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South Downey sports complex still a go, city officials assure

■ **SPORTS COMPLEX:** Plans move forward for a multi-use sports facility on land currently occupied by Downey Rose Float Assoc.

By Alex Dominguez
Staff Writer

DOWNEY – Planning for a \$10 million sports center on the south side of the Rancho Los Amigos campus moved forward last week, as officials from Downey and county government also guaranteed a home for the Downey Rose Float Association.

City staff has been working with the County of Los Angeles on the project, which includes five acres that the county approved for recreational use.

Two potential layouts were shown to council on Tuesday, including a three-field option and a two-field option.

Of the two, council members appeared to favor the three-field option which would include soccer fields for AYSO U12 and AYSO U8 levels of play, as well as a high school-sized field.

The two-field option would include only the two high school-sized fields.

As planning continues, council members will work to make sure that the city is getting the most

use possible out of the fields that are eventually put into place. This was supported by comments made by City Manager Gilbert Livas earlier in the evening.

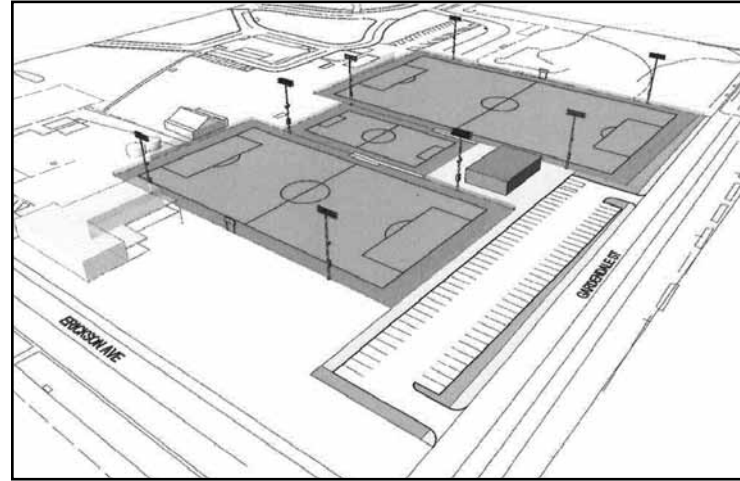
“Our issue here is how do we configure this and get the most use out of it,” said Livas. “In this particular instance [the three-field option] you have the U12 which is – for lack of a better word – a medium sized field that could accommodate a number of the smaller fields. You can then also dice up the high school field and get more U8’s. It just gives you a little bit more variety in terms of usage.”

There was some confusion as to what sports the center would cater to, notably brought attention to by Councilmember Alex Saab. Saab expressed desire for the center to be “more embracing of other sports.”

“We’re calling it a ‘sports center;’ I see a soccer center,” said Saab.

This was quickly countered by Community Development Director Aldo Schindler, who clarified that the high school field could be utilized for sports such as football and lacrosse in addition to soccer.

However, catering too much to other sports risked complicating the projects layout



A rendering of a proposed \$10 million sports facility on the south Rancho campus.

and effectiveness.

“We can, it just takes away from the soccer use,” said Schindler. “You can put in softball, baseball; but once again the configuration becomes much more challenging and you usually start to lose its primary use...the multi-use is here, it’s soccer, football, lacrosse.”

There was also a giant elephant-in-the-room that needed to be addressed: the fate of the Downey Rose Float Association’s current location.

Downey Rose Float currently resides on the south side of the Rancho campus. While nothing has been officially approved as

of yet, the potential for the Rose Float to be moved lies within some of the plans presented – especially in the three-field option that council seemed to headed towards.

In those plans, the area currently inhabited by Downey Rose Float would be the site for a parking lot intended for the sports center.

However, a representative from the office of County Supervisor Janice Hahn emphasized that Hahn was committed to finding a place on the campus for the Rose Float Association should it need to be moved.

2017-18 budget includes funding for 10 more police officers

■ **BUDGET:** Downey’s proposed budget includes significant spending on public safety after last November’s approval of Measure S.

By Eric Pierce
Editor

DOWNEY – The Downey City Council is poised to approve a \$169.1 million spending plan for fiscal year 2017-18, representing a 4.8% increase over last year’s budget.

The budget increase can be mostly attributed to Measure S, the half-cent sales tax increase approved by Downey voters last November. Revenue generated by Measure S will be used to bolster public safety goals and fix local infrastructure.

“Ten new police officers, funded by the Measure S local sales tax increase, will be added to the city’s public safety workforce,” city manager Gilbert Livas wrote in the budget proposal. “And Measure S will also provide for a complete overhaul of the city’s 50-plus-year-old fire stations and

a master planning process for the 60-year-old library building.”

The spending plan proposes the creation of several new positions related to Measure S, including six ambulance coordinators; one ambulance operator coordinator; one fire training captain; one public safety dispatcher; one public safety system network engineer; two parking enforcement officers; one human resources specialist; and one finance department management analyst.

Measure S notwithstanding, city officials are anticipating continued gains in property and sales taxes, citing strengthening sales at the Promenade and Downey Landing retail centers, and the recent openings of commercial complexes at Lakewood Boulevard and Gallatin Road. More than 130 new businesses opened in Downey during the calendar year 2016.

The budget proposal also revealed that Kaiser Permanente intends to build a new six-story hospital tower with an additional

96 hospital beds -- along with a new parking structure -- adjacent to its Downey hospital, which opened in 2009.

Meanwhile, Downey real estate values continue to rise and officials expect rents for multi-family residential units and commercial space “to remain strong.”

“The strong Southern California mid-luxury multifamily housing construction trends continue through Downey,” wrote Livas, noting the construction of a 28-unit townhome development on 3rd Street; a proposal to build six new apartments at a vacant lot on 2nd Street; the construction of 39 townhomes at Telegraph Road and Tweedy Lane; and a proposal for a three-story, 24-unit condominium project on Firestone Boulevard, near the intersection of Stewart and Gray Road.

“Property tax revenues are estimated to increase slowly as property values continue their measured upward trajectory,” Livas wrote.

While the budget proposal is

mainly optimistic, there are also significant financial obstacles, notably an increased \$1.5 million annual obligation to CalPERS, the public employee retirement system.

“[The] city’s financial obligations have increased \$1.5 million without adding a single new program, piece of equipment or position,” Livas said.

Also, even with the approval of Measure S, there is the issue of how to fund \$16 million in necessary road repairs, a question “not easily answered without courageous and difficult decisions from local, regional and state elected officials,” wrote Livas.

Another challenge is a looming exodus of experienced police officers; the department expects to lose 30 percent of its officers over the next five years due to retirement, said Councilman Rick Rodriguez.

The spending plan is expected to be formally adopted at the June 27 regular council meeting.

A new public art project is coming to the busy intersection of Firestone and Paramount boulevards.

Approved by the City Council last week, the artwork is composed of specialty metal fabric and will be installed on a block wall on the southwest side of Firestone Boulevard.

“The art piece would also incorporate LED light fittings, resulting in a lighting effect which provides for a stunning night time experience but it is subdued enough not to distract drivers,” city officials said.

Drought tolerant landscaping will frame the art, and there will also be a garden between the block wall and sidewalk.

Total cost of the art piece and garden is estimated at \$170,000; of that total, \$70,000 will be paid from Downey’s Art in Public Places Fund.

Eric Pierce, editor



A rendering of the public art project at Paramount and Firestone boulevards, approved by the City Council last week.

Weekend at a Glance

Friday 81°

Saturday 82°

Sunday 88°

THINGS TO DO



Arroyo Seco

All Weekend - Rose Bowl

Music festival with performances by Tom Petty & the Heartbreakers, Mumford & Sons, Weezer, and more.



Long Beach Opera - FRIDA

Friday - Grand Performances DTLA, 8 pm

Long Beach Opera tells the story of Frida, using interpretations of mariachi, ragtime and '30s jazz. Free admission.



