



THE DOWNEY PATRIOT HAS MOVED

Effective Feb. 1, The Downey Patriot's new office is located at: 10927 Downey Ave., Suite C, Downey, CA 90241

PAGING DR. FRISCHER

Encouragement to donate blood

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SPORTS

Downey wins basketball title in thriller

SEE PAGE 7

Roger Bradley named city manager

His employment contract still needs approval by the City Council on Tuesday.

DOWNEY — Roger Bradley has been selected to become Downey's next city manager, capping an eight-month search that began last summer.

Bradley currently serves as assistant city manager of Corona, where he oversees the city's public works, planning and community services departments.

According to his LinkedIn profile, Bradley was hired by the City of Corona in July 2020. Prior to that, he was an assistant county administrative officer for Kings County for two years.

He also worked as the community services director for the City of Claremont from April 2016 to August 2018. Before that, he was an assistant to the city manager in



Roger Bradley

Dublin, Calif.

"Roger Bradley impressed us with his strong local government background, commitment to customer service, his thoughtful approach to leadership and in his insightful analysis of Downey's future needs," Mayor Claudia Frometa said in a statement.

Bradley's employment contract is still being finalized and is expected to be approved by the City Council on Feb. 14.

Bradley replaces Gilbert Livas, who was forced into retirement last July. Mark Scott is currently serving as an interim city manager.

According to a news release issued by the city of Downey, Bradley graduated from Brigham Young University with degrees in Political Science and Statistics, and he earned a master's degree from the Sol Price School of Public Policy at USC.

He and his wife, Jennifer, have four children.

Eric Pierce, editor

Weekend at a Glance

Friday 80°

Saturday 62°

Sunday 63°

Mayor's Corner

Brigher days are ahead for Downey, says Mayor Claudia M. Frometa in her monthly column for The Downey Patriot.

By Claudia M. Frometa
Mayor of Downey

Hello Downey,

It is my honor and privilege to serve as your Mayor once again. In the first month alone of 2023, our city experienced significant changes.

First, the first recall election occurred in Downey's history. The residents from District 3 sent a strong and clear message to all and that is that character still counts in Downey.

Second, my council colleagues and I were tasked with choosing Downey's next City Manager. We were fortunate to have a remarkable field of candidates for the City Manager position, demonstrating Downey's reputation as a high-quality community with a long tradition of a stable and good government. The chosen candidate, Roger Bradley, impressed us with his strong local government background, commitment to customer service, thoughtful approach to leadership, and insightful analysis of Downey's future needs. We will be voting on his selection at next week's council meeting.

I am optimistic about the direction of our city, and I can tell you brighter days are coming! Our city staff continues to work diligently to improve our city and complete the goals we have set for this year.

Here are some updates for this month.

On Infrastructure: The Public Works Department continues to make headway on its extensive list of projects to improve our city's infrastructure. Currently, six active areas are in construction and design under the Residential Streets Pavement Rehabilitation Project. With the city's conservation and environmental efforts, work continues to be completed in an efficient and sustainable matter. While sustainability has yet to become a legal mandate, our city has voluntarily created practices to take action and do our part. Decisions on capital practices like these save our planet and provide positive results for our neighborhoods.

Caltrans and Clean-Up Efforts: As part of Clean California, Caltrans District 7 is partnering with the city for a Free Dump Day event on February 11th from 8 am to 1 pm at the Downey Park & Ride Lot, 12775 Lakewood Blvd. Caltrans staff will be on-site to accept any household waste and approved debris at no charge!

Downey's anti-litter campaign #BINIT, this campaign started during my first Mayoral year in 2021 and continues strong. Residents may call CalMet/Athens services at 562.259.1239 to arrange a bulky item pick up. To report illegally dumped items, please call 562.904.7194 or report it through the Downey App.

The Keep Downey Beautiful Clean-Ups continue to bring together residents who want to make a change and help beautify our city. The next clean-up is scheduled for 9 am on Saturday, February 18th, 2023, at the Firestone Complete Auto Care, 9030 Cecilia Street. Thank you to Stonewood Center for sponsoring our monthly cleanups.

Community Development: Businesses and residential developments continue to flock to our city. Currently, there are seventeen (17) businesses and nine (9) residential projects in the design, development, or expansion process. With most projects anticipated to be completed this year, our city continues to grow and prosper. As Mayor, I am engaged, working with staff looking to attract new businesses and/or developments to empty spaces. Staff will continue to work with our business community to bring quality developments to our city that will contribute to our local economy.

Citywide Fiber Optic Network System: This was one of my goals as Mayor in 2021, and the work continues. Plans are underway for a pilot program to begin in a project area this coming Spring. For more information please visit <https://sifinetworks.com/residential/cities/downey-fibercity-ca/>

Continued on page 3



Downey students perform in a winter dance recital offered through the Downey Foundation for Educational Opportunities. (Courtesy photo)

GROWTH SPURT: Education foundation finds quick success in Downey

The Downey Foundation for Educational Opportunities has grown from two employees in 2021 to more than 300 today.

By Alex Dominguez
Staff Writer

DOWNEY — It's been just a year and a half since the Downey Foundation for Educational Opportunities took over after school programming for Downey Unified Schools, but the organization has already seen tremendous growth.

DUSD handed the reins over to DFEO at the conclusion of the city's ASPIRE program, which ceased on June 30, 2021.

At the time, the DFEO consisted of Executive Director Sheila Tetangco-Bartolone and Programs Director Laura Hurtado. Expansion would begin quickly, however.

"Obviously, we did our parents, with our focus groups, existing and waitlist people, and we needed a morning and an after-school program," said Tetangco-Bartolone. "We went from two employees over that summer in August 2021, and we opened up with 55 employees. So that summer, we were hiring."

With increased demand for after-school programs, DFEO now boasts over 300 employees.

"We've brought on partners in the community, STAY Arts being one of them, HFA (Home Field Advantage) being another," said Tetangco-Bartolone. "Then we have a dance troupe, we have music; these are all performers, formal performers, like best in

class. And we've been able to incorporate it into after-school, so every single student gets it for free."

DFEO offers a wide range of arts and physical activity across all of Downey's middle and elementary schools. A new grant recently received has now allowed the organization to offer these programs for free.

"We have the ASES (After School Education and Safety) grant, and then we got another grant from the State of California," said Tetangco-Bartolone. "What we decided was we have to find a way to give these classes to people who would never experience it, because art class is \$45 dollars a class, dance class is \$65 dollars a class. I don't even know what sports and fitness is, and I don't even know what music class is."

Morning programming is not covered by the grant and still requires a fee.

There is still quite the demand for services, and despite DFEO's explosive growth, there are still waiting lists of interested students. In response, Tetangco-Bartolone says that the DFEO is looking to bring on as many as 100 more group leaders on board in the coming months.

She added that the grants dictate that DFEO prioritize "unduplicated pupils."

"That's free and reduced lunches, foster, lower-income and homeless; that's the priority according to the grant," said Tetangco-Bartolone. "That's first priority, but once it's offered, anybody can do it."

Along with art and sport-based

activities, DFEO has incorporated social and emotional learning and enrichment.

"Our teachers do social and emotional learning, they do tutoring / homework help, and then enrichment," said Tetangco-Bartolone. "Enrichment can be, of course, all the stuff we offer, but also like journaling, it could be talking about what you did this weekend and how to deal with it emotionally."

DFEO currently has over 1800 students involved, with another several hundred planned incoming.

Tetangco-Bartolone credits the demand to "word of mouth."

"The word has gotten out," said Tetangco-Bartolone. "We've not had to advertise; it's all word of mouth. We have posters, we have not had to advertise."

DFEO's next step is intersession offerings.

"We provided classes for one week during Winter; we're providing programming during the week of Easter break," said Tetangco-Bartolone. "We also run during summer when DUSD has summer, but now we're looking at something between where they end and where school starts, because there's those three or four weeks where parents are like, 'What am I supposed to do with my kid?'"

Tetangco-Bartolone is thankful to parents for "trusting us."

"Now that we've pretty much got it down — we know how to grow, we know who, what, and why to hire — now we're getting the good stuff," said Tetangco-Bartolone.

ON THIS DAY

1796: Qianlong, the fourth emperor of the Qing dynasty, abdicated and was succeeded by Jiaqing.

1825: After no candidate received a majority of electoral votes in the US presidential election of 1824, the United States House of Representatives elected John Quincy Adams as sixth President of the United States in a contingent election.

1861: Jefferson Davis was elected the Provisional President of the Confederate States of America.

1932: Prohibition was abolished in Finland, with 70% of voters casting ballots to repeal the law.

1943: The Battle of Guadalcanal ended with an Allied victory over Japan.

1964: The Beatles made their first appearance on The Ed Sullivan Show, performing before a record-setting audience of 73 million viewers.

1971: Satchel Paige became the first Black player voted into the Baseball Hall of Fame.

