is: This is quackery, new age stuff, and or woo woo junk. Tell me this - is oxygen real? "YES duh" this was my answer :-). Are you sure? Oxygen is not visible to the human eye, so how do we know it exist?

Try this mini experiment but not while driving:

Exhale...exhale....exhale... exhale... Can we as a human being survive solely on exhaling?

Next:
Inhale...inhale....inhale... inhale... Can we as a human being survive solely on inhaling?

The answer is "No" to both. Oxygen like this invisible energy

exists and is very real. Both measurable yet invisible to the human eye. The million dollar question you should be asking is: How do we quantify or measure this source of energy. Same as anything else study and educate yourself. Make your conclusion based off of intelligent analysis. Empty the cup of knowledge and fill it with something new and exciting! I highly recommend the following book: The Chakras and their Functions by Master Choa Kok Sui. This book tremendously helped fill my cup after I reluctantly emptied it. Something new in uncharted territory can be scary yet empowering.

Now, let's talk briefly about the aura. It serves as a protective energy field that surrounds the physical body and its components. Just picture an egg. What is the yolk and chalazae (white stuff) if not for the protective shell? Complete chaos, there would be no egg. What would our internal organs, skeletal, nervous, circulatory system be without our body's protective skins? Chaos and disarray, right?

The aura is part of our energy body system. It is also referred to as the bioplasmic body, meaning a living energy body made up of invisible subtle matter. It absorbs, distributes, and energizes the whole physical body with Life Force.

Here's a simple exercise that helps sensitize the chakras of the palms of your hands. Sit in a comfortable place; do not

practice while driving or operating sensitive machinery as you'd like.

- Put your palms together. As if clapping or in prayer position.
- Gently inhale and exhale.
- Visualize a bright white ball in-between your palms.
- Slowly move your hands apart, all while maintaining the rhythm of your gentle breathing.
- Visualize the white ball getting bigger and brighter by the second.
- Continue to slowly move your hands out.
- Repeat this exercise as often

What did you feel? I'd love to hear from you!

Have a question regarding this article or maybe you'd like to suggest a topic? Write to me at: m_arrieta@yahoo.com. Next article we will talk about Collective Consciousness

Marcela A. Arrieta is an alternative modality practitioner with over five years of experience in this field. She is also an entrepreneur who resides in Downey.

CDC recommends only 2 HPV shots for kids

The CDC has recommended that 11- to 12-year-olds receive two doses of HPV vaccine at least six months apart rather than the previously recommended three doses to protect against cancers caused by human papillomavirus (HPV) infections.

Teens and young adults who start the series later, at ages 15 through 26 years, will continue to need three doses of HPV vaccine to protect against cancer-causing HPV infection.

"Safe, effective, and long-lasting protection against HPV cancers with two visits instead of three means more Americans will be protected from cancer," said CDC Director Tom Frieden, M.D., M.P.H. "This recommendation will make it simpler for parents to get their children protected in time."

Generally, preteens receive HPV vaccine at the same time as whooping cough and meningitis vaccines. Two doses of HPV vaccine given at least six months apart at ages 11 and 12 years will provide safe, effective, and long-lasting protection against HPV cancers. Adolescents ages 13-14 are also able to receive HPV vaccination on the new 2-dose schedule.

CDC and the Advisory Committee on Immunization Practices (ACIP) made this recommendation after a review of studies over several meetings. CDC and ACIP reviewed data from clinical trials showing two doses of HPV vaccine in younger adolescents (aged 9-14 years) produced an immune response similar or higher than the response in young adults (aged 16-26 years) who received three doses.

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SHARED STORIES: CITY SLICKER

Claire Hess grew up in a story-book time in the 1960's – across the bay from San Francisco. Circumstances dictated an abrupt move to a very small town for her senior year in high school. Shared Stories is a weekly column featuring articles by participants in a writing class at the Norwalk Senior Center. Bonnie Mansell is the instructor for this free class offered through the Cerritos College Adult Education Program. Curated by Carol Kearns

By Claire Hess

The authors of my being were travelling on a cool morning blanketed with fog from Pt. Richmond to Hayward, California, a distance of approximately 23 miles, in a speeding taxicab at 2:00 am to anticipate the birth of yours truly.

Why did they go so far? Mom wanted me to be born in the same hospital with the same doctor as my brother who came before me.

The taxicab skidded on its side along the Bayshore Freeway close to Golden Gate Meadows, a race track. The track was almost my birthplace, but the taxi righted itself and sped off to Hayward Hospital, where I was born instantly.

I entered this world on November 3. Was this a twist of fate? When I look back on the event, I see that I have been somewhat of a gambler too with life's trials and tribulations.

After living in the housing projects of Richmond, my parents bought a lot on a small hill overlooking the bay called El Cerrito, neighboring Berkeley, California. I missed the expansive lawns of the projects and the cot I slept on, but was excited to live in a new area that looked like mini-country.

Behind us was a golf course where my brother and I spent many long hours box-boarding down the 7th hole green and selling lemonade to the golfers. There was also golf-ball selling, and many times a golfer would say, "I lost that one last week, but here's 25 cents."

A large, pregnant German Shepherd followed us home on the 10th hole one afternoon, and as a good book says, "Pick up a starving animal and it will thank you for it." She delivered her ten pups one afternoon on my parents' twin beds. She was thankful and said, "Here are ten more."

Next door to us was Fire Station #3 and the firemen were not neighbors, they were family. I can still remember the firemen, their caring conversation and their tiny kitchen. When I smelled the aroma of spaghetti sauce, it was time for me to go home. I always felt safe when my parents left, knowing that they were within earshot.

My brother and I always wondered who would run next door if we had a fire. One Christmas, we were burning the discarded paper and the wood above the fireplace caught fire. I can't remember who ran next door, but they were in the house within a minute.

Growing up in the San Francisco Bay Area in the 1960's was very political, and at the same time, sheltering. As we did not have computers and smart phones, I came home and practiced my squeak, squeak violin for two hours and did my homework.

I started playing in the third grade and stopped in my junior year of high school. I begged my parents to let me quit and take typing lessons or drama. They said OK.

That summer I missed out on a trip to Mason City, Iowa, to see the premier of the Music Man because of my estrangement from the orchestra. But I took it up again and played one semester in college.

San Francisco was only 12 miles away, but in those golden days that was a big trip. When relatives came from the Midwest, Dad would pack everyone in our 1955 blue Ford and drive over the Bay Bridge to Grotto #9 at Fisherman's Wharf to have the best clam chowder, with oyster crackers sprinkled on top, and, of course, the entrée prawns.

It took almost an hour to get there because most of the time we got lost, what with all of the one-way streets.

Oh, but what a city San Francisco was – so cosmopolitan, sophisticated, and with views of the bay on most of the hills. Women wore stylish, small hats, and covered their hands and nails with gloves.

I heard the bad news when I arrived home from school when I was finishing my junior year. We were moving to a small town in northeastern California by the name of Alturas. This is the last larger town before you are in Oregon. I couldn't believe my ears.

I pleaded with my parents to let me stay behind and finish my anticipated senior year. Couldn't I live with my best friend?

Oh, now Claire, you know that would be impossible.

Nothing worked and I was destined to leave the friends I had spent all my school years with. We were classmates since kindergarten and there were 562 of us – how could I leave?

The move took place, and two parents, three children, one German Shepherd, and one cat took Highway 395 up to Modoc

County, the county seat. This is where the Modoc Indian Wars were fought, and also the site of the Japanese internment in Tulelake during World War II.

