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What dehydration does to you

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Mayor talks candidly of health troubles

A cancer scare followed by a herniated disc have sidelined Downey Mayor Rick Rodriguez.

By Eric Pierce
Editor

Downey Mayor Rick Rodriguez sat straight up in his backyard patio chair and reflected.

His face was noticeably thinner, the result of a 30-lb. weight loss in barely a month. His arms and shoulders – skinny also – disappeared underneath a black t-shirt emblazoned with his favorite slogan, “Always Forward.”

It was a rough summer for the Downey mayor, who endured multiple health scares that resulted in him being pricked, prodded and probed over the course of several hospitalizations and one surgery.

But Rodriguez’s health scares were more than just uncomfortable — they were legitimately life-threatening.

“I planned my own funeral,” admitted Rodriguez, who is 59. “I called [Risher Mortuary owner] Greg Welch and he gave me a workbook. I told my oldest son, ‘The workbook’s in my top desk drawer. If something happens, don’t burden Mom or your brothers and sisters. You take charge of this. Everything’s done, everything’s paid for. Just go forthright.’”

Rodriguez has chosen to go public with his health battles for two reasons: to encourage other people, particularly men, not to ignore warning signs that something is wrong with their health; and to publicly thank the doctors and staff of Kaiser Permanente Downey Medical Center, who he credits with saving his life.

For Rodriguez, the first sign that something was wrong emerged earlier this year.

“I was going to the restroom four to five times an hour, sometimes 10 times an hour,” Rodriguez said. “I brushed it off. I felt like, ‘I’m getting older. I guess this is reality.’”

“Six months go by and then one morning, I got up and I noticed I urinated blood. I took a shower and it happened again. That was an eye-opening experience.”

Rodriguez visited a urologist and then an oncologist. Each visit came with biopsies, MRIs, scopes and cameras.

Continued on page 4



PHOTO BY ERIC PIERCE

Mayor Rick Rodriguez with his dog, Desi, on Oct. 21.



IMAGE COURTESY CITY OF DOWNEY

A rendering of the coffee shop that will be built in front of the Rives Mansion. The City Council approved the development on Tuesday.

Owner of Rives Mansion gets OK to build coffee shop

A split City Council on Tuesday gave final approval to a proposed coffee shop and juice bar in the front yard of the Rives Mansion.

By Alex Dominguez
Staff Writer

DOWNEY – A controversial renovation project for the Rives Mansion cleared a major hurdle on Tuesday, surviving an appeal to the city council over a retail café set to be built on the property.

Downey’s Planning Commission initially approved plans to refurbish and convert the historic residential home into nine commercial office spaces and construct a 1,200 square foot coffee shop and juice bar early last month.

Almost immediately the project garnered pushback, specifically over the location of the proposed coffee shop. Many of Downey’s historical conservation groups and supporters have voiced concerns that the café’s placement may be obstructive, therefore damaging the site’s historic value.

Mansion owners Arturo Concha and Erika De La Teja looked visibly frustrated and exasperated, with the appeal

coming as the most recent speed bump in what has already proved to be a long and tedious process.

Concha said that the process has been “uphill” for his family, adding that the coffee shop is needed in order to make the project feasible.

“It’s been really a struggle,” said Concha. “We purchased the property in December of 2017... we’ve been working on this project for almost two years now. We’ve approached the city with different concepts...financially, we’ve put so much money it’s put a hardship, even on us.”

“The city has asked for everything in the book in this property. We came out of Planning Commission thinking we won with 101 conditions. With 101 conditions we won? It was horrific for us.”

“I understand the historical value of the property; we are okay with meeting all the historical components of the property... but to add another 50 conditions to our business use was very harmful to us.”

Resident feedback proved to be a mixed bag at the meeting, with several community members coming out in support and opposition. However, with Mayor Rick Rodriguez still on medical absence and Alex Saab abstaining due to the proximity

of his law office to the mansion, the difficult decision would ultimately fall on the remaining three council members. What’s more, if they were to overturn the Commission’s decision, they would need to do it unanimously.

Councilman Sean Ashton – who called for the review of the plans initially – came out in opposition.

“It’s not a personal thing for me to do this; it’s just something that I felt that there was enough of an issue with the Planning Commission’s decision where this needed to be brought forth here,” said Ashton.

“There is no perfect situation. I guess the perfect situation for me would have been if code enforcement would have taken care of the issues that were happening with the Rives Mansion before [the Concha family] even got involved with all this mess.

“I personally don’t know if I could ever be happy with having a coffee shop there, I’m going to be honest with you. I do feel there is an issue with having that in that site...I just know that having it up front is not anything I can support.”

Continued on page 8

Downey’s Flora Cheng hosting album release concert

Flora Cheng, a film composer, is releasing her first album, “Icarus.”

By Carol Kearns
Contributor

DOWNEY – As a performance venue, the fabled Epic Lounge in Downey is known for hosting rock concerts of all genres, movie festivals, and special events.

Flora Cheng’s concert for the release of her album “Icarus,” Sunday, Nov. 3, will be a first for this venue—Cheng on keyboard, backed by violinists.

Cheng, who writes scores for indie films, will be showcasing her compositions written in a “modern classical style.”

“It is a chamber music event,” she says, “and when I explained it to the owner, David, he said, ‘Why not? We’ve never done this before.’”

Cheng was 14 when she arrived here from Taiwan and enrolled at Warren High. Having studied at the Yamaha School of Music since a young age, Cheng said she joined the marching band and “it was the best decision I ever made. Everyone was so kind and supportive.”

Cheng says her interest in music composition grew from the PTA Reflections contest held every year for all K-12 students. With the support of the school’s band director, David Niemeyer, she wrote a piece for percussion ensemble and won several rounds.

After graduating in 2007, Cheng attended Cerritos Community College until her English skills had developed enough for a transfer to UC Santa Barbara, where she earned a BA in Music Composition in 2011.

Cheng’s score for “Blue Skies on Mars” earned her Best Original Score from the International Independent Film Awards 2018, New York Film Awards, and American Tracks Music Awards.

Cheng says her album “Icarus” grew from a desire to compose something original that was not for film.

“This is my first album created from my heart, so it’s my baby,” she explains. She describes her inspiration coming from the story of Icarus and his struggle to escape the labyrinth of the Minotaur with his father.

When Cheng is not



Flora Cheng

composing, she is giving private piano lessons at the Downey Music Center (now on Florence Avenue). She is also the current President of the Music Teachers’ Assoc. of California, Lakewood-Cerritos branch.

Tickets for Cheng’s concert, \$15, are being handled by Eventbrite, and can be purchased by going to her website, www.FloraChengMusic.com, and clicking on the album cover.

Tickets can also be purchased at the door.

Downey restaurant grades

Hackers Bar and Grill
10627 Old River School Rd.
Date Inspected: 10/22/19
Grade: **A**

Rio Hondo Event Center
10627 Old River School Rd.
Date Inspected: 10/22/19
Grade: **A**

La Barca Grill and Cantina
11010 Paramount Blvd.
Date Inspected: 10/22/19
Grade: **A**

Stewart & Grub
7380 Stewart and Gray Rd.
Date Inspected: 10/21/19
Grade: **A**

The Glen
7356 Stewart and Gray Rd.
Date Inspected: 10/21/19
Grade: **A**

Carmes Bionicos
11006 Downey Ave.
Date Inspected: 10/18/19
Grade: **A**

Lock and Key Social Drinkery
11033 Downey Ave.
Date Inspected: 10/18/19
Grade: **A**

Subway
8254 Firestone Blvd.
Date Inspected: 10/18/19
Grade: **A**

Max Fitness Depot
7320 Firestone Blvd.
Date Inspected: 10/18/19
Grade: **A**

Wingstop
8558 Firestone Blvd.
Date Inspected: 10/18/19
Grade: **A**

Pepe’s Mexican Restaurant
9020 Telegraph Rd.
Date Inspected: 10/17/19
Grade: **A**

The Flame Broiler
9206 Lakewood Blvd.
Date Inspected: 10/17/19
Grade: **A**

Green Olive
9234 Lakewood Blvd.
Date Inspected: 10/17/19
Grade: **A**

Waba Grill
8258 Firestone
Date Inspected: 10/16/19
Grade: **A**

Food Culture LA
7665 Firestone Blvd.
Date Inspected: 10/16/19
Grade: **A**

La Chiva Loca
8157 Firestone Blvd.
Date Inspected: 10/11/19
Grade: **A**

Anarchy Library
13250 Woodruff Ave.
Date Inspected: 10/11/19
Grade: **A**

Hully Gully
9559 Imperial Hwy.
Date Inspected: 10/11/19
Grade: **A**

Bastards
11045 Downey Ave.
Date Inspected: 10/10/19
Grade: **A**

Candyland Shop
122 Stonewood St.
Date Inspected: 10/10/19
Grade: **A**

Noodle World
8236 Firestone Blvd.
Date Inspected: 10/10/19
Grade: **A**

Weekend at a Glance

Friday 93° ☀️

Saturday 85° ☀️

Sunday 72° ☁️

THINGS TO DO



Saturday Night Vibes

Saturday - Bastards Canteen, 9 pm
Porque Si and Monica O perform a classic mix of soul, reggae and classic rock. Free event but limited seating so arrive early.



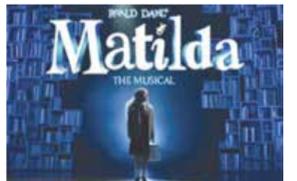
Gothic Tea Party

Sunday - Santa Fe Springs Town Center Hall, 1-3 pm
An English afternoon tea with special guests, costumes, and more. Gothic attire encouraged; teens and adults only. \$5 admission.



Historical Cemetery Tour

Saturday - Sunnyside Cemetery in Long Beach, 9 am to 3 pm
A unique, daytime family event that features quirky graveside storytelling by costumed actors portraying the people buried in the cemetery. \$8-\$25



Matilda the Musical

Sunday - La Mirada Theater for the Performing Arts, 2 pm
From Roald Dahl comes the story of an extraordinary young girl who dares to take a stand to stand against the tyranny of adults who seek to crush her imagination. \$14-\$98



Armenian Culture Festival

Saturday - Armenian Mesrobian School in Pico Rivera, 2-10 pm
A celebration of Armenian culture with food, music, dancing, arts and crafts, specialty vendors, and student performances. \$5 children, \$10 adults

TWEET OF THE WEEK

@esotouric: It’s like a wonderful dream: brand new programmatic signage going up in Southern California at Randy’s Donuts in Downey! Cool, weird, rooftop sculptures make us smile.

Follow us on Twitter at: [Twitter.com/DowneyPatriot](https://twitter.com/DowneyPatriot)

Sing along to 'Beauty & the Beast' and 'Grease'

DOWNEY - Tickets are now on sale for a "Beauty and the Beast" sing along at the Downey Theatre, happening Sunday, March 22.

Join in this interactive presentation of one of Disney's animated classics, with lyrics projected up on the screen so everyone can sing along.

The Downey Theatre will also be presenting a sing along presentation of "Grease," starring John Travolta and Olivia Newton John, on June 14.

Tickets are available now at downeytheatre.com.

Registration open for 5K run/walk

DOWNEY - Registration is open for the fourth annual 5K run/walk honoring fallen Downey police officer Ricky Galvez.

The run is scheduled for Sunday, Nov. 17, at the Columbia Sports Complex in Downey.

Registration opens a 6 a.m., with the singing of the national anthem at 7:15. The run/walk starts at 7:30, followed by closing remarks at 9 a.m. There will be on-site vendors from 9-11 a.m.

Register online at racewire.com by searching "5K for 5KING." Registration is \$30 until Nov. 7; same day registration is \$40.

The event is hosted by the Downey Police Officers' Association and Friends of the Downey Police K-9 Foundation.



PHOTO BY ALEX DOMINGUEZ

Grand marshals David Gafin, Carol Rowland and Stacy Brabant, with chamber executive director Michael Calvert. Not pictured are George and Carrie Redfox.

Downey Christmas Parade will feature 5 grand marshals

DOWNEY - The Downey Chamber of Commerce has announced the five people who will serve as grand marshals of the 2019 Downey Christmas Parade.

The grand marshals include:

Stacy Brabant, a civic leader and volunteer with the Assistance League of Downey

David Gafin, a retired council member and an active volunteer with the Downey Chamber

George and Carrie Redfox, educators and supporters of the Downey Rose Float Association

Carol Rowland, director of Keep Downey Beautiful

"We took four parties and wanted to recognize them for the service they do in the community," said Chamber Executive Director Michael Calvert.

This year's parade theme is "A Christmas of Serving." The parade is scheduled for Sunday, Dec. 1, on Downey Avenue.

Families invited to 'trunk o' treat'

DOWNEY - Downey Nissan and the Chamber of Commerce will be holding a "Trunk o' Treat Extravaganza" on Oct. 29 from 5-8 p.m.

The event will be held at Downey Nissan, and will feature businesses from around the city, as well as music, food for purchase, and a costume contest with prizes.

THE PET SPOT

FUN FACT: A dog in a shelter is more than 'one-in-a-million' - he or she is one in around 2.7 million, according to the Humane Society of the United States.

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Every October is Adopt a Dog Month

The American Humane Association dedicates the month to making people more aware of the overabundance of shelter dogs in the US and how they can help.

There are many misconceptions about the types of dogs found in shelters and the need for them to find a good forever home. Often, people mistakenly assume shelter dogs are there because they are not friendly and won't make a good pet. That isn't the case. The truth is there are many reasons why dogs end up in shelters. For example, the dog could have been rescued from an abusive home or its previous owner simply couldn't afford to take care of it anymore. In recent years when families had to downsize and move into an apartment, they have no choice but to give up their dogs as well. As you can see, there is a great need for finding a forever home for many wonderful and loving pets.

There are several ways you can help out this month. If you are looking for a dog, start visiting local shelters or online pet organizations with profiles of dogs up for adoption and in need of a home. Also, spreading the word about adopting a dog as opposed to buying one can help inform friends and family who may be looking for one. Show your support for the cause whenever you can and let your others know how they can help.

If you have the time, animal shelters are always in need of volunteers. One of the best ways to keep dogs social and in good health is by having them stay with a family until a permanent home is found for them. If you have the room and desire to help in the short term, fostering can be a great experience for a dog. Animal shelters are also always in need of donations either in the form of food and supplies or a monetary donation.

There are so many good things a dog can offer like companionship and unwavering loyalty just for starters. Having a dog grow up with your children gives them a gift of unconditional love and a respect for animals. Many people adopt a dog as a companion for themselves, so that they have someone to talk to at night, for example. Pets bring energy and happiness to an otherwise quite home.

Shelter dogs are dogs that need a second chance at a good home and are just looking for someone to love. Keep them in mind for the month of October.

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*Niveles de ingreso cambian anualmente.

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Our biggest aim is to provide our Medicare patients with the highest quality and affordable healthcare. We look forward to continuing to provide this for our patients in 2020 and beyond.

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Dr. Sachin Jain, MD, MBA
President & CEO, CareMore Health



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Rick Rodriguez recovering from hospitalizations

Continued from page 1

Doctors discovered Rodriguez had elevated prostate-specific antigen (PSA) levels, which is oftentimes an early indicator of prostate cancer.