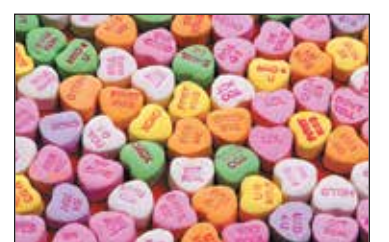
1996: German physicist Peter Armbruster and his team of scientists synthesized chemical element 112, a heavy transuranium element that was later named copernicium.

2002: Princess Margaret, King George VI's second daughter and the younger sister of Queen Elizabeth II, died in London.

2021: The second impeachment trial of former president Donald Trump began.

2022: Snoop Dogg purchased Death Row Records, with plans to take the label into the metaverse and issue non-fungible tokens (NFTs).

THINGS TO DO



Valentine's Day Pop-Up
Saturday, 11 am - 5 pm
Downey Masonic Lodge

Featuring shopping, food vendors, a 360 photo booth, and more.

Birthdays

R&B singer **Barbara Lewis** (81), film actor **Joe Pesci** (80), actress and activist **Mia Farrow** (78), "Who's the Boss" actress **Judith Light** (74), baseball hall of famer **Vladimir Guerrero** (48), "It's Always Sunny in the Park" star **Charlie Day** (47), "Avengers" star **Tom Hiddleston** (42), "Black Panther" star **Michael B. Jordan** (36), and "One Day at a Time" actress **Isabella Gomez** (25).

Paging Dr. Frischer...

By Dr. Alan Frischer

Allow me to put in a plug for the American Red Cross and for donating blood. Every day, blood donors help people of all ages: accident and burn victims, heart surgery and organ transplant patients, and those battling cancer and other conditions that lead to anemia.



If you happen to be reading this online, treat yourself to a one-minute Red Cross promo, a wonderful tribute to Neve Campbell and to the horror movie genre.

Current blood shortages are leading to delays for those in need. Did you know that: The only source of blood and platelets is from volunteers. It cannot be manufactured.

Every two seconds someone in this country needs blood or platelets, and some 29,000 units of platelets, 5,000 units of red blood cells, and 6,500 units of plasma are needed every day.

Sickle cell disease affects around 100,000 people in this country alone, and some of them will need blood transfusions throughout their lives.

A single car accident victim can require as many as 100 units of blood. The most common blood type requested is type O.

However, there is always a need for A positive, A negative, B positive, O positive, AB positive and AB negative, and platelets, as well.

A single donation can save more than one life.

While blood donors don't expect to be rewarded, there are some surprising health benefits!

When you donate, you get a free mini-physical. Your vital signs are checked, including blood pressure, pulse, heart rhythm, and you can find out your blood type. You are also screened for a number of infectious diseases.

Donating regularly is linked to lower blood pressure and a lower risk of heart attack. Giving blood lowers blood viscosity, which reduces the chances of forming blood clots.

Altruism and volunteering have been linked to positive health outcomes, including a lower risk for depression and greater longevity. Giving blood is a way of being engaged in your community, and helping those around you.

Finally, about 500 calories will need to be replenished – so, the juice and cookies you are offered afterwards become a zero-calorie snack!

Perhaps this column will encourage you to contact the American Red Cross at RedCross.org, and donate blood. You truly can save a life!

Adopt a healthy lifestyle to keep your heart healthy and strong

Contributed by Kaiser Permanente

With February recognized across the nation as American Heart Health Month, it's important to understand the leading causes of heart disease.

According to the Centers for Disease Control and Prevention (CDC), heart disease is the leading cause of death among men, women and people of most racial and ethnic groups in the United States. It's important to recognize what you can do to live a lifestyle that promotes good heart health, prevents illnesses and possible death.

"We all should know the do's and don'ts when it comes to understanding what good heart health is all about," said Dr. Columbus Batiste, regional chief of cardiology at Kaiser Permanente Southern California. "And for most people, it only takes a few steps to prevent heart disease, including choices when it comes to diet and lifestyle that have a great impact on one's health."

Julia Patterson, 72, is a perfect example of what lifestyle changes can do to help your heart become

stronger and healthier.

When Patterson was diagnosed with an irregular heartbeat, she soon realized she had to make a choice: along with medication, begin eating a healthier diet with more fruits and vegetables and exercise regularly, or risk her heart condition deteriorating with potentially dangerous consequences. She chose the first option.

"I lost weight and began feeling more energized," Patterson explained. "I was taking my health for granted. Now, I feel better, I don't get tired as easily, my heart feels stronger, life is less stressful, and I'm more positive in general. Changing my lifestyle made all the difference!"

Patterson is not alone when it comes to the prevalence of Americans suffering from heart conditions. Consider these facts from the CDC:

About 659,000 people in the United States die from heart disease each year – that's 1 in every 5 deaths in 2020.

High blood pressure, high blood cholesterol and smoking are key risk factors for heart disease. Several other medical conditions and lifestyle choices such as diet, exercise and diabetes also are contributing factors.

Dr. Batiste offers the following advice to keep your heart healthy:

Eat right for your heart

Heart-healthy food like fruits, vegetables, increased healthy plant



proteins and whole grains will help keep your heart and blood vessels in good shape.

Get your heart pumping

It's recommended that you engage in 150 minutes of exercise a week, or at least 30 minutes of moderate exercise on most days. If you can't do all 30 minutes at once, do 10 minutes at a time. Brisk walking, swimming or cycling are especially good for the heart, but choose any activity you enjoy. Start at your comfort level and build up gradually. It's always wise to check with your doctor before starting a new exercise program.

Maintain healthy weight

Lowering your weight by just 10 percent can make a significant difference in reducing your risk of heart disease. If you need to lose weight, learn ways to change your eating habits and be more physically active.

De-stress your life.

Stress, anger, anxiety and

depression may keep your blood pressure high and increase your risk of heart attack, stroke and other illnesses.

If you smoke, now's the time to quit

Smoking is bad for your health and is a leading cause of heart disease and death. It's never too late to quit!


If you drink alcohol, drink in moderation

Drinking too much alcohol can raise your total cholesterol levels and your blood pressure. Limit alcohol to no more than one drink a day for women, or two drinks a day for men. A drink equals:

- 12 ounces of beer
- 5 ounces of wine
- 1 ounce of liquor

Kaiser Permanente offers additional advice on how to maintain a healthy heart on its website.

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When should kids switch from a pediatrician to an adult doctor?

Contributed by PIH Health

Pediatricians have special training in adolescent medicine. And adolescents have special medical needs, which is why many young adults are keeping their pediatricians a bit longer than one would think.

No one said it was easy to be a teenager, or the parent of one. Puberty is just the beginning of a series of physical and emotional changes that will impact your child's life. This is just one reason why many parents aren't in a hurry

to transition their child to a new doctor during a time of so many other changes.

Your child's pediatrician is a valuable resource that knows and understands your child as you navigate through the growing pains of adolescence. Pediatricians also help provide a continuity of care that is essential to good health.

PIH Health Pediatrician, Sylvia Gonzalez MD says, "Teens and young adults have unique needs. If you transfer their care to adult medicine too early, it can become fragmented. This is why the best time to transition your child from a pediatric doctor to a primary care

specialist is between ages 19-21."

Pediatricians have special training in adolescent medicine. Some of the many issues they address are:

- Proper vaccination of the older child and young adult
- Screening for problems or diseases relevant to this age group
- Sexuality, drug and alcohol use, smoking, media use
- Anxiety or depression
- Menstrual disorders

We encourage parents and children to speak to their pediatrician to also help determine the best time to transition care to a primary care doctor.

To schedule an appointment with a PIH Health Pediatrician, call 562.947.9399. Learn more about PIH Health at PIHHealth.org.

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Message from the mayor



Public Safety, Community Engagement & Speed Enforcement: The Downey Police Department recently welcomed students to its 23rd Citizens Academy. This 10-week program is designed to expose business and residential community members to various aspects of law enforcement and the daily operations of the Downey Police Department. To find out more information or to apply, please contact Neighborhood Watch Coordinator Stephanie Arroyo at (562) 904-2374 or sarroyo@downeyca.org. Also, if you are interested in starting a Neighborhood Watch program in your neighborhood, you will join over 230+ active groups in our city. Contact Ms. Arroyo.

Just last Friday, I joined our PD on a ride-along throughout our city. Thank you to Officer Reyes for the vest and Corporal Bassi for the ride. I am grateful to all the men and women of our police department for their hard work, dedication, professionalism, and attention to our residents. I look forward to more frequent rides with our officers.

We will continue working on speeding enforcement and patrols

Public invited to help celebrate 102nd birthday

DOWNEY — The Downey Conservancy invites the public to come and meet a “living legend.”

From the oil fields in Long Beach to the airfields of WWII in the Pacific, Jasper “Red” Baysinger has had an extraordinary life. For decades, the Baysinger family have been icons in the Downey and Long Beach communities and now, at the age of 102, Red has recorded his life story in print.