Keyshia Cole

Friday - Novo DTLA, 11 pm

The Grammy nominated R&B star performs live on stage.



Real Talk with RuPaul

Sunday - L.A. Central Library, 2 pm

RuPaul Charles will speak of life, from 80's punk rock beginnings to winning an Emmy in 2016.

FROM OUR FACEBOOK

Plans for sports complex on south Rancho campus

Wil Stanton: We have two huge public schools in Downey. Downey has over 4200 students and Warren has over 3800. Wouldn't that land be better served to build a third High School to help the over crowding of the first two?

Carlos Beltran Jr.: Great news! Been coaching at Downey AYSO for 10+ years now and would finally be of great benefit to have these kids play at higher standard fields than the ones we currently play on.

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

TWEET OF THE WEEK

@AFP: Due to climate change, heatwaves around the world become increasingly prominent and deadly

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JUNE 25
Live hip-hop and R&B
DATE: Sunday, June 25
TIME: 7 pm
LOCATION: Epic Lounge

JUNE 28
Concerts in the Park: Pickleback Shine
DATE: Wednesday, June 28
TIME: 7 pm
LOCATION: Furman Park

JULY 4
Downey Fireworks Show
DATE: Tuesday, July 4
TIME: 9 pm
LOCATION: Downey High

JULY 10
Kabuki Sushi
DATE: Tuesday, July 10
TIME: 10 am
LOCATION: Benihana

Kids Imagine Nation
DATE: Tuesday, July 10
TIME: 4 pm
LOCATION: Downey Theatre

JULY 12
Concerts in the Park: 3rd Marine Aircraft Wingband
DATE: Wednesday, July 12
TIME: 7 pm
LOCATION: Furman Park

JULY 15
Author talk with Janet Tronstad
DATE: Saturday, July 15
TIME: 12 pm
LOCATION: Downey City Library

JULY 19
Concerts in the Park: The Wiseguys
DATE: Wednesday, July 19
TIME: 7 pm
LOCATION: Furman Park

JULY 24
Prismatic Magic Extravaganza
DATE: Monday, July 24
TIME: 4 pm
LOCATION: Downey Theatre

JULY 26
Concerts in the Park: Downey Symphony
DATE: Wednesday, July 26
TIME: 7 pm
LOCATION: Furman Park

JULY 30
Dance is Life
DATE: Sunday, July 30
TIME: 6:30 pm
LOCATION: Downey Theatre

AUGUST 5
Concerts in the Park: A Salute to Santana
DATE: Saturday, Aug. 5
TIME: 5 pm
LOCATION: Golden Park

Hot Havana Nights
DATE: Wednesday, Aug. 5
TIME: 6:30 pm
LOCATION: Elks Lodge

AUGUST 12
Smart Gardening workshop
DATE: Saturday, Aug. 12
TIME: 9:30 am
LOCATION: Wilderness Park

OCTOBER 29
Dia de los Muertos
DATE: Sunday, Oct. 29
TIME: 11 am
LOCATION: Downey Theatre

Parents of Nohemi Gonzalez, student killed in 2015 Paris attacks, open barbershops in Norwalk

■ **FEATURE:** Family's third barbershop opened earlier this month at Firestone and Pioneer.

By William Odis Martin
Contributor

NORWALK — Beatriz Gonzalez finds solace in keeping busy, cutting and styling men's and women's hair.

She is an entrepreneur, a hardworking mother of three, and an inspiration to anyone who has a dream of starting a business.

As an immigrant from Mexico and a single mother for most of her life, she had to overcome many obstacles to be as successful as she is today.

Beatriz is the owner of three barber shops--Imperial Barber Shops 1, 2, and 3 in Norwalk.

With a heaviness in her heart that nobody should have to bear, Beatriz continues trying to live a life to the fullest just like her biggest inspiration would want her to do.

Nohemi Gonzalez, Beatriz's 23-year-old daughter, was killed during the November 2015 Paris Attacks while studying abroad.

She was the only American out of the 130 people who lost their lives to the heavy artillery of nine ISIL gunmen that night in the city of lights.

"I think that I try to keep myself busy so that I don't think too much about what happened. By working too much, it helps takes my mind away," says Beatriz. "Everyday is better. Less pain."

It was unlike the scores of tragedies that constantly stream into our collective consciousness. This one shook the community at

its core.

A first generation Chicana with every bit of drive and smarts to become a beacon for the community, extinguished before she could fully bloom by blood-thirsty extremists.

A beautiful young woman with such a bright future and an unmatched determination to succeed seemed to be an unbeatable combination.

She will remain an inextinguishable light in the Chicano community by keeping her memory alive.

Nohemi was an excellent example of someone who knew how to get the most out of life. A studious go-getter with wanderlust and a passion for design. She had hopes of one day spreading her love for knowledge to future generations.

Nohemi's undeterrable spirit

has transmogrified into the fuel that keeps the flame alive inside her mother, Beatriz.

Two weeks ago, the Norwalk Chamber of Commerce joined Beatriz and her husband Jose Hernandez in the ribbon cutting ceremony of their third shop, Imperial Barber Shop 3 located at the intersection of Firestone and Pioneer.

Beatriz keeps Nohemi's memory alive with pictures of her daughter in all three locations. Nohemi painted the walls of Imperial Barber Shop No. 2 just a few months before her death. Today, alongside some of Barack Obama that graces the walls that she proudly painted for her mom's shop.

"She wouldn't want to see me be depressed or sad and not moving forward. So that's one of my reasons why in my mind that



she could continue to be apart of me. I will continue to honor her memory by continuing to tell her story to the community and show anything is possible," says Beatriz as tears bubble up from her eyes but never spill down her cheeks.

It has been a year and a half since that fateful night in Paris, and everyday since, Beatriz has been staying busy just like her daughter was and would want her to be.

Three seats on Downey school board up for re-election in November

From left: Barbara Samperi, Martha Sodetani and Nancy Swenson.

Filing period to run is July 17 to Aug. 11



DOWNEY — Three seats on the Downey Unified School District Board of Education are up for re-election in November

this year. This year, the seats currently occupied by DUSD board

members Barbara Samperi, Martha Sodetani, and Nancy Swenson will be eligible for election.

Potential candidates have from July 17 to August 11 to file for candidacy.

Samperi has been on the school board since 1993. She is currently the Vice President of the Board. She has been re-elected five times, and represents Trustee Area seven.

Sodetani was elected in 2005. She currently sits as the President of the Board. She has been re-elected two times, and represents Trustee Area one.

Swenson has also served since 2005. She currently serves as the Clerk for the Board. She has also been re-elected two times, and represents trustee area five.

All three incumbents are supported by the Downey Education Association, as announced by DEA President Jim Mogan last week.

Those wishing to vote by mail must submit a written request for ballot no later than seven days prior to Election Day. Mail-in ballots must be returned by 8 pm on Election Day to be counted.

The election will be held in November.

UCLA supporters announce Southeast Bruins Scholarship

DOWNEY — The Southeast Bruins Network is concluding the 2016-17 fiscal year with the creation of an official "Southeast Bruins Scholarship." The accomplishment comes after over eight months of collaboration among the Southeast Bruins Board of Directors, officials at UCLA, and local UCLA supporters.

The Southeast Bruins Network have expressed special gratitude to Joseph's Bar and Grill, Law Offices of Miguel Duarte, La Barca Grill and Cantina Inc., and Downey's very own past mayor Mario Guerra and current Mayor Fernando Vasquez and Mi Cielo Restaurant and Rooftop Lounge.

The initial Southeast Scholarship Award will be granted to one student from the Southeast Los Angeles region in the fall of 2017. This marks the first time in the history of UCLA that the University's Office of Scholarships and Student Support Initiatives awards this region-specific scholarship.