"It's not until they say, 'Hey look, I think you have a 60-65 percent chance of having cancer, we have to get in there,' that you take it serious," he said.

"At first when they say that to you, you say, 'Holy smokes, I'm going to die.' When there's a crack in the armor, you think, 'Holy smokes, what happens now? What happens to my family?'"

"But then you say, 'Time out. In order for me to die, I have to quit. I have to give up.'"

As this was playing out in private, Rodriguez continued to fulfill his obligations as mayor.

"I didn't want the city to know I had any issue with cancer, so I just put a smile on my face and said, 'Let's go.' I attended every meeting regardless of whether I had a biopsy two days prior. Being mayor was actually the best therapy for me."

Surgery was scheduled for Sept. 6, where surgeons removed 100 grams from Rodriguez's prostate, along with samples of his kidney and bladder. The surgery was a success - no cancer - but came at a cost: severe internal bleeding.

"I never expected the pain in the abdomen that I had," said Rodriguez, who had back surgery in 2012. "The comparison would be to doing a thousand push-ups a day for 30 days. I couldn't sit up straight, I was consistently in the fetal position, I couldn't walk very well."

"And then lo and behold, what happens next, I herniated a disc. The disc slides out of my spine like a melted candle, and I couldn't move."

The Downey Fire Department transported Rodriguez back to Kaiser, where he was injected with morphine and spent four days in the hospital. Doctors wanted to operate on the mayor's back, but he declined, opting for physical therapy.

On Oct. 6, exactly one month after his prostate surgery, Rodriguez found himself at home debilitated from back pain and again urinating blood.

"I didn't want my wife (Lupe) to know what was going on," Rodriguez said. "But my Apple watch told me my heart was going into AFIB."

Firefighters again took Rodriguez to Kaiser's emergency

room, where technicians performed an emergency ultrasound on his bladder.

"They came to find out my bladder was covered with blood clots, preventing me from making my own blood," he said. "They had to go into my body, get rid of those blood clots, get them all out of me - by this time I lost two pints of blood and was approaching cardiac arrest."

Over the next 24 hours, Rodriguez underwent two blood transfusions. A nurse called Rodriguez's survival "a miracle." He would spend an additional seven days hospitalized.

Today, Rodriguez is back home and on the mend but under strict orders to rest. He has more doctors' appointments this week and begins physical therapy this month. His goal is to recover well enough to return to City Hall in November and finish out his term as mayor.

"As timing would have it, we have two grand openings planned for our city parks next month, which gives me an opportunity to start on my health goals," Rodriguez said.

In his time away, Rodriguez has stayed on top of local news and regularly watches video of City Council meetings, which Mayor Pro Tem Blanca Pacheco has led in Rodriguez's absence. He's aware of the criticism leveled by a small group of protesters who questioned Rodriguez's commitment to the city.

"The first reaction is kind of hurt," Rodriguez said. "I was in the hospital when I first read that. I had tubes everywhere..."

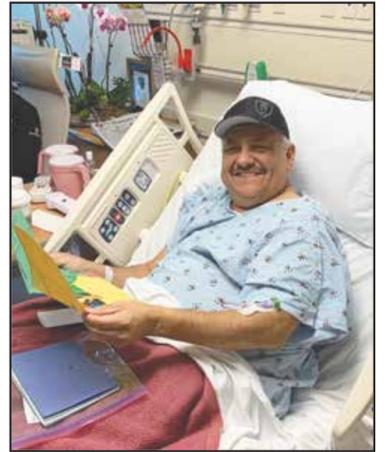
"I read that thing in my hospital bed, and it really broke my heart. I said, 'Man, is that what the residents really think of me?' If that's the case, then I'm OK with stepping down. Let somebody better than me have this job. Somebody smarter, younger, healthier, let them have this job."

"And then I started to receive emails and text messages and letters and cards, flowers, baskets that were sent by people saying, 'Don't listen to the naysayers. We want you back. We need you back.' And that caused me to dig my heels in and say, 'I'm doing this. I'm getting back to my health, I'm getting back in my office.'"

"That's the long answer. At first, it was fear and hurt, and then it went to anger and persistence."

Rodriguez credits his ongoing recovery to his urologist, Dr. William Chu, the Downey Fire Department, and "the men and women of Kaiser Downey."

"They not only cheerfully cared for me during my recovery, which included two separate



Mayor Rick Rodriguez reads get-well cards from local fifth-graders.

occasions in the Kaiser ER, but the compassion that they demonstrated to all Kaiser patients was amazing to witness first hand," Rodriguez said. "We are so fortunate to have these servants in our city. Words cannot express my gratitude for these special people that have answered the call to save the lives of others."

"Going through this has served as a reminder of just how important regular health check-ups are. Health truly is wealth. It's easy to take your health for granted until you have something go wrong."

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Opinion

Not your father's masculinity

BY MATT LABASH

John Wayne, that repository of testosterone — now considered an illicit substance in many states — once played a character who said, “You have to be a man first, before you're a gentleman.” Who knows what, exactly, he meant by it? It sounded like a fine thing to say, back when men were unabashed “men.” Now, we have #MeToo, and toxic males, and even such a once man-friendly rag as Gentlemen's Quarterly (i.e., GQ), which has historically celebrated men, seems to be just sick about them, eager to atone for their Y chromosome.

As a subscriber for decades — and as a biological male — I eagerly delved into GQ's “New Masculinity” issue. I've historically read the magazine that “meets millions of modern men where they live” for high-grade long-form journalism, or to settle existential quandaries such as, “What the hell is face serum and do I need to use it?” Still, one generally doesn't turn to men's magazine editors with soft hands who fret about conquering “your complex pant-shoe relationship” for instruction on the meaning of manhood. Not to pick on GQ, which, after all, helps us perform vital functions, such as how to “salute the celebrity mustache.”

But after years of #MeToo scandals, which have revealed weirdos and perverts and sex criminals (and that's just R. Kelly), “toxic masculinity” is now regarded as tautology in some quarters. In more than a few tellings today, just to be a man is to be toxic.

So GQ's newish editor in chief, Will Welch, is taking a crack at overhauling our benighted gender, presenting an issue in which, as he puts it, “traditional notions of masculinity are being challenged” and “overturned.” In doing so, he holds, we can be more generous, empathetic humans, even to ourselves, since “toxicity simply cannot thrive in the golden presence of genuine self-love.” Tell that to Harvey Weinstein, who allegedly “self-loved” into a potted plant in front of one of his trapped victims.

For those curious to see just how much American masculinity is shifting — at least at Condé Nast headquarters in Manhattan — the trouble starts on the cover, in which the singer Pharrell Williams sports a canary-yellow, high-fashion Moncler sleeping-bag-as-gown, looking like Cinderella going to the Dick's Sporting Goods ball. From there, “The Glorious Now of Men in Makeup” spread is little surprise, with lacquered-up boy-banders, models and influencers dispensing invaluable beauty pointers, such as Gen Z trans model Casil McArthur, who advises going with “mascara and lip tint. If I want to be extra, I'll incorporate intense sparkles.”

It's difficult to envision the guys down at the tackle shop or Tractor Supply going in for sleeping-bag couture and hot makeup tips. But then, they're the Old Man, the kind of man the new masculinity seeks to leave behind. Maybe they haven't paraded around female job applicants with open kimono, à la Charlie Rose, or haven't traumatized female colleagues by subjecting them to pelvic pinball, à la Mark Halperin. But in GQ's eyes they're guilty of a more universal sin: They're still living as men undefined by non-men.

The bulk of GQ's conversation starter is a package in which “18 powerful voices” have their say on the new masculinity. You'd think this would make for an interesting cross-section of representative men, but there, you'd largely be wrong, since traditional men seem afterthoughts in their own discussion. As the writer Rod Dreher has noted in his own analysis of the GQ spread, scratching out some back-of-the-envelope calculations, of these 18 purportedly definitive figures, “there are perhaps four who are heterosexual [cis] men — about 20 percent.” (Even though 95 percent of all males identify as hetero.)

Aside from the views of men like the filmmaker John Waters

Newsom defends California against White House 'vendetta'

Governor Gavin Newsom issued the following statement Wednesday after the Trump administration announced a lawsuit challenging California's pioneering cap-and-trade program:

“The White House is yet again continuing its political vendetta against California, our climate policies and the health of our communities.

“Carbon pollution knows no borders, and the Trump administration's abysmal record of denying climate change and propping up big polluters makes cross-border collaboration all the more necessary. California's landmark cap-and-trade program has inspired the creation of dozens of businesses, is a model for similar policies around the world, and puts California well ahead of the pack as we prepare for a low-carbon future.

“For years our state has proudly participated in a number of environmental partnerships that tackle the devastating effects of climate change to our health and economy. This latest attack shows that the White House has its head in the sand when it comes to climate change and serves no purpose other than continued political retribution.”

California's cap-and-trade agreement with Canada is meant to curb greenhouse gas emissions.

The program, enacted by Republican Gov. Arnold Schwarzenegger in 2006, requires industries to purchase pollution credits at market prices or to reduce their greenhouse gas emissions.

It aims to reduce emissions by gradually limiting the volume

(“men are the ones who have penis envy”), or Magic Johnson's son, who has chosen a life “embracing traditionally feminine clothing and cosmetics,” GQ seems primarily interested in soliciting women's opinions of what being a man means. Imagine Ms. or Jezebel doing the mirror version of this, with men mansplaining what women should be. Then run for your life.

You do get transgender men, like the boxer Thomas Page McBee, celebrating his “newly weaponized body,” which might sound like a threat to women if he hadn't been originally gender-assigned to womanhood. There's the rapper Killer Mike, who, along with his wife, Shana Render, is interviewed in one of Atlanta's iconic strip clubs. But don't strip clubs demean women? No bother. Killer Mike is otherwise woke enough to pass muster (he is, after all, a Bernie Sanders supporter), and Ms. Render informs that they do dispense investment tips to strippers. “Catering, massage companies, real estate,” Killer Mike adds.

Otherwise, there are a lot of women, all kinds of women. There's the comedian Hannah Gadsby, who suggests men scale back their confidence, refrain from sharing their opinions, while looking “to traditional feminine traits” and then “incorporating them into your masculinity.” And there's Al Freeman, whose soft-sculpture work is an effort to examine hypermasculine spaces, “a mirror of the things that I wish would be softer, or more benign, or less threatening somehow.” Think pillow versions of male genitalia or frat-house Jagermeister bottles. “I guess it's castrating humor, to some degree,” Ms. Freeman says.

In an interview with Gayle King on “CBS This Morning,” Mr. Welch reported that in GQ's survey of attitudes on masculinity, 97 percent said they felt masculinity was changing, and “30 percent of men said that they were confused by the changes.”

Wonder how that could've happened.

As for me, I might be tempted to answer Vox's Liz Plank, one of GQ's 18 voices, who recently published a book, “For the Love of Men.” While writing it, she went to Washington Square in Manhattan, thoughtfully asking men, “What's hard about being a man?”

“Having to listen to people who aren't men, or who are ashamed of manhood, constantly telling me how to be one,” would be my short answer, after I stopped, dropped and rolled for cover.

But for actual guidance — more sage than anything I read in GQ's masculinity symposium — I'd turn to Edward Abbey, the ornery liberal who enjoyed baiting those on his own team. By most lights, he was a more reliable environmentalist than he was a feminist. (“The feminists have a legitimate grievance,” he said. “But so does everyone else.”) But Mr. Abbey, a former park ranger, did spend a lot of time observing nature up close, and not just the flora and fauna. Of man/woman relations, he wrote, “It is the difference between men and women, not the sameness, that creates the tension and the delight.”

Why keep fuzzing distinctions that for millenniums have resisted fuzzing? Punish the sex criminals and pelvic pinball wizards. Good riddance to them all. But otherwise, let men and women be men and women, however that appropriately breaks, without laboring so hard to fuse them. Maybe our opposites attracting, which the furtherance of our species has depended on, isn't a design flaw, but its very essence. And maybe the wokerati ought to take their own most oft-repeated cliché to heart: Our diversity is our strength.

Matt Labash was a national correspondent at The Weekly Standard.

of available credits each year. Its initial goal was to cut greenhouse emission levels in the state to 1990 levels by 2020.

The Canadian province Quebec joined the agreement in 2014, followed by Ontario in 2015.

Trump's Justice Department is arguing in a civil lawsuit, filed in Eastern District of California, that California has no right to “pursue an independent foreign policy in the area of greenhouse gas regulation.”

The Justice Department is asking the court to uphold the role of the federal government in conducting foreign policy by declaring the agreement unconstitutional.

Don't underfund our military

Dear Editor:

Downey is fortunate to have a local newspaper that allows different opinions to be published.

In response to a contributor that questioned the funding of our military: our military consists of patriotic volunteers. 7.3% of all living Americans have served in the military at some point in their lives. Our military deserves the best equipment money can buy.

Yes, there is waste, fraud and abuse that can be solved with better oversight, but we must fund our military. China could possibly overtake the US in military power within a decade (non nuclear). I have 42 years of military and law enforcement experience and I know what defunding can do.

The Second Amendment will always be debated. “A well regulated militia, being necessary to the security of a free state.” This means that the state has the right to protect itself from the federal government's unlawful laws and its standing army. “The right of the people to keep and bear arms, shall not be infringed.” The people have the right to arms to form organized and unorganized militia to protect themselves from the federal government.

The armed forces and law enforcement are not a well regulated militia. Law enforcement enforced the state's penal code. Posse Comitatus prevents the Army and Air Force from being used against US citizens on US soil. Only if the state is unable or refuse to quell lawlessness can they be used. The Navy and Marine Corps can be activated, for example, if Los Angeles riots.

Great Britain and its colonies do not have a 2nd Amendment. That is why all firearms were confiscated. Knives and tools cannot be carried on your person. You can go to prison defending yourself against a violent criminal.

My last topic is gun related deaths. 65% of gun deaths are from suicide. Less than 1% are from “assault weapons.” Mass murder statistics are misleading. Four or more deaths are considered mass murder. 373 people died from mass shootings in 2018. 40,000 deaths occurred from car crashes in 2018. 4.5 million people were seriously injured in 2018. Where is the outrage?

Bob Rodriguez
Downey

Volunteer police

Dear Editor:

I would like to take this moment to thank the volunteer police that patrols around Gallatin Elementary School.

With all this stuff going on in America, having a police car in front of our kids' school makes us feel more at ease knowing someone is watching during the day.

Again, thank you and I hope to see them more often during school hours. Keep up the good work.

Mark Parrel
Downey

Exceptional service

Dear Editor:

We would like to recognize a group of people that are often overlooked as being vital to our city.

The Downey Public Works/Water Department sent two employees to our home, Joel Navarro and Sebastian Castellon, to resolve a water issue problem. They came and found a quick solution to our problem with the help of their boss, Danny Sulas, who together did all the right things to help us out. Thanks for a job well done!

We are lucky to live in a city where the employees really care about the people they serve. Next time they come knocking at your door, we hope people will recognize their value and applaud them. We sure did.

Dean and Georgia Ananias
Downey

The mayor should resign

Dear Editor:

I personally voted for Rick Rodriguez and he has done a great job as a council member and mayor, but he should resign from the City Council due to his health issues.