Join the Conservancy for a book signing event with this lifelong learner to hear, in his own words, unfiltered and just the way he’d “Like to Tell It” about a life well lived over the past century.

The celebration takes place at the Stay Gallery on Wednesday, Feb 22, from 12 – 2 pm. The program begins at 12:30 pm.

Books will be available for purchase at the event.

City taking applications for One Day of Service

DOWNEY — Downey One Day of Service will take place on April 22 this year.

One Day of Service is a community service day in which volunteers give back to their community by participating in various projects across the city.

The day will start off with a kickoff rally at 9 am at the Downey Civic Center, with volunteer projects following from 10 am to 12 pm.

Residents, community organizations, businesses, and churches are encouraged to take ownership of a specific project and give back to their community. The deadline to submit a volunteer project for consideration is Friday, April 7.

To volunteer or submit a project, visit www.downeyca.org/downeyoneday. For questions, call 562-904-7284.

AYSO hosting tryouts

DOWNEY — AYSO United Downey will be hosting tryouts for boys and girls born between 2009-2013.

Tryouts will be held on Feb. 16 from 6-8 pm at Downey High School’s stadium, located at 11040 Brookshire Ave.

For more information, visit aysounited.org/downey/

around our parks for after-hours illegal activity along with parking lots and empty spaces conducive to donuts and racing. Vehicle impounds will continue.

Update on Fire Station #4: We were informed the current contractor uncovered a need for additional mold remediation, and the roof sustained more significant damage from the recent rains, now needing to be replaced entirely. Unfortunately, this will delay the reopening. I was informed timeline for completion of all repairs is late April. I am frustrated, along with our residents about this extended closure and added delays. I will continue to share updates.

Community Engagement: The city is proud to host the TLC 5K as it returns in person at Apollo Park on Saturday, February 25th. Registration can be made online, by mail, and in person at the TLC Family Resource Center or the Barbara J. Riley Community & Senior Center. TLC provides invaluable services to our city’s youth, and I hope you will join me to support this great event.

It is an honor and a privilege to serve as your 49th Mayor. I will continue to work diligently for our city in 2023. Please contact my office with any questions or concerns at 562-904-7274 or email me at cfrometa@downeyca.org. I welcome appointments for in-person visits.

You can also follow my Facebook page for regular updates at Claudia M. Frometa Mayor, City of Downey, along with our City’s Facebook page, City of Downey Government Agency, for regular updates. Please also download the Downey App on your mobile device. Through this app, you can immediately report illegally dumped items, street repairs, trash, graffiti removal, neighborhood light repairs, etc.

#DowneyStrong, #EngagedCommunitiesAreStrongCommunities, #ThisIsDowney, #CityofDowney, #OperationRestoreOrder #MayorFrometa

Claudia M. Frometa
Mayor

Lynwood councilman making bid for Assembly

LYNWOOD — Lynwood Councilmember José Luis Solache has announced his campaign for California State Assembly. A lifelong Democrat, Solache is running in the open-seat primary election for Assembly District 62 to replace outgoing Assemblymember and Speaker Anthony Rendon.

Assembly District 62 includes all or part of the cities of Bellflower, Huntington Park, Lakewood, Lynwood, Maywood, Paramount, South Gate, and Walnut Park.

In announcing his campaign, Councilmember Solache stated:

“Our Gateway Cities are the heart of Los Angeles County and the epicenter of the California dream. I am proud to be a son of Lynwood. I am running for State Assembly today because of the opportunities I found here, and because I want to strengthen those opportunities for future generations. In the State Assembly, I will fight to support our schools, small businesses, health care providers, and community services. The working families, children, and retirees in our cities deserve a champion in the State Assembly, and I would be honored to work for them.”

Although he officially announced on Feb 2, Solache opened a fundraising committee in 2022 and he begins the race with just over \$200,000 in cash on hand. Solache’s campaign also released a list of three dozen state and local leaders who have endorsed his campaign.



Space center hosting DART mission panel discussion

DOWNEY — The Columbia Memorial Space Center is celebrating Engineering Week with a special event Saturday, Feb. 25, including a panel discussion on the NASA DART Mission and hands-on activities.

The event is a collaboration between the space center, The Aerospace Corporation and the American Institute of Aeronautics and Astronautics.

Visitors can meet the asteroid scientists and NASA DART mission experts who developed the cutting-edge tools and techniques to detect and track asteroids, technology that may one day protect our planet. These are the experts who for the first time successfully changed the course of an asteroid last year.

Hear firsthand accounts from NASA’s groundbreaking DART mission, which was the first full-scale demonstration of asteroid deflection technology. The panel of experts will be joined by the writer and filmmaker of the IMAX original film, “Asteroid Hunters.”

This special panel discussion will be from 1-2 pm.

The event is free and open to all ages. Families are encouraged to attend. Doors open at 12 pm and the event concludes at 5 pm.

For more information about the Columbia Memorial Space Center and all events and programs, please visit www.columbiaspacescience.org. The Columbia Memorial Space Center is located at 12400 Columbia Way, in Downey.

News Briefs



Gustavo Dudamel leaving LA Phil for New York

LOS ANGELES – Gustavo Dudamel, the music and artistic director for the Los Angeles Philharmonic since 2009, will leave the organization in 2026 to assume the same position with the New York Philharmonic, it was announced Tuesday.

“Today, above all, I am grateful,” Dudamel, 42, said in a statement released by the New York Philharmonic. “I am grateful to the musicians and leadership of the New York Philharmonic as we embark upon this new and beautiful journey together. As the great poet Federico García Lorca said: ‘Every step we take on earth brings us to a new world.’”

“I gaze with joy and excitement at the world that lies before me in New York City,” he said.

Dudamel has previously conducted 26 concerts with the New York Philharmonic, dating back to 2007. He will conduct three performances in New York May 19-21 of Mahler’s Symphony No. 9, according to the NY Phil.

“This is a dream come true for our musicians, our audience, and certainly for me,” NY Phil President/CEO Deborah Borda said in a statement. “The coming together of a great orchestra, a visionary music and artistic director, and our transformed hall promises the richest of futures.”

Dudamel, a Venezuela native, also currently serves as the music director of the Opéra National de Paris and Simón Bolívar Symphony Orchestra.

His flamboyant style as a conductor and passion for music is credited with leading a resurgence of the LA Phil and enhancing access to music for youth and under-served communities.

“Since he first took the stage at the Hollywood Bowl as the music and artistic director of the Los Angeles Philharmonic in 2009, Gustavo’s passion and musicianship have thrilled millions of people around the world,” LA Phil CEO Chad Smith said in a statement.

“From programming some of the most ambitious works ever staged, inspiring the orchestra to reach new levels of artistry, expanding the limits of Walt Disney Concert Hall, and demonstrating the power of music to change people’s lives through YOLA (Youth Orchestra Los Angeles), Gustavo has left indelible marks on classical music, the LA Phil and Los Angeles. We are deeply proud of what we have achieved, and will continue to, under his guidance.

“From our earliest days, the LA Phil has been a trailblazer, boldly embracing the new, welcoming the world’s greatest artists to our stages and redefining the role of an orchestra in our community. The search for our next music director will be conducted with this same spirit as we define

the future of our organization,” Smith said.

Dudamel’s personality led to him transcending the world of classical music, crossing into the world of Hollywood with voice roles in the film “Trolls World Tour” and “The Simpsons,” and appearances in the series “Mozart in the Jungle” and “Sesame Street.”

He conducted the score for Steven Spielberg’s adaptation of “West Side Story,” and also conducted the opening and closing credit scores for “Star Wars: The Force Awakens.” He also led the LA Phil in a 2019 performance at the Academy Awards. In addition, Dudamel conducted the LA Phil in performances with Christina Aguilera and Billie Eilish and Finneas.

Born Jan. 26, 1981, in Barquisimeto, Venezuela, the son of a trombonist and a singing teacher, Dudamel began reading scores by the time he was 10 years old.

He is a product of “El Sistema,” Venezuela’s acclaimed youth program of immersive musical training. When he was 12, he was hired as an assistant conductor with the Amadeus Chamber Orchestra in Barquisimeto.

Dudamel won a Grammy in 2012 for best orchestral performance for conducting “Brahms: Symphony No. 4.” In 2016, Dudamel became the first classical musician to participate in the Super Bowl halftime show, conducting members of Youth Orchestra Los Angeles.

He received a star on the Hollywood Walk of Fame in 2019.

Dodgers visit Whittier High School for pep rally

WHITTIER – Sporting their favorite Los Angeles Dodgers gear, Whittier High School students created a sea of blue and white in the school’s gym as they received a special visit from the Dodgers during a schoolwide Hispanic Heritage-themed pep rally on Feb. 3.