The country was completely different from the bay area, and we were the strangers. The town only had 2,450 people and had more bars per capita than any other city in California. There was a saloon on every corner, it seemed. If you lived in a small town, you know that all know your business before you do.

Two weeks before school, I saw two boys throwing frogs on the pavement, so I was not sure about this place.

I decided not to be a city-slicking snob and plunged right into my senior year with gusto. September rolled around and the whole school of 320 was very friendly and welcomed me with open arms. I felt strange, but made many friends.

When there were tryouts for the senior play, I was chosen for the lead in the play, Aunt Susie Shoots the Works. I would not have even been given a walk-on part at my old high school, as the competition was too keen.

The play centered on a man-hating spinster who owns a sausage factory. This was living, and I did not miss the old school!

I met a friend who owned horses in a small town north called Davis Creek, and she and I would ride.

In my public speaking class, I announced that I had never, ever seen falling snow, and they answered, "Just you wait." The first snow was rather eventful, but after shoveling it with my dad, the novelty soon wore off.

The night of the senior play, I took my mother to the drug store and I was thinking a lot of my lines. It was snowing quite heavily and a girl darted out from in front of the car next to me. Luckily I slammed on my brakes and did not hit her. It really shook me up and I do not think I drove the car for a few months after that.

Graduation took place in May with 32 of us Modoc Braves, and I looked forward to the summer and then on to Chico State University in the fall.

That summer I was hired as a waitress at a local restaurant in town, and it was also the bowling alley and Greyhound Bus station stop. I worked for \$1 an hour. That was less than the minimum wage at the time - \$1.25.

Many interesting incidents happened on the job, but the one I remember the most was when two English ladies came into the restaurant and they each tipped me a silver dollar!

Every night I would arrive home and Mom would get up and we would count all of my tips – she was shocked at the silver dollars!

I believe in the premise that unfortunate circumstances train you, give you strength, and usually end with a happy ending. I have wonderful memories of experiences in the small town that enhanced my knowledge and gave me a good comparison of urban versus rural communities.

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The student artwork below was selected from among 250 environmental artwork entries submitted to the City by local 5th grade students. A new student artwork winner will be featured each month.

"Drain out motor oil pollution from our oceans. Recycle!"
Kaory Casillas & Itzel Cruz Barajas Unsworth Elementary School Ms. Esqueda's Class

THE MORE YOU KNOW Downey storm drains lead directly to the ocean. When you recycle motor oil at home, you help keep the whole world clean. Recycle for Downey, Recycle for the World!

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City of Downey
DowneyCA.org 888CleanLA.org

Jeff Garcia headlines comedy show in Downey next week

DOWNEY – A comedy fundraiser to help raise money for needy children in Mexico will be held Friday, Nov. 18, at the Embassy Suites in Downey.

Scheduled to perform are Jeff Garcia, Sebastian Cetina, Johnny Sanchez, Julio Gonzalez and Mike Cano.

There will also be raffles, music and surprise guests.

Tickets are \$25 and proceeds will be used to purchase Christmas gifts for children in Tecate, Baja Mexico.

For tickets or information, call Monica at (562) 644-6514 or Ernie at (562) 760-5816.

MILITARY: U.S. Air Force Airman 1st Class David Munguia graduated from basic military training at Joint Base San Antonio-Lackland.

He completed an eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

He is the son of Norma Munguia, of Downey, and former ward of Sandra Aguillon, of Whittier.

HOLIDAY DECORATING: Downey's Parks and Recreation Department is inviting residents to participate in the city's annual Holiday Home Decorating Contest.

Entry forms can be downloaded at downeyca.org and emailed to parksandrec@downeyca.org.

Participating homes will be judged on various categories including Best Use of Lights, Best Lawn Display, Best Religious Display, Christmas Tree Window Display, and more. Within each area, best overall entry winner and honorable mention will be awarded.

Also, one Mayor's Award will be given to each category. This award is the most prestigious and is given to the home with the best total display in each area.

Participating homes will be divided into four judging areas:

Area 1: All homes East of Downey Ave and South of Firestone Blvd.

Area 2: All homes West of Downey Ave and South of Firestone Blvd.

Area 3: All homes West of Downey Ave and North of Firestone Blvd.

Area 4: All homes East of Downey Ave and North of Firestone Blvd.

Entry to the contest is free and all entries must be submitted by 5 p.m. on Wednesday, Nov. 23. Judging will take place Thursday, Dec. 1, from 5:30 to 10:30 p.m. (rain or shine).

Winners will be featured on the city website and presented their awards on Monday, Dec. 5, 7 p.m. in the City Council Chambers at City Hall.

For questions or more information, call the Barbara J. Riley Center at (562) 904-7223.

CHRISTMAS PARADE: The 65th annual Downey Christmas Parade will take place Sunday, Dec. 4, at 1 p.m. along Downey Avenue.

This year's grand marshal is Don Knabe.

TREE-LIGHTING: The city of Downey will hold a "tree-lighting event" -- presumably for Christmas -- on Monday, Dec. 5, at 6 p.m.

There will be arts and crafts, a snow play area, live entertainment, and photos with Santa Claus.

There will also be a cake-cutting celebration in honor of Downey's 60th anniversary.

ROCK & ROLL: An exhibit at the Cerritos Library pays tribute to music and movies with rare memorabilia from the collection of Brian Beirne.

A deejay, concert host and producer, Beirne was the on-air personality at Oldies Radio KRTH-101 in Los Angeles for 29 years. It was the longest continuous stint in FM radio history. A news director and television weatherman, Beirne won the L.A. Press Club Award for "Best Entertainment Reporting" and was "Billboard" magazine's "Newscaster of the Year."

The library exhibit, which reflects Beirne's career working with the legends of Rock 'n' Roll, includes vintage posters from concerts and films featuring Elvis Presley, Frank Sinatra and Jan and Dean. An iconic blue hat worn by rockabilly pioneer Gene Vincent is also displayed with photos of Vincent and his band.

Beirne's collection also includes autographed photos of musicians -- including Glen Campbell -- and tickets (with prices of \$2) for Alan Freed Rock 'n' Roll shows.

The exhibit will be featured in Cerritos Library's Main Street area until the end of 2016.

On Saturday, December 31, the Cerritos Center for the Performing Arts presents "Rockin' New Year's Eve," hosted by Beirne. The lineup includes The Kingsmen ("Louie Louie"), The Marcells ("Blue Moon") and The Tokens ("The Lion Sleeps Tonight").

Also performing are Vocal Group Hall of Fame inductees The Four Preps ("26 Miles to Santa Catalina" and "Big Man") and The Chordettes ("Mr. Sandman" and "Lollipop").

The show ends at approximately 10:30 p.m. and will not include a New Year's countdown at midnight.

To purchase tickets, call (562) 916-8500 or go to cerritoscenter.com.

Emalina, an active 3-year-old pitbull terrier, is SEAACA's Pet of the Week.

Emalina (ID No. 17-09273) is ideal for a family or owner with an active lifestyle. She has already been spayed.



POETRY MATTERS

APOLOGY TO MY HUSBAND

Instead of cleaning house for your cousins' visit tomorrow today I wrote a poem.
I really loved the poem.
Loved writing it, and loved reading it.
Loading the dishwasher, not so much, I admit.
The bathroom floor is full of dog hair, and the toilet has a pink ring around the bowl like a Texaco, neglected on Route 66.
And the chicken-juice from the groceries last week is still puddled up on the refrigerator's second shelf.
Your bed, which they're supposed to sleep in, has the same sheets it had six months ago and no blankets, other than the dog bed in the corner.
I won't be cooking tomorrow, either. You'll probably have to get something to take-out.
I haven't shopped since the leaky chicken -- Y'all might need some eggs or bread or milk.
I'll see you later --
I'm taking my poem up to Santa Fe, and reading it to my friends.
Tell your cousins I said "Hello and Best Wishes," and that I wrote you a poem.