Officials at UCLA note that the annual cost of tuition at UCLA is \$13,254, but caution that the true cost of attendance can rise to over \$33,000 per year once room and board and other costs of living expenses are factored in. To relieve some of the financial pressures accompanying students during their college career, the Southeast Bruins are making a call to action and strongly encouraging all those who are in a position to do so to consider contributing to the official Southeast Bruins Scholarship Fund.

The first scholarship recipient will be announced at an inaugural annual event in the fall.

Anyone wishing to make this tax-free contribution to the Southeast Scholarship fund is encouraged to contact George Touma, Director of Development at UCLA, at (310) 983-3065 or by emailing him at gtouma@support.ucla.edu. Additionally, supporters can contribute directly by visiting the following website: giving.ucla.edu/SoutheastLA

The initial scholarship is in the amount of \$4,000 and the recipient will receive it over the span of four years in four annual disbursements. This merit-based scholarship was made possible by the generosity of multiple local UCLA alumni and friends.

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City forces clean-up of Rives Mansion with court order

■ **LANDMARK:** City officials began clearing debris at historic Downey landmark.

By Eric Pierce
Editor

DOWNEY – The city of Downey went to Los Angeles County Superior Court on Tuesday to begin property abatement proceedings on the historic Rives Mansion, which has fallen into visible disrepair.

Accompanied by a police escort, city workers gained access to the property Wednesday and began clean-up efforts. A lien will be added to the property's title to recoup costs.

The mansion's current tenants are expected to vacate the property by June 27.

"The City of Downey has a longstanding tradition respecting private property rights, however, the historic Rives Mansion has been allowed to fall into a state of disrepair that is unacceptable in our community and unsafe for its neighbors," said Mayor Fernando Vasquez.

Last month, the mansion's perimeter fence collapsed under the weight of overgrown vegetation, exposing filthy conditions and evidence that people were illegally living in the property's garage and water tower.

The property is currently in foreclosure proceedings and has been the subject of litigation

between its current owners and lease holders.

"The city has continued to monitor the site and attempted to work with the foreclosure agency to address the neglected items on the property," city officials said in a prepared statement. "However, after much discussion and little progress from the foreclosure agency, the city took matters into its own hands and filed with the L.A. Court."

On Wednesday, city employees began clearing debris from the mansion's backyard, including at least two sofas, two dozen chairs, a washing machine, patio furniture, a desk, children's toys, and mounds of trash bags.

Crews also removed 8-ft. tall weeds, mowed the lawn, pruned palm trees, and discarded the collapsed fence. A temporary chain-link fence will be installed in its place.

City officials said they would continue to maintain the property "until the property is sold to a new owner."

"The city is doing everything it can within its legal limits to ensure the health and safety of the neighborhood surrounding the Rives Mansion while taking action with the foreclosure agency to ensure the property is brought back up to our community's high standards," said Mayor Pro Tem Sean Ashon.

Built in 1910 by Superior Court Judge James C. Rives, the mansion is listed on the National Register of Historic Places.

Designed by Los Angeles architects Neher and Skilling, the Rives residence sports a classic Greek Revival facade and chronicles a unique, local history that started with an industrious pioneering family that rode into Downey at the turn of the century.

Built during the Craftsman Movement, the Rives Mansion features six bedrooms, three bathrooms, a library, dance hall and a large water tower, which today sits on a retired well.

On the first floor, there is a spacious entry way with a parlor and the library on the right and an elegant dining room on the left. Just beyond the dining room are the kitchen, butler's pantry and breakfast room.

A grand staircase takes visitors to the second floor where all of the bedrooms are located and a narrow, wooden stairway from the hallway leads to the third floor, revealing a 30 x 60 foot dance floor, used by the Rives' who hosted regular dinner parties.

In the backyard, the water tank house and a walnut drying shed are still standing on the site, both necessary features that supported the Rives' agricultural lifestyle.

Following the death of James Rives, the land was subdivided and other homes were built on the Rives property. Rives Avenue bordered the 75-acre estate and thus takes its name from the pioneer family.

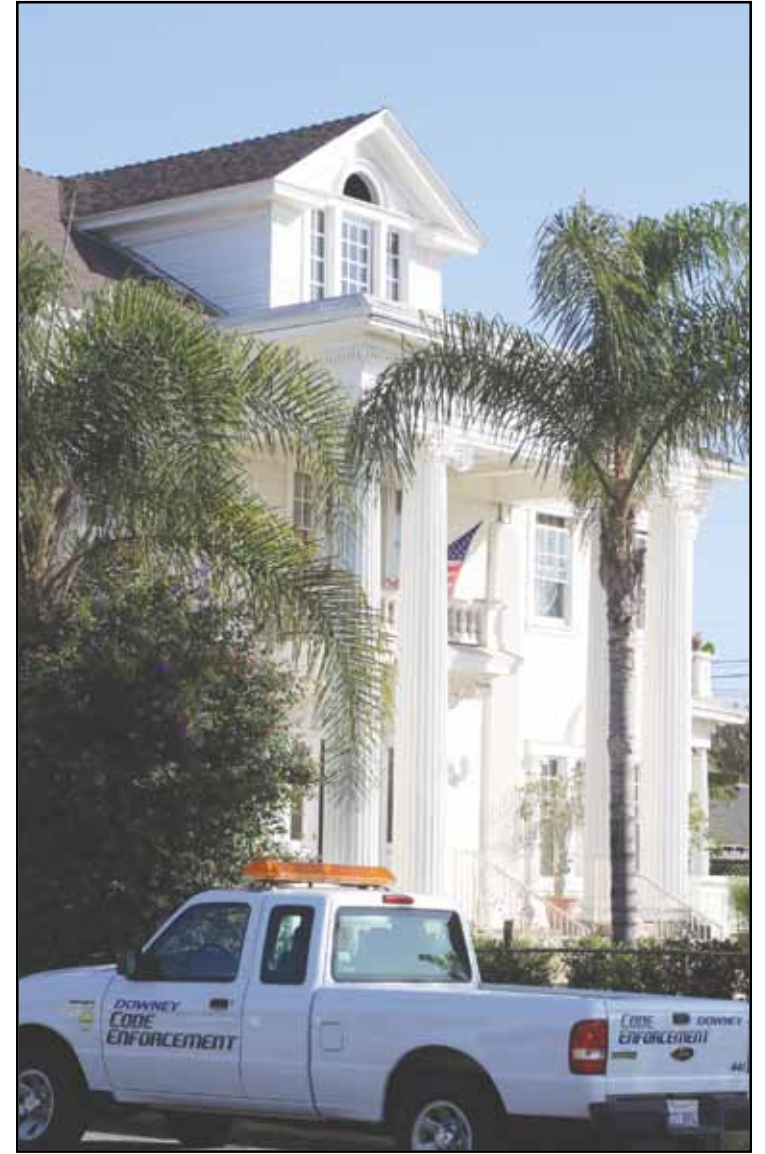
In 1946, after the death of Mary Lee Rives, the family sold the home to Downey real estate broker Clarence Mocabee and his family who lived in the home until his death in 1981. Three years later, Mocabee's children sold the property to the Hendricks, a Swedish family that operated several Swedish-language newspapers in Los Angeles. In 1996, the Rives Mansion was transferred into the Hendricks trust and in 2005 it was bought by Carmen and Oscar Rivera for \$1.7 million.

The Riveras leased the property to Lauren Baumann, president of Stewardship Estates, a company that offered a variety of services including marketing, event planning, real estate and financial services. In addition to living in the home since 2008, Baumann also offered the Rives Mansion as a venue for community events and fundraisers.

In 2011, Baumann pleaded guilty to wire fraud, admitting that she lured more than two dozen people in Orange and Los Angeles counties to invest in Christian "battle of the bands" contests and real estate deals with false promises. She raised nearly \$1 million, and in the end, her investors lost \$560,000.

In July 2013, Downey resident Ralph Verdugo signed a 7-year lease to open a high-end steakhouse on the property.

Those plans were halted a year later, however, when it was revealed that the Riveras



City crews began clean-up efforts at the Rives Mansion property Wednesday. Photo by Eric Pierce

were behind on their monthly mortgage payments by nearly 60 months, prompting foreclosure proceedings.

