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DOWNEY HAPPENINGS

A newly-updated list of upcoming events

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Athens raising trash rates

Waste collection fees are increasing for homes and businesses.

By Alex Dominguez
Staff Writer

DOWNEY — Rates for solid waste collection will soon increase.

Single-family residential customers will now pay \$29.37, a \$3.46 / 14.41 percent increase. A 3 cubic yard (CY) bin with once a week pick up for multi-family residential (five or more units) customers will now cost \$169.33 (a nearly 11 percent increase), and \$185.65 for commercial (an over 10% increase).

Comparatively, the new commercial rates are 19% lower than the average of neighboring cities, however single-family residential rates are 13% higher.

The new rates are effective as of Aug. 1, however are not retroactive to April 1, 2023.

The city council unanimously approved (as part of the consent calendar) the annual rate adjustment with Athens Services, Inc on Tuesday with no added discussion.

NBC-4 anchor named emcee

DOWNEY — KNBC-4 anchor Mekahlo Medina has been named emcee of the Downey Pride Festival, taking place Saturday, Aug. 26, in Downtown Downey.

The free, all ages festival is scheduled from 3-10 pm and features live entertainment, food trucks, dozens of vendors selling handmade crafts, face painting, and more.

It will take place on Downey Avenue between 2nd and 4th streets.

Medina joined NBC4 in 2006 and anchors the weekend morning news. He also reports weekdays on NBC4 Today in LA and the NBC News at 11 a.m.

He graduated from New Mexico State University with a degree in Broadcast Journalism and speaks Spanish fluently.

Adoption rates reduced

DOWNEY — SEAACA is temporarily reducing the price of its pet adoptions to \$25 for all dogs, cats and rabbits past one day of availability.

The \$25 fee includes spay/neuter, microchip, flea treatment and first set of vaccines.

Animal viewing hours are Tuesday through Saturday, 12-4 pm.

The \$25 price is good through Aug. 31.

City Council OKs street parking permits

Residents living near Downey Landing are struggling with lack of available parking.

By Alex Dominguez
Staff Writer

DOWNEY — Residents of Corrigan Avenue and Buckles Street expressed extreme frustration on Tuesday, as the City Council approved to expand their existing preferential parking zones.

The expansion will add seven residential properties on the west side of the 11700 block of Bellflower Boulevard, creating a preferential parking "district."

This comes after at least one resident on Bellflower Boulevard had said that parking on that street had been impacted, due to the fact that they were unable to purchase permits and were therefore unable to park on Corrigan overnight.

Parking is not allowed on the west side of the 11700 block due to insufficient street width.

Residents in the Corrigan and Buckles neighborhoods are

concerned, however, that the new addition will make what has been an already difficult parking situation even worse.

Vanessa Hernandez, who lives on Corrigan, said that the neighborhood has still not found relief despite becoming permitted.

"We still get people who are non-residents who do not pay for the permits to park on our block," said Hernandez. "My husband is in law enforcement; he gets off late in the morning. He does have a sticker, but it doesn't mean he has a parking [space] because we do have people who park that do not purchase our sticker for the block that we live on."

"Here, you're saying you're proposing a pilot program for the west side of Bellflower for the single-family residents, but like I mentioned we haven't found relief ourselves, because we still struggle with this parking issue."

Mayor Claudia M. Frometa said that "there appears to be a lack of enforcement in those streets."

"We need to do a better job from a city perspective," said Frometa. "Enforcement. We need to make sure that those that are



parking where they are supposed to be parking have those permits, and if they don't have those permits, then those tickets need to be handed out."

She added that there have been discussions about utilizing the Downey Landing for its parking, however have made little ground in making that a reality.

"Unfortunately, we haven't gotten anywhere with the property management, and you can't force the owners of that property to rent or do something with the city," said Frometa.

Mayor Pro Tem Trujillo added that "We're not going to give up on this."

"I would like for two of us to meet with the owners of this location," said Trujillo. "I would like a face to face with two council members. Let's see if they give us the time of day, and let's talk to them."

The council voted 3-1 in favor of the expanded preferential zone, with Councilman Horn opposed.

Dodgers honor Bob Archuleta as Military Hero of the Game

The state senator served in the Army during the Vietnam War and has sponsored legislation to help veterans.

DOWNEY — State Sen. Bob Archuleta (D-Pico Rivera) was honored by the Los Angeles Dodgers as the team's Military Hero of the Game on Aug. 3.

"It was quite exhilarating receiving a standing ovation from 50,000 Dodgers fans," Archuleta said. "I've had great memories attending games here, and meeting Dodger greats Tommy Lasorda, Manny Mota, Fernando Valenzuela and Jaime Jarrin. This night will definitely count as another wonderful Dodger memory."

During each home game, the Dodgers invite a military veteran and publicly honor them for his or her service to their country. The experience also includes a tour of Dodger Stadium.

Archuleta is an Army veteran, having served in the 82nd Airborne Division.

"I didn't recognize the magnitude of the recognition until I was actually there on



the field, being recognized by one of Major League Baseball's legendary franchise," Archuleta said. "I am humbled by this acknowledgement of my military service, but more importantly, I thank the Los Angeles Dodgers for their continuous support of our veterans and active military members. It's a privilege to count myself among my fellow veterans."

Archuleta, who attended the game with his wife, Rose, grandson, Zachery, and several friends, said he was overwhelmed by the ceremony that took place during the game between the Dodgers and the Oakland A's.

A former Pico Rivera council member, Archuleta was elected to the California state senate in November 2018 and re-elected in 2022. His district includes

Downey.

Archuleta is the chair of the Senate Committee on Veterans Affairs, the first Latino Army veteran named to the position. He was appointed to the Governor's Military Council in 2019.

President Barack Obama appointed Archuleta to the Board of Visitors to the United States Military Academy at West Point — the first Mexican-American to be appointed by any president to the board -- and was elected co-chair.

He also served on the Los Angeles County Military Veteran Affairs Commission, the United States Army Advisory Board for Military Recruitment, and the Los Angeles County Library Commission.

Archuleta has received congressional recognition awards and proclamations for service and has been recognized by the Vietnam Veterans of America, Hispanic American Airborne Association, and Veterans of Foreign Wars.

He is married to his wife, Rose, and has five children and 11 grandchildren. His two youngest sons graduated from West Point and are currently serving in the military.

Downey mayor elected NALEO 2nd VP

DOWNEY — Downey Mayor Claudia M. Frometa has been elected second vice president of the National Association of Latino Elected and Appointed Officials (NALEO), the first time an elected official from the Southeast Los Angeles County region has been named to the position.