--Georgia Santa Maria

New Mexico poet Santa Maria won First Runner Up in LummoX Press's 3rd Annual Poetry Contest. Outstanding local poets in the new LummoX Five Anthology include Frank Kearns, Linda Singer, Gil Hagen Hill, and Don Kingfisher Campbell, all of whom will read at Stay Gallery November 17, when Editor Rain-dog is expected to announce next year's Contest dates. Open Microphone starts at 7:30 and all poetry lovers are invited to attend. Poetry Matters is curated by Lorine Parks.

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TRAFALGAR

Theater group releases schedule for 20th anniversary season in La Mirada

LA MIRADA – In 1996, at the age of 17, La Mirada resident Steve Cisneros had a vision: create a theatre company geared towards an audience made up of his age group. One that took him seriously as a theatregoer and didn't speak down to him. A theatre company with tickets he could afford. A theatre company that presented plays that he and his peers would want to see and could relate to.

One like that didn't exist in 1996, so he created it. Right after high school, Cisneros laid out a plan and shortly after their first season in 1997, started performing at the La Mirada Theatre for the Performing Arts.

Originally, the group rented the venue and paid for the costs from ticket sales. In 2000, Cisneros approached the theatre about a more permanent situation. The theatre's executive director at the time, Jeff Brown, acknowledged that the troupe reached an audience that existing programs didn't.

"We have tons of children's programs and adult programs," commented Brown, "Our hope is that his organization can reach out and expose them to all these things."

In 2001, the City started providing funding to the company and Phantom Projects became a resident presenting group at the 1,251-seat theatre.

Now, with a 38-year old Cisneros still at the helm, the troupe will present their 5-show 2016/17 Season at La Mirada Theatre for the Performing Arts, as well as a 4-show Touring season which will perform at venues throughout Southern California. The troupe annually performs for nearly 20,000 audience members.

"Our very first rehearsal was in my parents' 2-car garage, where we rehearsed our 1-show season," Cisneros said. "Now, we have a wonderful 5,000 sq ft warehouse, we produce nine shows a year, we have a growing education department, we offer residencies. We've

expanded and added a children's series.

"In addition to all that, we also help other theatre companies by licensing out our scripts, and renting out thousands of costumes to theatres all over the United States and Canada."

Below is the troupe's 2016-17 season schedule.

The Complete Works of William Shakespeare (abridged): November 17, 2016
La Mirada Theatre for the Performing Arts

Follow three madcap men in tights as they weave their wicked way through all of Shakespeare's comedies, histories and tragedies in one wild ride. Starring Paul Green, Jordan Merimee, and Dorian Taylor. Directed by Timothy P. Thorn.

Jargie the Science Girl!: On Tour Jan-May, 2017

This brand new touring show brings Jargie the Science Girl to life through a lively mixture of high energy, comedy and theatrics with live interactive science experiments. Jargie The Science Girl, written by and starring Jocelyn Argueta, a real-life scientist, is the perfect blend of education through the performing arts.

The Giver: February 16, 2017
La Mirada Theatre for the Performing Arts

Based on the Newbery Award-Winning book by Lois Lowry, this astonishing and moving adaptation, discover what it means to grow up, to grow wise, and to take control of your own destiny. Directed by Steve Cisneros

The Center of the Universe: On Tour January-May, 2017

Phantom Projects' longest running show, this powerful production is part of the group's highly successful TEENS ON TOUR program that brings real teen actors into local schools to perform original material aimed at stopping bullying, racism, violence, and more.

#The Wall: May 18, 2017

This brand new play, geared towards our teen audiences, confronts and deals with the (ir)responsibility and consequences of social media usage. Written by Bruce Gevitzman and directed by Steve Cisneros.

CHARLOTTE'S WEB: On Tour April-June, 2017

Based on the classic book by EB White. All the enchanting characters are here, including Wilbur, Fern, Templeton, and, most of all, the extraordinary spider, Charlotte, who proves to be "a true friend and a good writer."

STUART LITTLE: On Tour April-June, 2017

The many adventures—both big and small—of Stuart Little are brought vividly to life in this storytheatre

presentation based on the children's story by EB White.

The 2017 Young Artist Project: August 5, 2017 1PM

The 11th Edition of this unique series, that features an original afternoon of original entertainment, created in just 14 days, by 10 performers selected from hundreds of applicants.

The Phantom Cabaret: A Benefit Gala Supporting Arts Education: August 5, 2017 7PM

The season closes with a benefit performance that puts audience and performers together on the stage of the La Mirada Theatre for an intimate evening featuring song, dance, and a silent auction.

Tickets to any of the performances range from \$20-\$65. Student and group discounts available. Field Trip tickets are \$8-\$10.

For more information on Phantom Projects Theatre Group, visit www.PhantomProjects.com

Hall Of Fame Market & Deli
10846 Downey Ave.,
Buffalo Chicken Sandwich
\$5.49

The **DOWNEY GRAFFITI HOTLINE NUMBER** 923-4484 Report graffiti to this number.

DINING OUT

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RESTAURANT • BAKERY • BAR
VOTED BEST BREAKFAST IN TOWN - SERVED ALL DAY
HOURS OF OPERATION DURING HOLIDAY
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Coffee Shop: 6 a.m. to 9 p.m. 6 a.m. to 6 p.m. 7 a.m. to 10 p.m.
Lounge: 11 a.m. to 10 p.m. 9 a.m. to 6 p.m. 11 a.m. to 10 p.m.
We will be serving our Complete Traditional Thanksgiving Dinners from 11:00 am to 6:00 pm
Turkey, Ham and Prime Rib. Don't forget to pick up your pies early!!!
STOX RESTAURANT • 562-803-4004 STOX Has been a family tradition for over 54 years
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FREE SHOT OF WHEATGRASS OR GINGER
Buy any juice or smoothie and receive a complimentary shot of wheatgrass or ginger. Bring this coupon.

TRADITIONAL THANKSGIVING DINNER
Cafe n' Stuff
Restaurant
YOU INVITE THE GUESTS WE'LL DO ALL THE COOKING!
OVEN ROASTED TURKEY
Stuffing - Mashed Potatoes & Gravy - Cranberry Relish - Freshly Baked Bread - Yummy Pumpkin Pie
Serves 6-8 guests
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Glazed Ham Dinner Available! \$99.95
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AT WOODRUFF (BEHIND B OF A)
OPEN DAILY 7AM - 5PM SAT. & SUN. 7AM - 3PM

3/4 LB. T-BONE STEAK SPECIALS STARTING FROM \$12.99
Hand cut and cooked to order.
DOWNEY 24/7 7951 Firestone Blvd. Corner of Firestone Blvd. & Paramount Blvd. (483-B&L-3245) | NOBREMRESTAURANTS.COM

