



NEWS
Avenue Theatre seats given away

SEE PAGE 2



OBITUARIES
Pauline Hume passes away

SEE PAGE 4



PAGING DR. FRISCHER
The virtues of avocados

SEE PAGE 10



ENTERTAINMENT
'The Nutcracker' delights

SEE PAGE 9

Rotary delivers Christmas joy

Downey Rotary treats Downey students to lunch and presents, an annual tradition.

By Lorine Parks
Society Columnist

DOWNEY - The Christmas trees in the Rio Hondo Event Center shone with the joys of the season. Tiny lights gleamed on branches and the green terrace just outside the windows was flanked with red poinsettias.

Carrie Kim, Downey Unified School District's Coordinator of Teaching English as a Second Language, greeted us at the door. The DUSD co-hosts and coordinates the Rotary Club of Downey's annual Christmas party and luncheon for children. This year the room held two festive tables of gifts hand-wrapped by Rotarians at last week's meeting, plus glittery red stockings stuffed with puzzles, Kit-Kats and peppermint candies. Thank to Barbara Lamberth and her committee for that.

Shirley Johnson came in trailing her suitcase full of sweets to give to the children, wearing her outrageous holiday hat. Shirley has long championed the cause of abused children.

At my table I was lucky enough to sit with second-graders from Rio San Gabriel, the same school my kids went to. Principal David Cid, a 25-year Downey resident, wore a splendid lavender shirt and sugar-plum colored tie to match, and with him was Rose Zeisel, whom I took for a young assistant.

But no, Rose, festive in purple, showed me pictures of herself receiving the Teacher of the Year Award from district Superintendent Dr. John Garcia, and then her 7th grade son Ethan receiving Student of the Year honors.

"I'm 44," said Rose, and now I saw a few silver hairs in her abundant long black tresses. Principal David announced he is 50. Authority figures sure are looking younger and better than I remember from my elementary school days. I specifically recall Miss Doonan, "the Dragon" as we used to call her, my third grade teacher.

"We keep him busy," said Rose, referring to Principal David. "He has the kids to look after, plus the teachers and the parents. He has an open door policy and he's caring."

"I've lived in Downey all my life," an enthusiastic Rose said, "and I'm excited because we haven't told the children that Santa is coming. That's going to be their big surprise."

Boys and girls at the table included Xien (pronounced Zion). "How are the children chosen to come to this luncheon?" I asked, and Rose said they were usually hand-picked by the teachers, and come from struggling families that wouldn't be able to have presents this Christmas.

"They are all well behaved, with good academic records, but they need support," said Rose.

Xien and his tablemate Jerome, both 7, were happily wolfing down the fried chicken and iced tea we had provided for the children, not expecting anything more to come.

Continued on page 2

Dale Lendrum went from drug rehab to doctorate student

Born and raised in Downey, Dale Lendrum was a drug addict and petty thief. He found redemption in education.



PHOTOS COURTESY CAL STATE LONG BEACH

Dale Lendrum arrived at Cal State Long Beach as a 50-year-old freshman. He turned his life around after discovering a passion for education.

eventually landed him at Cal State Long Beach.

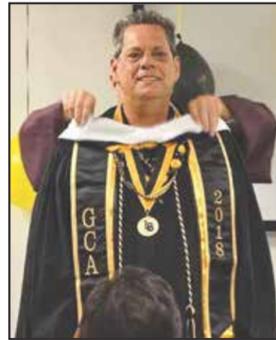
After graduating from Golden West with honors, Lendrum enrolled at Cal State Long Beach and earned his B.A. in Interpersonal Communications. He went on to get his master's and teach Communication Studies. The 56-year-old student currently is in the midst of pursuing an Ed.D in Educational Leadership.

Lendrum said after teaching, he wants to continue pushing for college-level educational programs for inmates. He said the CSU is working to develop degree content and degree programs for all the state's prisons.

"This is none of my work per se, but formerly incarcerated students, such as myself, are pushing the narrative, framing the narrative for this to happen," he said.

Lendrum is humbled to be recognized not only for his hard work and ability to turn around his life, but his commitment to the campus and community.

"The award has the potential to inspire a lot of people, and I think that is where the deepest meaning comes for me," Lendrum said. "If people can point and say, 'See, it's possible, you can do it. You're not too old. You haven't been in the system too long. You haven't been addicted too long.'"



"This shows them that it's possible, if you start putting one foot in front of the other allow yourself to be vulnerable and allow others to be a blessing in your life. The hope that it inspires other people to keep going, take a shot at life."

Having experienced the transformative power of higher education in his own life, Lendrum has dedicated himself to furthering the cause for all currently and formerly incarcerated students.

He continues to work with Likewise College, which provides A.A. Degree programs to qualified inmates within the Arkansas Department of Correction. Likewise College is the first college in the nation to offer a liberal arts degree designed specifically to reduce recidivism.

Sussman Middle School team advances in 'Battle of the Books'

Students made the playoffs in the national literature competition.

DOWNEY - A team of students from Sussman Middle School competed in the playoffs of the Battle of the Books last Thursday.

Sponsored by Gallaudet University, the Battle of the Books is a competition established to promote literacy amongst Deaf and Hard of Hearing (DHH) middle school students, promote a spirit of academic competition and good sportsmanship, and encourage critical thinking skills amongst middle school students.

Coached by teacher Esther Han, these Sussman Middle School DHH students started this year's Battle of the Books



preliminary competition in November where they competed against 30 other middle school teams from across the nation.

Placing in the top eight, this Sussman team advanced to the

playoffs which consisted of an hour and a half competition judged by members of Gallaudet University.

Continued on page 4

Downey restaurant grades

Bob's Big Boy
7447 Firestone Blvd.
Date Inspected: 12/18/19
Grade: **A**

Ta Carbon Mexican Taqueria
11219 Old River School Rd.
Date Inspected: 12/18/19
Grade: **A**

Cinemark
8840 Apollo Way
Date Inspected: 12/17/19
Grade: **A**

Starbucks
7954 Imperial Hwy.
Date Inspected: 12/17/19
Grade: **A**

La Villa Bakery
11843 Lakewood Blvd.
Date Inspected: 12/17/19
Grade: **A**

Pina Pizza House
11102 Paramount Blvd.
Date Inspected: 12/17/19
Grade: **A**

Starbucks
9506 Imperial Hwy.
Date Inspected: 12/17/19
Grade: **A**

Dominos
7840 Imperial Hwy.
Date Inspected: 12/17/19
Grade: **A**

Movita Juice Bar
8860 Apollo Way
Date Inspected: 12/17/19
Grade: **A**

The Habit Burger Grill
8619 Firestone Blvd.
Date Inspected: 12/17/19
Grade: **A**

Jack in the Box
9511 Firestone Blvd.
Date Inspected: 12/17/19
Grade: **A**

Royal Food Express
9125 Imperial Hwy.
Date Inspected: 12/17/19
Grade: **A**

Jersey Mikes Subs
8855 Apollo Way
Date Inspected: 12/17/19
Grade: **A**

The Mission Cafe
12820 Woodruff Ave.
Date Inspected: 12/16/19
Grade: **A**

Kaiser Cafe
12254 Bellflower Blvd.
Date Inspected: 12/16/19
Grade: **A**

Albertson's (Bakery)
7676 Firestone Blvd.
Date Inspected: 12/16/19
Grade: **A**

Albertson's
7676 Firestone Blvd.
Date Inspected: 12/16/19
Grade: **A**

Southern California Gas Co.
9240 Firestone Blvd.
Date Inspected: 12/16/19
Grade: **A**

Little Caesar's
7369 Florence Ave.
Date Inspected: 12/13/19
Grade: **A**

K-Inn Donuts
7613 Firestone Blvd.
Date Inspected: 12/13/19
Grade: **A**

The Marketplace Grill
7877 Florence Ave.
Date Inspected: 12/13/19
Grade: **C**

Weekend at a Glance

Friday 62°

Saturday 61°

Sunday 61°

THINGS TO DO



Beyond the Fluffy World Tour

Saturday - Honda Center, 8 pm
Storytelling comedian Gabriel "Fluffy Guy" Iglesias stops in Southern California as part of his world tour.



Tribute Night

Saturday - Epic Lounge, 8 pm
Live musical tributes to The Strokes, Interpol and The Cure. Plus food, DJs and vendors. Ages 21 plus, \$15



L.A. Zoo Lights

All Weekend - L.A. Zoo

Explore the zoo like never before with interactive experiences and the world's largest illuminated pop-up storybook.



Yoga Festival

Sunday - Long Beach's Shoreline Drive, 9 am to 1 pm

Zen out and prepare for the New Year at this yoga festival featuring pop-up shops, yoga classes, sound meditation and a 5K run/walk.



Trolley Lights Tour

All Weekend - Legends in Long Beach

Take a 30-minute waterfront tour with transportation aboard a classic cable car. \$30 adults, \$20 kids.



Worship Hip-Hop

Sunday - Calvary Chapel Whittier, 6:30-10 pm

Christian hip-hop artists Bryann Trejo and Bizzle perform live. \$20 general admission tickets or \$30 for VIP meet and greet.

A Rotary Christmas

Continued from page 1

We had all stood for the invocation and then recited the Pledge of Allegiance together. The children spoke carefully and enunciated clearly, and their high-pitched voices topped ours.

We all sang "Santa Claus is Coming to Town," led by cheerleaders Dan and Debbie Fox, and then "Jingle Bells." Grown-ups pulled out car keys to shake, and some, like me, tapped their water glasses. But the kids had all been given gold bead necklaces



Unsworth Elementary teacher Rose Zeisel

with bells on them, and they contributed the genuine sound.

One minute we were eating and laughing. The next minute he was upon us, a jolly Santa with his own short white beard for tots to admire.

That was at 12:20 pm. By 1 o'clock all the schools had been called, in reverse alphabetical order (Rio San Gabriel cheered for that), and the children had had their moment with Santa.

Dr. John Garcia heroically called out the name of each child and each adult accompanying them, and a DUSD photographer took a picture of each child as he or she stood beside Santa. Dr. John said the beard would probably be gone after December.

Who could our Santa be?

This Santa wore his own short beard and mustache, and none of the children complained that he wasn't the poster Santa. Actually, it's the tiny gold-rimmed granny glasses that alter the faces we've known for a long time. Funny how you don't recognize someone, in a different context.