Whittier High’s 1,700 students had the opportunity to meet Dodger athletes such as Julio Uriás, Austin Barnes and Tony Gonsolin, and play a variety of games with them during the pep rally, which was part of the team’s Love LA 2023 Community Tour sponsored by Bank of America. Students participated in engaging games and activities with players that included finishing the lyrics to popular songs and more.

“It was very special to have the Dodgers here on campus today,” Whittier High School senior and baseball player Cameron Palomo said. “The Dodgers could have gone to any high school and we are very honored that they chose us. It was amazing to see how each of the players carried themselves. They were a great example of how to represent an organization and as a student-athlete, that is very important to me.”

The Whittier High School visit was part of several other stops on the Dodgers 19th annual community service tour, which focused on expressing gratitude and providing fun-filled activities and experiences for Dodger fans throughout Los Angeles County.

“We were absolutely thrilled to host the Los Angeles Dodgers at Whittier High School today,” Whittier High School Principal Tim Liggett said. “Having the Dodgers visit our campus and interact with our students was a fantastic way to kick off our second semester and get students and staff excited for the remainder of the school year. The entire Whittier High School community sends our deepest gratitude to everyone who made this a special day.”

The pep rally ended with a special surprise for Whittier High School students, teachers and staff as legends Fernando Valenzuela and Nomar Garciaparra presented Principal Liggett with a \$10,000 check on behalf of the Dodgers organization to support Whittier High and its students.

“Thank you to the Dodgers organization and Bank of America for bringing the Love LA 2023 Community Tour to Whittier High School and surprising our students,” Superintendent Dr. Monica Oviedo said. “Whittier High School is rich in school pride and culture, a driving force behind the continued success and achievement of our students. We know that this pep rally event with the Dodgers gave our students a boost and excitement to finish off the second semester strong and continue to ‘Achieve and Maintain Excellence.’”

Downey High students win national esports tournament

DOWNEY – A combination of Downey High School students and alumni took first place in the United States Marine Corps (USMC) Valorant Challenger Esports Tournament held in December.

This tournament, which was open to anyone ages 16 years and older, was held over two consecutive weekends and brought 32 teams from across the nation together to compete.

Downey High School’s team that took the winning title, Downey Vikings: Good Friday, was made up of two alumni, Isiah Chavez and Nathan Ha (Class of ‘21); two seniors, Fzian Najmee and Gabriela Avlia, and one junior, Mia Nguyen.

The team made it all the way to the finals and ultimately were named champions of this global tournament despite this being the first time Downey Vikings: Good Friday had ever competed in the USMC Valorant Tournament.

To prepare, they practiced twice a week, focusing their tactics on efficiency and defense methods as well as held scrimmages against other teams to refine their skills. They also used this time to hone their communication and teamwork skills, both useful inside and outside the gaming realm.

Downey Unified provides over 20 Career Technical Education (CTE) programs and pathways to their students and esports is an important facet of the district’s College and Career Initiative.

According to recent statistics, the global esports industry is expected to generate \$4.75 billion by 2030. With experience on an esports team, which is an opportunity provided to students in Downey Unified, they get a glimpse of the rapidly growing gaming industry and are able to learn more about the wide range of career opportunities that expand much further than just gaming and video game design.

There is a natural connection between gaming [esports] and STEAM (Science, Technology, Engineering, Art and Math) related careers, where students can apply their skills to discover the areas that interest them most.

Having students engaged in esports, and in turn STEAM courses, creates a connection between gaming interests and STEAM related careers. These include those careers in the technology end of video games as well as other STEAM related careers such as computer science, research or medicine.

Learn more about Downey Unified’s College and Career Initiative as well as get a glimpse into their many CTE pathway offerings by visiting www.downeymade.net

Cuban icon Celia Cruz chosen to appear on U.S. quarter

The Queen of Salsa and Cuban icon Celia Cruz has been selected to appear on the U.S. quarter.

Cruz, who died in 2003, was selected by the United States Mint to be one of the five honorees in the 2024 American Women Quarters Program.


The American Women Quarters Program is a four-year initiative that honors the achievements and services of American women. The U.S. Mint is releasing up to five new designs each year; they began in 2022 and will continue through 2025.

Celia Cruz, also known as Úrsula Hilaria Celia de la Caridad Cruz Alfonso, was one of the 20th century’s most well-known Latin performers and a cultural icon. Cruz is the winner of many distinctions and honors, including five Grammy Awards, a National Medal of Arts and a posthumous Grammy for Lifetime Achievement.

The other women chosen were Patsy Takemoto Mink, who was the first woman of color to serve in Congress; Dr. Mary Edwards Walker, who was a Civil War-era surgeon, women’s rights advocate and abolitionist; Pauli Murray, a poet, writer, activist, lawyer and Episcopal priest, as well as a strong advocate for civil rights, and Zitkala-a, also known as Gertrude Simmons Bonnin, a writer, songwriter, educator and political activist for the rights of Native Americans.

The designs for the 2024 American Women Quarters are expected to be released in mid-2023.

In Memory of
Marie Rose Marino
 April 30, 1933 - December 3, 2022



Longtime Downey resident, Marie Rose Marino passed away on December 3, 2022. She was 89 years old.

Marie, known as Mimi to her closest family and friends, was born on April 30, 1933 in Brooklyn, New York, where she lived with her mother and grandparents until the family moved to California when she was twelve years old. She married her husband, Charles, a World War II veteran, in 1951, and they settled in Maywood, California. There, they raised their two children, Susan and Robert.

Marie was a devoted wife, mother, and grandmother who loved nothing more than spending time at home with her family and pets, playing Scrabble, and watching the Dodgers.

Marie was predeceased by her husband, Charles, and their beloved son, Robert. She is survived by her daughter, Susan (Norman) Fiddler, granddaughters, Jean (Vladimir) Villanueva and Theresa Fiddler, and great-granddaughters, Abigail and Rebecca Villanueva.

A memorial service was held at Miller Mies Mortuary in Downey on January 21, 2023.

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Stop the political blame game and start cutting the debt

By Joe Manchin

Joe Manchin, a Democrat, represents West Virginia in the U.S. Senate.

From a once-in-a-century pandemic and inflation not seen in decades to a global energy crisis, it is fair to say the American people are “crisis-ed out.”

Given all that anxiety, one would presume that leaders of both parties would seek out compromise to avert an unnecessary, entirely avoidable financial crisis and act soon to raise the debt ceiling.

Instead, we are again witnessing a dangerous game of unnecessary brinkmanship that puts our global credit rating at risk and could cost American families and businesses much more if our leaders fail.

How serious a crisis could we face if we continue to ignore our nation’s debt? Consider the words of the then-chairman of the Joint Chiefs of Staff, Adm. Mike Mullen, who was asked in February 2011 about the greatest threat facing our nation when he appeared before the Senate Armed Services Committee. Without skipping a beat, Mullen said it was our national debt. Those words are truer now than they were then.

Here are the facts: Our national debt was \$14.1 trillion in February 2011. In the decade since, we have added nearly another \$20 trillion to that total with bipartisan enthusiasm. That’s over \$94,000 for every American.

Never in the history of our nation have we so quickly amassed

so much debt. Several presidents and both parties played a role in getting us here. While I am proud that the Inflation Reduction Act last year directed \$300 billion to deficit reduction — the largest down payment in decades — we must do more.

Democrats and Republicans seem to want to blame each other rather than come to grips with the reality that we must raise the debt limit and rein in the out-of-control spending that threatens Social Security, Medicare and our national defense.

How can this be done?

Congress could start by doing its job and crafting a bipartisan budget agreement that puts our country on a better path. By just passing the annual appropriations bills on time, we would save billions we currently waste year after year by relying on continuing resolutions to fund government operations.

Capping the annual growth of discretionary spending at 1 percent for the next 10 years would save more than \$1 trillion. We can do this without threatening essential programs such as Medicare and Social Security or cutting defense spending at a time when we are grappling with the largest-scale land war in Europe since World War II and an emboldened China that blatantly violates our airspace and dominates global supply chains.

These are just a few ideas, and no doubt there are others that might prove more viable — if we choose to simply pause and listen to each other.

Fortunately, history shows that progress is possible and that divided government can produce results. Between 1985 and 1997, Congress enacted multiple, mostly bipartisan, reforms that led to a balanced budget in 1998 for the first time in decades.

It will not be easy, but now is the time for President Biden and our congressional leaders to come together and have an honest, open and public discussion about what we can and must do in the best interest of our nation. Failure is not an option.

Regardless of our party affiliation, we all have a responsibility to rise above the politics of the moment — especially during times like these. And when it comes to an issue as serious as the national debt, I am guided by the words of my grandfather, who liked to say, “Unmanaged debt will lead you to make cowardly decisions.”