Verdugo went on to open another steakhouse -- Mi Cielo -- in downtown Downey.

Editor Christian Brown and staff writer Alex Dominguez contributed to this report.

Joanna Peterson installed as Chamber of Commerce president



Joanna Peterson, right, is "crowned" Ms. Downey CofC by Miss Downey Julie Ledesma

Peterson was installed as president of the Downey Chamber of Commerce on Wednesday.

DOWNEY – The Downey Chamber of Commerce held its 114th Installation of Officers and Directors Lunch on Wednesday, officially ushering in a new president in Joanna Peterson.

The luncheon was held at the Embassy Suites, and was attended by representatives of several of Downey's businesses, organizations, and city government.

Three new incoming directors – Mike Murray of Grocery Outlet, Sue Robison of Security Land Escrow, and Mariana Pacheco of Pacheco Realty and Associates – were

sworn in.

The event also served as an opportunity to honor outgoing president Laurie Tyler, who addressed the room with a few brief words.

"It truly has been an honor to have served as your chamber president this past year," said Tyler. "Due to the creativity of the chamber board and staff, we have had a lot of firsts... this would not have been possible without the support of the executive board, the board of directors, the ambassadors and the chamber staff."

She also gave a few words of encouragement to her successor.

"Joanna, I can't wait to serve with you as you take over the helm of this great ship. You are in for a wonderful amazing adventure. Know that you have an army of people behind you that are here to support you," said Tyler.

After being sworn in by Mayor Fernando Vasquez, Peterson also addressed the room.

"I will continue to serve the city and the chamber," said

Peterson. "At a time where other chambers are losing members, we have raised our numbers. What does that say about us? Downey is a vibrant city rich in history and community. It is quickly growing and expanding its horizons..."

By Alex Dominguez, staff writer

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Downey High water polo train hard and early for next season

■ **SPORTS:** With regular season approaching, water polo teams holding daily practices starting at 6 a.m.

By Mark Fetter
Contributor

DOWNEY – The Downey High School boys and girls water polo teams are busy preparing for next season.

Practices are taking place Tuesday-Thursday from 6- 8:30 a.m. at the Downey Aquatics Center on the campus of Downey High School. Each morning 20-plus boys and 20-plus girls are in the pool practicing. Several students leave the pool at 7:30 a.m. because they are enrolled in summer school while other student-athletes remain practicing until 8:30 a.m.

Head coach Uriel Villa is now coaching both teams. Some names to watch out for next season for the boys are Anthony Torres, Andrew Cabrera, Nathan Sanchez, Brian Repreza and Jerry Aquinada. All players have experience and skill and are looking forward to getting better.

Coach Villa, his staff and players are all looking forward to next season. Cerritos and cross-town rival Warren will be the teams to beat in league play.

■ The Downey High School boys' volleyball team made a strong run in the C.I.F. Division 4 playoffs before falling to La Palma Kennedy in five sets at Cerritos College.

As a result of Downey's strong finish, two Vikings were selected to the All-C.I.F. Team. Sam Carcamo and Matt Brito earned those honors.

Coach McCarthy and his staff are extremely proud of Sam and Matt and what they accomplished this season. The two All-C.I.F. players have set the bar high at Downey and the goal for next season is "get the ring

in 2018."

■ The Downey High School volleyball program will be offering several camps this summer for student-athletes of all ages. There will be four high school camps, one middle school camp and one elementary camp.

The first high school camp will take place July 10-12 and will be for girls only. The second high school camp will be from July 17-19 and will be for boys and girls. The third high school camp will be from July 24-26 and will be for girls only. The last high school camp will be from July 31-August 1 and will be for girls only.

Camps will take place Monday-Wednesday and will be from 8- 10 a.m. in the gymnasium at Downey High School. The high school camp for boys will cost \$60.

The middle school camp will be for student-athletes entering grades 6-8. It will be from 10:15 a.m. to 12:15 p.m. Camp will be Monday-Wednesday and the cost will be \$60. The elementary school camp will be for girls entering grades 3-5 and will also be from 10:15 a.m. to 12:15 p.m.

Camp will be Monday-Wednesday and the cost will also be \$60.

The girls summer league for varsity players will be Tuesday and Thursday and will take place July 11, 13, 18, 20, 25 and 27. The junior varsity dates will be Mondays and Wednesdays and will take place July 10, 12, 17, 19, 24 and 26. The cost for high school girls will be \$190 and includes weight training in June and July, summer league, weekend travel tournaments and all camp dates.

Walk-ins are accepted if space is available. Special features to the camp include a t-shirt, age/group training, skill development and quality coaching. Coach McCarthy can

be contacted at rmccarthy@ dusd.net or bopmac1956@gmail.com or by cell at (559) 259-4561. Coach McCarthy hopes to see you on the volleyball court this summer.

■ The Warren High School boys' cross country team is busy preparing for the start of next season. The high school cross-country season starts right as school starts in mid-late August.

Workouts are and will be taking place in June, July and August and the cost is \$90.

Head coach Ramon Miranda and assistant coaches Eddie Rodriguez and Faustino Diaz are busy preparing to make a run at another S.G.V.L. title and beyond. In July, Warren's top 15 runners will be invited to run and train in the altitude at the Lake Tahoe Camp. In early August, 30 runners will be invited to run and train at the Desert Camp Training.

This is an exciting time for runners because all the sacrifice and hard work thus far will be put on display as only the top seven runners will compete in varsity competitions.

The goal of the Warren cross-country program is "to bring out the best in every student/athlete, by leading through discipline, respect and overall body awareness." Warren qualified for the state meet in 2013 and 2014 and have been San Gabriel Valley League champions in 2006, 2007, 2009, 2010, 2011, 2012, 2013, 2014 and 2015.

Coach Miranda can be contacted with further questions by e-mail at championshipyear@msn.com or by cell phone at (562) 842-5115. Coach Miranda, his staff and runners hope to see you at a cross-country workout this summer.

■ The Warren High School football team is looking to improve on their 2-7-1 finish

from a season ago. The Bears were young and inexperienced a season ago and that age and experience is a year older now and is looking much better this summer. Players have gotten bigger, faster and stronger and are working hard to get better.

The varsity team is in the weight room from 8-10 a.m. and is on the field practicing from 4:30-6:30 p.m. Warren appears to be deeper and more experienced on both offense and defense.

Assistant coach Daniel Singh likes what he sees and is upbeat for the season to start. Coach Singh added that "Warren won their passing league contest last weekend."


Some offensive players to keep an eye on are quarterback Chris Venegas, wide receiver Robbie Colenzo, running back Nikko Tuala-Fierro, wide receiver Desmond Carnes, Sebastian Guerrero, John Herrin, Joseph Vargas, Justin Mendez and Mikel Trujillo. These athletes are impact type players who are bringing more experience and skill to their positions.

On defense, senior defensive lineman Steven Miranda, senior defensive lineman Diego Garcia and junior linebacker Alex Ortiz will all be stronger and more experienced this season.

The Bears will also have an excellent kicker on special teams. Senior kicker/punter Ismael Montoya will help the Bears score points from distance as well as help in the battle of field position. Senior long snapper Jeremy Serrano will also play a key role with providing good snaps.

Coach Lara, his staff and players are all looking forward to the start of the 2017 football season.

In Memory of
Kenneth Jay Walsh
May 12, 1962 - June 10, 2017



Kenneth Jay (KJ) Walsh passed away Saturday, June 10th, 2017 at his home in Downey, CA. KJ was born on May 12, 1962 in Santa Monica, CA to Jerry Walsh and Janet (Hammeras) Walsh. KJ enjoyed sharing his knowledge, and worked for over 20 years as a school teacher and administrator for LAUSD, where he developed teacher programs for science classes. He connected easily with all types of people, but especially children and animals and he always had numerous pets around him. After retiring from LAUSD he started his own business as a dog trainer. He enjoyed performing magic tricks, camping and fishing, cooking and playing pool. KJ is survived by his wife, Gemma Walsh, his mother, Janet Walsh, his two brothers, Vince Brooks (Heidi) and Sean Walsh (Diane), and his sister, Cindy Flynn (Bruce) as well as his uncle and numerous nieces, nephews and cousins. A memorial will be held at First Presbyterian Church of Downey on Saturday, June 24th at 2:00 pm.