Frometa previously served as treasurer of NALEO, a non-partisan leadership organization of the nation's more than 7,000 Latino elected and appointed officials.

"I'm humbled and honored to represent our city in this capacity," said Frometa.

Weekend at a Glance

Friday	81°	
Saturday	83°	
Sunday	83°	

ON THIS DAY

1792: As the French Revolution continued, the country's monarchy was effectively overthrown when King Louis XVI and his wife, Marie-Antoinette, were imprisoned (they were eventually guillotined).

1793: The Louvre opened in Paris, and it later became the most-visited museum in the world.

1846: The Smithsonian Institution was founded in Washington, D.C., by the U.S. Congress with funds bequeathed by English scientist James Smithson.

1950: "Sunset Boulevard," considered one of Hollywood's greatest films, had its world premiere.

1970: Jim Morrison, lead singer of the Doors, went on trial in Florida, charged with various crimes after allegedly exposing himself during a Miami concert in 1969; he was later found guilty.

1977: Postal worker David Berkowitz was arrested after murdering six people in New York City and plunging the city into a panic.

1988: President Ronald Reagan signed the Civil Liberties Act of 1988, providing \$20,000 reparation payments to Japanese Americans who were either interned in or relocated by the United States during World War II.

1993: Ruth Bader Ginsburg was sworn in as an associate justice of the U.S. Supreme Court, becoming the second woman to serve on the court.



2008: Isaac Hayes—a pioneering figure in soul music whose recordings influenced the development of such musical genres as disco, rap, and urban-contemporary—died at age 65.

Birthdays

Film actor **Antonio Banderas** (63), boxing hall of famer **Riddick Bowe** (56), actor **Justin Theroux** (52), reality star **Kylie Jenner** (26), and basketball player **Ja Morant** (24).

Concerts in the Park

When: Wednesday, August 16

Time: 7 pm

Where: Furman Park

Performing: Smokin' Cobras

The Smokin' Cobras perform classic AM radio's greatest hits from the fabulous 50's, rocking 60's, funky 70's, and retro 80's, from soul to rock to pop and back again. From Dodger Stadium to Japan, the Smokin' Cobras have thrilled audiences at festivals, casinos, corporate functions and private events. The Smokin' Cobras are proud to be servin' up classic AM radio hits to a new millennium.

Paging Dr. Frischer...

By Dr. Alan Frischer

Have you ever witnessed odd behavior and attributed it to the full moon? For centuries, the moon and how it affects us has been a focus of mythology and folklore. Consider the word “lunacy.” It dates back to the 15th century, when it was commonly believed that the moon and its phases could cause aggression or other behaviors. In some cultures, the moon is worshiped, and in others it holds a darker tone (werewolves!). Is there scientific evidence behind whether or how the moon affects us?



All organisms have natural biological cycles. The moon, with its month-long cycle, exerts a gravitational pull on Earth powerful enough to affect the ocean tides. Given that our bodies are made up of roughly

60% water, isn't it reasonable that we may be impacted as well?

It is interesting that several species have adapted their biological cycles to line up with the lunar cycle. For example, the reproductive cycles of marine animals (including tropical corals, annelid worms, and multiple other species) adjust their feeding, migration, molting and more on the moon's cycle. Another obvious example is the (typically) 28-day human menstrual cycle.

How might lunar cycles affect our sleep? Well controlled studies on sleep and the moon have shown conflicting results. One showed 20% lower levels of melatonin during full moon, and a few studies from 2021 showed a correlation between full moons and decreased sleep. Many studies were performed in well-lit sleep labs, making conclusions questionable. It's clear that bright light from cell phones, televisions, computer screens, and certainly full moons, impacts our ability to fall asleep and to stay asleep. This makes such studies difficult to perform and analyze.

How might the phases of the moon affect mood and mental health? It is clear that various environmental factors can play a significant role in mood swings and act as a trigger

for depression and anxiety. One small study on those with bipolar disorders found that they cycled between depression and mania in sync with the lunar cycle. Clearly, more research is needed.

We've all heard about the full moon causing altered behavior, higher birth rates, increased visits to emergency rooms, and higher crime rates. However, scientists today generally believe that while there is indeed a correlation between lunar cycles and various activities, no causation has been proven.

My instincts tell me that the cycles of the moon may very well affect our health and behavior, but scientific studies have not proven it. I suspect that most of us will continue to believe that there is an effect, and as a result, our behavior might change, based on this belief. The power of belief looms large in folklore, mythology and religion, and it makes sense that the power of belief in science as well may have a direct impact on our physical, mental and emotional health.

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 10927 Downey Ave., Suite C, Downey, CA 90241.

Doctors reaffirm breastfeeding benefits

Breastfeeding, according to health experts, provides babies with the building blocks for a healthy life, and also helps mothers lower their risk of certain health problems, including breast cancer.

August is National Breastfeeding Awareness Month, and Dr. Danielle I. Schneider, a pediatrician with Kaiser Permanente Downey Service Area, notes that breastfeeding

your child should always be your first choice as it's the best option for your baby's health.

“Women who breastfeed their babies will help ensure that their child can grow up healthy, and it will also lower a child's risk of dying from sudden infant death syndrome (SIDS),” Dr. Schneider said. “Also, it's likely to decrease a child's chances of struggling with other health issues such as infections, obesity and diabetes.”

Mothers who breastfeed their babies are also likely to benefit from many health benefits, Dr. Schneider added.

“Women who breastfeed are more likely to recover faster following their pregnancy, labor-and-delivery, and are also more likely to decrease their risk of acquiring serious diseases, including breast cancer,” explained Dr. Schneider.

Health experts stress breast

milk is the only food most babies need until about six months of age. Until then, babies don't need to be given baby food, water or juice.

Dr. Schneider noted as babies begin to eat other food, women are likely to gradually breastfeed less often. But, mothers should continue breastfeeding their child for as long as they and their baby want to, she noted, explaining children continue to experience health benefits from breast milk past the first year.

According to Dr. Schneider, nearly all mothers of newborns can breastfeed. That's true even if women are experiencing certain health problems such as diabetes, or if you've had breast surgery, she said. However, women who are HIV-positive or have active tuberculosis should not breastfeed, Dr. Schneider advised.

Although it can be challenging, Dr. Schneider encouraged mothers not to give up quickly on breastfeeding, noting it's a learned skill.