Xien and Jerome unwrapped

their boy toys and instantly knew how to operate the Attack of the Snapping Crocodiles On the Hot Wheels Village Garage. The action scene could even be played in a cramped area like the dining table. Dumpster doors parted, and the croc opened its mighty jaws and gnashed its mighty teeth but in vain.

The girls got dolls, Mermaid Barbies with long hair to comb, and a new feature, a rainbow canopy that lighted up in LED lights. Jasmine and Quetzali from Rio San Gabriel loved their Santa gift.

We all sang happy birthday to John Lacey, and then we lined up for our club picture. A few chairs were put in front and Angelo Cardono and I were invited to sit there. I leaned over and said, "They're putting the old folks down in front," and Angelo said back, clear as a bell, "Speak for yourself, kid."

When we returned to our tables, like magic the children had vanished. Not one crumb of candy or green peppermint stick was left. By 1:20 we were gone too.

Santa turned out to be Sam Mathis, of the Downey Optimist Club and busy benefactor of the Rancho Los Amigos Foundation.

"I'm 84," said Sam, "and I've been doing this for years now. When I started, I had to use pillows to fill in, but now, it's all me."

"It isn't about the presents," Sam said. "It's being together and celebrating." Thanks, Santa, for signing the book that Rotary donates to the Downey City Library Children's collection.

The weather outside had turned turbulent with a silvery gray sky as a mild Santa Ana was coming up. Santa stepped into his silver sedan, and away he flew, like the down on a thistle.

We hadn't rotated around with our Greeting Song, so Rotarians hugged and kissed and shook hands as appropriate as they left. "See you next year."

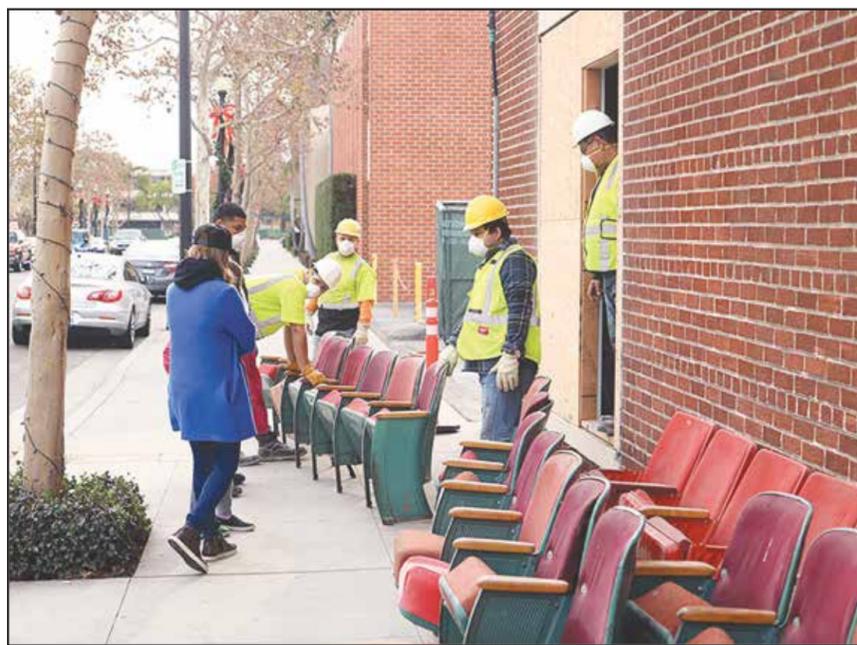


PHOTO BY ALEX DOMINGUEZ

Avenue Theatre seats removed, given away

The theater seats were removed as the property is prepped for redevelopment.

By Alex Dominguez
Staff Writer

DOWNEY - Members of the public were given the chance to take home a piece of Downey's historic Avenue Theatre last Saturday.

Lined up outside of the long-since closed building, history buffs and nostalgia fans alike got to pick and choose from what was salvageable amongst the considerably worse-for-wear seats.

Donations were also accepted for the seats, in support of the First Baptist Church, Assistance League of Downey, and the St.

George Greek Church.

The opportunity came as the former theater prepares to undergo major changes and renovations — including a rooftop lounge, pizza parlor, and craft brewery restaurant, though it will retain its classic façade.

Announcement of the giveaway came just a day prior from former mayor and part property owner Kirk Cartozian via a post on his personal Facebook page.

Cartozian purchased the property in 2016 as part of the Downey Restaurant Group for a total of \$750,000. The theater had previously been purchased by the city in 2008 for \$1.2 million.

As they waited and chose which seats they would be taking home, many could be heard

reminiscing about the days when the theater was still operational.

Brian Gaeta-Symonds, 37, began working at the Avenue around 1997. It was his first job.

"It's good nostalgia," said Gaeta-Symonds. "This was where families could go to build community, to spend time together at a really affordable price. It's history; it's a piece of Downey."

Dan Lorenzetti, who has been a Downey resident for 63 years, took a few chairs home with him, and mirrored Gaeta-Symonds comment about nostalgia.

"It was the cheaper theater to go to," said Lorenzetti. "Growing up, paying a quarter for a show, being dropped off and picked up, it was fun."

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Dr. Richard Winkelmann is board certified in Dermatology & MOHs Surgery. He completed his MOHs Surgery and Dermatologic Oncology fellowship at the University of North Texas Health Sciences. Dr. Winkelmann was formerly a professional jazz musician before heading to medical school.

Dr. Sasha Maher is board certified in Otolaryngology Head & Neck Surgery. She completed her ENT residency at Loma Linda University. Dr. Maher has relocated her practice to AppleCare and continues to serve the Downey community. Dr. Maher loves to travel and spend time with her family.



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Sussman Middle School team advances in 'Battle of the Books'

Continued from page 1

The Sussman team did not advance to the national competition, but they will continue to pursue their goal of competing in the nationals by participating in next year's Battle of the Books.

"I want to first congratulate each and every player from each school for all of their hard work. No matter what happens, they should be very proud of themselves for advancing to the playoffs," expressed Han. "It was truly a great pleasure for me to watch each team strive to do their best, and I loved the

teamwork, critical thinking skills and sportsmanship that was witnessed during the playoff matches."

In the competition, students read required books in advance and then face off against other three-member teams to respond to literature questions as well as present answers to critical questions about the various books' texts. This is the seventh year Sussman Middle School's DHH students participated in the Battle of the Books along with Coach Han.

Also assisting with the competition is Sussman Middle School teacher Brian St. Clair and

interpreters, Lisa Chapman and Educardo Huante.

"Esther and Brian have devoted their time to help the students with vocabulary and reading comprehension," continued Han. "Without them, it would not have been possible to get this far."

Sussman Middle School's DHH program has been competing in the Battle of the Books since 2012. The inaugural year, the Sussman team earned fourth place at the national competition and was recognized at Gallaudet University during the awards ceremony.

This 2012 team was led by coach David Ferrer, and assistant coaches, Esther Han and Koreen Husted. During that ceremony, one of their eighth-grade students recognized as an All-Star player. Since making it to the nationals in 2012, Sussman's team has competed at the preliminary level, unable to advance to the playoffs.

This is the second time since Sussman Middle School started participating in this literacy competition, that their student team was able to advance past the preliminary round and make it to the playoffs.

In Memory of

Frances Pauline Hume

February 21, 1934 - December 15, 2019



Surrounded by family and friends, Frances Pauline Hume peacefully passed on December 15, 2019, adding her lovely voice to heaven's choir. Pauline was an active and staunch ally in the Downey arts community, performing both lead and supporting roles in Downey Civic Light Opera's (formerly Downey Children's Theatre) many musicals, and as a member of the Downey Symphony Guild. Her first role with Downey Children's Theatre was as Marian the Librarian in The Music Man, back when all performances were staged at Rio Hondo Elementary School.

Born on February 21, 1934, in Las Vegas, New Mexico, to John and Gladys Ritchie, Pauline lived and worked in California for most of her life. She started singing at a young age, performing at her church and with the USO when only a teenager. She raised four children, beat cancer, returned to school earning multiple degrees, and became a licensed marriage and family counselor with a practice in Downey for over 20 years. She married second husband John Griffith Hume, the founder and director of the Downey Civic Light Opera, on December 23, 1971.

She is survived by her sister LaVonne, her sister-in-law Joy, her children, Christopher, Cindy, Malinda, and Mylene, and her step-daughters Margery and Yolanda. Her extended family includes 13 grandchildren, 5 great-grandchildren and 1 great-great-granddaughter.

Services for Pauline will be held on January 11, 2020, at the Light and Life Church, 9245 Florence Ave, Downey, CA 90240 at 10:00 am, with a reception to follow at Pauline's home. Please send remembrances to that address: 10312 Birchdale Ave., Downey, CA, 90241.

Do you really need that second slice of pie?



food that pleases you, nourishes your body and uses all your senses to explore, savor and taste without overeating, according to The Center for Mindful Eating.

"When we talk about mindful eating, it's not about deprivation or guilt, it's about truly experiencing your food, which can help you feel more satisfied after eating less," said Dr. Janet E. Solis, a family practice physician with Kaiser Permanente Southern California.

"Mindful eating is not a weight-loss plan, though several studies indicate it can help with weight loss and eating disorders - including binge eating."

According to the American Heart Association, being mindful and paying attention to the food you consume can help you eat healthier and have more appreciation for what you ingest. Mindful eating doesn't mean dieting or food restrictions - it's about pausing to take it all in.

When it comes to holiday eating, the American Heart Association offers these simple tips:

Ponder: Before you eat, ask yourself, "Am I really hungry?" Sometimes we think we're hungry when we're actually thirsty, bored or stressed. Ask yourself, "Do I need nourishment in the form of food, or could it be something else?"

Appraise: When your food is in front of you, take a moment before you eat. How does it look? How does it smell? Do you really want it? Is it more than you need?

Slow: Slow down, like waay down! Put your fork down between bites. Really chew your food and taste it. Slowing down helps your brain catch up with your stomach.

Savor: Really enjoy your food. How does the texture feel in your mouth? What are all the complex flavors you can taste? Take a moment to savor the satisfaction of each bite.

Stop: When you're full, stop. Sounds obvious, right? But, hey, cleaning your plate isn't necessary. By noticing when you're full and stopping to eat, you may avoid unnecessary calories and indigestion.