Kathleen Becker passes away at 90

DOWNEY – Kathleen Becker, born Kathleen Merrick on Christmas day, 1926, passed away June 4 at age 90.

She was a loving mother, wife, friend, and belonged to many service organizations, including Soroptimist and American Association of University Women. She loved teenagers and worked with them at mark Keppel High School for 52 years, first as a physical education teacher, then as a guidance counselor, and ultimately as an assistant principal.

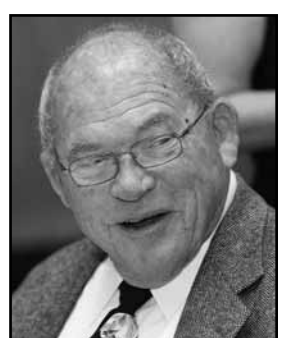
She was pre-deceased by her husband, Fred Becker, and her two sons, Ron and Cliff Becker. She is survived by her daughter, Janet Trippel, and her granddaughter, Sahara Becker.

In lieu of flowers, donations may be made in memory of Kay Becker to: Myotonic Dystrophy Foundation, 1004A O'Reilly Avenue, San Francisco, CA 94129.

A celebration of life for Michael Anthony Westray, retired Downey police officer, will be held Friday, June 23 at 6 p.m. at the Downey Elks Lodge.

The family suggests that memorials may be made to Downey Police Officers' Association or Fire Memorial Foundation, P.O. Box 1748 Hayden, Idaho 83835.

Donations can also be made to Gifts From Riley Foundation, please visit www.giftsfromriley.org, and get more information regarding Mike's great-niece Riley.



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White House may have sparked a revolution in efforts to address climate change

By Michael Brune

On June 1, President Trump announced that he'll withdraw the United States from the Paris Climate Agreement. If that makes you mad, good. If that makes you outraged and disgusted, even better.

We have good reason. Even for a president whose administration has quickly earned a reputation for reckless and morally bankrupt policies, this appalling decision stands out, and the reaction both here and abroad has been withering.

For the rest of the planet, the message is clear: Donald Trump has zero interest in being the "leader of the free world," much less in international cooperation to solve global problems. In the dark and self-destructive world view of Steve Bannon and Donald Trump, the U.S. has no allies — only competitors. We don't win unless other nations lose.

For those of us who do care about our planet's future, what happened on June 1 should be a movement-defining moment. "Hold tight to your anger and don't fall to your fears" is how Bruce Springsteen put it in his song "Wrecking Ball." Trump's action is unforgivable, but it should only make us more determined to protect our future.

The most important thing to remember is that although Trump

can try to slow climate progress in the U.S., he's powerless to stop it.

It's true that the anti-environmental ambitions of his administration have exceeded almost everyone's worst expectations. Equally extraordinary, though, is the administration's astounding refusal to accept reality — and I don't just mean the reality of climate change. I mean the reality of 21st century America.

Every day, more U.S. cities, states, and corporations are committing to reducing carbon emissions and adopting clean, renewable energy.

Just before Trump's announcement, three additional coal plants came offline, including the two biggest ones remaining in New Jersey. The next day, more retirements were announced in Missouri, along with a massive investment in new locally sourced wind power. This announcement was followed by the largest purchase of electric school buses in history, in Southern California.

Want more?

More than 200 mayors have adopted the Paris agreement since Trump's announcement. And just hours after Trump claimed he represents "Pittsburgh, not Paris" in his address on withdrawing from the Paris deal, Pittsburgh Mayor Bill Peduto announced his support for a goal of powering Pittsburgh entirely with clean and renewable energy by 2035.

And he's not alone. The city of Portland, Oregon just officially committed to transitioning to 100 percent clean, renewable energy. Dozens of other cities have committed to going 100 percent clean, and more than 60 U.S. mayors have pledged their support for a community-wide clean-energy transition.

Trump's withdrawal also provoked a response from corporate America, which correctly sees climate disruption as a serious economic threat. More than 1,200 businesses, colleges, and others joined a "We Are Still In" agreement regarding the Paris accord.

Meanwhile, former New York City Mayor Michael Bloomberg announced a \$15 million contribution to help fund the operations budget of the United Nations Framework Convention on Climate Change, which coordinates the Paris pact.

So, yes, progress on achieving our emissions reduction goals will continue. In fact, progress may actually be faster as a result of Trump's decision — because we all just got a big bucket of ice water dumped over our heads.

Michael Brune is the executive director of the Sierra Club.

Honor Juneteenth by closing the racial wealth divide

By Jessicah Pierre

On June 19, 1865, Union soldiers arrived in Galveston, Texas. They carried some historic news: Slavery had finally and completely ended, they declared. All of America's enslaved people were now free, some two and a half years after President Lincoln's Emancipation Proclamation.

That day in June would soon become "Juneteenth," a holiday still celebrated in communities across the United States.

African Americans have now been free from slavery for over 150 years. Over the course of those years, the United States has made some appreciable and even impressive progress. In 1964, passage of the Civil Rights Act toppled Jim Crow. A year later, the Voting Rights Act challenged discriminatory voting laws.

We've even seen the election — and re-election — of the nation's first black president.

So why, amid all this progress, does the Juneteenth holiday still resonate so powerfully for so many Americans?

Because Juneteenth reminds us how far we have yet to go. Racial inequality remains one of the top issues of our time. Black households, research shows, continue to lag economically behind their white

counterparts, in both income and wealth.

Last summer, the Institute for Policy Studies and the Corporation for Enterprise Development explored that inequality in a report called the The Ever-Growing Gap, which focused on the essential role wealth plays in achieving financial security and opportunity.

Over the past 30 years, the report found, the average wealth of white families grew at three times the rate of growth for black families. If those trends continue, black families would have to work another 228 years to amass the amount of wealth white families already hold today.

That's almost as long as the 245 years that legal slavery stained colonial America.

Over the course of those years, slave labor built the backbone of America's economy — and gave white families a 245-year head start on building household wealth and overcoming economic insecurity.

Juneteenth helps us remember this history — and we need to remember.

The conventional narrative around wealth building in America simply ignores slavery and its aftermath. Those with more than ample wealth, the narrative goes, fully merit what they have. And others

merit less.

"Most people look at the story of inequality through the lens of deservedness: People get what they deserve," writes my colleague Chuck Collins in his book *Born on Third Base*.

The standard narrative, he says, implies "that people are poor because they don't try as hard, have made mistakes, or lack wit and wisdom." And the rich, the same story goes, have worked "harder, smarter, or more creatively."

This "deservedness" narrative never acknowledges the discrimination and other barriers that have blocked black economic progress, or the public policies that have kept these barriers intact — things like housing and employment discrimination, mass incarceration, and tax policies that favor the wealthy over poor people of all colors.

It's time to take a close look at federal policies and the role they play in keeping the growth of black wealth stagnant. This Juneteenth, let's rededicate ourselves to closing the racial wealth divide.

Jessicah Pierre is the Inequality Media Specialist at the Institute for Policy Studies.

President Trump's costly Twitter bombs

By Jim Hightower

Donald Trump missed his opportunity to become a General Patton-style military commander and glorious war hero back in the Vietnam era. He surely would've been the greatest in history, to hear him tell it.

But, alas, he says some unspecified foot problem (or something or other) kept him from the privilege of actually getting to go fight in that war. Bad luck, I'm sure. But now that The Donald is the commander-in-chief for real, his inner warrior has been given a second chance to bloom, and this time he's fully enlisted.