Join us for **THANKSGIVING!**
November 24th Open for Breakfast at 7:00 am Served 12-8pm
Roast Turkey \$11.95
Glazed Baked Ham \$11.95
Rib Eye Steak \$14.95
Prime Rib \$14.95
Sirloin Steak \$14.95
T-Bone Steak 14 oz. \$15.95
Steak & Shrimp \$15.95
Roast Turkey & Ham Combo \$14.95
All dinners include soup or green salad, potatoes, fresh vegetables, garlic cheese bread or corn bread and pumpkin pie.
Seniors \$1.00 OFF (12 NOON - 4PM/Dine in only) Children under 10 \$6.95 (Turkey and Glazed Ham only)
OR...LET US DO THE COOKING FOR YOU
HOT & READY TO SERVE up to 8 people!
WHOLE ROAST TURKEY \$92.95
With homemade stuffing, mashed potatoes & gravy, cranberry sauce, sweet potatoes and whole pumpkin pie.
GLAZED HAM \$98.95
With pineapple sauce, yams, mashed potatoes & gravy and whole pumpkin pie.
Reeloon ORDERS AFTER THE 18TH CASH ONLY
10822 Lakewood Next to Stonewood Mall 862-0223

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VERACRUZ
FAMILY RESTAURANT
BUY 1 GET 1 FREE!
* Buy any item from our dinner menu at regular price and get the 2nd of equal or lesser value FREE w/purchase of 2 drinks. Items 1-43 Only. Dine-In Only. No Take Out. 1 Coupon Per Visit. Substitutions Extra. Expires 11-21-16. Excludes Holidays.
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Grill & Cantina
Authentic Fresh Made Mexican Food
La Barca
HAPPY HOUR
Mon. - Fri. 3 PM-8 PM
Sat. & Sun. 3 PM-8 PM
(Bar Only)

DOWNNEY PATRIOT SPECIAL
Breakfast & Lunch Buffet
Now Available!
Monday - Thursday
Buy One Entree, Get the Second of **\$3.99** Equal or Lesser Price for
Expires 12-10-16
(Not valid with any other offer.)
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Friday & Saturday 7:30 PM - 12 PM
Sunday 4 PM - 9 PM
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www.chrisandpittsbbqrestaurants.com
Broasted Chicken Dinner \$15.95
Hawaiian or Bar-B-Q Chicken Dinner \$14.95
Comes with the same regular sides:
Soup or Crisp Tossed Green Salad, BBQ beans, French fries and Garlic bread
*Not Valid on Holidays. Exp. 12-8-16

BRICKSTONES - GRILL
Enjoy a relaxing dining experience with delicious American Cuisine. Open for lunch and dinner. Brickstones Grill also offers a great Happy Hour during the week.
Located in the atrium of the Embassy Suites by Hilton.
EMBASSY SUITES by HILTON
562-861-1900
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Buy one entree, get the 2nd at 50% off
Please present coupon to server. One coupon per table. Dine-in only. Not valid with Happy Hour Specials. Valid through Oct 31, 2016.

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Marie Callender's
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20% off Entire Bill
with this coupon, not valid with any other offer, dine-in only, excludes holidays
7860 Florence Ave., Downey • 562.927-3327

This business is conducted by an Individual The registrant commenced to transact business under the fictitious business name or names listed above on N/A. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) S/ FAVIOLA JAIME, OWNER
This statement was filed with the County Clerk of Los Angeles on OCTOBER 18, 2016
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 Professions Code).

The Downey Patriot
10/27/16, 11/3/16, 11/10/16, 11/17/16

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2016247107

THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) CYBERKINS, 11029 REICHLING LANE, WHITTIER CA 90606, LA COUNTY
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A REGISTERED OWNERS(S): (1) STEVEN LAWRENCE PALACIOS, 11029 REICHLING LANE, WHITTIER CA 90606
State of Incorporation: (1) N/A
This business is conducted by an Individual The registrant commenced to transact business under the fictitious business name or names listed above on 10/2016 I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) S/ STEVEN LAWRENCE PALACIOS, OWNER
This statement was filed with the County Clerk of Los Angeles on OCTOBER 7, 2016
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 Professions Code).

The Downey Patriot
10/27/16, 11/3/16, 11/10/16, 11/17/16

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2016271760

THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) DE LA PEÑA MFG. CO, 1920 HILLHURST AVE. #931, LOS ANGELES CA 90027, LA COUNTY
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A REGISTERED OWNERS(S): (1) CHRISTOPHER J. DE LA PEÑA, 1920 HILLHURST AVENUE UNIT #931, LOS ANGELES CA 90027
State of Incorporation: (1) N/A
This business is conducted by an Individual The registrant commenced to transact business under the fictitious business name or names listed above on 11/2016 I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) S/ CHRISTOPHER J. DE LA PEÑA, OWNER
This statement was filed with the County Clerk of Los Angeles on NOVEMBER 7, 2016
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 Professions Code).

The Downey Patriot
11/10/16, 11/17/16, 11/24/16, 12/1/16

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2016254036

THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) VICKI AND FRIENDS HAIR STYLING (2) VICKI AND FRIENDS SALON & BLOW DRY BAR, 5530 SOUTH ST, LAKEWOOD CA 90713, COUNTY OF LOS ANGELES, 5530 SOUTH ST., LAKEWOOD 90713
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A REGISTERED OWNERS(S): (1) VALERIE RODRIGUEZ RUIZ, 5481 PIONEER BLVD, WHITTIER CA 90601
State of Incorporation: (1) N/A
This business is conducted by an Individual The registrant commenced to transact business under the fictitious business name or names listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) S/ VALERIE RODRIGUEZ RUIZ, OWNER
This statement was filed with the County Clerk of Los Angeles on OCTOBER 18, 2016
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 Professions Code).

The Downey Patriot
10/27/16, 11/3/16, 11/10/16, 11/17/16

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2016265884

THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) SVS TRANSPORT, 8635 SOMERSET BLVD 362, PARAMOUNT CA 90723, LA COUNTY
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A REGISTERED OWNERS(S): (1) SERGIO F EUAN, 8635 SOMERSET BLVD APT 362, PARAMOUNT CA 90723
State of Incorporation: (1) N/A
This business is conducted by an Individual The registrant commenced to transact business under the fictitious business name or names listed above on 10/2016 I declare that all information in this statement is true and correct. (A registrant who

declares as true information which he or she knows to be false is guilty of a crime.) S/ SERGIO F EUAN, OWNER
This statement was filed with the County Clerk of Los Angeles on NOVEMBER 2, 2016
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 Professions Code).

The Downey Patriot
11/10/16, 11/17/16, 11/24/16, 12/1/16

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2016250764

THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) ELISIA (2) DIAMOND WOLF ENTERTAINMENT (3) DIAMOND WOLF (4) DIAMOND WOLF ENT, 9324 HORLEY AVE., DOWNEY CA 90240, LA COUNTY
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A REGISTERED OWNERS(S): (1) IVO RUBIO, 9324 HORLEY AVE., DOWNEY CA 90240
State of Incorporation: (1) N/A
This business is conducted by an Individual The registrant commenced to transact business under the fictitious business name or names listed above on 10/2016 I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) S/ IVO RUBIO, OWNER
This statement was filed with the County Clerk of Los Angeles on OCTOBER 13, 2016
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 Professions Code).

The Downey Patriot
10/27/16, 11/3/16, 11/10/16, 11/17/16

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2016250410

THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) VIDA ESTATES AND SERVICES, 11015 PARAMOUNT BLVD STE 7, DOWNEY CA 90241, LA COUNTY
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A REGISTERED OWNERS(S): (1) DAFNE FLORES SIERRA, 11015 PARAMOUNT BLVD STE 7, DOWNEY CA 90241 (2) VICTOR MANUEL FLORES AHUMADA, 11015 PARAMOUNT BLVD STE 7, DOWNEY CA 90241
State of Incorporation: (1) N/A
This business is conducted by a General Partnership The registrant commenced to transact business under the fictitious business name or names listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) S/ DAFNE FLORES SIERRA, GENERAL PARTNER
This statement was filed with the County Clerk of Los Angeles on OCTOBER 13, 2016
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 Professions Code).