Mayor Rodriguez has missed multiple City Council meetings, and from what the city manager said, he will miss more meetings. This leaves me and all of District 3 without a voice in our city government. Mayor Rodriguez did not vote on multiple hearings, reports and other items on the City Council agenda. Some of the items he didn't vote on are issues relating to massage parlors, lot splitting, the new tax that could be placed on next year's ballot, and the bus shelter cleaning contract.

Mayor Rodriguez was not at the City Council meeting to hear the public concerns of affordable housing for the group that lives in his district.

The city manager said Mayor Rodriguez has been trying to push himself to come back to the council. I truly appreciate the effort, but at what cost? His health is more important than being mayor. Let someone else who is in better health be responsible to aid the residents.

Mayor Rodriguez needs to take the time to recover and allow the residents of District 3 the representation they deserve. Residents deserve a voice in government. Mayor Rodriguez needs to resign, not only for the residents of District 3, but for those who are most important: himself and his family.

Jessica Ortega
Downey

Advice when buying a pet

Dear Editor:

Please tell me who Luis Rodriguez is? And what are his qualifications to critique my real-life experiences? (Letter to the Editor, 10/10/19)

Who is he to criticize my article, which was meant to keep people from being cheated and broken-hearted? Is he a veterinarian? Is he a breeder? Is he a pet store owner? Is he a rescue? How many years has he been in the pet business? What are his qualifications to advise anyone? What inaccuracies? Nothing I said was inaccurate.

For everyone's information, not all people looking for a puppy want to go to the pound. Purebred puppies are hardly ever at a pound. Bless all the people that go there and save a life but AKC puppies are what a lot of people want. There are two very different types of people.

I have saved hundreds of dogs and cats from going to the pounds for the last 45 years. How many dogs has Mr. Rodriguez saved lately? I have worked with veterinarians my whole life. Every week clients come in with horror stories about Craigslist scammers. I was trying to save people from getting caught up in all the sociopaths out there waiting for sweet, unknowing people to answer their ads. So if it sounds fishy, beware.

Let's make Mr. Rodriguez happy: they answer the phone and want to meet you on a corner. They tell you to send money via Western Union (so you can't get a refund). “Send us money!” They don't have any dogs, their pictures are fake.

Never send anyone money. Never meet on a corner or the street.

And in case you haven't heard, Mr. Rodriguez, the law says pet stores in California can't sell dogs or cats unless they're from the pound. I am not a pet store. I am a very experienced, knowledgeable pet professional. Sounds to me like Mr. Rodriguez thinks he knows more than any real pro.

He may be concerned about the pet scam problem, so let me correct his inaccuracies. If the seller sounds intelligent, go to their home. Is it clean? Do the puppies look well-fed and playful? If so, get a receipt with the seller's name, address, phone number and price. California law says you have two weeks to return the puppy with a receipt from a veterinarian stating the problem. Or you may keep the dog and still get money back from the seller for the vet bill. If the dog dies, you must present to the seller a death certificate from the vet.

You also have a year guarantee for any congenital problem. You may choose to keep the dog and get the money back for the vet bill. You have five days from the time you learned about the sickness to call the seller and state your intentions. I tell this to clients all the time.

Also, a new law just passed in California that is heaven sent. Emotional support animal law. Go online and certify your dog or cat as an ESA. No landlord can tell you you can't have your pet, and you can't be charged a fee to have the pet. Also, your pet flies for free. You must show documentation to the airline when booking your flight. Always get info from whatever airline you are flying.

So in closing Mr. Rodriguez, all my information comes from real experiences I have had. Nothing was inaccurate. And most people I talk to are careful but the ones that do get cheated “have common sense,” they are just nice people who trust the wrong people. I know plenty.

That's my goal, to educate everyone who listens. So Mr. Rodriguez, I hope these steps are useful, and help YOU out.

Anna Beradini
Norwalk

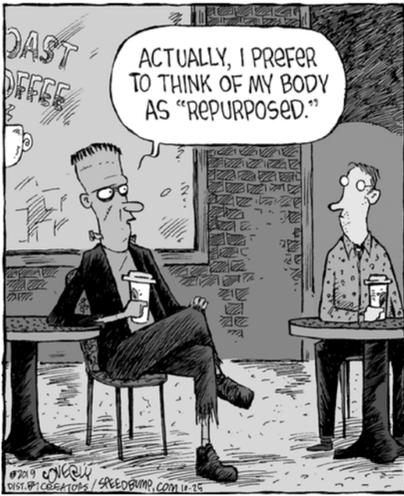
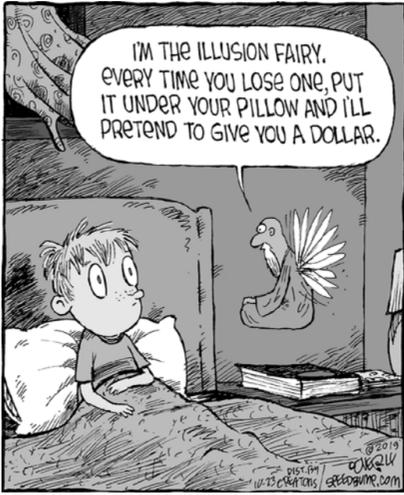
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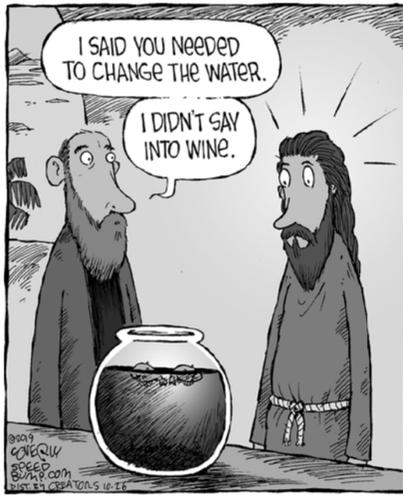
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SPEED BUMP



DAVE COVERLY



Downey Community Calendar

CITY MEETINGS

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

Regularly Scheduled Meetings

MONDAYS

- 7 pm: Boy Scout Troop 2, at Downey United Methodist Church, call 869-6478.
- 4:30 pm: Courage Forward Meeting, at 10829 New St, 2nd Floor, call 213-545-6810.
- 2nd Mon., 11 am: American Legion Auxiliary #270, at United Methodist Church, call 304-3439.
- 3rd Mon., 11:30 am: Downey Newcomers Club, call Marilyn 928-2623.
- 4th Mon., 7:30 pm: Downey Numismatists, at Downey Retirement Center, call 862-6666.

TUESDAYS

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

WEDNESDAYS

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

THURSDAYS

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

FRIDAYS

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

SATURDAYS

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

On This Day...

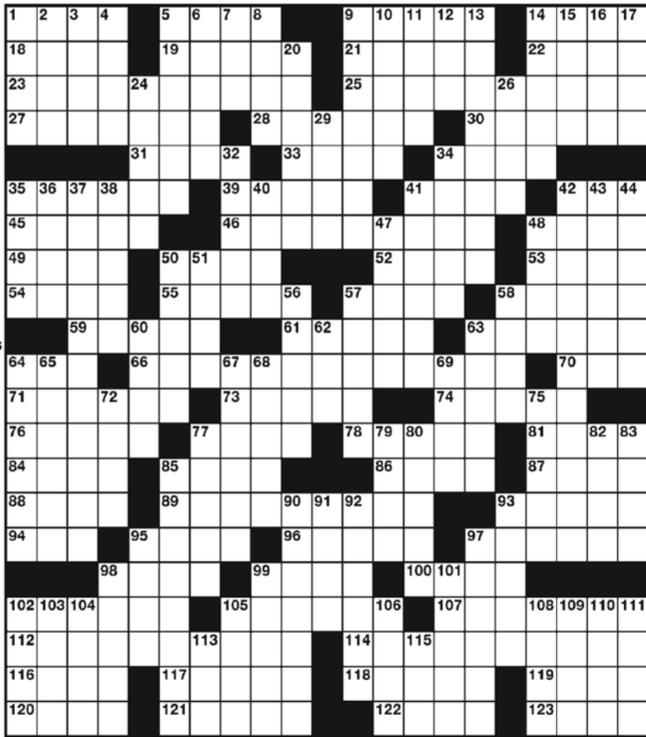
- Oct. 24, 1901:** Daredevil Anna Edson Taylor became the first person to go over Niagara Falls in a wooden barrel. She was 63 years old.
- 1948:** The term "cold war" was used for the first time. It was in a speech by Bernard Baruch before the Senate War Investigating Committee.
- 1962:** During the Cuban Missile Crisis, U.S. military forces went on the highest alert in the postwar era in preparation for a possible full-scale war with the Soviet Union. The U.S. blockade of Cuba officially began on this day.

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)
A GUY THING: With years as hints
 by Fred Piscop

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

OLGA (81 Across) and its male counterpart (Oleg mean "holy" and are closely related to the Scandinavian "Helga." JAMES GALVAY (42 Down) was the first woodwind player to be honored with a KNIGHTHOOD (114 Across). Other knighted musicians include Tom Jones (2006) and Ringo Starr (2018).



Downey High announces 2019 Hall of Fame class

Honorees include Johana Hernandez, Leslie Murray, Dr. Cynthia Lum, Blanca Pacheco and Steve Tapia.

DOWNEY - Downey High School has announced its Hall of Fame inductees for 2019, which include a fashion designer, police officer, a prominent attorney, university professor, and a civic leader.

The inductees will be enshrined at an on-campus ceremony Nov. 1 at 10:30 a.m.

This year's honorees include Johana Hernandez, Leslie Murray, Dr. Cynthia Lum, Blanca Pacheco and Steve Tapia.

Below are brief biographies of each of the inductees.

Johana Hernandez (class of 2004) is a fashion designer and owner of GLAUDI, a fashion boutique store in south Downey. She has worked as a fashion critic for Unvision and Telemundo, covering the Emmys, Academy Awards, Grammy Awards, and other red-carpet events.

Hernandez currently stars as a designer judge on "The Fashion Hero," a reality television competition that

airs internationally on Amazon Prime.

In 2013, she competed on NBC's reality designer competition series, "Fashion Star." She was the winner of the FIAT designer campaign and was mentored by Nichole Richie, Jessica Simpson and John Varvatos.

Dr. Cynthia Lum (class of 1991) is a professor of criminology, law and society at George Mason University and the director of its evidence-based crime policy.

She currently researches areas of policing, evidence-based crime policy, crime prevention, and technology and translation criminology. Her works in these areas include evaluating the impacts of patrol and detective activities, interventions and technologies; understanding the translation and receptivity of research in policing; and measuring policy proactivity.

Alongside Dr. Christopher Koper, Dr. Lum has developed translation tools designed to help law enforcement incorporate research into their strategic and tactical portfolios.

Leslie Murray (class of 1986)



FROM LEFT: Blanca Pacheco, Johana Hernandez, Steve Tapia, Dr. Cynthia Lum and Leslie Murray.

is a captain with the Downey Police Department.

When Murray was a high school senior, she served as the school's spirit leader known as "Vicky Viking." After graduation, she attended Cal State Long Beach, where she earned a bachelor's degree in sociology. Soon after graduation, Murray began her esteemed career in law enforcement in her hometown of Downey.

Murray has dedicated the last 28 years to the Downey Police Department. She has been a sergeant, lieutenant and most recently was promoted to captain, the first female captain in Downey Police Department

history.

Earlier this year, Murray was honored as Woman of the Year by the 32nd District of the California State Senate.

Blanca Pacheco (class of 1993) is mayor pro tem for the City of Downey and was the first Latina ever elected to the Downey city council. She is expected to become Downey's first Latina mayor this December.

Pacheco is an active civic leader and has been part of several service clubs, including the Kiwanis Club of Downey, Gangs Out of Downey, and the Assistance League of Downey. She also actively assists Downey High School's KIWIN's club in

their various service projects and volunteers at GOOD's annual backpack giveaway.

An attorney by trade, Pacheco is active in Downey Unified's Teen Court program and has participated in Downey Unified's MADE work experience program the last three years. She also provides free legal services at various fairs with the Southeast District Bar Association and Ferias Legales.

Steve Tapia (class of 1973) served as student body president and was editor of Downey High's The Norseman student newspaper. After graduating, he attended Yale University and USC Law School.

Tapia practiced entertainment, media and intellectual property law for 3 years before beginning a second career as a law school professor. He has also worked for KCET, HBO, DirecTV and Microsoft, where he was the senior attorney.

In 2014, Tapia was named a distinguished practitioner in residence at Seattle University School of Law and took the position of faculty advisor for the Seattle Journal of Technology, Environmental and Innovation Law.

He currently teaches copyright law at the University of Washington School of Law.

Downey Doings

Symphony overcomes inconveniences for a successful season-opening concert

By Lorine Parks
Society Columnist

DOWNEY - Concert-goers made their way on duckboards and temporary ramps to cautionary yellow-ribboned side doors where attentive ticket-takers waited.

"It's a triumph," said **Joyce Sherwin**. "Every person in this Lobby got in here by a different route."

Joyce is Concert Production Manager for the Downey Symphonic Society, and she congratulated Venue Tech's **Amber Vogel** for the unimpeded sweep of concrete that is the new patio. Patrons good-naturedly accepted the minor inconveniences as part of the improvements that, like the future Theatre Plaza and re-configured Library, represent Downey tax dollars at work. Thanks to tax-payers for approving Measure S.

"I know this was an important night," said Amber, "and I just put my foot down. It had to be ready."

How new was the patio floor? "They just finished it yesterday," said Amber.

The thought did occur, while climbing the stairs to the balcony, "By the next concert in January, maybe the elevator will be installed."

An air of high energy filled the lobby, where an art show, "Retro: Iconic Images From the Past," covered the walls.

Jorge del Toro's ceramics dated from 1974. "My high school years," Jorge said, "when my work showed a Hispanic influence."

One was a small jaguar perched on a gourd, another showed a Mezo-American's features incised on the iridescent glaze. Its feet were snarling animals.

Jorge's wife **Caroline Estrada-del Toro's** black and white "Untitled" photograph showed a young woman caught between shadow and light.

"My youngest daughter," said Caroline. "She loves to pose for me."

Pat Gil who curated the art show for the Downey Arts Coalition along with **Andrew Hernandez**, introduced me to artist **Basma Kassem** who stood by her large painting of a Native American in feathers and furs silhouetted against an empty prairie. Basma lives in Long



Amber Vogel and Joyce Sherwin at Saturday's concert.

Beach grew up in Syria.

"The figure is from my imagination," she said. "He is sighing at the end of the day. But there is always tomorrow."

Dorothy Pemberton looked striking in black and white polka dot pajama pants with a sparkly sequin tank top and a black velvet jacket. "This jacket was my mother's," said Dorothy, in keeping with the retro art

theme, "it's from the 1950's."

An enthusiastic audience filed into their seats for Maestro **Sharon Lavery's** downbeat, and the Brahms Festival Overture started the evening on an upbeat note. The barely disguised University Drinking Song got the full Brahms sonority.