In recent weeks, President Trump has (1) escalated a running war of words against Chancellor Angela Merkel of Germany, (2) bombed the European leaders of NATO with explosive charges that they're unworthy of his support, (3) launched a fierce new barrage of tough rhetoric in his extralegal offensive to ban all travel to the U.S. by anyone from six Muslim nations, and (4) opened an entirely new battlefield by attacking the mayor of London with one of his Twitter missiles.

In last year's presidential campaign, Trump declared with typical modesty that "No one is bigger or better at the military than I am."

Well, I'm certainly no expert on war, but if a president is going to pick a mess of foreign fights, wouldn't it be better, strategically speaking, to pick on actual enemies, rather than on America's allies? After all, there might come a time when we need friends to stand with us.

In a twist of historic irony, it looks like Boss Trump and his military team might need those European allies sooner than they figured. His national security chief and the Pentagon are pushing a new strategy for America's long, horribly messy war in Afghanistan — but

it depends on our NATO allies sending some of their troops into the fight.

Oops, how awkward for the impetuous tweeter-in-chief.

Higher standards for post office

Dear Editor:

I have to agree 100% with the letter from Ruben Macias regarding the Downey post office on Firestone Boulevard.

Just this week I tried to renew my passport and was unable to get through their phone system. I walked into the office to try an in-person renewal and was told I needed an appointment and they were booked the whole month of June. Just ridiculous.

I Googled and Yelped reviews of this office to find out that I was not the only one who had the same problem with the office not answering their phones. This is a consistent habit for the Downey office and our community needs to speak up.

Until the time that this issue gets fixed, I hope to see a letter every week in the Patriot about this problem to show the post office we are taking this seriously. Are they doing the same?

In the meanwhile, I have to say the Santa Fe Springs office has excellent service. This is proof that the job can be done if you are willing to do the work.

**Mark Lopez
Downey**

No more Rush Limbaugh

Dear Editor:

Journalism and the community would be better served if irrational and inhumane Republicans like Rush Limbaugh were not allowed to voice opinions uncontested.

Yes, he and local conservatives too have every right in this country to be heard. Any dog can bark. We are hearing them on the television every day. But it is important to balance ridiculous opinions with intelligence. It would give the newspaper some semblance of credibility that has been here in the past.

The second article on the opinion page -- a philosophy diametrically opposite to that of Limbaugh, by Peter Montgomery — is a good counterpoint to Limbaugh's article. Even more than rational and humane, it is factual. In times of great difficulty such as we live in now, it is important to maintain and support voices of reason.

It is important to contest every voice that undermines credibility and humanity. It is important to refuse to feed the basest instincts. Tragedy is often born of hysteria.

Rush Limbaugh, like the Tin Man, could use a heart. And a proof reader. Hopefully, in the future, The Patriot will not give him the stage and spotlight uncontested.

**Roy Anthony Shabla
Downey**

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Paging Dr. Frischer...

By Dr. Alan Frischer

I recently wrote about the health benefits of hugging, and I now feel motivated to move along to kissing. No worries; this is a family-oriented column, and I will change course for my next column. Let's explore the popular field of philematology.



Is kissing good for our health? I was fortunate to run in the Boston Marathon again this year. Halfway into the 26.2-mile race, runners pass by Wellesley College. As you can imagine, by mile 13 it is definitely time for a boost. For over 100 years, the Wellesley College women have had an enormous cheering section for the runners. Not only do they scream and cheer, but some hold signs like "Come over and kiss me!" Keeping in mind that there are about 30,000 runners in the race, how would you like to be, say, the 100th person to kiss that wonderfully supportive Wellesley student? In this case, kissing is clearly not good for your health.

Since by one calculation, the average person may spend 20,000 minutes kissing in a lifetime, let's move on to the many health benefits of kissing.

Serotonin, dopamine and oxytocin: Kissing, like hugging, causes the release of these "feel good" hormones. Kissing appears to activate the areas of the brain linked to reward and addiction. Serotonin elevates mood and can help spark obsessive thoughts

about a partner. Dopamine is involved in craving and desire. Oxytocin brings calm, relaxation, and bonding.

Cortisol: Cortisol is known as the "stress hormone." Levels decrease in both men and women after kissing. It's relaxing!

Epinephrine: Kissing can cause epinephrine levels to rise, which leads to a reduction in the levels of the bad cholesterol LDL.

Sebum: Lips are densely packed with sensory neurons, which are stimulated by touch. When we kiss, glands release sebum, which mixes with our saliva. Researchers suggest that swapping sebum may help us to subconsciously assess the health and hormonal conditions of a partner before committing to sex or long-term involvement. There are likely additional chemical cues that help us size up potential mates.

Calories: A kiss may burn 8 to 16 calories. Still, let's not plan on replacing our next workout.

Immune system: Kissing appears to boost the immune system and to reduce skin and nasal allergies. It raises the level of immunoglobulin A (IgA), which helps to fight off invading organisms, and reduces the level of immunoglobulin E (IgE), which stimulates allergic responses. Perhaps this helps us to explain why those who report frequent sexual activity take fewer sick days. Also, note that more than 700 types of bacteria have been found in the human mouth, and no two people have the same makeup of oral germs. Exchanging saliva introduces new bacteria, which helps to build immunity. When we kiss for more than 10 seconds, some 80 million bacteria can transfer between our partner and us. Many of these bacteria are helpful in balancing and regulating our immune system.

Teeth: Kissing leads to more saliva production, which helps to re-mineralize teeth and protect them from acid, resulting in fewer

cavities. Saliva also helps to keep away plaque.

Heart disease: Kissing that leads to sexual activity may reduce the risk of developing heart disease due to its relaxation effects, ability to lower cortisol levels, raise oxytocin levels, dilate blood vessels, slow the heart rate, and lower blood pressure.

Pain: Kissing appears to reduce pain from a variety of causes, including migraines, menstrual cramps, and generalized arthritis pain, due to blood vessel dilation and the release of endorphins. Perhaps "Not tonight Honey, I have a headache," should change to: "Honey, I have a headache. Come over and kiss me!"

Testosterone: A man's saliva contains testosterone, and through kissing, it can be introduced into a partner's mouth, where it is absorbed through the mucous membranes. Testosterone increases sex drive in both men and women, and may increase a woman's arousal and the likelihood that she will engage in reproductive behavior.

Financial success: One study found that men who received a passionate kiss before they left for work earned more money. I suspect that the kiss represented a happy home life, a confident person, better self-esteem, and so many other factors that may contribute to financial success.

Kissing and hugging are forms of affection that not only have primal biological roots and procreational purposes, but can also have a very positive impact on our health. It's easy to conclude that they offer the promise of a longer, healthier, and more enjoyable life.

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.

Alternative Medicine: Etheric Cords

By Marcela Arrieta

Etheric what! That's one of many words used to describe the connections linking a person to the other.

To a person who can see energy, these cords look similar to a water hose. Interlacing two people. Inside the water-hose-like structure, energies of love, compassion, etc., flow between people. But it's not all lovey-dovey. On our not-so-great days, the predominant energies consist of the icky-like textures of anger, bitterness, etc.

The question we should be asking is: why are these etheric cords so important and why do they exist? The best way to describe a positive-filled cord is that of the bond between a mother and child. It's said women tend to have a heightened sixth sense. Somehow we intuitively pick up on the needs and wants of a baby who can't speak. Part of this "knowing" emanates from the etheric cord bonding mother and child. It's flooded with incalculable love and compassion. Making mom ultra sensitive to the higher energy frequencies shared through the cord.

The opposite is true. When a cord by majority is filled with negative energy it becomes toxic and we feel it through the emotions of anger, resentment, inability to forgive, etc. This energy if left untreated has the possibility of being harmful. What is conveyed through this cord is one of the reason why we find ourselves continuously thinking and judging that person who did us wrong. In reality we are contributing to this energy. What happens when you add fuel to fire? The fire will continue to burn.