In a recent NPR/PBS News Hour poll, 44% of Americans were somewhat or very likely to

make a New Year's resolution, with losing weight and healthy eating being among the top choices. Mindful eating can help you achieve those goals.

"The good news is that healthy eating resulting in even a modest weight loss of 5% to 10% of your total body weight is likely to produce health benefits such as improvements to your blood pressure, cholesterol and blood sugar levels," Dr. Solis said.

If you're interested in learning how you can enjoy a more healthful and stress-free holiday season, Kaiser Permanente offers the following online resources:

Three Secrets to Healthy Eating

Healthy Celebrations

Enjoy a stress-free holiday

Mindfulness: A lasting approach to healthy eating

Dr. Solis emphasized it's still possible to enjoy the holidays and be mindful of the amount of food you eat.

"As the holiday season comes to a close, why not continue on the path and consider a mindful approach to eating as you enter the new year," she said.

Contributed by Kaiser Permanente

With the holiday season now in full swing, for many of us, it's a time of indulgence when it comes to food.

As such, healthy eating can be a major challenge for those trying to maintain optimal health and weight.

There's a way to enjoy the holidays and the delicious food that comes with it and still be watchful of what you eat without dampening your enjoyment of the festive season.

Mindful eating is an option to consider. It's about choosing

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Healthcare nonprofit discriminates against people with rare diseases

BY RANDALL RUTTA

FDA officials approved a record number of rare disease treatments last year. One groundbreaking medicine treats an inherited bone condition that causes intense pain and immobility. Another treats Fabry disease, a genetic condition that can lead to kidney failure or stroke.

Breakthroughs like these offer hope to 30 million Americans living with rare diseases. But there's still a long way to go. Scientists estimate there are 7,000 rare diseases, each of which afflicts fewer than 200,000 people. The majority of these ailments -- 95 percent -- lack a single approved treatment.

Unfortunately, one prominent healthcare nonprofit could undermine research into rare diseases.

The group, the Institute for Clinical and Economic Review (ICER), analyzes the "cost-effectiveness" of many new FDA-approved drugs, including treatments for rare diseases. Because it relies on flawed assumptions, ICER mostly concludes that rare disease treatments aren't worth the price.

ICER hopes that health insurers will use its findings to decide which medicines to cover. If the group's message -- rare disease treatments aren't worth it -- wins the day, drug companies may well stop researching and developing rare disease treatments. And

millions of Americans would lose access to life-changing therapies.

ICER analyzes drugs' cost-effectiveness using a metric called a "quality adjusted life year." A QALY quantifies the cost of providing a patient with 12 additional months of perfect health.

Imagine a healthy woman has an incurable -- but dormant -- genetic disease that will kill her almost instantly once it's activated. If a treatment could delay activation by one year and it costs \$30,000, then ICER would say the treatment costs \$30,000 per QALY.

This metric effectively discriminates against the elderly, persons with chronic conditions and other sicknesses, and people living with disabilities. ICER's position is that these individuals aren't in perfect health to begin with. So, the group doesn't count an additional 12 months of life expectancy as a full QALY.

For example, our hypothetical treatment for a genetic disease might still extend a 90-year-old infirm patient's life by one year, but ICER might count the gain as only 0.5 QALY, due to the perceived lower quality of his/her life. As a result, that same \$30,000 treatment would cost \$60,000 on a QALY-adjusted basis -- potentially blocking access and affordability for patients.

Rare disease drugs are expensive for a reason. It can take over a decade and \$2.6 billion to bring a new medicine to patients. Few experimental compounds even make it out of the lab.

Pharmaceutical companies have to charge enough to earn back their development costs. For common conditions that afflict millions of patients, companies might only need to charge a few dollars per pill to recoup their development costs.

By contrast, rare diseases affect just 200,000 people at most. So companies need to generate far more revenue per patient just to break even. Rare disease treatments also tend to be fragile, large-molecule drugs that require numerous manufacturing, shipping, and storage precautions -- further inflating costs.

ICER largely disregards these differences. The group evaluates rare disease drugs using roughly the same cost-effectiveness thresholds it uses for traditional, mass market medicines. Given this rigged scale, it's no wonder that rare disease treatments score poorly.

Scientists are developing more than 560 medicines to treat rare diseases. That research will likely come to a halt -- causing patients to lose access to lifesaving drugs -- if insurers fail to recognize the faults in ICER's reasoning.

Randall Rutta, the former president and CEO of Easterseals, is board chairman of the Partnership to Fight Chronic Disease.

A plan to allow Canada to import drugs will go nowhere

BY FROMA HARROP

Heavens, no. We don't want the U.S. government to negotiate drug prices for Americans. That would be socialism, conservatives keep saying. So let's have the Canadian government do it for us.

President Donald Trump's latest plan for reducing the outrageous prices Americans pay for their prescriptions is to let states import cheaper drugs from Canada. Past proposals to tie U.S. drug prices to other countries' prices have gone nowhere. And nowhere is where this one will go.

Big Pharma doesn't want to lose its captive market of American suckers. Do you really think that Alex Azar, Trump's secretary of health and human services and a former top executive at Eli Lilly and Co., is going to let the American consumer off the hook?

Azar has said that "this administration does not believe in ... setting prices for drugs by government fiat." How does he think Canada does it? He knows, of course, that nearly every advanced country demands reasonable drug prices, but drugmakers charge whatever they can get out of desperate Americans.

Thus, we have the pathetic spectacle of our diabetics taking buses to Canada to buy insulin for \$30 a vial -- a tenth (!) of the \$300 they pay at home. The much-advertised drug Humira, for treating psoriatic arthritis, costs an average \$822 in Switzerland and \$2,669 here.

By the way, insulin is excluded from Trump's Canada proposal. So is Humira, because it is a biologic.

In any event, Canada says it will not become the supplier of drugs for the United States. Canada's population is one-ninth ours, and its drug supply is limited. A huge boost in demand would drive up prices for Canadians.

We have to keep asking why Canada should be doing the job of the U.S. government. And so much for the great deal-maker in chief.

Some Americans may believe that drugmakers are going to sell more product to Canada so Americans can pay less for their wares. People believe a lot of things. As long as the GOP controls most of Washington, enormous profits will flow Big Pharma's way.

For example, the Medicare drug benefit, written by Republican lawmakers, forbids Medicare from negotiating drug prices. The private insurers managing the drug benefits do put some brakes on what's charged, but they don't have the bargaining power of Medicare with its nearly 60 million beneficiaries.

The Department of Veterans Affairs does directly negotiate drug prices. If Medicare Part D were to pay prices similar to what the VA pays, Medicare would have saved \$14 billion in 2016 alone, according to an analysis published in JAMA Internal Medicine.

Candidate Trump vowed to negotiate on Medicare drug prices. Whether he was ever serious about it we have no idea.

The Democratic-run House just passed legislation that would let Medicare bargain for better prices. It has zero chance of getting through the Republican-controlled Senate.

Why doesn't the almighty Trump use his famous powers of intimidation to whip Republican lawmakers into getting behind some plan to stop the drug industry's extortion racket? It comes down to "our price or your life."

Instead, Trump is blubbing about "freeloading" foreigners taking advantage of the American people. Or, as Azar put it, "The American senior and the American patient have been too long asked to overpay for drugs to subsidize the socialist systems of Europe."

Don't you love his use of the passive tense? Americans haven't been "asked" anything. They've been forced by Azar's industry. Furthermore, if he and Trump object to other countries enjoying better deals, why are they backing a plan that would let Canada share its lower prices with Americans?

Because it's not going to happen.

Follow Froma Harrop on Twitter @FromaHarrop. She can be reached at fharrop@gmail.com.

What arguments about 'Star Wars' say about democracy

BY ANNALEE NEWITZ

Like a lot of Americans, I have formative memories of my first exposure to George Lucas's epic tale of space Rebels defeating a planet-destroying Empire. I got so excited as a little kid in 1977 about seeing "Star Wars: A New Hope" that I threw up outside the theater.

Years later, I was thoroughly disoriented when I found out on the news that Star Wars was no longer a movie; it was a nuclear missile defense system described by Ronald Reagan as the most futuristic arsenal ever built. Officially called the Strategic Defense Initiative, the Star Wars weapons system never came to fruition. But it forever changed the way an entire generation thought about the "Star Wars" movies.

Mr. Lucas's series about interstellar superweapons became a way of talking about American power in the world. When "Star Wars: A New Hope" was released, the Vietnam War had just ended in traumatic ambiguity, Richard Nixon had resigned under the threat of impeachment, and the old American dreams didn't fit our changed reality.

"Star Wars" became a new national mythos; it rebooted America's revolutionary origin story and liberty-or-death values using the tropes of science fiction. Now, however, the movies no longer strike the same chord. Just as America's political system is falling into disarray again, our cultural mythmaking machine is faltering as well.

When I say "faltering," I don't mean economically. The "Star Wars" franchise is among Disney's most lucrative properties. But each new installment has escalated conflicts between fans over

everything from character arcs to the diversity of its cast. Filmmakers are torn between catering to the base, with its rabid nostalgia for the 1970s and '80s movies, and striking out into new territory that feels more relevant to the 21st century. The cinematic results are uneven at best.

"The Rise of Skywalker," released last week, is a muddled and aimless homage to previous films in the series. Its countless callbacks to the older films feel like an effort to "make 'Star Wars' great again," though it does manage to deliver a few liberal-sounding messages. Call it the Joe Biden of "Star Wars" movies.

To continue the analogy, you might say that "The Last Jedi," "The Force Awakens," and "Rogue One" are in the Barack Obama tradition. They gave fans truly diverse casts and grappled in a relatively nuanced way with the class and race conflicts that have hovered at the margins of every "Star Wars" story.

They also made fans of the early movies livid. Some used social media to demand that Disney stop with the politically correct storytelling, while others launched racist attacks on the Vietnamese-American actress Kelly Tran, who plays the engineer Rose Tico in two of the films.

I'm not the only one who has noticed this obvious parallel to American electoral politics. JJ Abrams, who directed "The Phantom Menace" and "The Rise of Skywalker," noted in a recent interview that the vicious polarization within Star Wars fandom is not a phenomenon restricted to "Star Wars." As he put it, "This is about everything."

And a recent study by Morten Bay, a University of Southern California digital media researcher, revealed that over 50 percent of the venom directed on Twitter at Rian Johnson, director of "The Last Jedi," came from the same sources as Russian election meddling.