The Downey Patriot
10/27/16, 11/3/16, 11/10/16, 11/17/16

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2016256794

THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) SOUTHLAND CHRISTIAN ACADEMY, 16400 WOODRUFF AVENUE, BELLFLOWER CA 90706, LA COUNTY
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A REGISTERED OWNERS(S): (1) DESERT REIGN ASSEMBLY OF GOD, 11610 LAKEWOOD BOULEVARD, DOWNEY CA 90241
State of Incorporation: (1) N/A
This business is conducted by a Corporation The registrant commenced to transact business under the fictitious business name or names listed above on 06/2016 I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) S/ DESERT REIGN ASSEMBLY OF GOD, PRESIDENT, DONALD R. METCALF
This statement was filed with the County Clerk of Los Angeles on OCTOBER 20, 2016
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 Professions Code).

The Downey Patriot
11/3/16, 11/10/16, 11/17/16, 11/24/16

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2016259265

THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) ELEMENTZ, 8683 WASHINGTON BLVD, CULVER CITY CA 90232, LA COUNTY, 7119 SUNSET BLVD 194, LOS ANGELES CA 90046
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A REGISTERED OWNERS(S): (1) UNCLE ZEV, LLC, 7119 SUNSET BLVD 194, LOS ANGELES CA 90046
State of Incorporation: (1) CA
This business is conducted by a Limited Liability Company The registrant commenced to transact business under the fictitious business name

or names listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) S/ UNCLE ZEV, LLC, OWNER, JEFFREY MEYER
This statement was filed with the County Clerk of Los Angeles on OCTOBER 24, 2016
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 Professions Code).

The Downey Patriot
10/27/16, 11/3/16, 11/10/16, 11/17/16

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2016244545

THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) THE CRYSTAL EXPRESS, 10637 SPRY STREET, NORWALK CA 90650, LA COUNTY
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A REGISTERED OWNERS(S): (1) EDUARDO CENTENO, 10637 SPRY STREET, NORWALK CA 90650
State of Incorporation: (1) N/A
This business is conducted by an Individual The registrant commenced to transact business under the fictitious business name or names listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) S/ EDUARDO CENTENO, OWNER
This statement was filed with the County Clerk of Los Angeles on OCTOBER 5, 2016
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 Professions Code).

The Downey Patriot
10/20/16, 10/27/16, 11/3/16, 11/10/16

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2016254440

THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) SEVILLE WALKER SERVICE, 7118 SEVILLE AVE APT. F, HUNTINGTON PARK CA 90255, LA COUNTY
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A REGISTERED OWNERS(S): (1) FRANCISCO AVILA, 7118 SEVILLE AVE APT. F, HUNTINGTON PARK CA 90255
State of Incorporation: (1) N/A
This business is conducted by an Individual The registrant commenced to transact business under the fictitious business name or names listed above on N/A I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) S/ FRANCISCO AVILA, OWNER
This statement was filed with the County Clerk of Los Angeles on OCTOBER 18, 2016
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 Professions Code).

The Downey Patriot
10/20/16, 10/27/16, 11/3/16, 11/10/16

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2016253172

THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) DOWNEY BEARS, 8043 DENBO STREET, PARAMOUNT CA 90723, LA COUNTY
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A REGISTERED OWNERS(S): (1) RAMON BRAMASCO, 4119 E 60TH STREET, HUNTINGTON PARK CA 90255
State of Incorporation: (1) N/A
This business is conducted by an Individual The registrant commenced to transact business under the fictitious business name or names listed above on 09/2016 I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) S/ RAMON BRAMASCO, OWNER
This statement was filed with the County Clerk of Los Angeles on OCTOBER 17, 2016
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 Professions Code).

The Downey Patriot
10/27/16, 11/3/16, 11/10/16, 11/17/16

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME
2016235664

File Number 2016150459 DATE FILED: JUNE 15, 2016
NAME OF BUSINESS(ES): JOYFUL LIVING HOME CARE, INCORPORATED, JOYFUL LIVING HOME CARE, YORBA LINDA # 4, JOYFUL LIVING HOME CARE, DOWNEY # 1, JOYFUL LIVING HOME CARE, DOWNEY # 2, JOYFUL LIVING HOME CARE, DOWNEY # 3
STREET ADDRESS, CITY, STATE, ZIP CODE: 9821-B DOWNEY AVE, DOWNEY, CA 90240
REGISTERED OWNERS(S): (1) JOYFUL LIVING HOME CARE, INCORPORATED, 9821-B DOWNEY AVE, DOWNEY CA 90240
State of Incorporation: CA
This business is conducted by a Corporation I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)

S/ JOYFUL LIVING HOME CARE, PRESIDENT
This statement was filed with the County Clerk of LOS ANGELES on SEPTEMBER 23, 2016

The Downey Patriot
10/20/16, 10/28/16, 11/3/16, 11/10/16

GOVERNMENT

SUMMARY OF ORDINANCE ADOPTED

On November 7, 2016, the City Council of the City of Downey adopted Ordinance No. 16-1361 of the City Council of the City of Downey rezoning the properties located at 9525-9601 Firestone Blvd, 11016-11100 Pangborn Ave, and 11017-11121 Newville Ave, from Neighborhood Commercial and Parking Buffer to Multiple-Family Residential, excluding the Parking Buffer portion of 9601 Firestone Blvd, which would be rezoned to Neighborhood Commercial.

AYES: Council Members: Ashton, Brossmer, Vasquez, Mayor Saab
NOES: Council Member: None
EXCUSED: Council Member: Marquez
ABSTAIN: Council Member: None.

Copies of the full texts are available in the City Clerk's Office.

Adria M. Jimenez, MMC, City Clerk
November 10, 2016

The Downey Patriot
11/10/16

CITY OF DOWNEY NOTICE OF PUBLIC HEARING ON THE PROPOSED NEGATIVE DECLARATION, GENERAL PLAN AMENDMENT AND ZONE CHANGE

PLN-15-00004

Notice is hereby given that a public hearing will be held before the DOWNEY CITY COUNCIL on the 22nd day of November 2016, at 6:30 p.m., in the Council Chamber of the Downey City Hall, 11111 Brookshire Avenue, Downey, California. At that time and place, consideration will be given to the following:

PLN-15-00004 (Negative Declaration, General Plan Amendment and Zone Change) – A proposal to change the General Plan land use designation of property located at 10361 Foster Road, known as LDR (Low Density Residential) to MDR (Medium Density Residential); and to change the zone of said property from R-1 (Single-Family Residential) to R-3 (Multiple-Family Residential).

All interested parties are invited to submit written comments and/or to attend and give testimony.

In accordance with the provisions of the California Environmental Quality Act (CEQA), Negative Declaration of Environmental Impacts has been prepared for the proposed project and was previously circulated for public review from June 10, 2016 to June 30, 2016.

If you challenge the proposed actions in court, you may be limited to raising only those issues you or someone else raised at the public hearing described in this notice, or in written correspondence delivered to the City Clerk at, or prior to, the public hearing.

For more information contact the City Planner William Davis at 562-904-7154.

Adria M. Jimenez, CMC
Downey City Clerk

The Downey Patriot
11/10/16

LIEN SALES

NOTICE OF SALE

NOTICE IS HEREBY GIVEN that the undersigned intends to sell the personal property described below to enforce a lien imposed on said property pursuant to sections 21700 – 21716 of the CA Business and Professions Code, CA Commercial Code Section 2328, Section 1812.600 – 1812.609 and Section 1988 of CA Civil Code, 353 of the Penal Code.