I'll share two simple yet effective techniques.

To pump additional positive and loving energy into an already loving etheric cord simply imagine a water-hose like structure bonding you and the other person. Picture in your minds eye filling this cord with tremendous amounts of light-pink light. Hold this thought up-to 3 minutes. Repeat as often with anyone!

How do you transform a negative spewing cord into one of joy and love? Simple! Follow the same instructions given in the above exercise. With the following added step: practice forgiveness towards the person who hurt you, it may even be towards oneself.

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

Marcela Arrieta is an alternative modality practitioner with over five years of experience in this field. She is also an entrepreneur who resides in Downey. She can be reached at m_arrieta@yahoo.com.

Number of kids using tobacco dropped in 2015-16

The number of middle and high school students who say they are current tobacco users – defined as having used a tobacco product in the past 30 days – dropped from 4.7 million in 2015 to 3.9 million in 2016, according to new data published by the Centers for Disease Control and Prevention and the U.S. Food and Drug Administration's Center for Tobacco Products.

The decline in use of tobacco products was primarily driven by a drop in e-cigarette use among middle and high school students from 3 million in 2015 to just under 2.2 million in 2016. In addition, declines were also seen during 2015-2016 among high school students who used two or more tobacco products, any combustible tobacco products, and hookah.

The study also found that many youth report using multiple

tobacco products; 1.8 million middle and high school students reported using two or more tobacco products in the past 30 days. Among current tobacco users in 2016, 47.2 percent of high school students and 42.4 percent of middle school students used two or more tobacco products.

The report found that 20.2 percent of high school students and 7.2 percent of middle school students reported current use of any tobacco product. E-cigarettes remained the most commonly used tobacco product among youth for the third consecutive year, used by 11.3 percent of high school and 4.3 percent of middle school students. Although the data reflect a decline during 2015-2016, current use of any tobacco product did not change significantly during 2011-2016, because of the sharp

increases in e-cigarettes and hookah during 2011-2014.

Key findings from the report:

■ Among all high school students in 2016, the most commonly used products after e-cigarettes were: cigarettes (8.0 percent), cigars (7.7 percent), smokeless tobacco (5.8 percent), hookah (4.8 percent), pipe tobacco (1.4 percent), and bidis (0.5

percent).

■ Among all middle school students in 2016, the most commonly used products after e-cigarettes were: cigarettes (2.2 percent), cigars (2.2 percent), smokeless tobacco (2.2 percent), hookah (2.0 percent), pipe tobacco (0.7 percent), and bidis (0.3 percent).

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Things you didn't know about Downey: The men who came to your house

By Bobbi Bruce

In the 1920's and 1930's some of the men who came to the homes in Downey were the Ice Man who brought 25 and 50 pound blocks of ice for the icebox. (Don't forget people had to dispose of the ice water, especially in the summertime.)

Garbage Man dumped garbage from your can into his truck -- Paper items were burned in your incinerator.

Cleaners had panel trucks and the truck driver picked up dirty clothes and returned them freshly cleaned, laundered and pressed.

Milk Man delivered dairy products to your front porch or to the cooler built into the side of the house. Glass bottle with cardboard caps were used for the liquids.

Junk Man came to the house to buy newspapers and rags by the pound.

Produce truck brought fruits and vegetables to your front door.

Good Humor Truck had tinkling bells to attract customers to buy ice cream bars coated with chocolate.

Scissors, Grinder and Knife Sharpener Man came around to keep

your household and yard items sharpened.

Fuller Brush Man, Watkins Man and Jewel Tea Man sold and delivered goods from their catalogues.

One of the most exciting visits was from the Helms Bakery Truck. It had a very familiar whistle and its sweet-smelling, fresh-baked items were well received by the Downey customers. If you wanted service from Helms you had a card that you would display in your window and the bakery truck would stop at your house. Service was every day except Sunday and Thursday. Helms stated that their bakers were artists specializing in birthdays, anniversaries, and wedding cakes. Their card stated "Save a trip to the store...just walk to your front door."

In Helms final year of operation, a clever marketing campaign netted Helms a contract to furnish the first bread on the moon via the Apollo 11 space mission.

Helms method of neighborhood delivery was doomed both by the expense of sending their coaches (trucks) hundreds of miles each week and by the rise of supermarkets. Helms Company ceased operations in 1969.

One of the Helms coaches is on display at the Peterson Automotive Museum in Los Angeles.

If you want to know more about the men who came to your house in Downey in the 20's, 30's, 40's 50's and 60's, come to the History Center.

Shared Stories: My cat for 25 years

Kay Halsey shares the story of a beloved feline who wandered into her yard one day and stayed for decades. Shared Stories is a weekly column featuring articles by participants in a writing class at the Norwalk Senior Center. Bonnie Mansell is the instructor for this free class offered through the Cerritos College Adult Education Program. Curated by Carol Kearns

When I had children at home we often took our supper out of doors in the lovely backyard where it was cooled by orange and apple trees. My husband would enjoy feeding a stray cat under the table when I wasn't looking. Cat loved his donations and stayed around. He became my cat.

He could jump from the roof to the ground and run very fast. Other cats stayed away, but Cat found our house his home. Eventually, when my husband had died and my four children had left home, he was my companion.

He was my companion for 25 years. He sat by me, with his rear towards me, guarding me. His tail always lightly touching my leg. He slept in the mornings until I made my breakfast. I would find him sitting in the chair waiting for me to come and eat, hoping I would let him lick my cereal dish.

One morning I missed him. When I went outside I found him lying on some weeds, enjoying the warmth of the sun. His long tan and black hair had turned to white.

Anytime I stopped working and sat down, he joined me. He

jumped in my lap, hoping I would scratch his neck.

Cat talked to me -- a guttural sound was a Good Morning greeting, a high-to-low growl was notice that he wanted more to eat.

He had been around for 25 years at least. He would ask for food, but smell it and not eat. His body was long and thin. His rear quarter dragged and he'd lost his jumping ability. Inability to swallow and difficulty in movement seem to go with age.

The stress of caring for an old cat was immediate. I tired of seeking out accidental messes, shed fur, fleas, and smells. I myself was having trouble keeping my home clean.

I made an unplanned decision to take him to SEACA, a facility that humanely disposes of cats. It was reason instead of emotion.

I put him in my arms and put him on the back seat of the car. I registered him with the clerk at SEACA for \$35. I was told to drive to the back of the building and wait my turn in the tent.

I held him in my arms. A man in green gloves came out of the gate and put him in a wire cage. I saw his sad eyes! I knew this was the loss of a wonderful companion so necessary for both of us. A neighbor told me that the clerk gives the animals a shot for termination. This was a sad day in my life.

There are many losses when you grow old and find yourself alone. I am safer and now more active in Tai Chi, fine art painting, and writing for memoirs class.

POETRY MATTERS



A River in Egypt

Denial is not a river in Egypt
says my t-shirt, once Dad's.

But it is, with its crocodiles and palms,

and all the answers flying this way,
little vanilla egrets low over the water,

over the banked crocodiles snoozing
in the long self-sharpening shadows

which fall also on a table for one, on a balcony
overlooking a fork in my river in Egypt.

I have a perfect view of the place where one river
becomes two, as if a mirror could be divided,

or a wishbone split itself.

Denial splits the mind, making one part
invisible to the other.

The two are strangers when they
sit next to each other on the train

that makes rough music of *Now or never*
now or never now. Never now.

- Chase Twichell

After a playful opening the poem digresses to a postcard-pretty Nile and then the real subject abruptly returns and asserts itself. "Increasingly I am of the belief that that we don't have very much time and poems should do their work fast and get out," says Twichell. She lives in the Adirondacks and her new book is forthcoming from Copper Canyon Press. Poetry Matters is curated by Lorine Parks.

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U.S. Air Force Airman Vincent M. Mendoza graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio.