Using the analytical tools that other technologists deployed to uncover Russian influence during the 2016 election, Mr. Bay found that "bots, trolls/sock puppets or political activists" were using the "Star Wars" debate "to propagate political messages supporting extreme right-wing causes and the discrimination of gender, race or sexuality" and that "a number of these users appear to be Russian trolls." So it seems that it was political operatives, not fans, who were denigrating the movie and fomenting some of the virulent racism and misogyny against its cast.

Using "Star Wars" as the vehicle was a canny move by the trolls. Fans, like the American electorate, are polarized and angry. Online and in real life, they scream at one another about how Luke Skywalker would really behave decades after finding out that his dad was Darth Vader.

Often these fights begin with someone asserting that the latest "Star Wars" movie ruined their childhood. That's not wrong. An attack on "Star Wars" is an attack on what many adults of George Lucas's generation were taught as children: that the most important good guys are generally white men, and the biggest threat on earth is a superweapon.

The problem is that nobody agrees anymore on what the good guys look like, nor what this century's global threat really is. Fights over "Star Wars" cut to the core of American identity -- all the way down to our childhood selves -- because they aren't just squabbles over whether Rey's Force powers are realistic. They're about who we



are as a nation, and how we will survive as a people in the future.

There are hints of a new hope for the franchise in works set outside the movies' central plotline. Delilah S. Dawson's recent "Star Wars" tie-in novel "Phasma" reveals that the First Order wrecked the environment on Captain Phasma's home planet, leaving our battered protagonist no choice but to join the bad guys. In the new Disney Plus television series "The Mandalorian," the hero comes from a marginalized group whose planet was strip-mined by Imperials seeking the precious metal beskar. These stories gesture at a revitalized "Star Wars" mythology that might speak to people who fear rising seas more than superweapons.

Maybe the unresolved outrage set off by "The Last Jedi" and "The Rise of Skywalker" is a sign that this franchise needs to make way for a new set of stories. Americans' trust in government is being ripped apart by scandal and a looming impeachment trial. We desperately need a new American mythology to fit the 21st century realities of a majority-minority nation dealing with planet-wide threats like climate change.

The process of revitalizing American democracy doesn't begin and end at the voting booth. We also have to tell better stories about ourselves.

Annalee Newitz is the author of "The Future of Another Timeline."

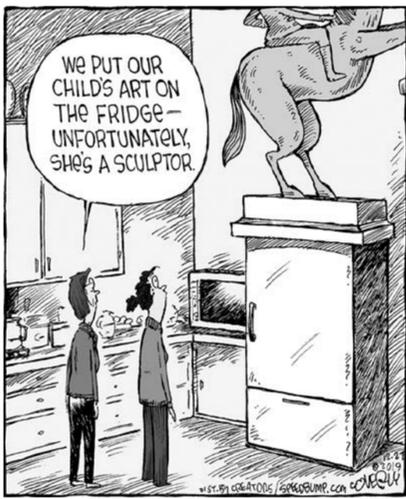
The Downey Patriot STAFF

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TEL (562) 904-3668 | FAX (562) 904-3124 | MONDAY - THURSDAY 9AM - 3PM
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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., 6:30 pm: Sister Cities of Downey, at Barbara Riley Senior Center, call Gloria Nezahualcoyotl (562) 776-6136.
 4th Wed., 7:30 pm: US Coast Guard Aux. Flotilla 5-10, First Presbyterian Church, call Brian 419-5420.
 Wed. & Fri., 10:15 am: Senior Bingo, at Apollo Park, call 904-7223

THURSDAYS

7:30 am: Connections Networking, at Bob's Big Boy, for info., call Nick Smith, 861-5222.
 7:30 am.: Soroptimist Int'l of Downey, for information, call Mia Vasquez, 806-3217.
 9 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...

Dec. 26, 1620: The Pilgrim Fathers landed at New Plymouth, MA, to found Plymouth Colony, with John Carver as Governor.
1898: Marie and Pierre Curie discovered radium.
1941: U.S. President Roosevelt signed a resolution that set the fixed-date, the fourth Thursday of November, for the Federal Thanksgiving Day holiday.
2002: The first cloned human baby was born. The announcement was made the December 27 by Clonaid.

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)
COUNTRY COOKING: From breakfast to dinner
 by David W. Cromer

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|--------------------------------------|--------------------------------|--------------------------------|
| ACROSS | 76 Closet array | 12 Zero |
| 1 You must remember this | 77 India... of R&B | 13 NBC show since 1975 |
| 6 TV equine of yore | 78 Starts asking questions | 14 Pantry feature |
| 10 Transgressions | 84 Knock for a loop | 15 Mideast dish |
| 14 Do a vet's job | 85 Royal address | 16 Video game pioneer |
| 18 State of matter | 87 Spicy side dish | 17 Saudi Arabia neighbor |
| 19 Oxen link | 89 Had aspirations | 21 "Me too" |
| 20 Gold-medal Olympic skater Rodnina | 91 Insult, informally | 24 GNP, e.g. |
| 22 Sociologist Shere | 92 Sales rep. | 25 License plates |
| 23 Banquet hors d'oeuvres | 93 Jane Austen novel | 30 Shore bird |
| 26 Ancient Mideast civilization | 94 Triple-decker treat | 32 Charlton Heston role |
| 27 "Black gold" | 96 Fence made of stakes | 33 Brief missive |
| 28 Writer Rand | 101 ___ annum | 34 Doo-wop group at Woodstock |
| 29 Blazing | 102 Breakfast order | 35 Loathe |
| 31 Have the lead | 107 Actress Merrill | 36 Vegan staple |
| 32 Breakfast bread | 109 Digital forerunner | 37 Frayed |
| 36 Tango quorum | 110 Time period | 38 Crude group |
| 39 Sort of stock-market order | 111 Course hazard | 40 Remove, as rinds |
| 41 Pellet precipitation | 115 <i>La Bohème</i> character | 43 ___ cone |
| 42 "My mistake!" | 116 Spicy stew | 45 Many a reef, essentially |
| 44 Take steps | 121 Hot times on the Riviera | 47 Pacific island kingdom |
| 45 Lynx or leopard | 122 Stair component | 48 Floor noise |
| 46 Rank above Major: Abbr. | 123 Spiny houseplant | 49 Inedible orange |
| 51 Fast-food order | 124 Expeditious | 50 Traditional knowledge |
| 56 Change for a five | 125 Bringing up the rear | 52 Din from a crowd |
| 58 Approximator's phrase | 126 Solitary | 53 Tributes |
| 59 Plain, in a way | 127 Puts the collar on | 54 Football great |
| 60 Prefix for legal | 128 These: Sp. | 55 Biological grouping |
| 62 One-dimensional | | 56 Record holders |
| 64 Doc bloc | | 57 "Famous" cookie man |
| 65 Bodybuilder | | 63 One way to be paid |
| 66 Hire | | 65 Arizona Indian |
| 67 Rich dessert | | 67 Arrive at |
| 73 Porpoise | | 68 Devour |
| 74 ___ lazuli | | 69 Cologne's river |
| 75 NASA spacewalk | | 70 Trumpet call |
| | | 71 Long-eared leapers |
| | | 72 Actress Hatcher |
| | | 73 Kimono closer |
| | | 78 <i>Oliver Twist</i> villain |
| | | 79 QB's mishaps |
| | | 80 Exist |
| | | 81 Ineffectual one |
| | | 82 High point |
| | | 83 Diary length, often |
| | | 86 It may be bright |
| | | 88 ___ Alto, CA |
| | | 90 Bygone bird |
| | | 95 "You're correct" |
| | | 96 Holiday event |
| | | 97 Rent-___ |
| | | 98 Words of wisdom |
| | | 99 Flintstones' pet |
| | | 100 Withstand |
| | | 102 "Ship of the desert" |
| | | 103 Baker who sings |
| | | 104 Gives a title to |
| | | 105 One's "who's who" |
| | | 106 Got to work |
| | | 108 Brother of Prometheus |
| | | 111 Nose-in-air type |
| | | 112 Transfixed |
| | | 113 Where K2 is |
| | | 114 Advanced degrees: Abbr. |
| | | 117 Internet address |
| | | 118 Opposite of paleo- |
| | | 119 Author Fleming |
| | | 120 Menu phrase |

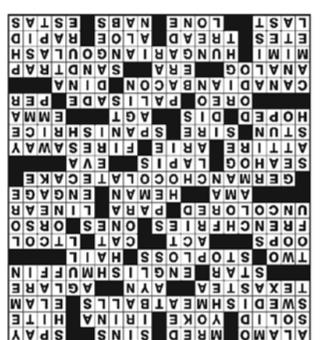
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You can contact puzzle editor Stanley Newman at his e-mail address: StanXwords@aol.com. Or write him at P.O. Box 69, Massapequa Park, NY 11762, Please send a self-addressed, stamped envelope if you'd like a reply.

Russian pairs skater IRINA Kudina (20 Across) won three consecutive Winter Olympics gold medals from 1972 to 1980. The ancient civilization of ELAM (26 Across), located in what is now southwest Iran, was just east of Mesopotamia. TONGA (47 Down) is the last of the Polynesian monarchies.



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CareMore Health has been a trusted partner in the community for more than 25 years and we are proud of our reputation for integrity.

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CareMore's current contract with PIH Health Hospital allows continued access to PIH Whittier through the beginning of 2022.

We are proud to provide our patients with other quality neighborhood hospitals including Lakewood Regional Medical Center, Cedars-Sinai Medical Center, Long Beach Memorial Medical Center, and AHMC Whittier Hospital Medical Center. PIH Health Hospital — Downey will no longer be contracted with CareMore after April 1, 2020.

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- The 24/7 CareMore Anytime line so you have a clinician to ask all of your healthcare questions
- The ability to walk-in to any of our CareMore Care Centers when you need help

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.

In good health,



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



Visit us at www.caremore.com

DOWNEY HAPPENINGS

SATURDAY, DECEMBER 28

Tribute Night, 8 pm to 2 am. Food, DJs, vendors, ugly Christmas sweater party, and tributes to Interpol, The Strokes and The Cure. \$15 to get in. Epic Lounge, 8239 2nd St.

TUESDAY, DECEMBER 31

New Year's Eve Soiree, 8 pm to 12 am. A 1920's themed party with live music by Synthesi. \$125 admission includes appetizers, open bar, and dinner. St. George's Greek Church, 10830 Downey Ave.