The undersigned will sell at public sale by competitive bidding on **Wednesday the 16th day of November, 2016** at **1:30 P.M.**, on the premises where said property including: household goods, tools, electronics, and personal effects, have been stored and which are located at **Paramount Self Storage, 8160 E. Rosecrans Ave, Paramount, County of Los Angeles**, State of California, the following:

| Customer Name | Unit# |
|---------------------|-------|
| Jose Pacheco | 1027 |
| Ifowasi Daniels | 1103 |
| Brandi Keeler | 1125 |
| Luis Torres | 1165 |
| Erick Albert Garcia | 1338 |
| Deshane Joiner | 1420 |
| Donald Reed | 1427 |
| Gabriel Rodriguez | 1459 |
| Antonie Wiley | 1518 |
| Luis Torres | 1521 |
| Stephanie Delguzzi | 1536 |
| Erendira Bresciani | 2037 |
| Edder Castillo | 2165 |
| Devinnie Branch | 2288 |
| Lachesha Jackson | 2951 |
| Markeena Lee | 2969 |

Purchases must be paid for at the time of purchase in cash only. All purchased items sold as is, where is and must be removed at the time of sale. Sale subject

to cancellation in the event of settlement between owner and obligated party.

Dated this 3rd Day of November 2016 and 10th day of November 2016.
Self Storage Management Co. Bond #: WL1254152

The Downey Patriot
11/3/16, 11/10/16

NOTICES

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES ORDER TO SHOW CAUSE FOR CHANGE OF NAME CASE NUMBER: VS029518

TO ALL INTERESTED PERSONS: Petitioner Robert Lou Walking filed a petition with this court for a decree changing names as follows:

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

NOTICE OF HEARING
Date: December 14, 2016, Time: 1:30 pm, Department C, 3rd Floor
The address of the court is 12720 Norwalk Blvd., Norwalk, California 90650
A copy of this Order to Show Cause shall be published at least once a week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in the county, DOWNEY PATRIOT

October 13, 2016
Margaret M. Bernal
Judge Of The Superior Court
Petitioner or Attorney, In Pro Per
Robert Lou Walking Jr.
14532 Woodruff Ave
Bellflower CA 90706
(562) 644-5116
rkrm1@hotmail.com

The Downey Patriot
10/20/16, 10/27/16, 11/3/16, 11/10/16

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES ORDER TO SHOW CAUSE FOR CHANGE OF NAME CASE NUMBER: VS029597

TO ALL INTERESTED PERSONS: Petitioner Hector Gonzalez filed a petition with this court for a decree changing names as follows:

Present name (1) Danielle Paola Gonzalez to Proposed name (1) Daniela Paola 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 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: December 20, 2016, Time: 1:30 pm, Department C, 3rd Floor
The address of the court is 12720 Norwalk Blvd., Norwalk, California 90650
A copy of this Order to Show Cause shall be published at least once a week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in the county, DOWNEY PATRIOT

October 28, 2016
Margaret M. Bernal
Judge Of The Superior Court
Petitioner or Attorney, In Pro Per
Hector Gonzalez
7724 Cecilia St
Downey, CA 90241
(562) 927-0935

The Downey Patriot
11/10/16, 11/17/16, 11/24/16, 12/1/16

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES ORDER TO SHOW CAUSE FOR CHANGE OF NAME CASE NUMBER: VS029625

TO ALL INTERESTED PERSONS: Petitioner Eldida Polanco filed a petition with this court for a decree changing names as follows:

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

NOTICE OF HEARING
Date: December 28, 2016, Time: 1:30 pm, Department C, 3rd Floor
The address of the court is 12720 Norwalk Blvd., Norwalk, CA 90650
A copy of this Order to Show Cause shall be published at least once a week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in the county, DOWNEY PATRIOT

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(562) 440-9663

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(562) 644-8968

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COUNTY OF LOS ANGELES ORDER TO SHOW CAUSE FOR CHANGE OF NAME CASE NUMBER: V5029240

TO ALL INTERESTED PERSONS: Pettitioner Juana R Bribiesca filed a petition with this court for a decree changing names as follows:
Present name (1) Juana R Bribiesca to Proposed name (1) Jenny Raya

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

NOTICE OF HEARING
Date: **November 30, 2016, Time: 1:30 pm, Department SE-C**
The address of the court is 12720 Norwalk Blvd., Norwalk, Ca 90650

A copy of this Order to Show Cause shall be published at least once a week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in the county, **THE DOWNEY PATRIOT** October 19, 2016
Margaret M. Bernal
Judge Of The Superior Court
Petitioner or Attorney, in Pro Per
Juana R Bribiesca
11821 Garfield Ave.
South Gate, CA 90280
(562) 531-2763

The Downey Patriot
10/27/16, 11/3/16, 11/10/16, 11/17/16

as: AS MORE FULLY DESCRIBED ON SAID DEED OF TRUST The street address and other common designation, if any, of the real property described above is purported to be: 9315 LA REINA AVENUE DOWNEY, CA 90240-2381 The undersigned Trustee disclaims any liability for any inaccuracy of the street address and other common designation, if any, shown herein. Said sale will be held, but without covenant or warranty, express or implied, regarding title, possession, condition, or encumbrances, including fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to pay the remaining principal sums of the note(s) secured by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is: \$847,043.16 If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located. **NOTICE TO POTENTIAL BIDDERS:** If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. **NOTICE TO PROPERTY OWNER:** The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale

NOTICE OF TRUSTEE'S SALE Pursuant to CA Civil Code 2923.3 IMPORTANT NOTICE TO PROPERTY OWNER: YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 1/25/2006, UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER ON 11/30/2016 at 10:30 AM, CLEAR RECON CORP., as duly appointed trustee under and pursuant to Deed of Trust recorded 1/31/2006, as Instrument No. 06 0223318, of Official Records in the office of the County Recorder of Los Angeles County, State of CALIFORNIA executed by: CALLIE SYKES-DOUROUX AND MICHAEL DOUROUX, WIFE AND HUSBAND, AS JOINT TENANTS WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK DRAWN ON A STATE OR NATIONAL BANK, A CHECK DRAWN BY A STATE OR FEDERAL CREDIT UNION, OR A CHECK DRAWN BY A STATE OR FEDERAL SAVINGS AND LOAN ASSOCIATION, SAVINGS ASSOCIATION, OR SAVINGS BANK SPECIFIED IN SECTION 5102 OF THE FINANCIAL CODE AND AUTHORIZED TO DO BUSINESS IN THIS STATE: BEHIND THE FOUNTAIN LOCATED IN CIVIC CENTER PLAZA, 400 CIVIC CENTER PLAZA, POMONA, CA 91766 all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as: MORE FULLY DESCRIBED ON SAID DEED OF TRUST The street address and other common designation, if any, of the real property described above is purported to be: 8412 CHEYENNE ST DOWNEY, CA 90242 The undersigned Trustee disclaims any liability for any inaccuracy of the street address and other common designation, if any, shown herein. Said sale will be held, but without covenant or warranty, express or implied, regarding title, possession, condition, or encumbrances, including fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to pay the remaining principal sums of the note(s) secured by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is: \$458,598.09 If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located. **NOTICE TO POTENTIAL BIDDERS:** If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the

existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. **NOTICE TO PROPERTY OWNER:** The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale

postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (844) 477-7869 or visit this Internet Web site WWW.STOXPOSTING.COM, using the file number assigned to this case 036867-CA. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information

is to attend the scheduled sale. FOR SALES INFORMATION: (844) 477-7869 CLEAR RECON CORP. 4375 Jutland Drive Suite 200 San Diego, California 92117
The Downey Patriot
11/3/16, 11/10/16, 11/17/16