“It will get better with practice,” she explained. “The key is to be patient with yourself and your baby. If problems arise, assistance should be available through your physician, nurses and lactation consultants.”

HEALTH & WELLNESS



Russell Napoleon Jones

August 7, 1934 - March 13, 2023

Russell Napoleon Jones passed away on Monday, March 13, 2023. He was born on August 7, 1934, to Alfred and Azzie Jones in Lamar County, Mississippi. While in the Air Force, he met and married Mary Stella Cuicchi Jones on March 1, 1957.

Looking for work, they traveled to Illinois and eventually came to California in 1958. They quickly entered in the fast-food restaurant business, working alongside founders of local Downey establishments El Taco and Plaza Guadalajara, as well as famous chains such as Taco Bell, Baker's Burgers, and Wienerschnitzel.

With assistance from Glen Bell, founder of Taco Bell, Russ and Mary started Taco Quickie in 1963. Over a 54-year career, they oversaw restaurants in Los Angeles, Santa Monica, Maywood, Lynwood, and Bell Gardens. Their Quickie Dog restaurant was once featured in a Los Angeles Magazine article listing them as a classic choice along with the likes of Hot Dog on a Stick, Larry's Chili Dog, Pink's, Oki Dog, and Tommy's.

The last remaining restaurant in Bell Gardens closed on October 8, 2017. Russ and Mary prided themselves in providing jobs for countless employees, including for a number of relatives from their home state of Mississippi.

Inspired by his childhood on the farm as well as his love of telling a good story, Russ successfully juggled entrepreneurship while working many years as a reserve Los Angeles County Sheriff. Officially serving from 1979 until his retirement in 2001 as a captain, Russ patrolled with his partner, "Buck," a tall 7/8 Arabian and 1/8 Thoroughbred horse. Russ and Buck had many adventures including 15 Rose Parades, patrolling the 1984 Olympics, and acting as security for dignitaries such as President Reagan, President Bush Sr., and Pope John Paul II. They led countless trail rides, usually with Sheriff Sherman Block and Monty Montana. After "retiring," Russ and Buck continued to participate in local city activities throughout Southern California.

A private burial and service was held for the family. He is survived by his daughter Pamela (Jeff) and a large extended family in Mississippi. He was predeceased by his wife, Mary; a daughter, Kathryn; four siblings; and seven half-siblings.

In lieu of flowers, please consider donating to a favorite charity in honor of Russ. In recognition of his lifelong passion for horses, the family would like to highlight the following for consideration: W.K. Kellogg Arabian Horse Center. Checks should be made out to the Cal Poly Pomona Philanthropic Foundation and in the memo line, indicate the center and "in memory of Russell N. Jones". Mail to P.O. Box 3121, Pomona, CA 91769. You can also contribute online at <https://cpp.thankyou4caring.org/kelloggAHC>. In the "what prompted you to give today," specify "in memory of Russell N. Jones."

Church marking 29 years

DOWNEY — Bible Believers Missionary Baptist Church will host a 29th anniversary celebration this Sunday, Aug. 13.

Festivities begin with an 8 am service followed by Sunday school at 9:30 am, a fellowship meal from 2-3:30 pm and a service at 4 pm.

The church is located at 10354 Downey Ave.

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Breaking stereotypes: Warren cheerleader is first to be recruited by college

■ Savannah Wright was awarded double scholarships in cheer and stunt, and was recruited to compete collegiately.

By Alex Dominguez
Staff Writer

DOWNEY — Amongst the athletes who participated in signing day at Warren this past school year, there was a first: Savannah Wright, the Bear's first cheerleader to be actively recruited to the collegiate level.

Wright, 17, will swap out her blue and gold pom-poms for red and yellow when she joins the cheer teams at Arizona Christian University.

In an accomplishment years in the making, Wright was awarded a double-scholarship for both cheerleading and stunt; the latter of which just recently recognized as a sport.

"I'm really proud about that myself because looking back my freshman year when we had our athletic recruitment day at Warren where they had all the athletes on the [signing] table, I realized there was not a single cheerleader up there, and that hurt because I felt like it's a sport you love, and it's a sport you appreciate and you know it takes hard work and dedication," said Wright. "To not see a single person up there, that was the day I knew I was going to work my butt off to make sure I was on that table my senior year, and I did."

"I was the first person to do that, and I'm really proud of myself because I feel like I get to show other girls also at Warren that it's possible to do what you love, and still continue to do it through your college time."

What might be surprising, however, is that Wright had no intention of trying out for the Warren cheer squad, on account that she didn't believe she would make it.

"To be honest with you, in middle school I was kind of chubby and wasn't into makeup, or into self-care like that," said Wright. "I always thought of that stereotype, like I always thought I wasn't going to make it because of that cheerleading stereotype."

Nevertheless, Wright was dragged to tryouts by her



Savannah Wright was captain of Warren High's cheer squad her senior year. (PHOTO BY MIA HATTERY)

friend her freshman year. Upon making the team, she knew that cheerleading wasn't just about aesthetics.

"Making it into JV my freshman year, I was really proud of myself because I knew at that moment that that sport was more than just about how you looked, but more of the community and the skill," said Wright.

Wright spent her freshman year as part of the JV squad, but quickly found herself on the varsity team the next year. By

her junior year, she was varsity captain, remaining so through her senior year.

As captain, Write was required to find the balance between friend and authority figure.

"As a captain, it is very hard because there is that role where you need still to be able to be close with the girls on the team, but also still have that boundary of when they know where they need to listen to you and still have that respect for you as their captain who's trying to have that middle-

ground of making sure everything is flowing and basically being the middle ground between you and your coach," said Write. "For me personally, it was very hard because I felt like I could never win with the girls. It can be hard to have them know that you still care about them, so because you care about them and you want them to excel at that sport, you also have to make sure that they're staying on task."

She says it was her experience before joining Warren's team, when she spent time in dance and gymnastics, that prepared her for the "higher level of competitive cheerleading."

During her time as part of the competition team, Warren found success including wins in World Class Cheerleading (WCC) competitions.

When she's not cheering and stunting at ACU, Wright will be double majoring in political science with a concentration in criminal justice, and business administration with a concentration in marketing.

She's looking forward to getting to know her new coaches and squad.

"I'm excited because I'm going to have new coaches, who I've already met. They're super nice, and they're just very encouraging; very loving," said Wright. "And also, teammates; I've met a lot of my teammates already."