Violinist **Strauss Shi** strode out for the Bizet Carmen Fantasie, stood squarely facing

the audience and produced a technique that fire-bombed everyone out of their seats. Using Franz Waxman's masterful orchestration, Shi did things with the violin that I didn't even have words for, but it didn't matter. In his hands the violin became the gypsy Carmen, sharp and demanding in her Habañera theme song. His instrument evoked the tender Don Jose and Michaela love duet, then the crazed crowd cheering the Toreador.

How to top that? The intensity remained, but with Tchaikovsky's Valse-Sherzo it became feverish. Shi's tiny precise movements on the fingerboard were performed at hummingbird speed; double stops and cadenzas stunned the listeners. As always Maestro Lavery displayed an extraordinary sympathy to the needs of the visiting soloist.

On his second curtain call Shi received a bouquet of white roses across the footlights from a young admirer. He gave the bouquet to Maestro Sharon, whom he knows from USC's Thornton School of Music where as a young virtuoso Shi is

studying, and Musical Director Maestro Sharon teaches.

The audience needed a time out. Seen at intermission: poets **Frank Kearns** and **Clifton Snider** talking shop as they made their way across the lobby. Frank's new book, "Pleasant Street," has just come out, under the Los Nietos Press imprimatur.

Long-time patrons **Mary Golay** and **Adele Alexander** agreed they were impressed by the violinist. as was **Don Marshall**, president of the Downey Symphonic Society.

"Awesome in every sense of the word," said son **Zach Marshall**, and his son JB agreed. **Greg Welch** and **Ryan Keene** admired the entire string section.

Continued on page 18

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DOWNEY HAPPENINGS

FRIDAY, OCTOBER 25

Latina Empowerment Day, 8:30 am to 3 pm. A one day intensive workshop series created to empower Latinas to increase their community impact and strengthen their skills and knowledge on a variety of issues. So Cal Gas Energy Resource Center, 9240 Firestone Blvd.

SATURDAY, OCTOBER 26

Wheelchair Seminar, 7:30 am to 5 pm. This two day course provides participants with basic concepts of seating and positioning, wheelchair mobility, and assistive technology for every day use. Rancho Los Amigos National Rehabilitation Center, 7601 Imperial Hwy.

One Day of Service, 9 am. Join Downey residents, businesses and service clubs in volunteer projects across Downey. The event begins with a kick-off celebration at Rancho Los Amigos National Rehabilitation Center, 7601 Imperial Hwy.

Drug Take-Back, 10 am to 2 pm. Drop off your unused, expired or unwanted prescription medication for proper disposal. Downey Police Department, 10911 Brookshire Ave.

Fiesta De Las Calaveras, 2-10 pm. Musical entertainment, beer gardens, food trucks, facepainting, vendors, and more. Presented by Downey Rotary and Courage Forward. Stonewood Center, 251 Stonewood St.

SUNDAY, OCTOBER 27

Dia de los Muertos Taco Festival, 12-6 pm. 30+ vegan taco vendors, plus live music, costume contests, and more. \$20 admission includes one taco from each vendor. Los Amigos Golf Club, 7295 Quill Dr.

THURSDAY, OCTOBER 31

Halloween Pumpkin Patch, 5 pm. A family-friendly night full of tricks, treats and costume fun. Costume contests, free refreshments, and more. Downey Adult School, 12340 Woodruff Ave.

Mega Blast Community Outreach, 6-8 pm. Games, decorated cars, 750 lbs. of candy, and other family fun. Downey First Christian Church, 10909 New St.

FRIDAY, NOVEMBER 1

Rotary/Arc Golf Tournament, 10:30 am. Annual golf tournament benefiting The Arc - Los Angeles & Orange Counties. \$175 per player includes 18 rounds of golf, cart, brunch, dinner, gifts and super mulligan package. Rio Hondo Golf Club, 10627 Old River School Rd.

SUNDAY, NOVEMBER 3

Nani in Concert, 6 pm. International singer, composer, pianist and trombonist Nani performs live. Temple Ner Tamid, 10629 Lakewood Blvd.

Flora Cheng in Concert, 6:30 pm. Modern/classical chamber music from Flora Cheng's debut album, "Icarus." \$15 admission. Epic Lounge, 8239 2nd St.

SATURDAY, NOVEMBER 9

Father-Con, 9:30 am to 3 pm. Father-Con is the place for fathers to get on board with understanding the unique challenges we face and to get equipped to better protect our families, children and our communities. Warren High School, 8141 De Palma St.

Rudolph the Red-Nosed Reindeer the Musical, 12 pm and 3 pm. Get in the Christmas spirit early this year with the beloved TV classic "Rudolph the Red-Nosed Reindeer. The Musical" as it soars off the screen and onto the Downey Theatre stage. Come see all your favorite characters from the special including Santa and Mrs. Claus, Hermey the Elf, the Abominable Show Monster, Clarice, Yukon Cornelius and, of course, Rudolph, as they come to life. Downey Theatre, 8435 Firestone Blvd.

SUNDAY, NOVEMBER 10

Rudolph the Red-Nosed Reindeer the Musical, 12 pm and 3 pm. Get in the Christmas spirit early this year with the beloved TV classic "Rudolph the Red-Nosed Reindeer. The Musical" as it soars off the screen and onto the Downey Theatre stage. Come see all your favorite characters from the special including Santa and Mrs. Claus, Hermey the Elf, the Abominable Show Monster, Clarice, Yukon Cornelius and, of course, Rudolph, as they come to life. Downey Theatre, 8435 Firestone Blvd.

MONDAY, NOVEMBER 11

Veterans Day Ceremony, 10 am. A public ceremony paying tribute to those who have served our country. Columbia Memorial Space Center, 12400 Columbia Way.

FRIDAY, NOVEMBER 15

Live Rock, 8 pm. Progressive rock bands Queen Tusk, Trujillo Company and Love Blind perform live. Stardust Club, 7643 Firestone Blvd.

SATURDAY, NOVEMBER 16

Citizenship Clinic, 10 am. Free help with the N400 citizenship application, plus free eligibility consultations with immigration lawyers. Barbara J. Riley Center, 7810 Quill Dr.

SUNDAY, NOVEMBER 17

5K for 5 King, 7 am. The fourth annual 5K run honoring fallen Downey police officer Ricky Galvez. Pre-registration is \$30 until Nov. 7. Register online at racewire.com (5K for 5KING). Columbia Sports Complex, 12400 Columbia Way

SUNDAY, NOVEMBER 24

Christmas Tree Brunch, 10 am. Join the Assistance League of Downey at their annual Christmas Tree Brunch, featuring live holiday entertainment. Rio Hondo Event Center, 10627 Old River School Rd.

SUNDAY, DECEMBER 1

5K Elf Run, 9 am. Dress in your favorite elf attire for this fun 5K run/walk through Downey. Civic Center, 11111 Brookshire Ave.

Christmas Parade, 1 pm. Downey's annual Christmas Parade, put on by the Downey Chamber of Commerce. Downey Avenue, between Florence and 5th Street.

MONDAY, DECEMBER 2

Tree Lighting Ceremony, 6 pm. The City of Downey hosts its annual "tree-lighting" event. Downey Civic Center, 11111 Brookshire Ave.

SATURDAY, DECEMBER 7

Christmas Boutique, 10 am to 4 pm. Shop from a large selection of vendors selling candles, handmade gifts, vintage items, homemade slime, Lipsense, Scentsy, and more. Knights of Columbus, 11231 Rives Ave.

Medicare 101, 2:30 pm. Medicare can be complicated. This seminar will help clarify the different parts of Medicare to help you make the right decision between multiple plans. AppleCare partners with 12 different plans. AppleCare Medical Group, 11525 Brookshire Ave., Suite 300.

Pokemon Tournament, 2:30 pm. Standard format tournament with a \$5 buy-in. All ages welcome, maximum 30 players. Prize payout is based on attendance. Psycho Turtle Collectibles, 8428 Telegraph Rd.

THURSDAY, DECEMBER 12

Rock en Vivo, 8 pm. An art and music festival featuring live rock music. Ages 21 and older, \$10 cover. The Palms Steak & Seafood, 8060 Florence Ave.

SATURDAY, DECEMBER 14

Vendo-Rama Pop-up Shop, 11 am to 4 pm. Thirty-plus vendors selling food, clothing, home furnishings, toys, and one-of-a-kind items. St. Mark's Episcopal School, 10354 Downey Ave.

SATURDAY, DECEMBER 21

KidsCreate: Family Paint Day, 10:30 am to noon. Enjoy a fun-filled day of painting and creativity with your little one(s). Make lasting memories & take home your works of art. One ticket includes: Child-friendly paint theme, guided workshop, two take-home canvases (for you and your child), paint brushes & paint supplies, snacks & refreshments. Each additional child or parent is \$15. Stay Gallery, 11140 Downey Ave.

TUESDAY, DECEMBER 31

Shake, Rattle & Rock, 9 pm to 12 am. Ring in the New Year with entertainer Dean Z and music from Elvis Presley, The Beatles, Buddy Holly, Michael Jackson, and others. Downey Civic Theatre, 8435 Firestone Blvd.

WEDNESDAY, JANUARY 8

State of the City, 12 pm. Listen as Councilman Rick Rodriguez presents Downey's State of the City address. RSVP with the Downey Chamber of Commerce. Rio Hondo Event Center,

10627 Old River School Rd.

SATURDAY, JANUARY 18

Downey Symphony Concert, 8 pm. Titled "Happy 250th, Beethoven!," this concert features a solo by pianist Sung Chang. Downey Theatre, 8435 Firestone Blvd.

SATURDAY, FEBRUARY 29

Downey TLC 5K, 9 am. A 5K run/walk to benefit the TLC Family Resource Center. Apollo Park, 12544 Rives Ave.

OuteRimCon, 10 am. A oneday mini con presented by the Aerospace Legacy Foundation's speakers bureau. Columbia Memorial Space Center, 12400 Columbia Way

SATURDAY, MARCH 7

Walk for Water, 9 am to 1 pm. Join Downey High School's Thrift Project Club as they raise money and awareness regarding the global water crisis. Downey High football stadium, 11040 Brookshire Ave.

SUNDAY, MARCH 22

Beauty & the Beast Sing-Along, 2 pm. An interactive presentation of the Disney classic, with on-screen lyrics so the audience can sing along. Buy your tickets at the Downey Theatre box office. Downey Theatre, 8435 Firestone Blvd.

SATURDAY, APRIL 4

Willy Chirino in Concert, 8 pm. Cuban-born vocalist and bandleader

Willy Chirino helped create the "Miami sound" of salsa music. He's performing live in Downey. Downey Theatre, 8435 Firestone Blvd.

SATURDAY, APRIL 11

Downey Symphony Concert, 8 pm. Titled "Sounds of America," this concert features a solo by percussionist Eric Guinivan. Downey Theatre, 8435 Firestone Blvd.

SATURDAY, MAY 9

Relay for Life, 10 am. Downey Relay for Life celebrates the 20th anniversary of its fight against cancer. This 24-hour event raises money for the American Cancer Society. Warren High School, 8141 De Palma St.

SUNDAY, MAY 10

Mariachi Los Camperos, 3 pm. The two-time Grammy Award winning mariachi performs a special Mother's Day concert. Downey Theatre, 8435 Firestone Blvd.

SUNDAY, JUNE 14

'Grease' Sing-Along, 7 pm. Fall in love with Olivia Newton-John and John Travolta all over again while singing along to all of the film's big hits. Downey Theatre, 8435 Firestone Blvd.

Compiled by Eric Pierce. Some events may charge admission fees. Email calendar listings to eric@thedowneypatriot.com

In Memory of

Antonio "Tony" Cantacessi

January 9, 1929 - October 3, 2019



Antonio "Tony" Cantacessi, was born in Los Angeles on January 09, 1929, to Giuseppe and Anna Cantacessi, who had emigrated from Italy. He was the 5th of eight children, grew up in Los Angeles and was a proud graduate of Fremont High School. In 1952, Tony was drafted into the Army and was stationed in Okinawa, serving his country until June 1954.

In the summer of 1954, he met his future wife, Dorma Lee Watson of Paramount, CA, and they married on July 01, 1955. They purchased a home & settled in Hollydale, were blessed with five children, and were married for 64 years. Tony worked in the printing business and retired in 1994. He was a dedicated family man and Christian.

Tony's hobbies included spending time with his children and grandchildren, working in his yard, collecting coins, and visiting libraries and museums. He was an avid reader, a lifelong fan of big band music and the Dodgers.

During retirement he enjoyed attending golf tournaments with his brothers, taking day trips to local casinos and visiting Southern California beaches and landmarks. He was a member of the Downey Bocce Club, where he spent many happy years playing bocce and making new friends.

Tony is preceded in death by his son, Nicholas, granddaughter Angelina, his parents & six siblings. He is survived by his wife Dorma Lee Cantacessi, daughters Joni Toussaint (Wayne) & Cicily Vincent (Jim), and sons Mario Cantacessi (Raquel) & Alexander Cantacessi (Shuny); 9 grandchildren, 6 great grandchildren, and his brother Luiggi Cantacessi.

Tony was a friendly man who never met a stranger, dearly loved his wife, children and grandchildren, and was a curious and interesting person. He will be sorely missed, but we have hope of being reunited with him in eternal life with Christ.

Rives Mansion adding coffee shop

Continued from page 1

However, it soon became clear that the council would not get the unanimous vote it needed, with Frometa commenting that the project was "not the best solution, but it is the best-case scenario."

"We want to make decisions that are reasonable," said Frometa. "Collectively, we have watched this property go from decay to despair, to being an eyesore in this community. We all want to preserve it; we all want to preserve the historical presence of this particular building...We are not in a position to buy this property and restore it; the city is not in that position."

"We either let it go, and it

will continue to fall into disrepair and at some point, it will be bulldozed, or we are here to decide 'do we affirm the Planning Commission's decision.'"

Pacheco also came out in support of the project.

"It is a tough decision," said Pacheco. "I also want to maintain the Rives Mansion and the beauty of the Rives Mansion. I know that the Planning Commission spent many long hours trying to figure out the location of this juice bar/coffee bar, and many different alternatives as to what can be done.

"I also am in support of the Planning Commission's decision, because I believe that the mansion should be maintained, and I believe this would add an



extra benefit to the residents of our city."

The final vote came to 2-1.

After the decision, De La Teja

said that there was some relief, however there was "still a long road ahead."

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Still pitching at age 90 -- it's Bob Brazelton

By Lorine Parks
Society Columnist

How about those Dodgers?
“Well,” said Bob Brazelton, still pitching words of wisdom at 90, “they folded. That’s the game. You win a few, you lose a few.”

And that calm equanimity might be the secret to Bob’s longevity. That and regular exercise. As Joe Lumsdaine said in the first toast of many of the afternoon, “Bob’s a man of intelligence. He speaks his mind, but he speaks it softly.”

Bob’s six children gave him a 90th birthday party at the Rio Hondo Event Center for 80 of his family and closest friends. Pediatrician son Michael from Littleton, Colo., resplendent in Bermuda shorts and snappy socks, wore an apron that said, “Who Invited All These Tacky People.”