TRUSTEE SALES

T.S. No. 043209-CA APN: 6361-006-021 **NOTICE OF TRUSTEE'S SALE** Pursuant to CA Civil Code 2923.3 IMPORTANT NOTICE TO PROPERTY OWNER: YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 6/8/2007, UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER ON 11/23/2016 at 10:30 AM, CLEAR RECON CORP., as duly appointed trustee under and pursuant to Deed of Trust recorded 6/18/2007, as Instrument No. 20071459817, of Official Records in the office of the County Recorder of Los Angeles County, State of CALIFORNIA executed by: SERGIO TORRES, A SINGLE MAN WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK DRAWN ON A STATE OR NATIONAL BANK, A CHECK DRAWN BY A STATE OR FEDERAL CREDIT UNION, OR A CHECK DRAWN BY A STATE OR FEDERAL SAVINGS AND LOAN ASSOCIATION, SAVINGS ASSOCIATION, OR SAVINGS BANK SPECIFIED IN SECTION 5102 OF THE FINANCIAL CODE AND AUTHORIZED TO DO BUSINESS IN THIS STATE: BEHIND THE FOUNTAIN LOCATED IN CIVIC CENTER PLAZA, 400 CIVIC CENTER PLAZA, POMONA, CA 91766 all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described

AS MORE FULLY DESCRIBED ON SAID DEED OF TRUST The street address and other common designation, if any, of the real property described above is purported to be: 9315 LA REINA AVENUE DOWNEY, CA 90240-2381 The undersigned Trustee disclaims any liability for any inaccuracy of the street address and other common designation, if any, shown herein. Said sale will be held, but without covenant or warranty, express or implied, regarding title, possession, condition, or encumbrances, including fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to pay the remaining principal sums of the note(s) secured by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is: \$847,043.16 If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located. **NOTICE TO POTENTIAL BIDDERS:** If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the

existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. **NOTICE TO PROPERTY OWNER:** The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale

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Norwalk buys carwash, to replace it with affordable housing

REDEVELOPMENT: Norwalk seeking developer to build affordable housing on carwash site.

By Christian Brown
Editor

NORWALK — Hoping to redevelop the commercial stretches along Firestone Boulevard and San Antonio Drive, the city of Norwalk is planning to purchase and demolish the Norwalk Classic Car Wash, located at 11565 Firestone Blvd, and replace it with affordable housing.

In a 4-0 decision last month, the City Council agreed with city staff who believe the 3.1-acre site is a prime redevelopment site, situated at the gateway to Norwalk's historical Front Street.

Using funds from its Low and Moderate Housing Asset Fund, city officials plan to purchase

the property site -- which also contains Panda King and Albert's Mexican Food -- for \$5.5 million.

Currently, the city has \$11.3 million in its housing asset fund to make property acquisitions.

City Manager Mike Egan said the land purchase allows the city to control the nature and quality of future development at the site.

With a redevelopment specific plan for that area already in the works, Egan hopes the city could later attract a patron to construct affordable housing or even a mixed-use project on the site.

Once escrow closes on the lot, the car wash, which is operated by the current property owner, will close down and be fenced off.

The city estimates demolition costs to reach \$581,000.

Panda King and Albert's Mexican Food will continue to operate until their current leases

expire in Jan. 31, 2018.

The City Council also moved forward with the repeal of current city codes regarding sex offender residency restrictions.

In May 2009, Norwalk adopted an ordinance to prohibit any registered sex offender from establishing a residence in a residential zone, which is within 2,000 feet of a public or private school, park, child care center, or recreational facility.

In light of recent studies and reports that indicate these laws do not improve public safety, but in fact, increase the threat, City Attorney Roxanne Diaz recommended the city council retract its ordinance.

"The evidence suggests that residency restrictions have the unintended consequences of increasing homelessness among registered sex offenders, thereby actually threatening public safety," Diaz said.

Diaz cited several recent court decisions that have called into question the constitutionality of blanket residency restrictions.

"These laws haven't helped, but makes it more difficult to track sex offenders and that makes them more likely to offend," Diaz said. "Nearly 50 cities in California have already appealed these residency restrictions."

In a 3-1 vote, the Norwalk City Council approved the resolution to retract its residency restrictions, albeit begrudgingly. Councilmember Luigi Vernola voted in opposition.

The Norwalk City Council also approved changes to mid-management staff positions on Oct. 18, reassigning the two public services superintendent roles into separate positions entirely.

Previously, the Department of Public Services employed two public services superintendents



to assist with day-to-day operations as well as short and long-term objectives.

City officials, however, felt it best to alter the positions into two distinct roles: public services manager and special projects coordinator.

The public services manager position will see a pay increase from \$9,950 a month to \$10,837.

While the special projects coordinator role will now report to the manager and receives a pay decrease from \$9,950 to \$7,700 a month.

Overall, the city expects the reclassification to save the city \$26,000 annually.

CRIME REPORT: Man pulls gun on driver who cut him off

CERRITOS — A Torrance resident was arrested last Saturday after an incident of road rage led the 25-year-old to allegedly threaten a couple with a handgun, police said.

On Saturday, Nov. 5 at 2:25 p.m., Los Angeles County Sheriff's Department deputies from the Cerritos Station responded to the 18900 block of Castle Place in Cerritos regarding a person with a gun call.

A preliminary investigation by deputies revealed that the suspect, Brandon Patrick, was driving west on South Street and east of Studebaker Road behind

the vehicle of a Lakewood couple -- a 51-year-old man and his 44-year-old girlfriend.

Deputies say Patrick believed the man, who was driving, "cut him off," leading to a "road rage" incident wherein obscene hand gestures were exchanged.

The couple followed Patrick to a residential neighborhood on Castle Place, where Patrick stopped his vehicle. The couple stopped a short distance away. Patrick allegedly approached the victim's vehicle and pointed a handgun at both the male and female victims, deputies said. Patrick then walked to a nearby

residence.

He was later arrested at the residence without further incident for assault with a deadly weapon, deputies said. He was booked at Cerritos station and is being held in lieu of \$50,000 bail. No shots were fired during this incident and neither victim was injured.

Anyone with information about this incident is encouraged to contact the Los Angeles County Sheriff's Department's Cerritos Station at (562) 860-0044.

LOBBYIST ARRESTED: A Long Beach-based lobbyist, whose clients included illegal marijuana stores in Long Beach, was sentenced Monday to one year and one day in federal prison for failing to report to the IRS more than \$750,000 in income he received over a six-year period.

Carl A. Kemp, 43, of Long Beach, the owner of the public relations firm and a one-time candidate for the Long Beach City Council, was sentenced by United States District Judge Philip S. Gutierrez, who also ordered the defendant to pay \$210,661 in restitution to the Internal Revenue Service to cover his back taxes.

Kemp pleaded guilty in July to subscribing to a false tax return for the year 2012. On his federal tax return for that year, Kemp reported that he had no taxable income, when his business took

in approximately \$180,000.

"For years, this defendant engaged in criminal conduct designed to conceal his receipt of three-quarters of a million dollars -- much of which was cash paid by illegal marijuana businesses," said United States Attorney Eileen M. Decker. "Failure to fully report income on federal tax returns is a felony offense that can bring prison as well as significant monetary penalties."

In a plea agreement filed in court, Kemp admitted receiving a total of \$754,783 in income that he failed to report on his taxes for the years 2007 through 2012.