"I think as a cheerleader as well, you go through a lot of things behind the scenes that as cheerleaders, going out at the collegiate level, you're there to support each other and realize

that you're there together, you're going to go through this together and ...being there for each other, all of us together."

Still, Wright believes that the misconceptions about cheer that almost kept her from the sport still linger amongst others.

"I think even to this day that stereotype still kind of exists, which is still kind of frustrating because I think it discourages a lot of girls from trying out," said Wright. "In reality I don't think they realize we are some of the nicest people I feel like on campus, most inclusive."

She hopes to inspire others to break those glass ceilings.

"I guess I feel this need to prove to everyone that I did deserve this, because I know it's something hard and a lot of people just kind of brush it off," said Wright. "I feel like knowing hard it was to do this, I want to prove to everyone that it was something I deserve, and something that I'm good at, and something that other people can do."

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First Presbyterian Church of Downey is pleased to announce the call of a new pastor: **Rev. David Beary, Ph.D.** A special service of installation will be held in our church sanctuary at 7th St. and Downey Ave. on Sunday, August 13th at 1:30pm, with a reception to follow. **All are welcome!**

FPCD is a diverse Christian community that exists to know Christ and to make Christ known through worship, discipleship, fellowship, and service. Sunday morning services start at 10:00am, Sunday School at 9:00am. Come visit us!

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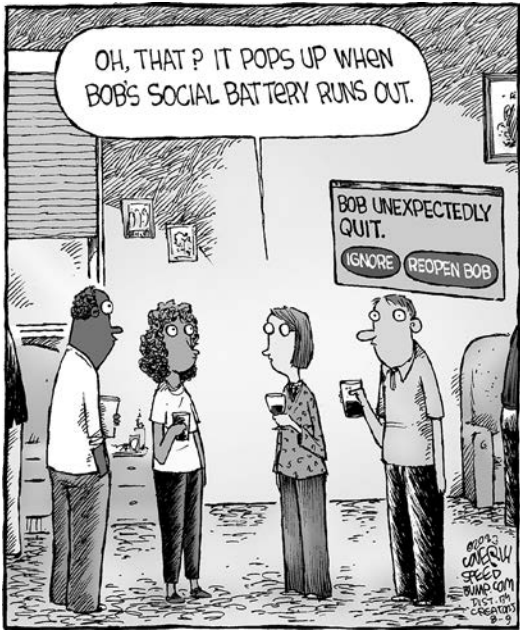
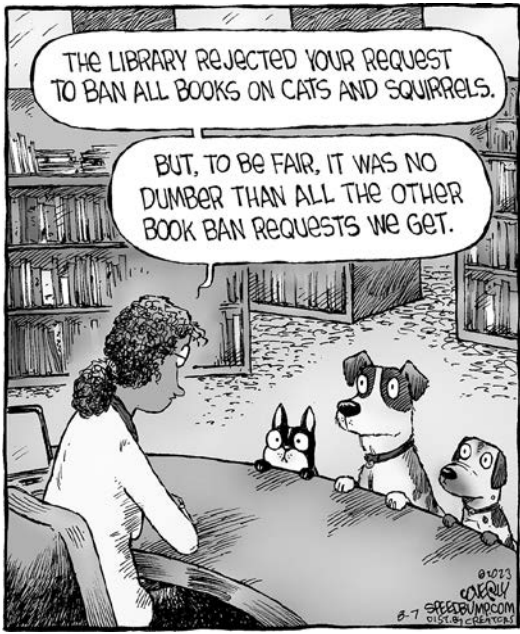
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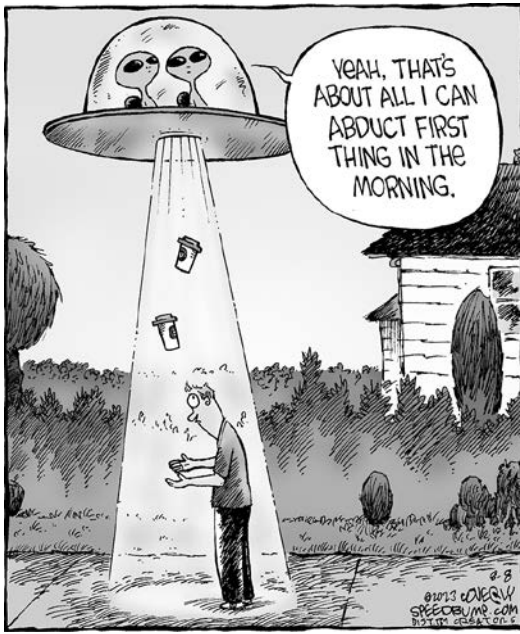
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Downey Community Calendar

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.
- 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 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.: 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 Nezhualcoyotl (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 Barabara 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 pm: Boy Scout Troop 351, at Furman Park, contact 562-500-5093 for more information.
- 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.

SATURDAYS

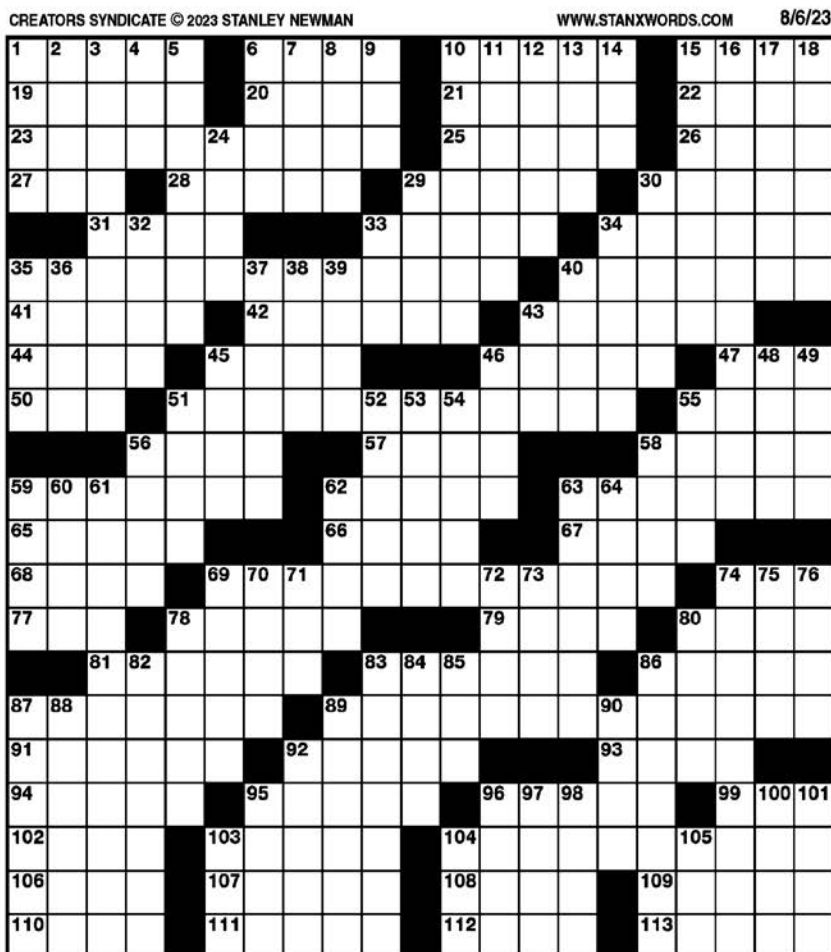
- 9 am: Farmers Market, Downey Avenue at 3rd Street, call 904-7246.