Mike had it almost right. The real question was, how did they pare down the guest list? Bob knows so many people and has touched so many lives. Family outnumbered friends, and we

were all mixed together. I can’t remember everyone, and I’m a little fuzzy on the grandkids’ names, but 40 was the number of Brazelton progeny. The rest, mostly Downeyites.

Whose idea was the party, Bob’s or his children? Son Kevin, a teacher from San Jose, said, “We all wanted to celebrate Dad’s 90th birthday. But it was my older sister Anne who did the organizing.”

Lawyer son Steven from Reno agreed. “I did it electronically,” said Anne, who lives in nearby Riverside. “Lots of emails, so everyone had their input.”

Baseball was the theme of the day. Bob was a world class pitcher from high school days on, and was nicknamed “Bean Head” for his ability to brush back the batter by throwing the ball just under the chin. Where was Bob and his control when the Dodgers needed him!

Each table sported a real baseball especially ordered by Anne with the words Bean Head 2019 Happy Birthday. Each guest also received a gauze bag filled with miniature foil-covered – you

guessed it – chocolate baseballs.

Table charts showed guests assigned to positions on the diamond. I was seated at first to the Umpire Table but that turned out to be for the grandkids, so Anne moved me up to the Infield, at the Second Base Table, where I now sat with Anne and husband Alex Tenango, and Anne’s brother Bob. Bob’s wife Julie brought the delicious cupcakes from Hapa’s Bakery in Brea, and the cake from Ralphs, with the figure of a pitcher brushing back the big numerals 90.

We were joined by first grandchild Jordan, who has her Master’s in visual communication. “She broke out of the family’s teacher-lawyer mold,” said Julie. Jordan wants to go back to visit Japan where she first went as a high schooler to see the animé studios in Tokyo.

Also on Second Base with me were son Steven and his wife Nathalie. Their daughter, Jade, was seated with the other grandkids and Jasmine was in Maastricht, the Netherlands, studying neurons.

At First Base were seated Jim and Stella Derry. Jim gave a rousing toast praising Bob for all he has done and is still doing for

the Downey Family YMCA where Bob is on the Board of Managers. Fellow Kiwanian Larry Lewis and wife, Marge, and Mike and Joyce Prokop joined them, with Dan and Josete Antonelli and Connie and Ernie Navar.

Karol and Hop Morrison were at the Pitcher’s Table with Bob, and Joe and Dianne Lumsdaine. Monseigneurs Lorenzo Miranda and Gary Bauler from Our Lady of Perpetual Help joined them, along with Adele Alexander, Mary Felix and Vicki Carnevale.

Third Base, the Hot Corner, was Mike Brazelton’ table, with wife Charlotte, and assorted children, and other happy celebrants. Joe Commodore was at Short Stop, with Kevin and Karen Brazelton.

Another table, Catcher, completed the battery and featured Hal and Carolyn Nelson, Bill and Katie Hare, and Joanne and Bob Earl.

“I remember my dad coaching me in baseball for the Sting Rays, the YMCA’s Gra-Y program,” said “young” Bob, reaching back 50 years as easily as if it were yesterday (it was, wasn’t it?). “Somehow he got a big sheet of rubber from the Firestone factory in South Gate. It was about 10 feet

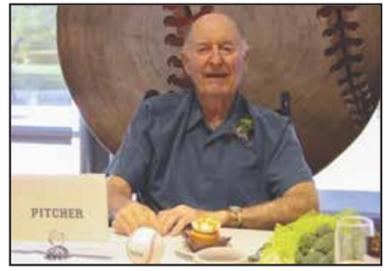
by 10 feet, and he put it on a wooden frame and painted a square on it. Every day I would throw the ball across the backyard at that target. I bet he still goes out and practices there today.”

Daughter Katie MacFarland, an educator in Vail, Colo., took turns with her siblings as emcee. She was wearing a lovely pearl-cluster pendant and earrings. “My mother Jean’s,” said Katie. “I try to keep her near me every day.” Katie also remembered being coached by her dad every day, not just in baseball but football too.

Why didn’t Bob pursue a pitching career? “I played semi-pro minor league ball in 1951,” Bob said. “For the Yuma Panthers, the Tucson Cowboys and the Mexicali Eagles. We were traveling all the time from game to game, and we stayed in crummy hotels. In the off-time there was nothing to do but play cards.”

Bob decided against famed coach Rod Dedeaux’s offer of a pitching scholarship at USC and chose Loyola and family values instead.

Bob served as a Marine in the Korean Conflict, and after the Armistice he became the player-manager of the Marine Corps baseball team that won the Far



East service championship. Back home, he pursued his college career and law degree at Loyola.

Jean, a lively school teacher from Minnesota, and Bob got married in 1957, and settled in Downey, eventually raising six children and 12 grandchildren and staying active in the community. Bob had an impressive career as an attorney, and now practices business and estate planning law from his home.

Bob chaired the committee that drafted the Downey City Charter.

Downey calls Bob “Mr. Mayor,” and he served from 1993-94. Jim Derry called him “the most impressive man I know.” He received the Exceptional Service Award, the highest award given by the Downey Family YMCA.

But the lovingly bestowed soubriquet “Bean Head,” that’s the name everyone called him today.

City approves plan for 540 trees

DOWNEY – The City Council unanimously approved a \$192,796 contract with the Los Angeles Conservation Corps on Tuesday for the planting of 540 trees.

City staff submitted a grant proposal for the development of an Urban Forest Management Plan to CALFIRE, of which the planting of the 540 trees was a requirement.

In May of 2017, the city was notified that it’s grant application was selected for funding in the amount of \$379,750.

Total cost of the project – including preparation of the UFMP, planting, and grant administration services totals to \$305,351.96.

City staff is currently in the process of compiling a list of residents and property owners who wish to have a tree planted in front of their property, which will be accommodated on a “first come, first served basis.”

It is anticipated that planting will begin in December and be completed by the end of March 2020.

The newly approved trees are not a part of the controversial Tree People project, in which the non-profit is set to plant 3,000 trees in the city to offset the impact of recent freeway projects.

Alex Dominguez, staff writer

Downey contracts for homeless outreach

DOWNEY – In a continued effort to address the growing homeless epidemic, the city of Downey approved a \$60,000 professional services agreement with the non-profit Coast to Coast Foundation on Tuesday.

Coast to Coast will continue to work with Downey Police Department in their homeless outreach, assist in cleanup efforts, and will help to organize supplemental assistance for those outreach efforts, including coordinating community volunteers and donations to help homeless individuals.

A portion of the funds in the agreement are also specifically dedicated for emergency housing, mental health or drug treatment services, and transportation services for individuals who need immediate help before there is space available in the publicly-funded programs.

The agreement will be funded through the fiscal year 2019-20 budget.

Alex Dominguez, staff writer

Gracie Munguia finishes basic training

DOWNEY – U.S. Air Force Airman Gracie M. Munguia graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas.

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

Airmen who complete basic training also earn four credits toward an associate in applied science degree through the Community College of the Air Force.

Munguia is the daughter of Carlos and Grace Munguia of Downey. She is a 2018 graduate of Warren High School.

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9-10 YRS.....	7:00 PM
11-13 YRS.....	7:15 PM
14 YRS.....	7:30 PM

PET COSTUME PARADE 7:45PM

** Reminder** All dogs must be on a leash. Bring your own Halloween treat bags. Don't forget your camera!
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DOWNEY THEATRE

discover Downey 8435 Firestone Blvd., Downey CA 90241
www.downeytheatre.com

Rita Moreno, Laurie Hernandez, Gina Torres named grand marshals of Rose Parade



PASADENA – Rita Moreno, Gina Torres and Laurie Hernandez have been announced as the 2020 grand marshals of the Tournament of Roses Parade.

The trio will ride in the New Year's Day parade in Pasadena and join in the pre-game celebration of the Rose Bowl

game.

"The 2020 theme is 'The Power of Hope.' With hope, we can aspire to do better and inspire others to reach higher; hope never quits; with hope anything, in fact everything is possible," said Tournament of Roses President Laura Farber.

"Rita Moreno, Gina Torres, and Laurie Hernandez epitomize hope. Through their talent, efforts, persistence, and dedication, they have achieved excellence and have given back to the world stories of hope, dreams fulfilled, dignity, respect and inspiration. They have provided *el Poder de La Esperanza para todo el mundo!*"

Rita Moreno has received four of the most prestigious awards in show business; an Academy Award, a Tony Award, two Emmy Awards, and a Grammy award.

Her credits span more than six decades, beginning on Broadway at age 13.

A recipient of the Kennedy Center Honor for her lifetime contributions to American culture, Moreno was also awarded the Presidential Medal of

Freedom by President George W. Bush and the National Medal of Arts by President Barack Obama.

In addition to her film, stage, television and concert accomplishments, Moreno gives her voice to important causes, including racial equality, hunger, early childhood education, as well as health issues like HIV, breast cancer, heart disease and diabetes.

Moreno was among many celebrities to take part in the historic March on Washington on Aug. 28, 1963 and has since been involved with many civic, cultural and charitable organizations, including the Jackie Robinson Foundation, the National Endowment for the Arts and the President's Committee on the Arts and Humanities.

Well-known for her roles on "Suits," "Alias," "Firefly" and

"Westworld," Gina Torres was born in Manhattan to a close-knit Cuban family and raised in the Bronx.

Gina's character, Jessica Pearson, on USA Network's hit original series "Suits" garnered award-winning success which led to the spinoff series, "Pearson." Currently she is starring in the lead role and executive producing "Pearson," which sees her "Suits" character take on the world of Chicago politics.

Laurie Hernandez earned Olympic gold and silver medals as a member of the 2016 U.S. Olympic women's gymnastics team.

Laurie is a second generation American; her grandparents are Puerto Rican, making her the first U.S. born Latina to make the U.S. team since 1984.

Following her win at the Summer Olympics, she earned another title, champion on ABC's "Dancing with the Stars." In 2017, Laurie became an inductee into the USA Gymnastics Hall of Fame and was recognized as the 2018 Nickelodeon Kids Choice Sports Biggest Kid.

Laurie is the author of two books; "I Got This: To Gold and Beyond" chronicling her journey thus far and a children's picture book "She's Got This," each appearing on the New York Times Best Sellers list.

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Downey Doings

At Rotary Club's 10K Winner's Night, Downey is the real winner

By Lorine Parks
Society Columnist

A buzz of excitement – the odds are good, at a chance in 250, that someone in this room will win big.

It's the Rotary Club of Downey's 10K Winner's Night. "10K" meaning someone is guaranteed to win the \$10,000 prize. It's "Winner's Night" because the evening specifically benefits all the club's local Downey projects. The money raised at the 10K Winner's Night stays in Downey.

The first sight on entering the banquet room at the Embassy Suites was Rotarian Jenette Lopez sitting cross-legged on the floor, her auburn hair done up on top of her head and a look of intense concentration on her face.

Jenette had the key job of being sure all the numbers called were entered and projected on the big TV screen. The 10K is a game of reverse selection: every number of the 250 sold is called, and the winner is not the first, but the one with the very last number remaining at the end of the evening.

Consequently, it's a party where everyone stays interested till the end, when the climax of calling numbers arrives.

Jenette's husband, Past President Alex Lopez, was making sure each numbered chance sold was present and accounted for in the hopper, before the drawing began. The task of announcing each number as it was eliminated went to Ray Brown.

Ray had 250 numbers to call in

an hour and a half, so that's 250 names in 90 minutes. Silver-tongued Ray had to speak above the din of the crowd to do it, and Ray was up to the task.

Maurice Casaus, manager of the Embassy Suites and president-elect of the Rotary Club, was our host. We were treated to a delicious Italian-themed buffet of lasagna, Italian sausage with red and green peppers, and chicken parmesan. Dessert was cheese-cake and also chocolate layer cake with a creamy chocolate bavarise filling.

Everyone was equipped with a scorecard, and guests kept track of the progress of each number as the evening went on. "Are you still in?" was a frequent question, often answered with a smile but sometimes with a rueful grin – no translation needed.

Rotarian Raul Lopez and Soptimist Arlene, Alex's parents, were on hand early. Arlene loves to give the casino a flutter, and there were several tables for her to try her luck, with donated merchandise for prizes.

Larry McGrew, who graciously hosts the Texas Hold 'em Poker Night for Rotary several times a year, was asked if he planned to win at the gaming tables.

"Nope," said Larry. "I'm sticking with the 10K opportunity and I'm going to win the big one."

Someone was certain to have lucky night, but the real winner was the community of Downey. Rotary dedicates the proceeds of this yearly event to its local causes and charities, and it took a long page in the program to

list them, from the Arc Fishing Derby and Buddy Benches for the Downey Unified School District's anti-bullying campaign, to children's books for the Downey City Library Children's Room, and a donation to the Downey Symphonic Society with its Music in the Schools program. Rotarians work all year to strengthen local organizations.

Newest Rotary project will be Fiesta de la Calaveras on October 26, to be held at the Stonewood Mall. The event will replace the Dias de los Muertes, an event that the City of Downey had to cancel because of construction at the Civic Center and the Downey Theatre Plaza. Rotary is eager to pick up the slack, and will work on this together with Courage Forward, the association to help veterans with PTSD.

Downey Rotary also supports local youth organizations: Interact clubs at Downey, Warren and Columbus High, plus an OLPH Interact. A major recipient of the evening's proceeds will be Gangs Out of Downey, the program that has involved the Downey Unified School District and other local schools: the Downey Family YMCA; Darrell Jackson's 10-20 Club for Youth at Risk; and the Downey Police Department, and many other worthy groups all participate.

Other events during the Rotary year are specially designated: the golf tournament in November donates all its proceeds to The Arc. The pancake breakfast at Warren High, enjoyed by the community for so many years, and planned for springtime 2020, is an all-out effort to make a meaningful gift to the Downey

Family YMCA. Greg Welch, immediate past president of Rotary, is the new chair of the Board of Managers of the Downey Family YMCA.

These big fundraisers have always been dedicated to the Arc and the Downey YMCA. But the 10K Night enriches the club's treasury so it can contribute to home town projects like TLC, or True Lasting Connections, which is affiliated with the DUSD and helps needy families of students at the Downey schools.

Rotarian Jesse Vargas is on the board of the foundation of Rancho Los Amigos Rehabilitation Center, where many Downeyites join to raise money to provide special equipment for the patients. Rotary has also co-hosted the annual luncheon event to honor the Downey Police and Fire Foundation.

Speaking of the DUSD, one of the delightful surprise guests was Dr. Ed Potter, former assistant superintendent of the DUSD. Dr. Ed was president of the Rotary Club of Downey in 1993-94, the year it met at the Embassy Suites while the Rio Hondo Country Club was re-landscaped and our beautiful new event center was being built, with its wrap-around glass walls looking out over the terrace and the fairways.

Dr. Ed said he had recently taken a motor trip with Raul and Arlene Lopez, starting in Boston, "where the credit union conference was," said Dr. Ed. "We ended up 1,700 miles later in Miami. We saw everything along the way, and I heard quite a lot about Cuba."



Jenette Lopez played an important role in Rotary Club's 10K Winner's Night. Photo by Lorine Parks

Harold and Anna Tseklenis, Jim and Judy Reynolds, and Jorge and Maru Montero shared a table. Harold is a longtime supporter of the Downey Symphonic Society, which Rotary supports with some of the proceeds from this evening. They sat right beside Connie and Bill Kirkwood's table, and Chris and Mike Polen, both resplendent in bright Hawaiian clothes.