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.

Roaring 20's NYE Party, 8 pm to 2 am. A Roaring 20's themed party to welcome 2020. Free admission or pay \$50 for the elite package which includes four drink tickets, one appetizer and a champagne toast at midnight. Bar Louie, 8860 Apollo Way

SATURDAY, JANUARY 4

Brunch with Latina Golfers, 11 am. Meet and mingle over a glass of bubbly with members of the Latina Golfers and learn what the group is all about. There will be a golf outing immediately following the brunch with tee times starting at 1 pm. \$25 (brunch only), \$55 (brunch and golf). Los Amigos Golf Course, 7295 Quill Dr.

WEDNESDAY, JANUARY 8

Coffee Connections, 8:30 am. A business networking event hosted by the Bell Gardens Chamber of Commerce and Latino Chamber of Commerce of Compton. Attendees will have 30 seconds to speak about their business. Los Amigos Country Club, 7295 Quill Dr.

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.

THURSDAY, JANUARY 9

Book Lovers Club, 12 pm. Join other book lovers in discussing "The Last Man" by Jane Harper. Call (562) 904-7363 for location.

SATURDAY, JANUARY 11

Human Trafficking Conference, 10 am to 1 pm. Learn about human trafficking, which has become one of the most common and lucrative forms of sexual exploitation. This conference features a panel of speakers, vendors, resource tables, and food provided by Luis' Butcher Shop. Downey Adult School, 12340 Woodruff Ave.

WEDNESDAY, JANUARY 15

Downey Sister Cities Winter Party, 6-9 pm. Join us for our Winter Party and Fundraiser. Held at Pina Pizza House, 11102 Paramount Blvd.

SATURDAY, JANUARY 18

Keep Downey Beautiful Clean-Up, 9 am. Join other volunteers in helping

clean up the neighborhood. Meet in the Downtown Downey parking structure at 2nd Street and La Reina.

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

SUNDAY, JANUARY 19

Bridal Expo, 12-4 pm. Meet vendors in the wedding industry and tour the ballrooms and reception halls available at Los Amigos Golf Course, 7295 Quill Dr.

TUESDAY, JANUARY 21

Gallatin Dental Grand Re-Opening, 5-7 pm. Gallatin Dental celebrates its grand re-opening with a ribbon-cutting celebration. Plus raffles, beverages and appetizers. Gallatin Dental, 10805 Paramount Blvd.

SUNDAY, FEBRUARY 2

Super Bowl Breakfast & Fundraiser, 8-11 am. Enjoy a hearty breakfast before the big game and support Downey Demolay. There will also be boutique shopping with handmade items, jewelry, skincare and beauty products. Downey Masonic Lodge, 8244 3rd St.

SUNDAY, FEBRUARY 9

Sue Phillips Memorial Fundraiser, 1-4 pm. Quartermania, luncheon and boutique fundraiser to benefit Relay for Life. \$10 in advance, \$15 at the door. Downey Masonic Lodge, 8244 3rd St.

THURSDAY, FEBRUARY 13

Benefit Concert, 7 pm. Join the Downey High School dance team as they perform a benefit concert for the TLC Family Resource Center. Downey Theatre, 8435 Firestone Blvd.

SATURDAY, FEBRUARY 15

Keep Downey Beautiful Clean-Up, 9 am. Join other volunteers in helping clean up the neighborhood. Meet in front of Western Pacific Pulp Paper, 9400 Hall Rd.

SATURDAY, FEBRUARY 22

Jungle Jive Boogie, 9 pm to 1:30 am. Live music by Bebo and the Good Time Boys, plus bands, DJs, cars, and more. Stardust Club, 7643 Firestone Blvd.

MONDAY, FEBRUARY 24

Loss of a Spouse Seminar, 7 pm. The seminar features a video with practical, encouraging advice from counselors, pastors, and widowed men and women, followed by a small-group sharing time. You'll learn what to expect in the days ahead, how to handle the loneliness, what to do with your spouse's belongings, and how to find the strength to go on. Calvary Chapel of Downey, 12808 Woodruff Ave.

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

THURSDAY, MARCH 5

The Buddy Holly Story, 8 pm. This production features the classic songs, "That'll Be the Day," "Not Fade Away," "Oh Boy," along with Ritchie Valens' "La Bamba" and The Big Bopper's "Chantilly Lace," plus more. Downey Theatre, 8435 Firestone Blvd.

SATURDAY, MARCH 7

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

THURSDAY, MARCH 19

Carpenters Tribute Concert, 8 pm. Sally Olson as Karen Carpenter and pianist Ned Mills as Richard Carpenter, backed up by some of Las Vegas' top musicians, celebrate the musical legacy of the Carpenters. Downey Theatre, 8435 Firestone Blvd.

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.

SUNDAY, APRIL 5

Willy Chirino in Concert, 7 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

One Day of Service, 9 am. Join other volunteers in a day dedicated to community service in Downey. Kick-off celebration at Rancho Los Amigos National Rehabilitation Center, 7601 Imperial Hwy.

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

SATURDAY, APRIL 18

Downey Theatre 50th Anniversary Party, 3 pm. A celebratory event and grand re-opening to mark the theater's 50th anniversary. Downey Civic 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.

Touch a Truck, 10 am. Downey fire engines, ladder trucks and ambulance vehicles will be on display for kids to jump on, ride on and honk horns. Independence Park, 12334 Bellflower Blvd.

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

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'The Nutcracker' delights a full house at the Downey Theater

By Lorine Parks
Society Columnist

DOWNY - A troop of dancing party-goers, mice, soldiers, and snowflakes, a galumphing bear and a wound-up mechanical doll filled the stage at the Downey Theatre and won the hearts of the audience. And that was only Act I of Tchaikovsky's classical ballet, "The Nutcracker."

The non-profit Southern California Dance Theatre gave its Nutcracker ballet performance Saturday night to a full house at the Downey Theatre. Lots of would-be young ballerinas and leaping Barishnikovs were in the audience, and at least 100 dancers came on stage, each well coached and obviously giving the performances of their young lives.

The Nutcracker Ballet may be 127 years old, but it is young every time it is performed with a cast like this. The night belonged to children, on the stage, and in the audience.

Ms. McKenna came from Inglewood and wore a knockout black hat and blue dress with an intricate silver necklace. She brought several boys, all dressed up in suits with bow ties or in Devon's case, a green suit with a long silver tie. Young DeShawn wore startling blue suede shoes with his midnight blue tuxedo jacket.

"Getting dressed up is an elegant way to enjoy an elegant evening," said Roy Anthony Shabla, Downey artist and Green Salon host, who had also admired the company's Sleeping Beauty production in May. "More people in Downey should know about this ballet company."

In the lobby, a young girl dressed in a sequin top and gauzy skirt irresistibly broke into pirouettes. She even tried going up on her toes, but it's hard to go en pointe in patent leather pumps.

Paula Vreulink, the artistic director of the Southern California Dance Theatre, welcomed the audience from the stage, and she began by thanking the little people, the seamstresses who made the opulent costumes, and the mothers who were at the boutique counter selling programs and tiaras. Miss Paula began her dancing career in her native Netherlands, and she brings a European respect for the dance as well as an appreciation of jazz and aerobic styles, which she also teaches.

Miss Paula announced that the ballet school would be performing scenes from a new production, Alice in Wonderland, at the free all-day event celebrating the 60th anniversary of the Downey Theatre in April.

In a throwback nod, Herr Drosselmeyer was played by Gerard Hanley, who performed the same role in the Dance Theatre's first production of Nutcracker 25 years ago, according to Maureen Chen, dancing lady of the Christmas Party and publicist extraordinaire.

Getting seated in the theatre I found myself next to little Esther, who dreams of dancing and does aerobics in Covina where she lives with her mother and father. They came all the way to Downey to see this classic because they heard of the performance "through a friend," - the ubiquitous Maureen.

Hanley played the old toy-maker host like a Willy Wonka, the Gene Wilder version, carefree as a child but with darker overtones to his generosity. One might think, what a supremely happy man must have composed such joyful tunes and stirring harmonies. Then one remembers Tchaikovsky's private life of melancholy, and Drosselmeyer's sweetly painful antics fit right in.

The production opened with the curtain going up on the side stage where a young Clara is being teased by her brother about their toys. Then the big red velvet curtains parted on the Christmas party, and elegant ladies and gentlemen, played by real grown-ups, danced a stately quadrille. The cast demonstrated an ethnic diversity, a welcome

reflection of today's multicultural mainstream.

Thinking Miss Paula might have been inspired by Misty Copeland, the first Afro-American female lead dancer in the American Ballet Company, I asked her how she cast the parts. She said that every year they look for new ways to stage the ballet. This year it happened that Afro-Americans and Latinos had prominent parts in the opening scenes. "But everyone has to earn their spot," Miss Paula said.

Clara as the little child is transformed into the Dream Ingenue who leads us to an enchanted realm where her handsome prince quickly vanquishes the villainous Mouse King. From then on it's all divertissement and games. Once the energetic Russian dancers and the dainty Mirliton baker girls have their turns, everyone is applauding and laughing.

The ballet-wise audience broke into applause after each spectacular turn and spin of the Spanish, Arabian, and Russian dancers, and the Coffee and Tea solos, to name only a few. Nutcracker is the ultimate foodie's ballet and the Spanish dancers stand for hot chocolate to drink, Arabian for coffee, the Chinese for tea.

One of the great comic moments in ballet is the enormous peri-wigged lady, Mother Ginger, La Mère Gigogne, who seems to be three stories tall. Before she teeters out, the ornament-decorated party chandelier was subtly raised to accommodate her preposterous wig. She lifts the petticoats on her hoop skirt to reveal sixteen tiny tots hidden there who emerge to fill the stage with their tiny antics.

After such hilarity, the moment turned serious again. Precise technique and partnering were displayed on the part of the leading artistic roles, the sugar-frosting tutu-clad Sugar Plum Fairy and her danceur Cavalier, who performed a pas de deux featuring the "fish dive," a partnered lift where the male dancer supports the female dancer with her upper body held low to the ground.

To achieve this pose, the dancer must be in fifth position and in a demi-plie to start the jump. Once in that position the dancer jumps, the back with the legs straight still in fifth position. The whole body is curved back with arms beautifully raised. This jump, the fish leaping out of water, is called the pas de poisson.