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

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)
ANNIVERSARIANS: Wedding-wise
by Mark McClain

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

Meryl Streep's portrayal of KAREN SILKWOOD (35) was among the American Film Institute's 100 top heroes and villains of the 20th century. BILLY CRYSTAL (69 across) hosted the Academy Awards broadcast nine times between 1990 and 2012. KAHLEAH COPPER (89 across) played for a Spain-based Euro-league team in its 2021-2022 season, for which she was voted Most Valuable Player.



America’s childcare crisis is worsening

By Sen. Elizabeth Warren and Sen. Tina Smith

Senator Elizabeth Warren, a Democrat, is the senior US Senator from Massachusetts and has served since 2013. Senator Tina Smith, a Democrat, is the junior US Senator from Minnesota and has served since 2018.

In the early weeks of the pandemic, as a surging virus shuttered child care centers across the country, the two of us got together and outlined a vision for \$50 billion in emergency funding to keep centers afloat and preserve a vital safety net for parents. We fought to secure that funding, and we won.

Now, a new crisis looms for working families: Federal child care funding is about to take a nose dive off a cliff as much of that pandemic relief expires at the end of September, and Republicans refuse to make any new investments in early education funding.

If the Republicans have their way, more than 3 million babies will lose their child care — at a minimum — and millions of parents will be forced to scramble for other arrangements or leave the workforce altogether.

But there is a glimmer of light. Some members of Congress have indicated they may support increased funding for a few federal programs, including disaster relief and aid for Ukraine. President Joe Biden and Democrats should use this opening and insist that emergency child care funding be part of any supplemental spending package.

For decades, the economics of child care in America have been badly broken. Care is hard to find — especially for babies

too young to enter kindergarten. And even when families are lucky enough to score a spot, the costs are crushing. In fact, Care.com’s annual Cost of Care Report found that, on average, American families are spending more than a quarter of their income on child care in 2023. At the same time, child care providers struggle to make ends meet, and workers make poverty-level wages for their powerfully important and difficult work in most states.

The Covid-19 pandemic was the latest blow to the industry, but it was also a wake-up call. In normal years, the federal government spends just \$13 billion on child care, compared to \$712 billion on defense. In fact, the US is 33rd out of the 37 richest nations in child care investments — behind Mexico and Romania. But emergency funding reached more than eight out of every 10 child care providers nationwide, providing them with enough money to raise wages temporarily for workers without raising costs for parents. That support also meant millions more parents could go to work knowing their children were in good hands.

As the pandemic relief expires, a bad problem will get worse. The child care industry is still short nearly 50,000 child care workers. Child care directors are already preparing to face impossible choices: slashing salaries for child care workers or raising costs on parents. Child care analysts estimate that 70,000 child care programs will close if emergency child care funding expires. That means nearly a quarter of a million child care workers could lose their jobs, and 3.2 million children could lose child care.

One way to address this crisis would be for Congress to

increase the annual appropriations for child care and early education, but thanks to MAGA Republicans’ use of the debt ceiling to hold the US economy hostage, Congress is restricted by spending caps. But there’s one last sliver of opportunity: Congress is now considering additional emergency funding outside of annual appropriations for disaster relief, the military and Ukraine. Why not address the child care emergency, too?

Reporting indicates the Biden administration is preparing a supplemental request for emergency funding. If the president is serious about his commitment to America’s families — and his strong track record indicates that he is — then that request should include additional funding to address the child care emergency, just the same as for disaster relief, the military and Ukraine. And Congress should approve it quickly.

Experts estimate that \$16 billion would prevent the child care sector from falling off the pandemic funding cliff, giving child care providers support to retain their staffs and keep open the classrooms that parents rely on. And we know other leaders in the fight for child care funding — like our Senate colleagues Tim Kaine and Patty Murray — are ready to help get this done.

In the longer term, Congress needs to pass the big structural reforms and long-term funding that will permanently fix our broken child care system. This will help to ensure that all families can find high-quality, reliable and affordable child care, and that child care workers are paid the wages they deserve.

A different approach to student debt relief

By Kelli Rhee

Kelli Rhee is president and CEO of Arnold Ventures, a philanthropy with portfolios dedicated to criminal justice, health care, higher education, public finance and infrastructure.

Back in June, mere hours after the Supreme Court rejected the Biden administration’s first attempt at broad-based student debt relief, the White House kicked off a renewed push. The president announced a new effort to cancel student debt, this time under a different legal authority than the “national emergency” one used previously. The latest attempt, which requires a lengthy rulemaking process before it could take effect, cites the education secretary’s authority to “compromise” federal student loans in certain cases. With this latest effort, the administration hopes to navigate the Supreme Court’s clear pronouncement that the education secretary lacked the authority to “rewrite [the] statute from the ground up.”

Unfortunately, what’s likely to follow is a repeat of last year’s legal back-and-forth: a lawsuit, a protracted court battle and persistent uncertainty for borrowers. And even if this new gambit is successful, it won’t solve the underlying problem. America’s student loan debt will likely again reach \$1.6 trillion — today’s staggering total — within just a few short years. In the meantime, the rest of the administration’s important higher education agenda will almost certainly shift to the backburner as attention is placed instead on regulating debt cancellation.

Given the time and distraction required for a long-shot chance at winning in court, the administration would be wise to consider a different approach to its higher education agenda. By instead focusing on holding colleges accountable for their value and ensuring borrowers have the support they need, it could make a meaningful and tangible difference in the lives of students and borrowers — improvements that will endure well beyond Joe Biden’s tenure as president.