Ryan Keene and Kris attended. Ryan is the newest member of the Downey Symphonic Society board. Drs. Debbie and Dan Fox were there, taking a look at the silent auction prizes. Among the opportunities were a ride-along with a Downey Police patrol person on their beat; and stays at several Embassy Suites by Hilton, one in Seattle and another in Bozeman, Montana. Lucky winners will see a landscape and weather that are different from what we know in Downey.

Adopt-a-House, Rotary Recognizes Readers, Thanksgiving dinners for needy families, and the Ronald McDonald House are more of the recipients, too many exceptional causes to make a complete list here.

One of Rotary's favorite meetings of the year is the Christmas party for needy third graders who might not have any Christmas

celebration or present otherwise. Rotarians share lunch at Rio Hondo Event Center, festooned in its holiday best, and the children get a visit from Santa, who brings special toys for each child.

"I'm saving my present for my sister," a little girl once said, "because she won't have any Christmas at all." Two children along with their principal come from each of Downey's K-5 schools for a sharing and caring event that is memorable for Rotarians as well as the youngsters.

The Rotary Club of Downey also has major international projects, like Literacy in Guatemala, and Polio Plus, the 30-year-long endeavor to eradicate polio worldwide. But none of these bring any more satisfaction and joy than the moments of hope that Rotary can give to so many children and families and adults right here, where the faces and addresses and needs are seen and felt so strongly every day.

Downey is rich in having so many other service clubs that feel the same sense of service.

The Rotary Club of Downey is grateful for the community support for the 10K Winner's Night, where the winners are legion, and the quality of life in Downey is enriched.

Short Stories

The Glorious Silence

By Yolanda Adele
Contributor

As caretaker at The All Souls Cemetery, I have come to understand that silence can vary just as the seasons when change is in the air.

I've observed many of the bereaved. They stay at the grave site after the ceremony and after the preacher, rabbi or priest has left along with most of the mourners. Unbeknownst to them, I have shared in their silence, which grips around the heart and mind when there are no more questions, because there are no more answers. This is a kind of silence that chokes when all hope is gone. What's worse is that this silence is a lingering intruder.

Other times silence begins to fall upon the living soul like tears or a veil covering the face of a widow.

Silence can pierce a heart and sever relationships. Silence is like a chameleon, which is why it can be misinterpreted.

At night, after a fresh grave has been added to the grounds, silence takes on a different ambiance, as it seems to perch and spread out on thin beams of radiant energy, streaming from the moonlight. This is my favorite silence. I call it the Glorious Silence. It is sternly beautiful as a rosebud breaking through the silent snow-covered ground at winter's end. The pure silence that resides here is on hallowed ground.

It's a pity, humans spend their lifetime covering the silence that is innate to their core being, yet it is no wonder, because the world is blanketed by a heavy barrage of pollutant noise.

Here at The All Souls Cemetery, the spirit returns to the awareness of the enlightening silence. I can tell you, peace resides in this unpolluted stillness where there is no forward or backward.

I have been the caretaker here and have observed as many silences as there are human beings buried here. I can tell you that everything you ever wanted to know about the purpose of life and your existence in it lies in the silence of your soul where the truth of your being resides.

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

The Old Plank Road

By Sharon Benson Smith
Contributor

This is another one of those memories that just had a way of "popping up" and pulling me in to pursue the subject further.

Growing up in the days of yore, I recall mom talking about "The Old Plank Road." It made such a lasting impression on her that she mentioned it often over the years.

Granddad and Grandma White, along with Mom and her brother, George, migrated from the State of Texas to Imperial Valley, and they used the plank road to get to their final destination. Mom had to have been a nine-year-old passenger when the family drove over it in 1923.

The road was built in 1915 to

assist cars to get across the Imperial Sand Dunes, as back then it was looked upon as a seamless ocean of sand. Even then, during high winds, sand blew onto parts of the roadway, preventing our early automobiles from traveling any further until the sand could be removed.

Composed of pre-assembled thin pine planks in 8 ft. wide by 12 ft. long sections, they were then loaded on mule drawn wagons and lowered into place with crude cranes and bolted into place. In total, it was only six and one-half miles long.

Located within one-half mile of the Mexican border, the road was an east-west route over the Imperial Sand Dunes. It then connected the extreme lower section of Southern California to Arizona and provided the last

link in a commercial route between San Diego and Yuma.

In following years, after splintered board and drifting sand provided endless maintenance headaches, the road was replaced by an asphalt road and today's four-lane highway. A surviving section (with its own historical sign) and parallel to the plank road can still be seen at Gray's Well exit of the I-8 freeway.

The "Old Plank Road" is now a landmark; it is a surviving remnant of Americana and an off-the-beaten-path travel destination known now as an unusual U.S. highway artifact.

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

LEGALS

FICT. BUS NAME

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2019257977
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) GISELLE SALES & MARKETING MANAGEMENT, 8541 PARROT AVE., DOWNEY CA 90240, LA COUNTY
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) GISELLE M. FLORES, 8541 PARROT AVE., DOWNEY CA 90240
State of Incorporation: N/A
THIS BUSINESS IS CONDUCTED BY: an Individual
The date registrant started to transact business under the fictitious business name or names listed above: 09/2019
I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
S/ GISELLE M. FLORES, OWNER
This statement was filed with the County Clerk of Los Angeles on SEPTEMBER 25, 2019
Notice - In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other than a change in the residence address of a registered owner. A new Fictitious Business Name Statement must be filed before the expiration. Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by the affidavit of identity form.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of

another under Federal, State or Common Law (see Section 14411 et seq., Business and Professions Code).

The Downey Patriot
10/10/19, 10/17/19, 10/24/19, 10/31/19
FICTITIOUS BUSINESS NAME STATEMENT
File Number 2019273941
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) OBRIA MEDICAL CLINICS LOS ANGELES (2) OBRIA MEDICAL CLINICS, 16147 E WHITTIER BLVD., WHITTIER CA 90603, COUNTY OF LOS ANGELES
Articles of Incorporation or Organization Number (if applicable): AI #ON: 1571079
REGISTERED OWNERS(S): (1) WHITTIER PREGNANCY CARE CLINIC, INC., 16147 E WHITTIER BLVD, WHITTIER CA 90603
State of Incorporation: CA
THIS BUSINESS IS CONDUCTED BY: a Corporation
The date registrant started to transact business under the fictitious business name or names listed above: 09/2019
I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
S/ WHITTIER PREGNANCY CARE CLINIC, INC., PRESIDENT, JEANETTE KUIPHOF
This statement was filed with the County Clerk of Los Angeles on OCTOBER 15, 2019
Notice - In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other than a change in the residence address of a registered owner. A new Fictitious Business Name Statement must be filed before the expiration. Effective January 1, 2014, the Fictitious Business

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

The Downey Patriot
10/24/19, 10/31/19, 11/7/19, 11/14/19
FICTITIOUS BUSINESS NAME STATEMENT
File Number 2019253425
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) LA CARSERVICE, 5774 HARDING AVE, SOUTH GATE CA 90280, LA COUNTY
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) LA CARSERVICE INC, 5774 HARDING AVE, SOUTH GATE CA 90280
State of Incorporation: CA
THIS BUSINESS IS CONDUCTED BY: a Corporation
The date registrant started to transact business under the fictitious business name or names listed above: N/A
I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
S/ LA CARSERVICE INC., CEO, QUINTANA SIGLER
This statement was filed with the County Clerk of Los Angeles on SEPTEMBER 19, 2019
Notice - In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other than a change in the

residence address of a registered owner. A new Fictitious Business Name Statement must be filed before the expiration. Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by the affidavit of identity form.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State or Common Law (see Section 14411 et seq., Business and Professions Code).

The Downey Patriot
10/3/19, 10/10/19, 10/17/19, 10/24/19
FICTITIOUS BUSINESS NAME STATEMENT
File Number 2019250090
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) T R & R MAINTENANCE AND REPAIR, 11714 208TH ST, LAKEWOOD CA 90715, LA COUNTY
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) ANGEL FABIAN TORRES-AZPE, 11714 208TH ST, LAKEWOOD CA 90715
State of Incorporation: N/A
THIS BUSINESS IS CONDUCTED BY: an Individual
The date registrant started to transact business under the fictitious business name or names listed above: N/A
I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
S/ ANGEL FABIAN TORRES-AZPE, OWNER
This statement was filed with the County Clerk of Los Angeles on SEPTEMBER 16, 2019
Notice - In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed

in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other than a change in the residence address of a registered owner. A new Fictitious Business Name Statement must be filed before the expiration. Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by the affidavit of identity form.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State or Common Law (see Section 14411 et seq., Business and Professions Code).

The Downey Patriot
10/3/19, 10/10/19, 10/17/19, 10/24/19
FICTITIOUS BUSINESS NAME STATEMENT
File Number 2019271568
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) SKY HORIZON, 605 W. HUNTINGTON DR, MONROVIA CA 91016, LA COUNTY
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) RINA MARSH, 605 W. HUNTINGTON DR 623, MONROVIA CA 91016
State of Incorporation: N/A
THIS BUSINESS IS CONDUCTED BY: an Individual
The date registrant started to transact business under the fictitious business name or names listed above: N/A
I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
S/ RINA MARSH, OWNER
This statement was filed with the County Clerk of Los Angeles on OCTOBER 10, 2019
Notice - In accordance with Subdivision (a) of Section 17920, a Fictitious Name

Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other than a change in the residence address of a registered owner. A new Fictitious Business Name Statement must be filed before the expiration. Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by the affidavit of identity form.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State or Common Law (see Section 14411 et seq., Business and Professions Code).

The Downey Patriot
10/17/19, 10/24/19, 10/31/19, 11/7/19
FICTITIOUS BUSINESS NAME STATEMENT
File Number 2019260605
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) KUSTUM ARTISTRIES LLC, 1420 SOUTH CRAIG, WEST COVINA CA 91790, LA COUNTY, P.O. BOX #412, LA PUENTE CA 91747
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) KUSTUM ARTISTRIES LLC, 1420 SOUTH CRAIG, WEST COVINA CA 91790
State of Incorporation: CA
THIS BUSINESS IS CONDUCTED BY: a Limited Liability Company
The date registrant started to transact business under the fictitious business name or names listed above: 09/2019
I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
S/ KUSTUM ARTISTRIES LLC, CEO, JAMES R BOYD

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to Section 17913 other than a change in the residence address of a registered owner. A new Fictitious Business Name Statement must be filed before the expiration. Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by the affidavit of identity form. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State or Common Law (see Section 14411 et seq., Business and Professions Code).

The Downey Patriot
 10/10/19, 10/17/19, 10/24/19, 10/31/19

GOVERNMENT
CITY OF DOWNEY NOTICE OF PUBLIC HEARING ON A PROPOSED CONDITIONAL USE PERMIT PLN-19-00076

Notice is hereby given that a public hearing will be held before the DOWNEY CITY PLANNING COMMISSION on the 6th day of November, 2019, at 6:30 p.m., in the Council Chambers within Downey City Hall, 11111 Brookshire Avenue, Downey, California. At that time and place, consideration will be given to the following:

(PLN-19-00076) Conditional Use Permit: A request from Spectrum Services to install (9) nine 6-foot tall panel antennas, (6) six 28" tall wireless remote radios, (3) three 28.9" tall junction boxes all 45' above the ground on an existing 111 foot tall Southern California Edison transmission tower, plus a 24" diameter microwave antenna dish at a height of 26 feet above the ground on the same tower. The project also includes three equipment cabinets to be located below the tower behind a proposed 8' high block wall enclosure, 16' x 16' (256 square feet in area) and a pedestal, transformer and pull boxes near the northeast corner of the parcel (6283-024-801), on property located at 10046 Imperial Highway, zoned R-1-5000 (Single-Family Residential).

All interested parties are invited to submit written comments and/or to attend and give testimony. The staff report, which provides a detailed description and analysis of this project, will be posted to the City's website (<http://www.downeyca.org>) on the Friday prior to the public hearing.

As required by the California Environmental Quality Act (CEQA), this request has been found to be Categorical Exempt from CEQA, per CEQA Guideline, Section 15301 (Class 1, Existing Facilities).

In compliance with the Americans with Disabilities Act, if you need special assistance to participate in this meeting, contact the City Clerk's Department at 562-904-7280 or the California Relay Service at 711. Notification at least 48 hours prior to the meeting will enable the City to make arrangements to assure accessibility. The City of Downey does not discriminate on the basis of disability in admission to, access to, or operations of its programs, services or activities. Questions, concerns, complaints or requests for additional information regarding the Americans with Disabilities Act may be forwarded to the City's ADA/Section 504 Coordinator at 11111 Brookshire Avenue, Downey, CA 90241, ADACoordinator@downeyca.org, Phone: 562-299-6619, Fax: 562-923-6388, and California Relay 711.

All interested parties are invited to submit written comments and/or to attend and give testimony. If you have any questions concerning this application, please contact Contract Planner Art Bashmakian at (562) 904-7154, or at abashmakian@downeyca.org.

The Downey Patriot
 10/24/19

CITY OF DOWNEY NOTICE OF PUBLIC HEARING ON A PROPOSED SPECIAL EVENT PERMIT PLN-19-00165

Notice is hereby given that a public hearing will be held before the DOWNEY CITY PLANNING COMMISSION on the 6th day of November, 2019, at 6:30 p.m., in the Council Chambers of the Downey City Hall, 11111 Brookshire Avenue, Downey, California. At that time and place, consideration will be given to the following:

(PN-19-00165) Special Event Permit: A request to hold a Veterans Day event on Sunday, November 10, 2019, from 12:00 p.m. to 10:00 p.m., in the parking lot on the west (rear) side of Bastard's American Canteen, inclusive of food and drink sales, alcoholic beverages, vendors, and live entertainment, on property located at 11045 Downey Avenue and zoned DDSP (Downtown Downey Specific Plan).

All interested parties are invited to submit written comments and/or to attend and give testimony. The staff report, which provides a detailed description and analysis of this project, will be posted to the City's website (<http://www.downeyca.org>) on the Friday prior to the public hearing.

As required by the California Environmental Quality Act (CEQA), this request has been found to be Categorical Exempt from CEQA, per CEQA Guideline, Section 15304 (Class 4, Minor Alterations to Land).

In compliance with the Americans with Disabilities Act, if you need special assistance to participate in this meeting, contact the City Clerk's Department at 562-904-7280 or the California Relay Service at 711. Notification at least 48 hours prior to the meeting will enable the City to make arrangements to assure accessibility. The City of Downey

does not discriminate on the basis of disability in admission to, access to, or operations of its programs, services or activities. Questions, concerns, complaints or requests for additional information regarding the Americans with Disabilities Act may be forwarded to the City's ADA/Section 504 Coordinator at 11111 Brookshire Avenue, Downey, CA 90241, ADACoordinator@downeyca.org, Phone: 562-299-6619, Fax: 562-923-6388, and California Relay 711.