Other techniques on display included tour jetés, leaping turns across the stage by the male dancers, and spinning turns in place. Not getting dizzy takes a special technique. The dancers performed their arabesques en pointe, and the lead Spanish dancer made an entrance being held in an extended penché. There were sturdy male partners to catch and lift the ballerinas as needed.

The large scenes with the corps de ballet, the groupings of dancers, were particularly well managed, a spinning circle of dancers here, and there some leaping into the air: everyone moving and lively.

Then Tchaikovsky's lilting Waltz of the Flowers had everyone in the audience swaying as the corps de ballet moved thru intricate patterns in their flowing violet tulle skirts.

The company made good use of the Downey Theatre's side stages, for intimate bedtime moments before and after the Christmas Eve party, both scenes with Clara, her mischievous brother, and a perky maid. At the finale dancers filled the deep center stage where imaginative minimalist settings of immensely tall windows with snowdrifts in the corners of the



window panes, had earlier given way to a forest of snowy trees as bubbly snow fell. Costuming was opulent, adding to the richness of the entire production. And then there were the unforgettable strains of Tchaikovsky.

One important aspect Miss Paula stresses is good diet habits for developing young bodies. No starving ballerinas.

Got to keep well and strong so there can be another winning performance next year.

Downey is lucky to have such an excellent classical ballet school based near here, in Long Beach. Individual roles showcase talent and provide a springboard to professional performing, within a team-spirit atmosphere of backstage skills.

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**SOUTH DOWNEY
ARTISTS OF THE WEEK**



Jose Angel, an Art 1 student at Downey High, drew this using pencil and prisma.



Maricella Fonseca, 12th grade Advanced Art student at Downey High, created this with prisma and pencil.

Paging Dr. Frischer...

By Dr. Alan Frischer



I just love avocados. If my goal for today's column were to solicit avocados from those among my readers who have trees, than I would be content to stop here.

However, this is a column about health, so let's explore what they can do for us.

First of all, avocados are a stone fruit, not a vegetable. They have a creamy texture and grow in warm climates. Some of us know them as alligator pears or butter fruit. They vary in shape and color - from pear-shaped to round, and from green to black. The most popular variety around here is the Haas avocado.

Avocados are loaded with heart-healthy monounsaturated fatty acids. Yes, they are a high fat food. In fact, 77% of their calories are from fat, making them one of the highest fat plant foods (most fruit is far higher in carbohydrates than in fat). However, the majority of this fat is oleic acid, which is also the major component in olive oil. When monounsaturated fats are eaten in moderation in place of saturated and trans fat, they help to reduce the "bad" (LDL) cholesterol, raise the "good" cholesterol (HDL), and lower triglycerides. They are highly recommended as a part of the DASH diet created by the American Heart Association.

Avocados are incredibly nutritious. They contain vitamin K, folate, vitamin C, potassium (more than a banana), vitamin B5, vitamin B6, and vitamin E. A 3.5-ounce serving includes 160 calories, 2 grams of protein

and 15 grams of healthy fats. Avocados contain no cholesterol or sodium (which can raise blood pressure), and are low in saturated fat.

Avocados are loaded with fiber. Fiber is indigestible plant matter and can help with weight loss, reduce blood sugar spikes, and lower the risk of a number of diseases. Of the nine grams of carbs in a 3.5 ounce serving, seven grams are fiber, which is more than a quarter of the daily requirement. 25% of this fiber is soluble, which helps to maintain our friendly gut bacteria.

Avocados are loaded with antioxidants, and also enable greater absorption of antioxidants from other foods. Antioxidants likely protect against a number of diseases, including the formation of cataracts and macular degeneration.

Avocados are diabetes friendly because they are low in carbs and sugar, and are high in healthy fat and fiber. Eating a plant-based diet can reduce the risk of developing type 2 diabetes mellitus by about 20%.

Best of all, avocados are delicious and very easy to add to salads and sandwiches, eat on toast, make into guacamole, and toss into smoothies. They are loaded with nutrients, and are weight-loss friendly and heart healthy. If your New Year's resolutions include improving your diet, you may want to start with the avocado.

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.

Mackenzie Ziegler to perform in Cerritos

CERRITOS - The Cerritos Center for the Performing Arts has added Disney star Mackenzie Ziegler to its 2020 calendar.

"Disney - Dance Upon a Dream" stars Mackenzie Ziegler, a 15-year-old dancer and social media sensation who goes on an electrifying journey to find her own beat. Video and music, with a twist, is featured from Disney films such as "Beauty and the Beast,"

"Moana" and "Cinderella."

Ziegler has become one of the most influential stars of Generation Z, garnering a social media following of more than 30 million.

Her performance is scheduled for Friday, April 24, at 8 p.m.

Donors deliver more than 100 teddy bears to child hospital patients

The teddy bears went to children at the Kaiser hospital in Downey.

DOWNEY - The Southeast Bruins partnered with Downey's Girl Scouts Troop #01173 and delivered over 100 teddy bears to children fighting cancer at Kaiser Permanente Downey Medical Center on Dec. 20.

Due to the compromised immune systems of the child patients, the group of Girl Scouts and Southeast Bruins Board were greeted by Kaiser staff, who collected the stuffed animals to then hand deliver to the children.

The Girl Scouts collected the teddy bears on Dec. 4 at Allie and Co.'s new location on Firestone Boulevard in Downtown Downey. The "Kids Helping Kids" event allowed the Girl Scouts an opportunity to provide comfort to their peers while learning about the effects of cancer.

This is the second year that the Downey Girl Scouts Troop #01173 partners with the Southeast Bruins.

For more information about the Southeast Bruins or to connect with the Downey Girl Scouts Troop #01173, contact Maria Torres, board member for the Southeast Bruins, at mariatorresmuro@gmail.com.



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Downey, Warren off to slow starts in soccer

Both teams are looking to regroup as league play begins in early January.

By Mark Fetter Contributor

DOWNEY - The Downey High School soccer team currently has an overall record of 1-4-3 and will begin San Gabriel Valley League play on January 7th when they travel to Gahr to play the Gladiators.

The Vikings recently competed in the Adidas West Coast Classic December 12-14. Downey finished the tournament with a record of 1-0-3.

The Vikings defeated Ridgeview of Bakersfield 1-0 on December 12th, tied Palos Verdes 1-1 on December 13th, tied Century of Santa Ana 1-1 on December 14th at 9:00 a.m. and tied Bellflower 0-0, also on December 14th, at 5:00 p.m. Downey traveled to Oxnard on December 17th in non-tournament play and was defeated 3-0.

The Vikings are scheduled to compete in the Arizona Showcase this week. Downey is scheduled to play Desert Vista of Phoenix later today and will play other teams based on current tournament results. Downey is scheduled to play Woodbridge of Irvine on January 3rd in a final tune-up before the start of league play.

Downey will open league play against Gahr on January 7, will host Paramount at Downey on January 9th, will host Lynwood on January 16th and will host cross-town rival Warren on January 21st.

Coach Mires, his staff and players are all looking forward to the start of league play, competing for a league title and making a deep run in the C.I.F. Division One playoffs.

Paramount and Warren will once again be the teams to beat

in league play.

WARREN BOYS SOCCER: The Warren High School boys' soccer team currently has an overall record of 1-3-2 and will begin San Gabriel Valley League play on January 9th when they host Lynwood.

Warren recently competed in the Adidas West Coast Showcase Tournament December 12-14 where the Bears finished with a record of 0-3.

Warren was defeated by Hamilton of Chandler, Arizona 3-1 in their first game on December 12th, was defeated by Los Alamitos 2-1 in their second game on December 13th and was defeated by Loyola 2-0 in their third and final game on December 14th.

Warren defeated Mayfair at Mayfair 3-2 on December 20th. The Bears currently have nothing scheduled on their website or on maxpreps.com for Christmas Break but quite possibly may have something scheduled (unavailable at press time).

The Bears are scheduled to begin league play against Lynwood at Warren on January 9th and will travel to play Bell Gardens in a non-league tune-up on January 11th.

Warren will then host Paramount at Warren on January 14th, travel to Gahr to play the Gladiators on January 16th and will travel to cross-town rival Downey for their highly-anticipated game on January 21st.

Coach Miguel Pena, his staff and players are all looking forward to the start of league play.

Cross-town rival Downey and Paramount will once again be the teams to beat in league play. Downey is the 2019 S.G.V.L. champion.

WARREN WRESTLING: The Warren High School wrestling

team competed in the Ed Springs Wrestling Tournament December 20-21 and placed 13th overall.

Syracuse finished in first place with 279 points, Centennial finished in second place with 213 points, Servite finished in third place with 193.5 points, Santa Ana Calvary Chapel finished in fourth place with 154 points and Aliso Niguel finished in fifth place with 149.5 points, respectively.

Warren finished with 98 points and had three wrestlers place in the top eight of their respective weight classes. Warren had one first place finisher and two eighth place finishers. Over 40 schools took part in the Ed Springs Wrestling Tournament and some quality teams demonstrated their strong skill levels.

Warren's Andrew Lopez (106) was the lone Bear to earn tournament champion honors. Lopez defeated Kai Villaseñor of Newport Harbor in the championship final. Troy Garza (152) finished in 8th place after he was defeated by Riley Beeson of Ventura in the 7th/8th place match and Isaac Gonzalez (182) also finished in 8th place after he was defeated by Eli Rios of Syracuse in the 7th/8th place match.

Coach Tim Brogden, his staff and wrestlers are all looking forward to the start of the 2020 San Gabriel Valley League wrestling season.

Paramount and cross-town rival Downey will once again be the teams to beat. Warren placed third overall at the Viking Tournament last weekend while Downey finished seventh.

MIDDLE SCHOOLS: The third rotation of middle school sports will begin in January and will feature baseball and softball.

Last season, each middle school produced a junior varsity and varsity baseball team as well as a junior varsity and varsity softball team. This season there

is only one baseball team and one softball team for each school. Only two city championships will be determined this rotation.

Games will only be played at Doty and Stauffer Middle Schools due to reconstruction taking place at both Griffiths and Sussman.

The baseball and softball seasons will begin on Wednesday, January 8, when Doty plays Griffiths at Doty and Sussman travels to Stauffer. The Doty/Griffiths game will feature Griffiths as the home team.