One such improvement is holding predatory for-profit colleges — of which there are hundreds in the US — and career-

training programs accountable. Even before the pandemic brought the student loan problem into sharp relief, millions of student borrowers were in default, a burden that often falls disproportionately on those who dropped out of college and those who attended schools that charge for largely valueless degrees, or those that produce a negative return on investment.

The Department of Education has taken steps to hold accountable career-training programs that don’t deliver for students. Proposed regulations would strip eligibility for federal aid dollars from career-oriented programs that leave students deeply indebted or without quality job opportunities, and provide more transparency on outcomes and value for all programs. But to realize the goals of those regulations — protecting both students and taxpayers from wasting time and money in programs that never pay off — they must be finalized this year by the Department of Education and enforced quickly. More than 2.5 million students enroll in a college or university for the first time each year; more time spent putting new rules into effect could mean billions of dollars wasted for those who find themselves in low-value programs in the meantime.

The administration must also work with Congress to craft lasting solutions to increase the return on investment for higher education. Working only through executive action and regulations leaves progress fleeting, vulnerable to backtracking under a different administration.

Republicans introduced legislation earlier this year that would increase transparency into both the costs of enrolling in college and the outcomes that students can expect from their programs, including the likelihood of graduation and what they can expect to earn after college. Even more significant, the bill would altogether prevent federal dollars from going to programs where most students are no better off for having attended, as measured by the wages they earn later in life. Every loan made to a student seeking a degree from a low-quality or predatory institution compounds the country’s higher education debt, and the administration ought to focus on the root of the problem:

institutions that take money from students but provide little of value in exchange.

Finally, the Department of Education can also take action to reform the work of state regulators and accrediting agencies that oversee colleges that are at a high risk of predatory behavior, poor outcomes and even closure. In recent years, hundreds of thousands of students were left stranded when their institutions closed abruptly. And each year, more than 700,000 students pay for pricey degrees from schools with poor outcomes. Yet states and accreditors have taken relatively few actions against these colleges to compel their improvement, instead rubber-stamping their mediocre results and ensuring their continued ability to enroll unsuspecting students and access billions in federal dollars.

Greater oversight of these colleges is badly overdue, and a rigorous regulatory focus on colleges with low graduation rates and high default rates would improve students’ lives. The administration should increase the requirements for states and accreditors to act in the face of poor quality, encouraging them to hold institutions’ feet to the fire and spark real change in how well they serve students. But today, this work is barely underway; the administration needs to stay focused on it.

Much of successful governing is deciding not only what to do, but what not to do. In higher education, the White House should recognize that it is fighting an unwinnable battle on mass student loan cancellation — something the Supreme Court made abundantly clear in its recent ruling. With less than half of the president’s term remaining, losing this fight a second time poses long-term risks to Biden’s higher education agenda.

Meanwhile, the administration can notch clear wins today, ones that will leave millions of Americans better off. By focusing on predatory actors within higher education and improving the oversight of risky colleges, the administration would improve our higher education system — and advance policy changes that can stand the test of time.

New life for local newspapers

By Jim Hightower

Jim Hightower is a syndicated columnist and talk radio host.

How about a little bit of good news for a change? Specifically, good news about news.

The demise of local newspapers has been a very depressing story in the last few years, with several thousand of them gobbled up by Wall Street profiteers. Those money powers loot the publications’ assets, then callously shut down each community’s paper or reduce them to empty news shells. So that’s that — local

print journalism is passe, right?

Wrong! High-spirited, community-minded subscribers in places like Glen Rose (Texas), Hamburg (Iowa), Portland (Maine) and International Falls (Minnesota) are humming an upbeat tune of regeneration that could be titled “Not Dead Yet!”

In Maine, for example, five of the state’s six daily papers and 17 weeklies were sinking under the ownership of an investment group.

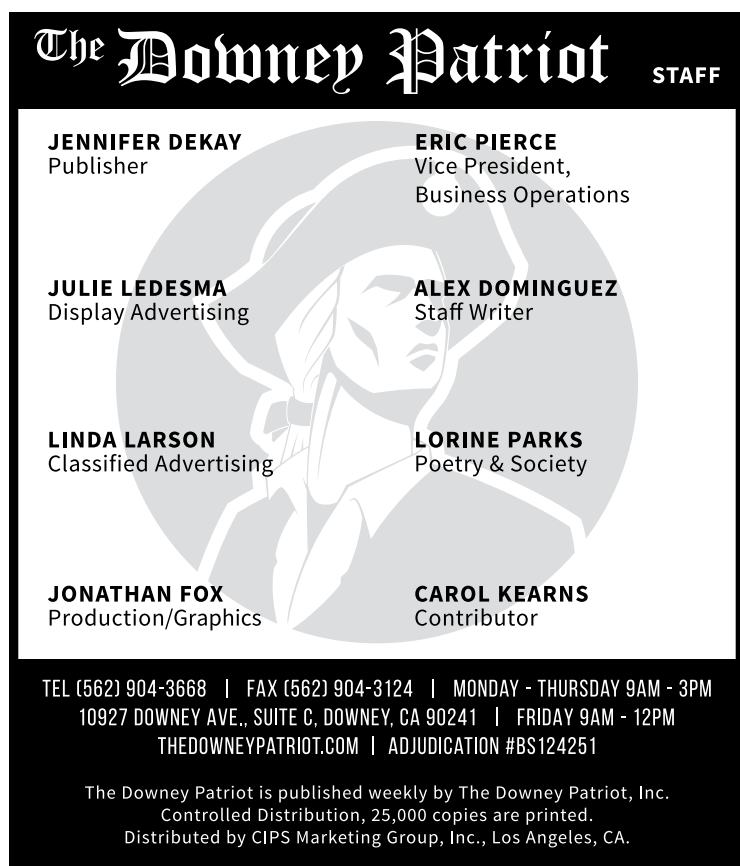
But all were recently bought by the National Trust for Local News (nationaltrustforlocalnews.org), a nonprofit started two years ago. The Trust is turning each publication over to local nonprofit owners and helping them find ways to become sustainable.

Another new effort, called Cherry Road Media, has bought

77 rural papers in 17 states, most from the predatory Gannett conglomerate that wanted to dump them. Cherry Road’s business plan is simple, old-time genius — return editorial decision-making to local people and journalists who know the town, be an active presence and participant in community affairs, make the locals responsible for sustaining their town’s paper — and most important, reinvest profits in real local journalism that advances democracy.

In both of these new initiatives, the foremost mission is to serve the common good of the communities, not to pad the wealth of a few distant financiers.