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 Planning Commission at, or prior to, the public hearing. For more information contact Principal Planner Guillermo Arreola at (562) 904-7154, or at garreola@downeyca.org.

The Downey Patriot
 10/24/19

LIEN SALES
 Notice of Sale of goods on 10/25/2019 at 10am

Address: 15345 Illinois Ave. Paramount, CA 90723

Goods to be sold:

- X-001DG4K7Z- 2051 units - outdoor motion sensor solar lights (4 pack)
- X-001DNKDN- 1523 units - outdoor motion sensor lights (2 pack)
- X-001DJHC09 - 2693 units - outdoor motion sensor solar lights (1 pack)
- X-001LK2MTB - 1026 units - Steel grill cleaning brush
- X-001LVA6J - 156 units
- X-001IW9GHN - 734 units - Kaka parrot compress steel insulated water bottle
- X-001IWFZPDP - 610 units - Indian elephant stainless steel insulated water bottle
- X-001IWLVDZ - 542 units - Red stainless steel insulated water bottle
- X-001JOLE3X - 138 units - Blue stainless steel insulated water bottle
- X-001OOO6KL - 983 units - S/M blue compression socks
- X-001F57RL5 - 1980 units - Clothing steamer
- X-001NVCDLZ - 598 units - Blue work gloves
- X-001OOW63Z - 609 units - S/M blue compression socks (4 pack)
- X-001NVGW53 - 233 units - Green work gloves
- X-001NVGSLV - 89 units - Red work gloves
- X-0010O1ION - 80 units - L/XL pink compression socks
- X-0010O19J - 36 units
- X-0010O191N - 83 units - L/XL red compression socks
- X-0010O19KPF - 106 units - L/XL blue compression socks (4 pack)
- X-001DHE6KP - 210 units - Charcoal teeth whitening powder
- X-001NZZTGR - 318 units - S/M green compression socks (4 pack)
- X-0014DBHPF - 22 units - Bento box (14 pack)
- X-0010OVT1F - 34 units - S/M 4 pack compression socks
- X-0010O34L - 23 units
- X-0010OQDZ - 89 units
- X-0010OIQED - 80 units - L/XL green compression socks (4 pack)
- X-0010OQ7FP - 84 units - L/XL black/white compression socks (4 pack)
- X-0010OVTJZ - 59 units
- X-0010OORQB - 34 units - S/M white compression socks
- X-0010OVT7HB - 41 units - S/M white compression socks
- X-001INZZY3 - 30 units - L/XL white compression socks
- X-0010OODV3 - 18 units - S/M green compression socks
- X-0010OXPFN - 8 units
- X-001MEZJFX - 23 units - Lined notebook
- X-001MPSCKAD - 16 units - 12 month planner
- X-0010OOWSLP - 40 units - S/M Black/red compression socks (4 pack)
- X-001KRND25 - 372 units - Blue neck pillows
- X-001KROREN - 426 units - Red neck pillows
- X-001KRPOYF - 324 units - Orange neck pillow
- X-001KRZPZF - 212 units - Light gray neck pillows
- X-001KSC1SV - 295 units - Light green neck pillow
- X-001K3P03Z - 181 units - Navy neck pillow
- X-001KRORVK - 345 units - Beige neck pillow
- X-001KRVERV - 208 units - Purple neck pillow
- X-001QOVHOT - 15 units - S/M green compression socks
- X-0010O12CT - 23 units - L/XL green compression socks
- X-0010OVXG1 - 53 units - L/XL light green compression socks
- X-0010O077X - 15 units - S/M black/pink compression socks
- X-001GZTNE - 15 units - BBQ grill cover

The Downey Patriot
 10/17/19, 10/24/19

NOTICE OF LIEN 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, Section 2328 of CA Commercial Code, Sections 1812, 800-1812, 609, Section 1988 of CA Civil Code and Section 535 of the CA Penal Code.

The undersigned will sell at public sale by competitive bidding on Wednesday, the 13th day of November, 2019, at 10:00 AM, 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, 90723, County of Los Angeles, State of California, the following:

Name	Unit #
Virginia Soto Padilla	1586
Judy Alvarado	2221
Cynthia Brown	2456
Shawn Hollingsworth	2640
Mary Horton	2316
Tahia King	1029
Natasha Marshall	3033
Chanika Morris	2967
Ronnie Ramirez	2310
Maria Rojas	2125
Maria Rojas	2459
Janet Shepherd	1585
Julie P. Sierra	2624

Otoniel Valdez 1567

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 24th Day of October 2019 and 31st Day of October 2019.
 Self Storage Management Company
 Bond #: WL11254152

The Downey Patriot
 10/24/19, 10/31/19

NOTICES

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

CASE NUMBER: 19NWCP00368
 TO ALL INTERESTED PERSONS: Petitioner BIANCA FUERTES FOR XOXCHITL CLAUDIO filed a petition with this court for a decree changing names as follows: Present name (1) XOXCHITL CLAUDIO TO Proposed name (1) XOXCHITL FUERTES 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 27, 2019, Time: 1:30 p.m., Department: 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, **Downey Patriot** SEPTEMBER 30, 2019 Judge Margaret M. Bernal Judge Of The Superior Court Petitioner or Attorney, In Pro Per **BIANCA FUERTES** 4435 ELIZABETH ST APT H CUDAHY CA 90202 (323) 907-7178

The Downey Patriot
 10/17/19, 10/24/19, 10/31/19, 11/7/19

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

CASE NUMBER: 19NWCP00356
 TO ALL INTERESTED PERSONS: Petitioner ATOUSA SEYEDAN filed a petition with this court for a decree changing names as follows: Present name (1) ATOUSA SEYEDAN TO Proposed name (1) RAJAN NADIS SEIEDAN 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 13, 2019, Time: 1:30 p.m., Department: C Room: 312
The address of the court is 12720 Norwalk Blvd., Norwalk, CA 90650
 A copy of this Order to Show Cause shall be published at least once a week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in the county, **The Downey Patriot** SEPTEMBER 18, 2019 Judge Margaret M. Bernal Judge Of The Superior Court Petitioner or Attorney, In Pro Per **ATOUSA SEYEDAN** 10820 Beverly Blvd. Ste #A5 Whittier CA 213-290-2012

The Downey Patriot
 10/3/19, 10/10/19, 10/17/19, 10/24/19

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

CASE NUMBER: 19NWCP00365
 TO ALL INTERESTED PERSONS: Petitioner SARAH BERKOFF AND VASILIA M BERKOFF ON BEHALF OF MATTHEW VASILIA BERKOFF filed a petition with this court for a decree changing names as follows: Present name (1) MATTHEW VASILIA BERKOFF TO Proposed name (1) MICHAEL VASILIA BERKOFF 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 27, 2019, Time: 1:30 p.m., Department: C Room: 312
The address of the court is 12720 Norwalk Blvd., Norwalk, CA 90650
 A copy of this Order to Show Cause shall be published at least once a week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in the county, **The Downey Patriot** SEPTEMBER 26, 2019 Judge Margaret M. Bernal Judge Of The Superior Court Petitioner or Attorney, In Pro Per **SARAH BERKOFF** 16228 SILVERGROVE DR Whittier CA 90604 (562) 902-3049 SADAB7@HOTMAIL.COM

The Downey Patriot
 10/3/19, 10/10/19, 10/17/19, 10/24/19

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

CASE NUMBER: 19NWCP00374
 TO ALL INTERESTED PERSONS: Petitioner SERGIO JAIME DIEZ filed a petition with this court for a decree changing names as follows: Present name (1) SERGIO JAIME DIEZ TO Proposed name (1) ALEX VALDEZ Present name (2) ALEJANDRO VALDEZ TO Proposed name (1) ALEX VALDEZ 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 4, 2019, Time: 1:30 p.m., Department: C Room: 312
The address of the court is 12720 Norwalk Blvd., Norwalk, CA 90650
 A copy of this Order to Show Cause shall be published at least once a week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in the county, **The Downey Patriot** OCTOBER 3, 2019 Judge Margaret M. Bernal Judge Of The Superior Court Petitioner or Attorney, In Pro Per **SERGIO JAIME DIEZ** 6040 1/2 COTHAM STREET BELL GARDENS, CA 90201 (626) 786-8215 DIEZ.SERGIO@GMAIL.COM

The Downey Patriot
 10/10/19, 10/17/19, 10/24/19, 10/31/19

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

CASE NUMBER: 19NWCP00396
 TO ALL INTERESTED PERSONS: Petitioner FRANCES REBECCA filed a petition with this court for a decree changing names as follows: Present name (1) FRANCES REBECCA KAMMEL TO Proposed name (1) FRANCES REBECCA KAMMEL 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: JANUARY 8, 2020, Time: 1:30 p.m., Department: C Room: N/A
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** OCTOBER 22, 2019 Judge Margaret M. Bernal Judge Of The Superior Court Petitioner or Attorney, In Pro Per **FRANCES REBECCA KAMMEL** 18326 SUSAN PL CERRITOS, CA 90703 (562) 865-2788

The Downey Patriot
 10/24/19, 10/31/19, 11/7/19, 11/14/19

TRUSTEE SALES

T.S. No. 075890-CA APN: 6252-025-010 NOTICE OF TRUSTEE'S SALE IMPORTANT NOTICE TO PROPERTY OWNER: YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 5/25/2007, 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 10/30/2019 at 10:30 AM, CLEAR RECON CORP, as duly appointed trustee under and pursuant to Deed of Trust recorded 6/1/2007, as Instrument No. 20071327719, of Official Records in the office of the County Recorder of Los Angeles County, State of CALIFORNIA executed by: MANUEL BECERRA AND ROSA E. RIVERA, HUSBAND AND WIFE 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 of this property described above is purported to be: 10465, 10466, 10467, 10467 1/2 DOWNEY AVE (aka 10465 DOWNEY AV) DOWNEY, CALIFORNIA 90241 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be 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 \$185,371.59. 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 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 075890-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 on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. FOR TRUSTEE SALE INFORMATION PLEASE CALL: AGENCY SALES AND POSTING 714-730-2727 www.servicelinkASAP.com BARRETT DAFFIN FRAPPIER TREDER and WEISS, LLP as Trustee 3990 E. Concours Street, Suite 350 Ontario, CA 91764 (866) 795-1852 Dated: 10/11/2019 BARRETT DAFFIN FRAPPIER TREDER and WEISS, LLP IS ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. A-4707664 10/17/2019, 10/24/2019, 10/31/2019

initial publication of the Notice of Sale is: \$1,083,936.23 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, if applicable, the rescheduled time and date for the sale of this property, you may call 714-730-2727 for information regarding the trustee's sale or visit this Internet Web site www.servicelinkASAP.com for information regarding the sale of this property, using the file number assigned to this case 0000008473845. 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 on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. FOR TRUSTEE SALE INFORMATION PLEASE CALL: AGENCY SALES AND POSTING 714-730-2727 www.servicelinkASAP.com BARRETT DAFFIN FRAPPIER TREDER and WEISS, LLP as Trustee 3990 E. Concours Street, Suite 350 Ontario, CA 91764 (866) 795-1852 Dated: 10/11/2019 BARRETT DAFFIN FRAPPIER TREDER and WEISS, LLP IS ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. A-4707664 10/17/2019, 10/24/2019, 10/31/2019

ASAP 4707664
The Downey Patriot
 10/17/19, 10/24/19, 10/31/19

T.S. No. 083020-CA APN: 8019-029-010 NOTICE OF TRUSTEE'S SALE IMPORTANT NOTICE TO PROPERTY OWNER: YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 5/24/2006, 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 11/5/2019 at 10:30 AM, CLEAR RECON CORP, as duly appointed trustee under and pursuant to Deed of Trust recorded 6/30/2006, as Instrument No. 06 1445212, of Official Records in the office of the County Recorder of Los Angeles County, State of CALIFORNIA executed by: CATALINA C PARTIDA 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: 11202 MULLER ST DOWNEY, CALIFORNIA 90241 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be 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: \$22,295.16 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 or its predecessor 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 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 075890-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 on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. FOR TRUSTEE SALE INFORMATION PLEASE CALL: AGENCY SALES AND POSTING 714-730-2727 www.servicelinkASAP.com BARRETT DAFFIN FRAPPIER TREDER and WEISS, LLP as Trustee 3990 E. Concours Street,

Attention CareMore Members



October 7, 2019

Dear Valued Patient,

I am writing to let you know that PIH Health Hospital - Downey will no longer contract with CareMore Health as of April 1, 2020. This means that beginning on this date, with the exception of emergency medical treatment, CareMore members will have extremely limited access to the services provided at PIH Health Hospital - Downey.

The physicians and staff at PIH Health Hospital - Downey have been honored to provide care for you in the past and want to inform you of this change. **The best way for you to continue to have full access to PIH Health Hospital - Downey is to choose original Medicare or choose a health plan and physician contracted with the hospital during the upcoming Medicare Annual Election Period (October 15 to December 7, 2019).**

The primary Medicare Advantage Plans which PIH Health Hospital - Downey continues to participate in include the following:

- **Alignment Health Plan**
- **Blue Shield of California**
- **Blue Shield Promise Health Plan**
- **Health Net**
- **Humana**
- **SCAN**
- **UnitedHealthcare**

If you choose to remain with CareMore during the Annual Election Period, which is the only time you can make changes to your health plan selection for 2020, then beginning on April 1, 2020, access to PIH Health Hospital - Downey inpatient and outpatient services will be extremely limited, except for emergency medical treatment.

We invite you to attend one of our upcoming Medicare Forums or a community presentation to learn more about your options. Visit PIHHealth.org/Medicare for specific dates, times and locations.

If you have any questions regarding this letter or are confused by conflicting information, please do not hesitate to call PIH Health Customer Care Center at 888.365.4450 during regular business hours.

Sincerely,

A handwritten signature in black ink, appearing to read "James R. West".

James R. West

President and Chief Executive Officer

**SOUTH DOWNEY
ARTIST OF THE WEEK**



ARTIST: Priscilla Abeyta
SCHOOL: Downey High
GRADE: 11
MEDIUM: Graphite and colored pencil

Tchaikovsky opens symphony's 2019-20 season

Continued from page 7

Lars Clutterham was thanked from the stage for bringing some of his student string players from the Downey Foundation for Educational Opportunities. They brightened the balcony. Last April's guest conductor of the opening piece, Aaron Saldana, was presented with a plaque for his efforts and an honorary baton. He was awarded the opportunity by high bidder Bernice Mancebo Stumps.

Part of the fun of intermission is picking up news-in-the-making. "I'm opening an art center in Downey," confided painter Roy Anthony Shabla. "I can't tell you where just yet, but rents for artists' space are reasonable. We will have studios, a gallery, a small theatre and a conference room. We'll invite musicians and have monthly

meetings. And there will be a place for poetry."

Spotlight on the Featured Section of the Evening: the percussion, specifically, the cymbals. Although they are used only rarely, they are the kind of instrument that is appreciated when they come in on time, and would become infamous if they were played on the wrong beat. Timing is everything.

From my newly chosen seat in the balcony, the whole orchestra is exposed, from the back row French horn player seated on the riser, to the far side front principal bass player. I could make out the difference between soft tufted heads of the drum sticks for the bass drum and the set of mallets for the timpani.