Mendoza is the son of April Lewis of Downey, and Vincent J. Mendoza of Montebello, and step-son of Justin Lewis of Downey.

He is a 2017 graduate of Warren High.



Downey High School's solar boat team, sponsored by the Central Basin Metropolitan Water District, competed in the 15th annual Metropolitan Water District (MWD) Solar Cup, the nation's largest solar-powered boat competition. The event was held in May at Lake Skinner in Temecula.

Over 800 students from 43 high schools representing Los Angeles, Orange, Riverside, San Bernardino, San Diego and Ventura Counties participated in this three-day event.

Downey High brought home three awards; second place in the 90-minute solar endurance race, second place for the Public Service Message video and third place overall.



The Northwest Downey Little League AAA Blue Jays have completed a stellar season with a record of 18-1-1. They went on to compete in the Tournament of Champions.

Pictured is Manager Alex Jimenez, Coaches Martin Tellez, Javier Melendez and Jesse Urrutia, Team mom Caroline Hernandez, and players: Cruz Cassayre, Gene Cassayre, Daniel Hernandez, Noah Jimenez, Connor McDermott, Jacob Melendrez, Christopher Nunez, Noah Pearson, Mario Rivera, Julian Tellez, Marc Urrutia, and Michael Urrutia.

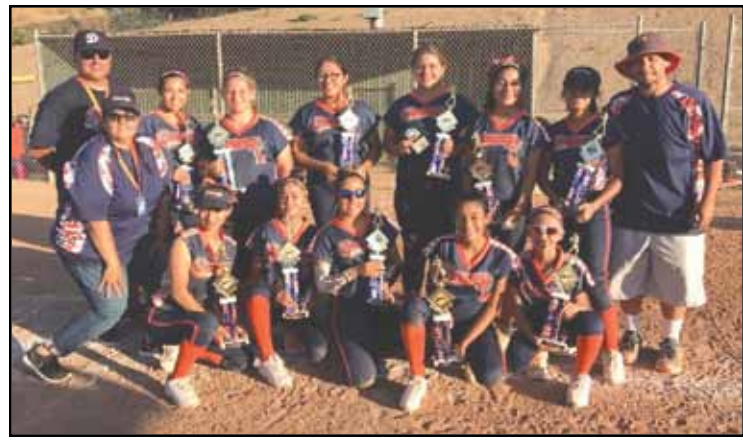


Downey Ponytail 8u Gold Allstar finished undefeated again, taking first place at the Rancho Bernardo Grand Slam Summer Jam Tournament held June 17-18.

The girls have participated in four tournaments this year, and have yet to lose a game.



Downey Ponytail 12u Gold Allstar took second place at the Rancho Bernardo Grand Slam Summer Jam Tournament held June 17-18.



Downey Ponytail 14u Gold Allstar took second place at the Corona Tournament, held June 17-18.



Randy and Rica van Ausdall, residents of Downey for 25 years, celebrated their 25th anniversary in Columbia.

Pictured is the Uribe Palace of Culture and a bronze statue by Colombian figurative artist and sculptor Fernando Botero Angulo.

Lt. Leslie Murray of the Downey Police Department was guest speaker at a recent Rotary Club of Downey meeting.



Lt. Murray spoke about the police department and its recruiting efforts.

For details, go to joindowneypd.org.

Downey Rotary meets Tuesdays at noon at the Rio Hondo Event Center.

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JUNE 22 BIRTHDAYS



Meryl Streep, the iconic Academy Award-winning actress, turns 68



Cyndi Lauper singer 64



Erin Brockovich environmentalist 57



Clyde Drexler basketball player 55



Kurt Warner football player 46



Carson Daly TV host 44



Dinah Hansen pop star 20

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Millennials: Plan for retirement now or pay later

Millennials are a stressed out generation.

A study by the American Psychological Association reported that the group of Americans in their early 20s to late 30s came in at a 5.4 stress level on a scale of 1-10, higher than the American average of 4.9.

Among the things keeping them up at night are predictions of being the first generation that will be less well off than their parents – and that includes retirements that potentially will be less secure. No longer do millennials have the pensions to look forward to in retirement like their parents and grandparents before them, and no longer do they have the confidence that Social Security will help at least supplement some of their retirement income.

“Every generation has had its own set of trials and adversaries to conquer,” says David Rosell, financial professional and author of *Keep Climbing: A Millennial’s Guide to Financial Planning* (www.DavidRosell.com). “However, today’s generation of young adults faces a uniquely challenging environment. And saving money for retirement is a luxury that many just can’t afford.”

Rosell goes on to say that sometimes millennials have to struggle for a while in order to acquire a sound financial foundation for the future.

He offers some tips to millennials for improving the odds their retirements will be a little more stress free:

• **Start saving and investing early.** If it’s true that the early bird catches the worm, it’s certainly true that the early investor catches a sound retirement. If you start investing \$2,000 a year for seven years in an IRA (Individual Retirement Account) at the age of 19, you could be a millionaire by age 65. While it might not be practical for most 19 year olds to invest \$2,000 a year, Rosell says, the point is that making sacrifices and saving or investing money early makes life much easier down the road.

• **Be patient, it’s a long road ahead.** Patience isn’t always the word that comes to mind when we think about millennials. However, if you are working your first or second full-time job, and beginning to put money into investment accounts, you need to remember that retirement is a long way down the road. “The current stock market volatility can be a very emotional time for investors,” Rosell says. “But the worst move one can make in the middle of such turbulence is to bail. Many investors abandon long-term strategies for the presumed safety of cash. But Millennials have time on their side to be patient with their investments.”

• **Don’t be your own worst enemy.** Obtaining guidance from a financial advisor can help millennials live the life they imagined during their working years and once they retire. The economy will go through ups and downs during your lifetime, but having a financial professional to guide you can improve your financial future and keep you from making some common, costly mistakes.

“There is no greater value than peace of mind when it comes to your investments,” Rosell says. “The time for millennials to start thinking long term is now before they get too far along in their career and realize they are going to have to start playing catch-up.”

5 ways the government can help first-time homebuyers

1. Various HUD-funded programs

The folks at HUD grant money to a myriad of different organizations and services that can help first-timers purchase a home. From loan programs that offer lower down payments to special programs for teachers, firefighters, and a few other vocations, HUD’s resources are vast and diverse. HUD even offers federal assistance at the state level, so make sure to see if your state is covered.

down payment, but those limits can swell in counties with higher costs of living.

Not only do these loans allow borrowers to sidestep down payments, but they also come without mortgage insurance and feature the industry’s lowest average interest rates.

For more information, consult with a VA home loan provider such as Veterans United Home Loans.

4. Loans for Native Americans

Native American first-time buyers can apply for a Section 184 loan, which lets them buy a home with as little as a 2.25% down payment on loans of \$50,000 and more. If you need a loan for less, the down payment dips to 1.24%.

Unlike traditional loan approvals that are heavily dependent on a borrower’s credit score, these hinge on the prevailing market rate.

There is a small catch: Section 184 loans are applicable only to single-family homes that are for a primary residence.

5. Your retirement fund

That trusty tool you’re using to fund your golden years can help put a new roof over your head while you’re still young(ish). First-time buyers can pull up to \$10,000 during their lifetime from their traditional or Roth IRA without being whacked with the 10% early withdrawal penalty.

However, Uncle Sam might come knocking with his hand out. Pull money out of a traditional IRA and expect to shell out some moolah to cover the income tax on the money. Roth IRAs aren’t subject to income tax because they’re funded with post-tax dough.

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Downey Real Estate Market

In May, 2017 Downey had 63 new listings (up 19% from 2016) and 43 closed listings, (up 1% from 2016). The average sales price was \$585,000 which is up 10% from May of 2016. There is currently an inventory of 122 Downey homes for sale. Year to date, 134 homes averaging a selling price of \$592,483 have sold in the city of Downey. Report provided by the Greater Downey Association of REALTORS (DAOR)

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