To learn more about these models (and how you might implement something similar in your town), contact Institute for Rural Journalism and Community Issues: ruraljournalism.org.



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Stop being lazy and use a trash can

Dear Editor:

It is well documented that our country is polarized politically, but there is one subject upon which we are in complete agreement. A high percentage of us love to dispose of our trash by throwing it onto the ground.

Some years ago, there was much publicity about a huge gyre of trash about the size of Teas floating in the north Pacific Ocean. One would have thought this would have alarmed people and made them more mindful of how they dispose of their trash but apparently it has had little effect because a significant amount of trash still winds its way down the storm drains to the ocean.

Parking lots are one of the prime spots for trash disposal. People simply toss it out their car windows and in so doing teach their kids to do the same. I walk most mornings and frequently encounter trash with seemingly no connection to the surrounding business. How about a pile of coat hangers in a bank parking lot? How about a 5 gallon pail of old paint

in a market parking lot? Two wooden furniture drawers neatly placed on a curb? None of this surprises me.

It is common for trash to be thrown out within 6 or 8 feet of a trash can.

Homeless people simply wallow in trash. One might argue they have no place to put it but when they go to a market for a few staples, they carry out the items in a bag and they could simply place the refuse in the same bag upon returning later.

A local gentleman frequently can be seen walking on Old River School Road, between Stewart and Gray and Quill Drive, carrying an orange bucket and a picker, cleaning up the street. He gets his exercise, and does good in the process. He is a true Downey hero!

Jack Russell Downey

Pops in the park perseveres

■ The tradition of symphonic music at Furman Park in summertime continued

By Lorine Parks
Society Editor

DOWNEY — Welcome breezes and lingering shadows were the setting last Wednesday for Pops in the Park, the Downey Symphony's annual concert of well-known stage and film music set to symphonic arrangements.

Families in Furman Park shared blankets and beach chairs, and children played while they waited for the concert to begin. A special treat was in store this time at the end for them. On the fringes of the crowd a few kids played with a soccer ball. It's a comfortable event.

I saw Glenn Stephens, founder of Downey's own Indie Film Festival for Niche Films. When asked about this annual cinematic event, to be held in October for the 13th time, Glenn said he and the committee were

busy with plans. Somehow Glenn juggles all the balls, negotiates with feature suppliers, deals with venues and presents quality films. Glennfest now operates under the independent umbrella of the Downey Film Society, a non-profit 401k corporation. Watch this space for breaking news and dates.

Martha Medford Sodetani anchored a row of family and friends, and Tom Hutchinson and son Kevin shared slices of pumpkin and apple pie, home-baked by the Downey Rose Float Association. Mark Keller helped with set-ups for the orchestra, and Bill and Katie Hare relaxed under a tall palm tree. Marge and Larry Lewis brought folding chairs from their home a block behind the park. The grass in the park and trees look well-cared for.

Dorothy Pemberton dropped by to say hello. She never misses a concert. Several well behaved dogs stayed close to their owners, including the miniature white poodle who sits near me with her two young humans in the Downey Theatre for the

subscription concerts. She fits easily inside a lady's purse. Much bigger dogs also attended in the park.

Airplanes silently glided above, dropping down to 3,000 feet on their approach over Downey to LAX. Pilots of the purple twilight as Tennyson called them.

At seven o'clock sharp Miss Downey welcomed the crowd, her tiara glinting in the light of the low sun. She and the court, wearing shorts or jeans with their regal regalia, introduced themselves, displaying the poise and charm they bring to their duties.

Anthony Crespo, President of the Downey Symphonic Society, greeted the audience. Anthony thanked the City Council for sponsoring this concert, helping the DSS to keep up a Downey tradition of over 35 years. Carolyn Osborn, concertmaster, took the stage and the orchestra completed its final tune-up.

The Downey Symphony Orchestra, reduced from theatre hall concert size to an abbreviated park version, plays inside a band shell formed by the large open-sided truck that the Department of Parks and Recreation delivers, with an extended apron platform to contain all the players. Symphonies bring a string section to the orchestration, and that enhances the texture of the band instruments, the brasses and winds and percussion.

Ready for the start of the show, Music Director Sharon Lavery took the stage, in summer formal white jacket and black trousers to match the white and black of the performers. She lifted her baton for a rousing drum roll, and everyone stood for the National Anthem. The Pops in the Park had begun.



Anna Avila, 8, wields a baton and conducts the Downey Symphony Orchestra during their performance at Furman Park last week. (PHOTO BY ALEX DOMINGUEZ)

After the Salute to Broadway, featuring a medley of show tunes from The King and I, and Irving Berlin, Conductor Sharon turned to speak to the audience, saying how much the musicians appreciated the City of Downey for supporting the DSS and sponsoring this concert. They love to come and play for Downey.

And then after a dramatic pause, Board Member Pat Gil took the stage, dressed as the Phantom of the Opera, face painted half-white like a mask and wearing deep red velvet cloak.

The chilling sounds of Music of the Night were about to be played, and Pat was announcing the annual Garden Party that Downey Symphonic Society puts on, to fund future concerts. The theme will be Masks and Paris in the Phantom's 1890's,

and Pat invited everyone to come for a sumptuous dinner, entertainment, and special auction opportunities, on Sunday afternoon, Sept. 24. Tickets are \$85, contact Pat at patgil1031@gmail.com.

The haunting chords of the long-playing Broadway melodrama wafted across the air. And then the mood changed as conductor Sharon swung into patriotic songs with the "Armed Forces Salute" and Morton Gould's American Salute. Many proudly stood when their service hymn was played, and the audience softly applauded their service.

Then came the moment the children were waiting for: for the first time in three years, every tot in the park was invited to come up and have a turn at conducting a real live symphony orchestra. This is the Downey Symphony

Orchestra's signature event.

The strings struck up, and the brass: trumpets, bugles and cornets and the tuba; the winds, from piccolo and flute to clarinet and bassoon; the cymbals and timpani, the big bass drum and the glockenspiel: all swung into a medley of John Philip Souza marches, and eager kids lined up at the side steps.

No matter how many, everyone got her and his turn, with Conductor Sharon putting the baton in their hands and leading each one to the podium. No matter what the kids did, the orchestra played on, as the families took pictures and recorded the moment.

Another evening of glorious music, with the youthful volunteer conductors wrapping up the concert.