Those words stuck with me as I grew older, got married, started a family, built my own small business and went into public service. As governor of West Virginia, I held weekly budget meetings to ensure our government was living within its means, just like every family around every kitchen table across America. With our debt now standing at \$31.4 trillion, we as elected leaders must have the courage to work together and act. Because, make no mistake, the American people will bear the ultimate consequences of our inaction if we allow politics to rule the day.

Severely understaffed hospitals shouldn’t be buying Super Bowl ads

By Farzon A. Nahvi

Farzon A. Nahvi is an emergency medicine physician and the author of “Code Gray: Death, Life, and Uncertainty in the ER.”

For many health-care workers watching the Super Bowl in recent years, the hardest hits have often come not during gameplay but in the commercial breaks.

Emergency rooms across the country have become chronically overcrowded and understaffed. Hospitals often claim they don’t have the funds to hire more employees to meet the urgent needs of patients. Yet in between Super Bowl advertisements for Flamin’ Hot Cheetos and Bud Light Seltzer Hard Soda, it’s now commonplace to see commercials for institutions such as the University of Rochester Medical Center, NYU Langone Health and Inspira Health.

To understand why this situation is so troublesome, we must first appreciate the stakes: Hospital crowding, which gets worse when institutions are understaffed, is a national problem — and a deadly one. Multiple studies have demonstrated that overcrowding is directly associated with an increase in patient mortality.

To make matters worse, a 2016 report by the American College of Emergency Physicians found that over 90 percent of American emergency rooms are routinely crowded; that number has only increased since then. If you’ve been to an emergency room recently, the overwhelming odds are that it was packed. As a result, your chances of dying were higher than they should have been.

Given what’s at stake, one would assume that hospitals would invest in a solution: If they were to simply hire more staff, the ratio of patients to nurses and doctors would be lowered — and lives would be saved.

But hospitals have been doing the opposite.

A recent investigation by the New York Times revealed that many American hospitals have spent years pursuing an “industrywide movement” of keeping labor costs low by

wringing “more work out of fewer employees.” Indeed, hospital administrators often measure success by determining how much they can lower operating expenses by reducing the number of “employees per occupied bed.” In other words, low staffing levels are not a result of the coronavirus pandemic, staff burnout or a tight labor market — they are a business model.

Simultaneously, as hospitals save money by cutting staffing, hospital marketing budgets have skyrocketed. According to a report in the Journal of the American Medical Association, between 2004 and 2016, direct-to-consumer advertising by hospitals and health-care systems jumped 74 percent to \$1.4 billion per year.

A brief stroll through New York City reveals billboards in Times Square, posters on bus stops and in subway stations, illuminated signs on city taxis, and newsstands full of magazines flush with advertisements for local hospitals. Prime-time TV slots feature ads from cancer centers and children’s hospitals. And beyond simply advertising during the Super Bowl, health-care systems have become official corporate partners of the Super Bowl.

As hospitals invest liberally in marketing while tightening their wallets when it comes to bedside patient care, it’s hard to view the billions spent on ads as anything other than waste.

Many hospital executives would say that deciding whether to spend on advertising or patient care presents a false choice. They would insist that marketing is a necessary operating expense that a modern hospital must invest in to succeed. This argument is often referred to as “no margin, no mission” — a shorthand way of saying that for a hospital to perform good work, it must first generate the money with which to do so.

On the surface, this argument seems reasonable. But when hospital wings are closing because of staffing shortages, nurses are being asked to attend to more than four to five times the patients they can safely care for, and firefighters and the National Guard are stepping in to provide what hospitals themselves are failing to, can

it really be argued that spending on television commercials remains a necessity?

If spending on advertisements is nonnegotiable but hiring enough nurses to save patients’ lives isn’t, who is our health-care system truly serving? At what point can it be said that this system has lost its way and the margin has, in fact, become the mission?

Legislators in several states, including Massachusetts, Oregon and Washington, are trying to rectify the situation by considering legislation that would mandate safe staffing ratios. Predictably, hospital lobbying organizations say they “strongly oppose” these legislative attempts, citing the “financial burden” of higher operating costs that such laws would impose.

In light of these claims, these bills should go a step further. They should also ban hospitals from engaging in costly direct-to-consumer advertising. What better way to save billions of dollars to offset the “financial burden” of hiring more lifesaving medical personnel?

The Super Bowl provides us with a clarifying lens. It is American television’s most watched event and its most expensive airtime, and the very idea of hospitals advertising during the game is symbolic. It heralds an era when it’s no longer unusual for enormous amounts of money to be frivolously spent faster than a single touchdown play, while at the same time nurses are going on strike to demand safe staffing levels for their patients.

So when people see any TV commercial or billboard highlighting a hospital system’s quality of care, then walk into that same hospital system’s emergency room only to find it dangerously overcrowded and understaffed, it is worth connecting the dots. Imagine how many lives would be saved if only we were to take the bold step of demanding that our health-care dollars be spent on actual health care.

China’s not alone in spying on us

By Arthur Holland Michel

Arthur Holland Michel, a senior fellow at Carnegie Council for Ethics in International Affairs and co-founder of the Center for the Study of the Drone at Bard College, is the author of “Eyes in the Sky: The Secret Rise of Gorgon Stare and How It Will Watch Us All.”

If the Chinese stratospheric balloon spotted floating about a dozen miles above the northern United States is indeed a spy craft, as the Pentagon claims, it’s hard to believe that it was meant to chart its course in secrecy. After all, it’s a giant balloon. If anything, it was more likely dispatched precisely for the purpose of being seen.

As U.S. officials were quick to note on Thursday, the balloon is

unlikely to have gathered any novel intelligence that China couldn’t already have accessed by other means. Yet the balloon has captured something just as precious: our attention.

This makes the incident an important lesson about both the power and increasing pervasiveness of aerial surveillance technology.

Things that watch us from the sky are frightening. Balloons, drones, satellites and spy planes all inspire a primal sense of helplessness. If you know that something up there may be watching you, something perhaps so high or so small that you cannot see it for yourself, it’s easy to fear that your every move could be tracked.

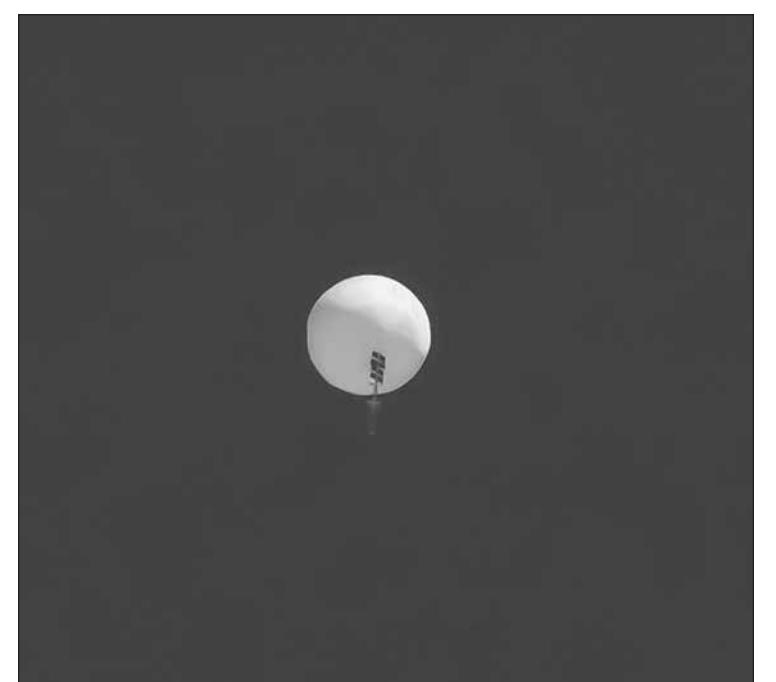
This effect can be so profound as to linger even when nothing’s up there. Next time Americans see an unfamiliar speck in the sky, they’ll be much more likely to think it’s another Chinese incursion — even if it’s merely the twinkle of a planet or an errant birthday balloon.

So even if the balloon’s tactical value was nominal, its psychological impact has been significant. It perhaps adds some insult to injury that America’s airspace — and, by extension, its collective sense of security — was pierced by a lumbering sack of gas traveling no faster than a sturdy wind.

This has been by no means an isolated incursion, however. It is becoming more and more likely that any specks seen in the sky are, in fact, something that spies on you. Other methods of watching from above, especially drones, are becoming cheaper and more easily available, and there’s a strong probability that U.S. competitors have already dispatched them to snoop into America’s backyard.

In recent years, for instance, small uncrewed aircraft have been spotted with spooky consistency near sensitive military facilities and assets. As have dozens of “unidentified aerial phenomena.” Though these sightings have yet to be pinned to a culprit, Chinese spooks are thought to be high on the list of suspects.