"To play, or to be part of the percussion section," advises

the Oregon Crusader Cymbal Technique Packet, "you must be able to push yourself mentally to approach every count, every time, all of the time, with clarity and confidence. You will own your cymbals like they are an extension of your body. You will be pushed to exhaustive lengths every time you put on your cymbals, thus you must be trained to endure." The big symphonic piece of the evening was about to test that resolve.

Maestro Lavery's baton signaled the call for horns and bassoons to open Tchaikovsky's Fourth Concerto in F minor. The same summons occurs in Beethoven's famous Fifth, but Tchaikovsky responds in a different manner, with a personal melancholy that says he is at first unwilling to take on the heroics. Little sighs on the flute echo that.

The long first movement also features strings that sing lyrically, suggesting his Serenade for Strings melodies, that he wrote just two years later. The first movement is written in part "in movimento

di Valse," and the temptation to sway with Tchaikovsky is hard to resist. But the call to conscience becomes more insistent.

The Symphony becomes personal and intimate with the melancholy melody of the oboe. Strings play pizzicato throughout the third movement and one almost expects the Sugar Plum Fairy to appear, so remarkably does Tchaikovsky suggest themes he will later expand and borrow from himself

In the vigorous finale, Tchaikovsky incorporates a Russian folk song, and peasant vigor takes over, until the Fate theme sounds again on the horns. Folk music and Fate finally harmonize as Tchaikovsky seems to have come to an uneasy balance. Lightning bolts come from the percussion section, constant drumming on the three timpani as well as beating on the big bass drum, with cymbals clashing and crashing, a vigorous and triumphant end. Still, all cannot be well. Too much still unsaid.

The Downey Symphonic

Society invites the public to celebrate Ludwig van Beethoven's 250th birthday at its next concert Jan. 18, 2020. Pick up the dialogue between the Downey Symphony Orchestra and the audience. Surprises abound. Tickets at downeysymphony.org.

Healthcare credit union gets OK to expand

LONG BEACH - Allied Healthcare Federal Credit Union has received approval from the National Credit Union Association to expand its field of membership to all employees, independent contractors and self-employed persons who work regularly in the healthcare industry in Los Angeles, Orange, Riverside, San Bernardino, Ventura and Kern counties.

Both active and retired healthcare workers are eligible to join.

Allied Healthcare Federal Credit Union has been serving members since 1956. It currently has three branch locations with a fourth location scheduled to open in Long Beach in 2020.

The credit union caters to members from all geographic locations.

Healthcare workers have access to benefits such as checking accounts with free ID theft protection, discounts on entertainment and travel, high-yield savings and investment accounts, and auto, home and personal loans.

Credit union members maintain a lifetime membership regardless of future employment status.

To learn more about Allied Healthcare Federal Credit Union, visit ahfcu.org.



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* The "Financial Partners Credit Union 2019-\$5,000 Sweepstakes" begins 10/15/2019 and ends 12/31/2019 at 12PM PST. One (1) winner will receive a \$5,000 Cashier's Check or deposit into a Financial Partners Credit Union savings or checking account. Eligible individuals will receive one (1) entry for opening a new Financial Partners Credit Union account, and then additional entries for each Debit Card transaction performed as a "credit" between 10/15/2019 - 12/31/2019. All entries must be received no later than 12PM PST on 12/31/2019 to be eligible. Anyone may also enter by legibly hand-printing their name, address, phone number, and the words "Financial Partners Credit Union 2019-\$5,000 Sweepstakes" on a 3 x 5 card and mailing it (1 per envelope) to \$5,000 Sweepstakes, Attention: Marketing Department, Financial Partners Credit Union, 7800 E. Imperial Hwy., Downey CA 90242. Mail-in entries must be received by 12/31/2019 by 12PM PST. Winner will be chosen by random selection by 01/15/2020, 12PM PST. Please allow up to fifteen (15) business days for Prize to be awarded. Employees, Credit Union officials, and their immediate family members are not eligible. Promotions subject to change without notice. Odds of winning depend on the usage of FPCU Debit Cards. For full contest disclosures and rules, please visit FPCU.org/5000-Sweepstakes. 1 Open at any FPCU location or online. The referring member's unique referral code must be entered at time of application. FPCU is not required to pay the promotional incentive for accounts opened without the appropriate referral code. Referring member must be 18 years or older and an FPCU member with an active savings and checking account. Referred member must be 18 years or older, may not be an existing member, must be within FPCU's field of membership and be eligible to open and maintain membership. Not all applicants will qualify. New members who are rejoining but have had a membership relationship with FPCU in the last twelve (12) months do not qualify. Accounts must remain open for 90 days. Joint account holders are not eligible to refer. FPCU employees and volunteers are ineligible to refer. Business and Fiduciary accounts are not eligible to refer and/or receive promotional incentive. New referred member and referring member will receive the \$100 promotional incentive to the checking account within 100 days of opening qualifying accounts and meeting the account requirements provided all accounts are in good standing. \$100 promotional incentive will be reported as interest income to the IRS on Form 1099-INT at year-end. Other terms, limitations, and conditions may apply. Check with FPCU for current Annual Percentage Yield (APY) of accounts. This incentive may be combined with the Tier 1 SEG offer. FPCU reserves the right to terminate this offer at any time. To meet the utilization requirements you must open and maintain active FPCU Savings account and checking account. You must deposit a minimum of \$500 or more and conduct a minimum of three (3) purchases with your FPCU Debit card and a minimum of two (2) of the following checking transactions: Mobile Deposit, ACH debit or credit, check, electronic check, or bill payment within 30 days of opening account.




Paging Dr. Frischer...

By Dr. Alan Frischer

I am always reminding my patients to drink more water. While there are a few disease conditions where people must watch their fluid intake, most people simply do not drink enough. Dehydration can have serious physical consequences.



as do those whose jobs make it difficult to take bathroom breaks.

Older adults are at greater risk for dehydration. They have smaller body fluid reserves. The ability to conserve water is reduced and the thirst sense becomes less acute. Compounding the problem, the elderly may suffer from chronic diseases like diabetes or dementia. They could be on medications that cause fluid loss. They may have chronic kidney disease or heart failure, which would require that they consume less fluid. Older adults also may have mobility problems that limit their ability to get water to drink, or to reach a bathroom.

Signs of dehydration include thirst, dry or sticky mouth, decreased urination and dark yellow urine, dry, cool skin, headache, and muscle cramps. Signs of severe dehydration include infrequent and dark urine, very dry skin, dizziness, rapid heartbeat, rapid breathing, sunken eyes, sleepiness, lack of energy, confusion or irritability, and even fainting. Severe dehydration is a medical emergency that requires immediate attention.

Dehydration can lead to urinary and kidney problems which include urinary tract infections, kidney stones and kidney failure. It can cause electrolyte imbalances; electrolytes carry electrical signals from cell to cell, and an imbalance can lead to involuntary muscle contractions and even seizures. Low blood volume from dehydration can cause a drop in blood pressure, a drop

in oxygen in the cells, and most severely, hypovolemic shock.

Always drink plenty of fluids, and eat foods with high water content, like fruits and vegetables. Most healthy people can let thirst be their guide. Note the frequency, quantity and color of your urine. Pay extra attention to hydration if you are strenuously exercising, or are experiencing vomiting, diarrhea, or other illness.

If you have had diarrhea for more than 24 hours, can't keep fluids down, or show any of the signs of serious dehydration, call your doctor immediately.

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.

Townhome project in Norwalk moves forward

NORWALK - A major potential housing development passed its first hurdle on Wednesday, but will still need the approval of the city council to move forward.

Located on the west side of San Antonio Drive between Sproul Street and Olive Street, the potential development would see the construction of 27 townhomes, 11 of which being "live-work."

The live-work townhomes would enable its residents to live and work within their space.

Currently, the city's general plan does not contemplate a Live-Work Overlay zone within its codes, however Wednesday's vote now opens the opportunity for the City to develop such a zone, and with it, establish regulations.

If all is successful and this project is seen through to its completion, it will include six three-story buildings containing between three and six units each. Each unit will include two-car private garages, as well as private front entries.

Alex Dominguez, staff writer

Water loss is natural. We lose water from sweating, breathing, urinating, bowel movements, tears and saliva. Dehydration is caused either by losing too much fluid, by not drinking enough to replace what is lost, or both. Additional fluid is lost from a fever, diarrhea, vomiting, excessive sweating, excess urination as a result of diabetes, diuretic medicine, or to some extent by consuming diuretics like alcohol or caffeine.

Outdoor work or exercise, especially in heat, increases the risk of dehydration, and when the air is humid, sweat doesn't evaporate and cool the body as quickly as usual. This leads to an increased body temperature and the need for more fluids.

Many people choose not to drink in order to avoid having to get up to urinate. The elderly often make this conscious choice,

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Roger Vingino
Realtor
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(562) 472-8767
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SEVEN SURE-FIRE WAYS to Make Your Home Sale SELF-DESTRUCT. And How You Can Avoid Them.

Taking the wrong approach to selling your home can be a lot like lighting a fuse and hoping the bomb won't go off.

Mistake #1: Pricing With Your Heart, Not Your Head. An asking price not based on the most accurate and up-to-date market information can be instant death for a home sale. You need to know if you're asking too much or much too little.

Mistake #2: Selling in Your Spare Time. Getting your home sold takes more than just putting a sign on the lawn or an ad in the paper. You need to make sure the right prospects know about your home, and one missed phone call could be "the one that got away."

Mistake #3: Losing Your Ground in Negotiations. The complications and technicalities of a real estate transaction can confuse even a rocket scientist. The goal is to be in the driver's seat, and preparation is critical to preserving your interests.

Mistake #4: Finding Out Too Late That Your Buyer Isn't Qualified. How can you tell if an interested buyer is really prepared to buy your home? Wasting time with the wrong person could cost you time in finding the right buyer.

Mistake #5: Forgetting to Set the Stage. Do you know the ten most common details buyers look for in a home? Sometimes the most minor cosmetic changes can make all the difference.

Mistake #6: Choosing the Wrong Real Estate Agent. All real estate agents make the same promises and provide the same services, so they're basically all the same, right? Wrong! The professional you hire to help you with your sale can make all the difference. How do you know what to look for?

Mistake #7: Not Calling Dale Jervis Before Selling Your Home. Dale Jervis has helped so many home sellers with these questions and more, he's prepared an in-depth brochure filled with all the information you need to make your sale successful. Even if you don't choose to work with Dale, he'd still like to offer you this valuable resource. Simply call/text him at (562) 743-2121 and ask for his brochure and **FREE Seller's Report**. There's absolutely no obligation, and you wouldn't want to sell your home without it, so call today!

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"Sofia Martinez answered my calls at all times & kept me informed." - **Happy Client**

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This beautiful home is located at the end of a cul-de-sac inside a gated community in Signal Hill. The property has been well maintained and features four bedrooms, three bathrooms, dining room, living room, family room, and indoor laundry room, gas fireplace, central heating and air conditioning, recessed lighting, and synthetic turf in the backyard. Original owner. Please in this community don't list, so don't wait! Call Today!!!

Beautiful!

Your search is over! Beautiful, updated 3 bedroom 2 bath home in the Hacienda Village in La Habra. Perfect backyard with pool, bar and built in BBQ for entertaining your family and friends. Security System with 8 cameras. Cobblestone Driveway. Updated kitchen, all lighting in the home are led energy efficient. Cooper piping and new 50-Gal water heater. Call Today!!!

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<p>ANAHEIM</p>  <p>Good-Bye Rent! 2 BD, 2 BA Townhome with living room, dining room, office, detached 2 car garage in a gated community. \$549,900.</p>	<p>IN ESCROW!</p>  <p>Sold in One Day! 3 bedroom, 1 bath on a 9,100 sq. ft. lot! Call us to get your property SOLD! 562-618-0033</p>	 <p>Pam Lee REALTOR® 562-537-1134 PamLeeRealtor@gmail.com DRE #01750256</p>	<p>SOLD!</p>  <p>Anaheim Hills Home 4 bedrooms 3 bathrooms 2,303 sq. ft. I can help you sell your home, too! SOLD! SOLD! SOLD! Mario Did It Again!</p>	
<p>IN ESCROW!</p>  <p>A Friendly House! 3 BD, 2 BA Downey home with spacious dining room, family room with fireplace & rumpus room. Must see this home! \$678,900.</p>	<p>CLOSED IN 2 WEEKS!</p>  <p>Sold Over List Price! Closed at \$405,000 Call the experienced agents that will HELP you get the best deal for your Property!</p>	<p>SOLD!</p>  <p>Bungalow Duplex! This charming California bungalow duplex has 2 houses on a lot. Each house includes 2 bedrooms & 1 bath. Call Pam for a FREE market analysis of your home at 562-537-1134. PamLeeRealtor@gmail.com</p>		<p>SOLD!</p>  <p>YOUR HOME COULD BE HERE</p> <p>LET MARIO DO IT FOR YOU, TOO! Call him at 562-533-7433</p>
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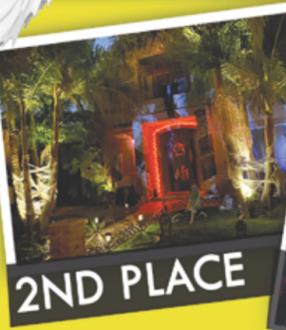
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Congrats

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1ST PLACE



2ND PLACE



3RD PLACE

THANK YOU

to all those who participated. Follow Michael on social media for FULL VIDEO of all the entries.





@MichaelBerdelis

 <p>Why Rent, When You Can Own!</p>  <ul style="list-style-type: none"> • 1 bedrooms • 1 bathroom • 586 sq. ft. • 1 carport space • Downstairs unit • Low HOA dues <p>LIST PRICE \$249,950</p>	 <p>Don't Miss Out!</p>  <ul style="list-style-type: none"> • 3 bedrooms 1 bathroom • 1,070 sq ft • 4,641 sq ft lot • Updated kitchen and bathroom • Central air and heat • 2 car detached garage <p>LIST PRICE: \$479,950</p>
 <p>Great Starter Home!</p>  <ul style="list-style-type: none"> • 2 bedrooms • 1 bathroom • 806 sq. ft. • 5,107 sq. ft. lot • Freshly painted interior • New flooring <p>LIST PRICE \$525,000</p>	 <p>Tri-Level Townhome</p>  <ul style="list-style-type: none"> • 4 bedrooms 4 bathrooms • 1,980 sq. ft. living space • Living room with dining area • Electric car charger in garage • Association pool & spa <p>LIST PRICE: \$619,950</p>
 <p>Great North Downey Location!</p>  <ul style="list-style-type: none"> • 3 bedrooms 2 bathrooms • 1,708 sq ft living space • 7,487 sq ft lot • Remodeled kitchen • Master bedroom with private bath • Family room with fireplace <p>LIST PRICE \$699,950</p>	 <p>A Grand Estate</p>  <ul style="list-style-type: none"> • 7 bedrooms & 7.5 bathrooms • 6,734 sq. ft. 11,392 sq. ft. lot • Extra large 3 car garage • Built in 2010 • 2 BD, 1 BA guest quarters <p>LIST PRICE: \$1,799,000</p>