The second games will be held on Monday, January 13th when Griffiths travels to Doty again and will feature Doty as the home team. Sussman is scheduled to be the home team in their second game against Stauffer at Stauffer.

The third games of the season will be held on Wednesday, January 15th and will feature Sussman at Griffiths and Doty at Stauffer. The Sussman at Griffiths game will be held at Doty.

The fourth games of the season will be held on Wednesday, January 22nd and will feature

Christmas tree recycling

DOWNEY - Residents are reminded to properly dispose of their Christmas trees by placing them on the curb on their trash pick-up day.

Downey offers free Christmas tree recycling Dec. 26 through Jan. 10.

Trees can also be dropped off at the city maintenance yard located at 12324 Bellflower Blvd., behind Independence Park. Place the tree in the bin outside the yard.

For questions, call CalMet at (562) 259-1239.

Griffiths at Sussman and Stauffer at Doty. The Griffiths at Sussman game will be held at Stauffer.

The fifth games of the season will be held on Monday, January 27th and will feature Griffiths at Stauffer and Sussman at Doty.

The sixth and final games

of the season will be held on Wednesday, January 29th and will feature Stauffer at Griffiths at Stauffer and Doty at Sussman at Doty. Coaches and players are looking forward to the start of baseball and softball games.

POETRY MATTERS

To the Hawk that Cured My Holiday Blues

"My heart in hiding/Stirred for a bird..."
--Gerard Manley Hopkins, "The Windhover"

In a funk just days before Christmas, holiday shopping lagging weeks behind, head crammed with lists of wants and must-haves and me eager to make a deal at every turn, not thinking of spreading joy and bringing cheer, as well I should have, but about paying less than I thought I should for more than I knew I needed in the world of commerce and lucre, when, by dumb luck or maybe fate--I'll never know-- I caught that morning morning's marauder, not Hopkins' dauphin, his "dapple-dawn" kestrel, but a bully Cooper's hawk, sleek feathered assassin, daggering through trees in snow-decked woods behind our house, hot on the tail of a cardinal, my beloved's favorite bird, scared witless. I ran out waving my arms and shouting not now you heathen, you unbeliever, not in this cherished season.... I yelled and yelled, but the sound of my voice was just a rasp in all that wintery bluster. The more I shouted, the more the hawk hawked on as only a hungry hawk can, and I--chastened by a trance of talon, blood, and feather fall--went inside and wrote these lines.

Robert DeMott, Up Late Reading Birds of America, Sheila-Na-Gig 2020

Each poem in DeMott's book features one of the birds in Audubon's great book of paintings. "This is reader's poetry," says Ted Kooser, former U. S. Poet Laureate. "Inviting, heartfelt, generous." Poetry Matters is curated by Lorine Parks.

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The Downey Patriot
Thursday, May 25, 2017
Vol. 16 No. 7

HEALTH: Taking tetanus serious
FEATURES: Perfect attendance
NEWS: Commencement speaker
NEWS: Gang member sentenced

City Council agrees to continue Stay Gallery financial support

Weekend at a Glance
Friday 70°
Saturday 71°
Sunday 76°

THINGS TO DO
Memorial Day Ceremony

FROM OUR FACEBOOK
City continues financial support of Stay Gallery

Downey Patriot wins 5 journalism awards

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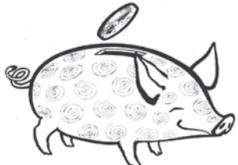
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The **DOWNEY GRAFFITI HOTLINE NUMBER** Report graffiti to this number. **923-4484**

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/ GZ SPEED LLC, CEO, ROBERT K LEE This statement was filed with the County Clerk of Los Angeles on DECEMBER 17, 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).

LLC, MANAGER, SONIA ALDANA This statement was filed with the County Clerk of Los Angeles on DECEMBER 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 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: FEBRUARY 5, 2020, 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, Downey Patriot DECEMBER 04, 2019
Judge Margaret M. Bernal Judge Of The Superior Court
Petitioner or Attorney, In Pro Per
M. Dawn Matthews
8432 Fillion Ave
Whittier, CA 90606
562-708-0344

The Downey Patriot
12/19/19, 12/26/19, 1/2/20, 1/9/20

SUMMONS
Plaintiff's Name: April Desiree Givens
Address: 1221 Dream Bridge Dr.
Telephone: (702) 886-8214
Email Address: felixdesiree889@gmail.com
In Proper Person

DISTRICT COURT CLARK COUNTY, NEVADA
APRIL D. GIVENS, Plaintiff,
vs. GERALD L. GIVENS, Defendant.
CASE NO.: D-19-589626-D
DEPT: Dept: F
SUMMONS

EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On 1/8/2020 at 10:30 AM, CALIFORNIA TD SPECIALISTS, the duly appointed Trustee under and pursuant to Deed of Trust Recorded on 3/6/2018 as Instrument No. 20180216025 in book N/A, page N/A of official records in the Office of the Recorder of Los Angeles County, California, executed by: RUBEN MAS, AN UNMARRIED MAN, as Trustor GARY R. ADAMS, TRUSTEE OF THE GARY R. ADAMS REVOCABLE LIVING TRUST, DATED JULY 18, 2002, AS TO AN UNDIVIDED 38.6575% INTEREST; CYNTHIA PHILLIPS BROWN AND DAVID MICHAEL BROWN AS TRUSTEES OF THE CYNTHIA PHILLIPS BROWN AND DAVID MICHAEL BROWN LIVING TRUST, AS TO AN UNDIVIDED 23.1481% INTEREST; JOHN A. AMATO, A SINGLE MAN, AS TO AN UNDIVIDED 15.0463% INTEREST; MICHAEL COCCIA, TRUSTEE OF THE MICHAEL COCCIA SEPARATE PROPERTY TRUST DATE SEPTEMBER 7, 2010, AND ANY AMENDMENTS THERETO, AS TO AN UNDIVIDED 23.1481% INTEREST; ALL TENANTS IN COMMON, as Beneficiary WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable at time of sale in lawful money of the United States, by cash, a cashier's check drawn by 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) At: Behind the fountain located in Civic Center Plaza located at 400 Civic Center Plaza, Pomona, CA 91766, NOTICE OF TRUSTEE'S SALE - continued all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County, California described the land therein: LOT 4 OF TRACT NO. 16548, IN THE CITY OF DOWNEY, COUNTY OF LOS ANGELES, STATE OF CALIFORNIA, AS PER MAP RECORDED IN BOOK 222

PAGES 23 AND 24 OF MAPS, IN THE OFFICE OF THE COUNTY RECORDER OF SAID COUNTY. The property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is purported to be: 8121 PAGEANT STREET CITY OF DOWNEY, CA 90240. 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 made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of trusts created by said Deed of Trust, to-wit \$523,008.28 (Estimated). Accrued interest and additional advances, if any, will increase this figure prior to sale. 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 and more than three months have elapsed since such recordation. DATE: 12/12/2019 CALIFORNIA TD SPECIALIST, as Trustee 8190 EAST KAISER BLVD., ANAHEIM HILLS, CA 92808 PHONE: 714-283-2180 FOR TRUSTEE SALE INFORMATION LOG ON TO: www.stoxposting.com CALL: 844-477-7869 PATRICIO S. INC'VE, VICE PRESIDENT CALIFORNIA TD SPECIALIST IS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. *NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property

itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924d 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 T.S.# 84074. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale." CALIFORNIA TD SPECIALISTS Attn: Teri Snyder 8190 East Kaiser Blvd. Anaheim Hills, CA 92808

STOX 923460
The Downey Patriot
12/19/19, 12/26/19, 1/2/20

The Downey Patriot
12/19/19, 12/26/19, 1/2/20, 1/9/20

FICTITIOUS BUSINESS NAME STATEMENT
File Number 201909795

THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) GENUUI HEATING & AIR CONDITIONING, 12311 MEADOW DR, ARTESIA CA 90701, LA COUNTY

Articles of Incorporation or Organization Number (if applicable): A1 #ON: N/A REGISTERED OWNERS(S): (1) JUAN L GARCIA GUTIERREZ, 12311 MEADOW DR, ARTESIA CA 90701
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/ JUAN L GARCIA GUTIERREZ, OWNER This statement was filed with the County Clerk of Los Angeles on NOVEMBER 13, 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).

GOVERNMENT

CITY OF DOWNEY NOTICE OF PUBLIC HEARING ON PROPOSED CITY OF DOWNEY WATER SYSTEM PUBLIC HEALTH GOALS REPORT

Notice is hereby given that a Public Hearing will be held by the City Council of the City of Downey on Tuesday, January 14, 2020, at 6:30 p.m., or soon thereafter as may be heard, in the Council Chamber of Downey City Hall located at 11111 Brookshire Avenue. At the public hearing, consideration will be given to adopt a proposed resolution approving and adopting the City of Downey Water System 2019 Public Health Goals Report. At that time and place all persons interested in this matter may be present to give testimony to the City Council for or against adoption of the proposed resolution.

Members of the public wishing to comment on or object to the proposed City of Downey Water System 2019 Public Health Goals Report can do so by mailing or delivering correspondence to: City Clerk, City of Downey, 11111 Brookshire Avenue, Downey, CA 90241. Comments or objections will also be accepted during the public hearing.

If you challenge the proposed actions in court, you may be limited to raising only those issues you or someone else raised at the public hearing described in this notice, or in written correspondence delivered to the City Clerk at, or prior to, the public hearing. Copies of the City of Downey Water System 2019 Public Health Goals Report are available for review on the City of Downey website, as well as at the City Clerk's office on the third floor of Downey City Hall, and at the Public Works Department on the second floor of Downey City Hall during normal business hours (M-F, 7:30 a.m. to 5:30 p.m.). If you have questions, please call the Public Works Department Utilities Division at 562-904-7202.

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

The Downey Patriot
12/26/19

NOTICES

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NUMBER: 19NWCP00452
TO ALL INTERESTED PERSONS: Petitioner M DAWN MATTHEWS filed a petition with this court for a decree changing names as follows:
Present name (1) M. DAWN MATTHEWS to Proposed name (1) DAWN OPAL MATTHEWS
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

To the Defendant named above:
A civil complaint of petition has been filed by the Plaintiff against you for the relief as set forth in that document (see the complaint or petition). The object of this action is: (check one)
Divorce
If you intend to defend this lawsuit, within 20 days after this Summons is served on you (not counting the day of service), you must:
1. File with the Clerk of Court, whose address is shown below, a formal written answer to the complaint or petition.
2. Pay the required filing fee to the court, or file an Application to Proceed In Forma Pauperis and request a waiver of the filing fee.
3. Serve a copy of your answer upon the Plaintiff whose name and address is shown below.
If you fail to respond, the Plaintiff can request your default. The court can then enter a judgment against you for the relief demanded in the complaint or petition.