More broadly, the Pentagon’s claim that the balloon probably did not collect any novel intelligence speaks to the sad reality that our sense of being perpetually watched from above is well grounded. In recent years, Earth imaging satellites have been launched into orbit over our heads in astonishing numbers, both by governments — including China, which launched four sets of Yaogan Earth observation satellites in 2022 alone — and a growing cadre of commercial companies such as BlackSky and Planet Labs. Whereas a decade ago most places on Earth would have been overflown by a surveillance satellite only every few days or weeks, now, for many



of us, it might never be more than a few hours since something has snapped a picture over our heads.

Nor is it solely the prying digital eyes of nefarious foreign balloons and spy sats that the public ought to be concerned about. In the past decade, aerial surveillance has quietly become a common practice among domestic police agencies at every level of government.

Federal law enforcement runs an impressive fleet of spy planes, some of which are operated by secretive shell companies that make it difficult to know precisely their number or what purpose they serve. Meanwhile, drones, mostly of the small, commercial variety, have been acquired by hundreds of local police forces.

Balloons might join these burgeoning aerial arsenals. The Pentagon has of late taken an intense interest in stratospheric balloons that can loiter in one spot for extended periods. It would come as no surprise if these, too, were to someday fall into the hands of domestic police agencies. Then, we would have all the more reason to duck for the cover at the sight of a speck in the sky.

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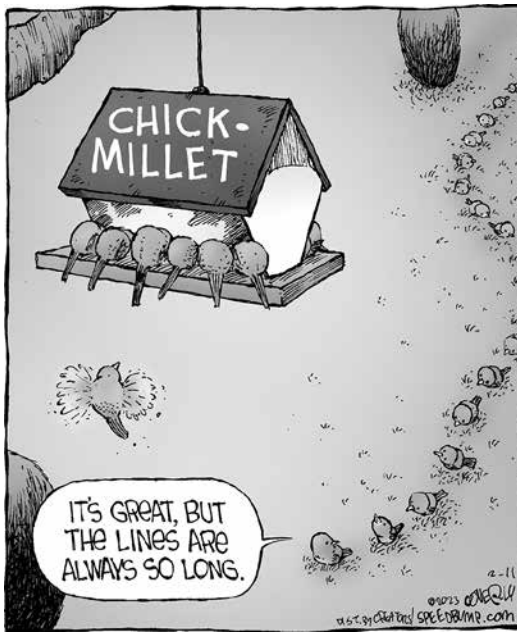
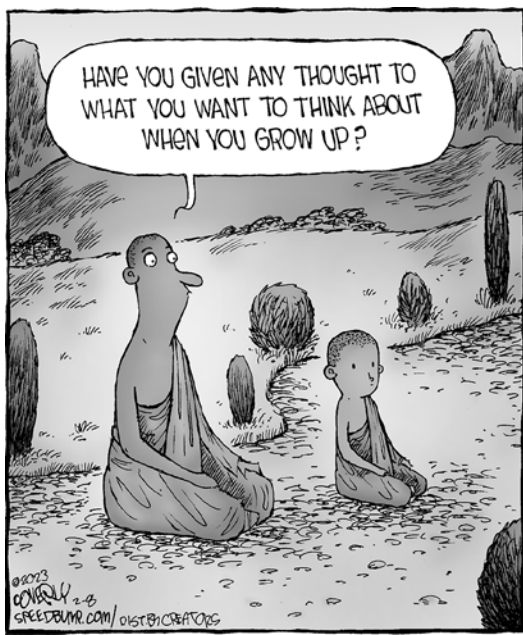
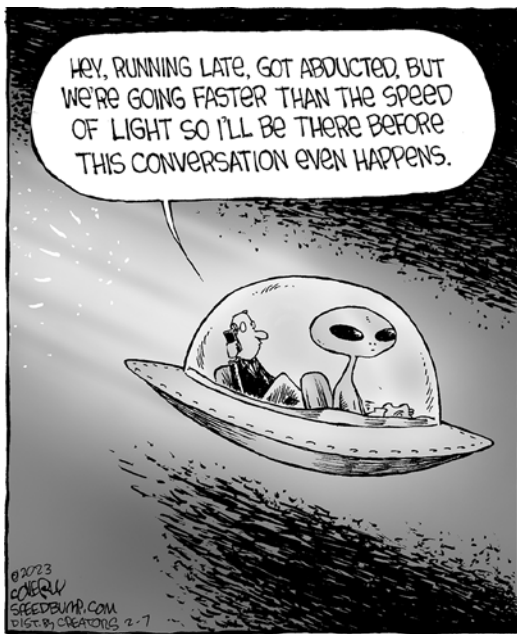
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SPEED BUMP

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Downey Community Calendar

CITY MEETINGS

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

Regularly Scheduled Meetings

MONDAYS

7 pm: Boy Scout Troop 2, at Downey United Methodist Church, call 869-6478.
 4:30 pm: Courage Forward Meeting, at 10829 New St, 2nd Floor, call 213-545-6810.
 2nd Mon., 11 am: American Legion Auxiliary #270, at United Methodist Church, call 310-386-8112.
 4th Mon., 7:30 pm: Downey Numismatists, at Downey Retirement Center, call 862-6666.

TUESDAYS

9 am: Quilters group, at Good Shepherd Lutheran Church, call 803-4459.
 9:30 am: Downey Seniors Club, at Apollo Park, call Irene Vallini at 328-7039.
 10 am: Downey Bocce Club, at 7850 Quill Drive, call John Fiorenza at 652-4399.
 12 pm: Rotary Club, at Rio Hondo Events Center, call Mel Sanchez 562-665-4125.
 6 pm: Toastmasters Club 587, at First Baptist Church, contact Salvador Cervantes: tmsalcpuede@gmail.com.
 7 pm: Downey Knights of Columbus Bingo, at 11231 Rives Ave., call 923-1932.
 7 pm: Boy Scout Troop 351, at Furman Park, contact 562-500-5093 for more information.
 7 pm: Boy Scout Troop 441, at Apollo Park, email scoutmaster@downeyboyscouts.com.
 7:30 pm: Downey Master Chorale, at Cornerstone Church, contact info@downeymasterchorale.org.
 1st Tues., 7:30 am: Gangs Out of Downey, at City Hall training room.
 2nd Tues., 6 pm: Downey Fly Fishers, at Apollo Park, call 425-7936.
 3rd Tues., 12 pm: Downey Newcomers Club, call Marilyn 928-2623.
 3rd Tues., 6:30 pm: Community Emergency Response Team meeting, Fire station 1, 12222 Paramount.
 3rd Tues., 6 pm: American Legion #270, at Sizzler Restaurant, call 544-0372.
 Tues., Thurs. & Sat., 10 am: Downey Bocce Club, at 7850 Quill Drive, call John Fiorenza 652-4399

WEDNESDAYS

7 am: Kiwanis Club, at Rio Hondo Events Center, call Steve Roberson at 927-2626.
 10:30 am: Ballroom dance class, at Downey Community Center, call 776 7270.
 1 pm: Women's Bocce Club, at 7850 Quill Drive, call Marie Puch at 869-4366.
 7 pm: Royal Rangers Outpost 132, at Desert Reign Church, call 562-861-6011.
 1st Wed., 11 am: Woman's Club of Downey, call Cheryl Olson 833-8954.
 1st Wed., 11:30 am: Downey Coordinating Council, Community Center, call Bobbi Bruce 440-5416.
 1st Wed., 7:30 pm: Downey Stamp Club, at Maude Price School cafeteria, call 928-3028.
 2nd Wed., 11:30 am: Christian Women's Club, call Marilyn 928-2623.
 2nd Wed., 3:30 pm: Keep Downey Beautiful, at City Hall, call 904-7102.
 2nd Wed., 7 pm: Downey Model A Club, at Gallatin School Cafeteria, call 484-8415.
 3rd Wed., 11:30 am: 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., 6:00 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.
 9:30 am: Take off Pounds Sensibly, at Barbara Riley Senior Center, call (800) 932-8677.
 12 pm: Bingo, at Woman's Club of Downey - Proceeds benefit Rancho.
 12 pm: Optimist Club of Downey, at Rio Hondo Events Center.
 6:30 pm: Downey United Masonic Lodge # 220, 8244 3rd St., call 862-4176.
 7:30 pm: Downey Elks Lodge #2020, call 803-3557.
 1st Thurs., 6 pm, All other Thurs. 12 pm: Kiwanis Club of Downey, at Rio Hondo Events Center, call Roy Jimenez 283-2335.
 1st Thurs., 7:30 pm: Downey Amateur Radio Club, EOC room Downey Fire Station #1, 12222 Paramount Blvd.
 2nd Thurs., 12 pm: Creative Purposes, call Bill Wallace 923-2311.
 2nd Thurs., 7:30 pm: Beaming Rebel Foxes Collectors Club, call Carl D. Jones at 923-2400.
 2nd & 4th Thurs., 6:30 pm: Downey Lions Club, at Mimi's, call Lenora (310) 283-9825.
 3rd Thurs., 4 pm: Public Works Committee, at City Hall Training Room.
 4th Thurs., 10 am: Assistance League, at Casa De Parley Johnson, call 869-0232.
 4th Thurs., 7:30 pm: Downey Historical Society programs, at Community Center, call 862-2777.