"For six consecutive years, Mr. Kemp, a well-educated professional with a successful business, elected to circumvent the law and cheat on his taxes," stated Acting Special Agent in Charge for IRS Criminal Investigation, Anthony J. Orlando. "As the punishment handed down today reflects, no matter what your career or circle of influence, all of us are obligated to comply with our nation's tax laws."

BRIBERY: A former immigration services officer with U.S. Citizenship and Immigration Services (USCIS) who had the power to approve applications for citizenship has been sentenced to 33 months in federal prison for taking tens of thousands of dollars in bribes.

Daniel Espejo Amos, 68, of Lakewood, was sentenced last Friday afternoon by United States District Judge Michael W. Fitzgerald.

Amos pleaded guilty in April to one count of conspiracy and one count of being a public

official who accepted cash bribes. When he pleaded guilty, Amos admitted that he accepted more than \$53,000 in bribes from immigration consultants on behalf of immigrants who were not eligible to become naturalized United States citizens.

"This defendant violated his oath to the United States by accepting more than \$53,000 in cash bribes in exchange for helping at least 60 aliens to obtain U.S. citizenship -- even though he knew the immigrants did not qualify for this benefit," said United States Attorney Eileen M. Decker. "This defendant's corruption also undermined our naturalization system and damaged the public's faith in government, warranting the sentence imposed by the court."

In a plea agreement filed in this case, Amos admitted accepting bribes in exchange for committing official acts, including falsely certifying that immigrants had met requirements for citizenship that include "passing" the English competency and civics portions of the naturalization interview and examination administered by USCIS.

In at least one case, the immigrant's English-language skills were so poor that Amos gave him copies of test answers so the immigrant could memorize them prior to his naturalization interview.

FREEWAY CRASH: A 26-year-old man was charged Wednesday with one count of murder for an alleged DUI crash in which a 4-month-old girl was killed.

Jared Hale Lynch Silvestri (dob 3/27/90) of Pasadena faces one count each of murder,

driving under the influence of an alcoholic beverage causing injury and driving with a .08% blood alcohol content causing injury.

Silvestri is accused of crashing his VW Jetta, full speed, into a Chrysler pulled over to the shoulder of the 110 Freeway near Stadium Way on Nov. 5, prosecutors said.

The driver in the Chrysler was injured and her granddaughter, Melanie Brown, died as a result of her injuries. A 9-year-old girl in the Chrysler only suffered minor injuries.

The recommended bail is \$1.1 million. If convicted as charged, Silvestri faces a possible maximum sentence of 25 years to life in state prison.

HIT AND RUN: A Canyon Country man was sentenced to 10 years in state prison Monday for hitting a 53-year-old bicyclist with his car and then fleeing the scene of the crash.

Deputy District Attorney SuSu Scott said Lucas Guidroz, 28, pleaded no contest on Oct. 4 to one count each of gross vehicular manslaughter while intoxicated and hit-and-run driving resulting in death.

The defendant struck Rod T. Bennett with his car as Bennett rode a bicycle on Placerita Canyon Road in Santa Clarita on May 25, the prosecutor said. The victim died as a result of his injuries.

Guidroz turned himself in on May 27.

ATTEMPTED MURDER: A 19-year-old man accused of viciously stabbing his girlfriend while in a car pleaded not guilty Monday.

Martin Gallegos (dob 9/15/97) of Pomona has been charged with five felony counts, including attempted murder.

Deputy District Attorney John Thibodeau of the Victim Impact Program, who is assigned to the case, said on the evening of Sept. 17 police responded to a call regarding a car crash.

When authorities arrived, they found a vehicle that had struck a pole and an 18-year-old woman suffering from serious stab wounds in the middle of the street, according to the prosecutor.

The victim was taken to the hospital for medical treatment, the prosecutor said. During the investigation, authorities found Gallegos near the car and arrested him in connection with the incident.

Gallegos also is alleged to have attacked the same victim on July 28, the prosecutor added.

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Before buying a fixer-upper, read this

Investing in a fixer-upper is a great way to make some money off of the real estate market, but there are potential risks around every corner. Many new homeowners find themselves struggling with hidden costs and unexpected repairs that make this process expensive, time-consuming, and stressful.

Here is a look at a few tips that will help you find the perfect fixer-upper at the right price.

FIND A GOOD INSPECTOR: Unless you happen to be a trained inspector yourself, you should find a trustworthy inspector who will guide you through this process. Many sellers and real estate agents maintain contact with local inspectors, but those professionals will not be looking out for the buyers. The ideal home inspector should be certified by the state and have

extensive experience in the field.

CHECK THE KEY SYSTEMS: Even if you are willing to invest quite a bit of time and energy into a fixer-upper, most of the key mechanical systems should be safe and in good working condition.

The primary systems you and your inspector should check include the electrical wires, plumbing, air conditioning, and heater.

As a general rule, fixing those components will be much more expensive than simple cosmetic changes. Any damage that is found in those areas of the home can be used as leverage to bring the final price down.

LOOK FOR EASY COSMETIC FIXES: Some of the most lucrative fixer-uppers only have minor

damage to the walls, floors, and ceiling. In these homes, you could potentially have a huge return on investment if you carry out simple upgrades such as painting the walls and installing new laminate floors with the help of a company like Georgia Carpet Industries.

When you are taking a look at the damage, you should keep an eye out for any signs that there are serious issues just below the surface. That includes water damage, fire damage, stains, mold, and mildew.

ESTABLISH FIRM NUMBERS BEFORE YOU MAKE AN OFFER: One of the biggest mistakes a buyer can make is placing a bid without doing a fair amount of research. Buying a fixer-upper and hoping you will have enough money to finish the important projects in the coming months

could land you in a difficult situation.

You and anyone else who is investing in the home should have firm numbers regarding the initial investment, the cost of the fixes, and how long it will take to complete the upgrades. Having your assets tied up in a home that you cannot sell or upgrade could damage your credit for years to come.

Spending a little extra time on the planning stages of this process could help you avoid a major catastrophe that becomes a financial burden for you and your loved ones.

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A down payment is the amount of money you spend upfront to purchase a home and is typically combined with a home loan to fulfill the total purchase price of a home. In addition your down payment amount, your credit score, credit history, total debt and annual income will influence how much of a loan you can qualify for.

The higher your down payment, the lower your monthly mortgage payment will be. The amount required for a down payment depends on your loan type. Typically you will need to save 5 to 20 percent of the sale price in cash in order to qualify for a conventional loan (e.g. 30-year fixed mortgage). Down payments for jumbo loans can be as low as 10%. If you put down less than 20 percent on a conventional loan, you will most likely have to pay mortgage insurance (either private or public depending on the type of loan).

Saving for 20 percent down might be too difficult or take too many years for many first-time home buyers or borrowers with lower household incomes. Popular alternative programs allow for a zero to 3.5 percent down payment option, although

a zero down-payment option is more difficult to get.

The most common programs for lower down payment mortgages come from the Federal Housing Administration (FHA). Most FHA loans require a minimum 3.5 percent down and a decent credit score in order to qualify – which makes them appealing for first time home buyers. Additionally, these types of loans are federally insured to reduce the risk of loss if a borrower defaults on their mortgage payments.

Fannie Mae offers two additional low down payment options that are not backed by the FHA: HomeReady mortgages and Conventional 97 mortgages. Both options allow for a 3% down payment. HomeReady mortgages are designed for creditworthy, low-to moderate-income borrowers, with expanded eligibility for financing homes in designated low-income, minority, and disaster-impacted communities. Conventional 97 mortgages are designed to help creditworthy

home buyers who would otherwise qualify for a mortgage but may not have the resources for a larger down payment.

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