STEVEN D. GRIERSON
CLERK OF COURT
By: s/Angela Benson
Deputy Clerk
ANGELA BENSON
Date: 5-16-19

Family Courts and Services Center
601 North Pecos Road
Las Vegas, Nevada 89155

Regional Justice Center
200 Lewis Avenue
Las Vegas, Nevada 89155

Issued on Behalf of Plaintiff:
Plaintiff's Name: April D. Givens
Address: 1221 Dream Bridge Dr.
City, State, Zip Las Vegas, NV 89144



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The Downey Patriot
12/12/19, 12/19/19, 12/26/19, 1/2/20

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2019325270

THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) STRAIGHT UP FITNESS LONG BEACH LLC, 8121 E WARDLOW RD, LONG BEACH, CA 90808, LA COUNTY, 2300 CALLE MELENO, FULLERTON CA 92833

Articles of Incorporation or Organization Number (if applicable): A1 #ON: N/A REGISTERED OWNERS(S): (1) STRAIGHT UP FITNESS LONG BEACH LLC, 8121 E WARDLOW RD, LONG BEACH CA 90808
State of Incorporation: CA
THIS BUSINESS IS CONDUCTED BY: a Limited Liability Company

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

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

TRUSTEE SALES

Title Order No. 95522761 Trustee Sale No. 84074 Loan No. 399179746 APN: 6364-006-004 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 2/23/2018. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN

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The Downey Patriot is a newspaper of general circulation – and has been adjudicated in the County and the City. We can take any and all legal ads.



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Short Story

The Joys & Sadness of Halloween

By Yolanda Reyna

With Halloween just past, I started thinking about the joys and sadness that I carry with me about the holiday.

Times were tough growing up in my home and I don't recall Halloween ever being a big-to-do in my family. Unlike today with most families decorating their homes with ghoulish and scary decorations and going out and buying bags and bags of assorted special treats to give out to all the wonderful, cute and adorable trick-or-treaters: Little girls dressed up as princesses or young boys dressed as their favorite cartoon characters or one of their favorite heroes.

Parents often make their children's uniquely sewn costumes or go out and buy a special costume for them. But Halloween was a holiday that was something my siblings and I didn't have fond memories of.

Our parents didn't buy treats to hand out to children, and they didn't buy Halloween costumes for us. They barely had enough funds to provide for their own children. We looked forward to receiving treats rather than giving them out.

We were frightened in our home, yes, but not from any ghoulish scary decorations. Pumpkins carved in our home were something that was unknown to us. The only thing my siblings and I carved were our names on our dressers and inside our closets walls. Carving our names was something we often got used to, maybe from

being bored or being sent to our rooms after being punished. Most of the time we were frightened with the disfunction and the turmoil that went on in our home.

For instance, the arguing of our parents back and forth with each other, doors being slammed, blatant swearing amongst themselves. Wondering if our father would ever return home after storming out from a heated argument with our mother, or lying awake late at night worrying about our mother being out gallivanting around with our aunt [her sister].

But all of this was standard in our home, and it didn't faze us but it did frighten us at times. This is the sadness that I carry with me.

The joys? Hmm, I do recall this particular year on Halloween night. It was in the mid 70s and my siblings and I were teenagers. It was a night when our mother was out and our father hadn't been home for months.

Being that our parents weren't home, our brother, Ricky, got creative, he was the eldest amongst the six siblings. He had an idea. He said, "We're going trick-or-treating!"

He was a prankster and a joker. Believing that we were actually going out to get candy was something we didn't think was much of a joke though... his idea was going through our parents closet and gathering some of their clothing. When our father did storm out of the home, most times he didn't have time to pack anything.

Therefore, his clothing was still laying around the house. Shirts, shoes and pants. Our mother, well she had house dresses, aprons, shoes and fake jewelry. She also had makeup too. We gathered pillow cases, grocery bags, shoes, pants, dresses. We all got to work creating our very own unique costumes.

My sisters and I put on our mother's house dresses, jewelry and painted our faces. Ricky got so creative he came up with this idea that he could create a pot belly man from stuffing a pillow underneath the T-shirt that my brother, Gilbert put on also adding an empty beer can in his hand.

Our brothers made fake mustaches with our mothers makeup. Our brother, Louie, grabbed a bed sheet and cut two holes on it to create a ghost costume. We used pillow cases and grocery bags for trick-or-treat bags to gather our candy. Being able to go out trick-or-treating with my siblings was so much fun!

We laughed so much and returning home with so much candy was a joy. We may not have dressed up as our favorite cartoon characters or any type of favorite hero but we sure looked up to our brother Ricky as being our favorite hero.

The joys and sadness of Halloween are something I will always carry with me.

Yolanda Reyna 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.

Swearing Around Mom

By Yolanda Reyna

When my siblings and I got angry with each other as kids we called each other the worst unimaginable names, and the act of holding back was just not in us when it came to name calling.

When the words spurted out of our mouths, these are the names that we used as a form of letting frustration out: Pig! Dog! "You're a pig!" "So? You're a dog!"

That was it, that was the best name-calling we had. If our mother heard us, oh, she'd get angry with us, scold us, and punish us. Most of the time if she heard us, especially if she was cooking, she'd storm out of the kitchen with her greased-stained worn-out apron, in her irate manner towering over us, with one hand on her hip and the other hand with her index finger protruding up in the air and say, "Go to your room!"

And because all six kids shared one room, we all had to go to that one room, then privately, the name calling would continue, "You're a dog!" So, "You're a pig!"

Our parents didn't resort to name-calling but they did swear. There were two cuss words that often came out of

their mouths: hell and damn.

"Go to hell!" they'd maliciously say to each other during their heated arguments while stomping in different directions. If our father sneezed too many times in a row, he'd get extremely aggravated and yell out, "Damn it!" while blowing his bugle horn [his nose].

But one word that was absolutely forbidden in our home growing up was the word "stupid." I think that word was said once in our home and it was never said again because our mother absolutely did not like it.

Another word that was never used in our home growing up was the four-letter "F" word and I never knew of the word. As a matter of fact, as I got much older, I had never heard the word and it wasn't until I met my ex-husband Robert that I started hearing it, and that was his favorite word.

"F" this, "F" that. "F" you, b---", he'd say to me in our heated arguments. My children

will always say the "F" word but I always ask them not to say it, especially in my presence.

Unfortunately, I have on occasion said it. I know, I'm guilty and I shouldn't say it, but it's only out of frustration that I'll say it. For instance, if I bang my baby toe on something, it just comes flying out of my mouth.

Once I did say the "F" word to Robert during our divorce. "You mother---." Trust me, he deserved it.

Name-calling and swearing seem so much more vulgar these days. The "B" word and the four-letter "F" word were words that were never used in our home growing up and our parents did not call each vulgar names although they did swear on many occasions.

Times have changed since my siblings and I were growing up. Name-calling and swearing was so much more innocent back then.



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Fantastic!
 This home features two bedrooms and two bathrooms on the ground floor, with third bedroom and full bathroom on the second floor. The third bedroom has a balcony that overlooks the backyard. Central air conditioning and plantation shutters keep the house cool. Sliding glass doors lead to the backyard, which has a giant swimming pool, covered patio, and even hammock for lounging. Call Today!!!

TOP PRODUCERS



TOP LISTING
Roman Vazquez



TOP PRODUCTION
Edwin Huber



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Life's A Beach!
 Beautiful recently remodeled 3 bedroom, 2 bath condo on the beach. Great ocean view. Balcony access from 2 bedrooms and living room. Great floor plan. Includes shared amenities with 1900 building: pool, sauna, tennis court, and a pet spa. Call Today!!!



Ready For You!
 Very nice street, but nicer home. Updated throughout. Kitchen with granite countertops. Newer paint. Wood type floors. Brick fireplace in family room. Updated bathrooms. Low maintenance backyard with pool. Call Today!!!



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. Updated kitchen, all lighting in the home are led energy efficient. Cooper piping and new 50-Gal water heater. Central AC and central heating. RV Parking. Call Today!!!



Move In Ready!
 Beautiful house. New kitchen, new bathroom, new floor, new windows, new dry wall, new everything! Central AC. Completely remodeled. Zoned Commercial/Residential. Call Today!!!



Perfect For Entertaining!
 Move in ready home. Perfect for entertaining. This spacious home features pool, spa, dining room, and family room. Close to freeways and schools. Call Today!!!



IN ESCROW
Immaculate!
 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. Homes in this community don't last, so don't wait! Call Today!!!



North East Downey!
 Executive home in move in condition. Large tile entry way opens to formal living room. Sit down fireplace. Formal dining room. Updated kitchen with new appliances. Family room downstairs and extra-large game room upstairs (with wet bar). 2 bedrooms downstairs. Master bedroom with fireplace and sitting area. Call Today!!!



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Happy Holidays
from
Carrie Uva

Special Thanks to my Clients this Year:

- * Janet Jacobs * Tony Cousimano
- * David Wallace * Andrew Spring
- * Walter Trujillo * Sue England
- * Juan & Erlinda Vacaquerano
- * Leah & Steve Maldonado
- * Dan Schulte * Karen Mateas
- * Doud Trust * Raul Ruiz
- * Craig Lackey
- * Anthony Campos
- * John Elstathiou
- * Robert Lambros
- * Dave & Sheryl Masone
- * Buzz Everhart * Bert Ashton
- * Tom Couch * Lisa Tucker
- * McFadden Family
- * Roger Pio

...and to all my Living Trust & Legal Clients

Wishing you a
WONDERFUL HOLIDAY SEASON

With appreciation at the *Holidays*.
We Thank You For Your Business

We look forward to continuing to serve all of your Real Estate needs in 2020!

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for the Holidays!



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NEW START
NEW CAREER**

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FROM THE MICHAEL BERDELIS TEAM

Thank You
to those who made 2019 a successful year. I look forward to another exciting year & helping YOU with all your real estate needs.
-The Michael Berdelis Team-



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