FRIDAYS

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

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

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)
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 by S.N.

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| 47 French brother | 40 Saddle (cowboy's complaint) |
| 48 All ___ good (beneficial) | 41 Fearless |
| 49 Distinctive smell | 42 Life of leisure |
| 50 Rival of Tulane | 43 Long-established |
| 51 Labour leader, 1994-2007 | 44 Cruel |
| 52 It contains India's capital | 47 Resells quickly |
| 53 Nobel, by birth | 48 Prime-time hour |
| 54 Shoulder muscle | 49 Tot's boo-boos |
| 56 Make fixes to | 51 Rude people |
| 58 Iroquois Nation people | |
| 60 Pueblo people | |
| 61 Carrier of white blood cells | |
| 62 Main area of a church | |
| 63 In the beginning | |
| 66 English Channel feeder | |
| 67 Fingerspelling skill, for short | |
| 71 Money borrowed | |
| 72 Wishful words | |
| 74 "Waves of grain" color | |
| 76 Star pitcher or pilot | |
| 77 Art Deco artist | |
| 78 Oral denial | |
| 79 Continental separators | |
| 80 DVD player ancestors | |
| 81 Help with seating, informally | |
| 82 Italian nobleman | |
| 83 The Sopranos chef | |
| 84 Chinese lap dogs | |
| 85 Caught some z's | |
| 87 Taunted | |
| 88 Sagan or Sandburg | |
| 89 Exxon sister brand | |
| 90 Athlete's on-air greeting | |
| 91 Hat favored by Churchill | |
| 94 In ___ by itself | |
| 96 Perk up | |
| 97 Vise gripper | |
| 98 "That makes sense" | |
| 99 Writer Silverstein | |
| 100 Whom the first use of the nine long adjectives is credited to | |
| 103 Mail-routing letters | |
| 104 Galileo's hometown | |
| 105 American Legion member | |
| 106 Alphabetize, say | |
| 107 Chicago star | |
| 108 Cheeky talk | |
| 109 First month in Madrid | |
| 110 Smooth out, as skirts | |
| 111 Cupid alias | |

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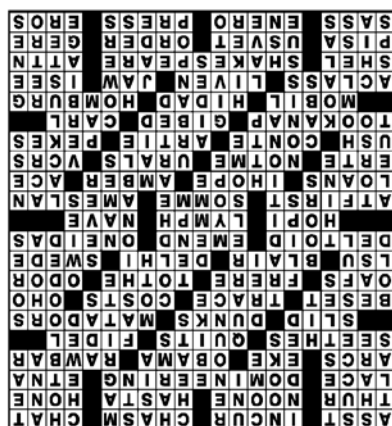
- | | | |
|----------------------------------|---------------------------|--------------------------------|
| 52 Silence of the Lambs director | 70 Suffix for fair or fit | 90 One walking in the woods |
| 53 Split apart | 73 URL starter | 91 Furry hoppers |
| 55 Biblical possessive | 75 Hotel housekeeper | 92 Back-in-fashion |
| 57 Nearsighted person | 78 Moot point | 93 Splicing subjects |
| 59 Specifies | 79 Rihanna's music | 94 Hieroglyphics reptiles |
| 63 Alaskan islander | 80 The way we word | 95 Plant that grows on a "pet" |
| 64 Sculpted body | 82 Cars that are called | 96 Wash up |
| 65 Impossible to understand | 83 Subordinate staff | 97 Green gem |
| 68 Not at all lively | 84 Tennis great Shriver | 101 QVC rival |
| 69 Portion of a pasture | 86 Symbols of Australia | 102 Go wrong |
| | 87 Support charitably | |
| | 88 Shows fear | |

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more than 1,700 words with the first documented use of SHAKESPEARE (100 Across) the longest for a Labourite. The of Tony BLAIR (51 Across) is in 1500 BC. The ten-year term recorded history, the earliest being erupted nearly 200 times in Mount ETNA (26 Across) has



Sanchez hits game-winner to give Downey co-championship

■ Marcus Sanchez sank a last-second jump shot to give Downey High a 48-47 win over La Mirada.

By John M. Sherrard
Contributor

DOWNEY - It was a storybook ending for a book that still might have a few more chapters left for the Downey High School boys basketball team last Thursday, Feb. 2.

With less than three seconds left in the final game of the regular season, Downey senior guard Marcus Sanchez sank a short jump shot to lead the Vikings to a Gateway League Co-Championship over La Mirada, 48-47.

"It felt great," said Sanchez, of his game-winning shot. "I don't know when the last time we won a league championship here at Downey, but it felt great doing it for the city and my teammates, especially.

"To be honest, it was designed for Jathan (Lopez), but he was getting pressured, so I had to get the ball and just made the big play."

The big Downey crowd thought the game was over, but the officials put a couple more seconds on the board, but the Vikings held on for the win.

It was a monumental win for longtime Downey coach Larry Shelton, as it was his final regular season game after 35 years guiding the Vikings.

It was also his first league title since the 2013-14 season.

Shelton is set to retire after the playoffs are over for Downey.

"If you're going to go out, how about going out winning the new league for the first time in a game like this with kids that you love in a great atmosphere like it was on senior night," said Shelton, who is also retiring from teaching at the school. "You couldn't ask for a better way to go out. Tom Brady should have gone out when he won the Super Bowl, so I hope I'm doing it at the right time.

"I'm not going to offend another team, but this is one of my best teams. But I did tell them that they had the chance to be the winningest season in the history of Downey Basketball."

The 1979 CIF Championship team, coached by Dean Ackland, won 26 games and Shelton coached a team that was 26-3 another year.

"If we can win two playoff games, they'd be the winningest season in the history of the school."

The team crept closer to that magical 27th win Wednesday (February 8) in the first round of the CIF Southern Section Division 2A, by defeating Cypress, 67-58.

They will now play Aquinas (23-6) of San Bernardino in a second-round game Friday (Feb. 10).

In the final Gateway League game against La Mirada, the Vikings were led by senior guard Jacob Topete with a game-high 14 points. The only other player for the Vikings in double figures was senior forward Aiden Rouse with 11 points.

Sanchez added eight points, while Omar Cisneros and Lopez had seven each.

La Mirada was led by junior Isaiah Valenzuela with 12 points - all 3-pointers. Sophomore Julien Gomez, who had an off night, added six points, while Athan Sierra had five points and three players had four points - Michael Torres, Morgan Smith and Anegi Castillo.

In the first quarter, it was an even affair early on, but La Mirada began to pull away with a 7-0 run and led 11-5 highlighted by the first of four three's by Valenzuela with 1:44 left.

Topete scored on a driving layup, followed by two free throws by Rouse to trail, 14-9 heading into the second quarter for Downey.

La Mirada took a brief, six-point lead, 16-10 after a driving layup by junior Christopher Cuevas with five



Downey's Marcus Sanchez (0) is carried after making the game winning shot over La Mirada during their boys basketball game at Downey High School on Thursday. Downey defeated La Mirada 48-47. (Photo by Keith Durrflinger)

minutes left in the half.

A Downey 3-pointer by Lopez with 1:29 left tied the game at 18-18.

Late in the opening half, Sierra hit a short jump shot for the 20-18 lead, but the Vikings took their first lead of the game with three free throws in the last minute for the 21-20 lead at the break.

The third quarter was the closest of the game with neither team taking a big lead.

Gomez, who came into the game with a 26.6 scoring averaging, struggled in the first quarter after

he picked up two quick fouls. He sat the whole second quarter for the Matadores.

La Mirada took a brief four-point, 28-24 lead on a driving layup by sophomore Morgan Smith and a free throw.

Downey still led by one point, 33-32, heading into the fourth quarter.

With the game tied, 43-43, with 1:50 left in the game, the final heroics took place for both teams.

Senior point guard Sean Cervantes scored his only two

points of the game with two free throws to give the Matadores a 47-46 lead with 11.1 seconds left.

After the La Mirada defense knocked an inbounds pass away, there was only 9.0 seconds left.

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Sanchez eventually got the ball, and the game was over with his shot with seconds left.

"That was our third buzzer-beater we've lost this year," La Mirada Boys Basketball coach Randy Oronoz said. "We're kind of getting a little down, but it's a learning experience and we're trying to gear up and get ready for playoffs.

"We played tough games all year, so nothing different right now. Hopefully we learned from some of these close losses. We had a stretch last year where we lost eight close games and made a run to the finals. Hopefully we got all of the close losses out and we can pull some of those out in the playoffs."

Julien Gomez on the loss:

"It came down to the wire and it was a great game," Gomez said. "Coach (Ordonoz) was talking about that in the locker room. Us going through adversity will help us in the long run.

"From a personal standpoint, I could have been more of a leader and been more of a guy by knocking down those free throws," Gomez

said. "It stings, it really stings. I had the game in my hands, and I folded."

Gomez made one of two free throws and then missed the front end of a one and one with 1:51 to play.

"There's nothing to do but grow from this."

The La Mirada boys (21-8) defeated Bishop Amat, 66-46, in a first round game Wednesday. The Matadores face Shalhevet (23-6) Friday in a second-round game in D 2A.

In D 3AA, No. 1 St. Pius X-St. Matthias Academy (25-4) defeated Alemany (13-14), 90-56, and will play the winner of the Price/Canyon first-round game (Results unavailable at press time).

Calvary Chapel Downey ended the season with a loss to Temecula Prep, 63-24, in a D 5AA first round game.

In the girls basketball playoffs, Downey (18-10) took on Beaumont (19-4) in a CIF-SS D 2A first round game Thursday (Feb. 9). Results unavailable at press time.

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Downey memories: getting together at Christmastime

■ Downey Historical Society docent Bobbie Bruce shares memories of Christmas in Downey.

**By Bobbie E. Bruce
Downey Historical Society**

After eating and relaxing in the living room, it was time to share memories of our childhood. The smell of the roast cooking in the kitchen still lingered but someone mentioned how aromas brought back memories of the past.

Carol mentioned she could conjure up images of fun times in her house by the smell of Clorox. She remembered her mother's daily routine of washing clothes on Friday and ironing on Saturday. Many of us when arriving in California still remember doing laundry by hanging the sheets on a clothesline to dry. I miss the fresh smell of pillowcases that had the scents of outside drying.

Fortunately, I never learned to iron – as soon as I could, I hired a lady to iron my blouses for 25 cents a piece. Not wanting to be domesticated, I would go to Robert Hall to buy my new blouses (at \$2 or \$4 each). Imagine how many people started to sing the Robert Hall jingle: "School bells ring and children sing, it's back to Robert Hall again. Mother knows best for better clothes, it's back to Robert Hall again."

Most of us couldn't remember a lot but for some reason that jingle stayed with us.

My sister stated she remembers the smell of Prell shampoo and White Rain – the fragrance – still

lingers. Smells of coffee in the morning and also cinnamon rolls make for wonderful memories. Warm kitchens made for a nice place to gather. Happy memories.

The next topic was radio programs: Lum and Abner, Ma Perkins, Romance of Helen Trent, Just Plain Bill, Stella Dallas and Lorenzo Jones. "Your Hit Parade" was popular and most remembered having a Philco table model radio. Delores remembered the "fireside chats" from President Roosevelt broadcasts.

For many who spent time in the kitchen, McCormick spices had to be in the kitchen cabinets – rubbed sage, pumpkin spice, nutmeg, garlic, celery salt, pure vanilla, ground cinnamon, black pepper and parsley flakes. According to the group, if you had these items in your kitchen the food was going to taste great.

For dessert, apple pie with Comstock pre-sliced apples. No peel, no core, no waste and so easy to bake.

What were the best Christmas gifts and what kind of Christmas tree did you have growing up? We were talking for nearly four hours already and hadn't even got to inflation.

We promised to get together soon as we all agreed that we missed not sharing time together.

A few statistics from 1935: the average annual income was \$1,115. A Ford V8 coupe cost \$495. Sanka coffee was 46 cents for a one-pound can. Butter was 40 cents a pound, Crisco 20 cents per can. Gasoline was 19 cents a gallon. First-class postage was 3 cents and

ivory soap cost 17 cents for two large bars.

Christmas during the Depression

In the year 1930, the worst of the Great Depression was still to come. Christmas was still a merry time for those who still had jobs and homes and hope. Many were worrying about the bad economic news but tried not to let their children know that hard times were ahead.

As the decade progressed, more families lost their incomes or had to take reduced wages. Families sometimes took in boarders to help cover the mortgage. Bread lines started to appear in cities and people lost their homes to the bank.

Christmas became a struggle to "be of good cheer" with such hard times. The government under FDR's New Deal created work programs to get people back to earning.

The newspaper featured news items about school programs for the holiday or church gatherings and parties. There was caroling, family dinners on Christmas Day, and other traditional holiday activities.

As the Depression years dragged on, many workers were laid off, businesses closed down, and money was tight. The government provided some jobs in different programs to get people back to work, but there weren't enough of those for everyone.

So people economized, and lived by the slogan "make do or

do without." At Christmas, they would make gifts with whatever they could manage. These needed to be things that involved labor rather than money. You could unravel an old sweater to use the wool for knitting a pair of socks or make mittens. Scavenging some wood meant you could hand-carve wooden toys. An old orange crate combined with some baby buggy wheels from a broken carriage could be turned into a go-cart.

Newspapers printed children's letters to Santa. Sometimes a kindly person would read these and get some of the gifts for the children.

At the grocery store, you would see barrels of nuts out front, inside you would see hard candy, fruit cakes just 50 cents a pound, mince pies, cranberry sauce in cans, and plum pudding.

Gift Ideas for Children and the Whole Family

For boys and girls there were bicycles, air rifles, velocipedes, pop guns, coaster wagons, doll buggies, scooter, aeroplanes, pedal cards, train sets, Kiddie Kars, drums, ice skates, toy automobiles, swings, sleds, doll houses, boxing gloves, toy tractors, footballs and basketballs, toy trucks.

The family might wish for pool tables, backgammon sets and board games.

Gifts for the home might be electrical appliances like waffle irons, toasters, percolators (coffee makers), heaters, irons, sandwich toasters, and lamps.

Under the category of practical

gifts, the ads suggested casserole baking dishes, teapots, waffle batter jugs, Pyrex glass ovenware, aluminum and enamel roasters and Wagner cast aluminum ware. Other gifts for mom might include decorated cake covers, decorated breadboards, French drip coffee pots, scissors and shears, carving sets.

Additional ideas were bird cages with a stand, decorated heat-proof china, auto robes and shawls.

For dad, there were flashlights, safety razors, pocket knives, guns and rifles, tool sets, hunting and fishing gear, auto tools, carpenter tools, lanterns and Coleman lamps.

POET'S CORNER

Amo, Amas

Amo, Amas, I love a lass
As a cedar tall and slender;
Sweet cowslip's grace is her nominative case,
And she's of the feminine gender.

Rorum, Corum, sunt divorum,
Harum, Scarum divo;
Tag-rag, merry-derry, periwig and hat-band
Hic hoc horum genitivo.

Can I decline a Nymph divine?
Her voice as a flute is dulcis.
Her oculus bright, her manus white,
And soft, when I tacto, her pulse is.

Rorum, Corum, sunt divorum,
Harum, Scarum divo;
Tag-rag, merry-derry, periwig and hat-band
Hic hoc horum genitivo.

John O'Keefe 1747-1833

A playful 250-year old Valentine by Irish playwright O'Keefe, Amo, Amas is still a popular song with glee clubs and audiences. You don't need to know Latin to read it aloud and feel the beat, remarkably lively for a supposedly dead language. Poetry Matters is curated by Lorine Parks.

FAQ about Catherine Alvarez's recall

DOWNEY — Councilwoman Catherine Alvarez has been recalled. What happens next?

Downey Patriot Staff Writer Alex Dominguez answers some of the frequently heard questions about the post-recall timeline.

When is Councilwoman Alvarez officially off the city council?

Councilwoman Alvarez technically stay's a member of the council until the results are certified by the Los Angeles County Registrar / Recorder's Office, which is anticipated to happen this Friday, Feb. 10. Once that happens, the LA County Board of Supervisors and the Downey City Council will also need to certify the results.

Then Alvarez is officially removed from office.

If the results aren't certified yet, can't she hypothetically still win the vote?

While some votes may still trickle in by Friday, the current margin would be impossible for Alvarez to swing in her favor (A vast majority of ballots cast were vote by mail).

When will her seat be filled?

Voters of District 3 will vote again in another special election to pick her replacement. Previous reports given by city staff have suggested that that may take place in November.

Can the City Council appoint someone in the meantime?

Per the city charter, no. The charter states that:

"A vacancy caused by a recall election shall be filled by the voters within the district in which the vacancy occurs. The election of an eligible candidate to fill such a vacancy shall occur after the recall election."

But hasn't the city council appointed an interim council member to fill a vacancy before?

Yes, most recently former Councilman Donald La Plante (District 2) last year and current interim Councilman Timothy Horn (District 1). However, those vacancies occurred due to resignations, not recalls.

How long will Alvarez's replacement serve?

The remainder of her term, through December 2024.

Who's running for the seat?

No one has officially announced their intent to run for the seat as of now.

Can Alvarez run to serve for the remainder of her term?

No. Per the city charter, a "...recalled municipal officer shall not be eligible to run for such vacancy." However, Alvarez would be able to run for the next term.

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