POET'S CORNER

A Dent in a Bucket

Hammering a dent out of a bucket

a woodpecker

answers from the woods

Gary Snyder, *Danger on Peaks*, 2004, Counterpoint Press

"Everything surrounds everything else," says Snyder, *Beat poet and Zen Buddhist*. "The natural community; it's our immediate neighborhood of all the other species, all of us passing through time." The poem captures the essence of the haiku. Poetry Matters is curated by Lorine Parks.

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 AGES 6 TO 10




JUNIOR MISS DOWNEY
 AGES 10 TO 13

MISS TEEN DOWNEY
 AGES 13 TO 16

MISS DOWNEY
 AGES 16 TO 23

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DOWNEY HAPPENINGS

SATURDAY, AUGUST 12

Rocket Fever, 10 am to 5 pm. Los Angeles' first and only urban rocket festival returns to the Columbia Memorial Space Center. Learn about rockets with hands-on activities and launch your own rocket. Columbia Memorial Space Center, 12400 Columbia Way

Backpack Giveaway, 2 pm. Bring the kids and receive a free backpack, courtesy of Gangs Out of Downey. Golden Park, 8840 Golden Ave.

Music & a Movie, 6 pm. Enjoy live music followed by a screening of "Luca" starting at dusk. Plus games, food trucks, a prize walk, and more. Golden Park, 8840 Golden Ave.

SUNDAY, AUGUST 13

Comedy Night, 8 pm. Hosted by Paul Ferris, this show features performances by Jamarion McClain, Ruben Garcia, Gracie Armijo and Sebastian Cetina. Purchase tickets on Eventbrite. Downey Brewing Company, 10924 Paramount Blvd.

WEDNESDAY, AUGUST 16

Concerts in the Park: Smokin' Cobras, 7 pm. The Smokin' Cobras perform the greatest hits from the 50's through 80's, and have performed worldwide. Furman Park, 10419 Rives Ave.

FRIDAY, AUGUST 18

Live Reggaeton, 9 pm. Live performances by Reggaeton artists Alexxo, Gee Q, Richard Luis and more. Stardust, 7643 Firestone Blvd.

SATURDAY, AUGUST 19

Artist's Night Out, 5-9 pm. Join the Artisan Social Club for a panel discussion, live demos and Q&A session by professional mentors in the toy industry. They will be sharing some of the fun and creative challenges that come with a career in the industry, including personal stories, best practices, processes, tips and tricks. Tickets to the event are donation-based on a sliding scale of \$10-\$30. Stay Gallery, 11140 Downey Ave.

FRIDAY, AUGUST 25

Mario Aguilar, 8 pm. With over 1 billion views on YouTube, comedian Mario Aguilar is an internet sensation. And now he's bring his show to the Downey Civic Theatre, 8435 Firestone Blvd.

SATURDAY, AUGUST 26

Downey Pride Festival, 3-10 pm. An all-ages, family-friendly festival with two stages of entertainment, petting zoo, face painting, shopping, photo booth, beer garden, and more. Downtown Downey

SUNDAY, AUGUST 27

Con El Ama, 2 pm. Esencia Flamenco's annual summer concert featuring over 50 dancers accompanied by live music. Don't miss this special event. Downey Theatre, 8435 Firestone Blvd.

WEDNESDAY, SEPTEMBER 6

Childhood Behaviors Class, 12:30-2 pm. Learn the possible

causes of childhood behavior disorders, tips for parents, and available treatments and resources. The class is led by United Mental Health Promoters. Barbara J. Riley Community & Senior Center, 7810 Quill Dr.

FRIDAY, SEPTEMBER 8

The Depeche Mode Experience, 8 pm. Depeche Mode tribute band Strangelove delivers a career spanning, pitch perfect "best of" concert that touches on Depeche Mode's 40-year career. Downey Theatre, 8435 Firestone Blvd.

SATURDAY, SEPTEMBER 9

International Food & Music Festival, 4-10 pm. Craft beer & wine garden, face painting, henna artists, live music on two stages, and food from local restaurants and popular food trucks. Downey Avenue between 2nd and 4th streets

MONDAY, SEPTEMBER 11

September 11 Remembrance Ceremony, 10 am. Join the City of Downey as it honors those who lost their lives in the Sept. 11, 2001 terrorist attacks. Downey Civic Center, 11111 Brookshire Ave.

SATURDAY, SEPTEMBER 16

Linocut Workshop, 10 am to 12 pm and 2-4 pm. Explore the basics of linocut art at this free workshop meant for beginners. Learn about the different methods, tools and techniques. Downey City Library, 11121 Brookshire Ave.

Senior Follies, 11 am and 2 pm. Watch as Downey's most talented senior citizens put on an entertaining show. Barbara J. Riley Community & Senior Center, 7810 Quill Dr.

Oktoberfest, 3-9 pm. Celebrate Oktoberfest in Downtown Downey at this outdoor, family-friendly festival featuring music, shopping, a beer garden, and more.

THURSDAY, SEPTEMBER 21

Book Club, 12-1 pm. Join other book lovers in a discussion of "Device Free Weekend" by Sean Doolittle. New members welcome. Downey City Library, 11121 Brookshire Ave.

SUNDAY, SEPTEMBER 24

Excursion to see Les Miserables, 11:30 am to 5:30 pm. Take an excursion to see "Les Miserables" at the Segerstrom Center for the Arts. Cost is \$65 for Downey residents and includes transportation and admission. Sign up at the Barbara J. Riley Community & Senior Center

FRIDAY, SEPTEMBER 29

Havana Nights, 6-9:30 pm. Downey's premiere Cuban celebration returns to Downtown Downey with live music, food vendors, shopping, family activities, and more. Located on Downey Avenue between 2nd and 4th streets

SATURDAY, SEPTEMBER 30

Beyond the Book Festival, time tba. A celebration of all things you're able to do at the library

outside of books. The all-ages event will showcase art, music, and feature panel discussions, food vendors, artist and maker workshops, live music, and more. Downey City Library, 11121 Brookshire Ave.

SUNDAY, OCTOBER 1

Hello Gorgeous! A Live Tribute to Barbra Streisand, 3 pm. Actress and singer Rebecca Clark becomes Barbra Streisand in this live one-woman musical delivering the greatest hits of this legendary singer. Downey Theatre, 8435 Firestone Blvd.

SATURDAY, OCTOBER 7

Excursion to Apples & Art Orchards, 7:30 am to 5 pm. Take an excursion to the Apples & Art Orchards in Julian, where you will learn about apples as you pick your own 5 lb. bag. You'll also have the opportunity to make your own cider. Cost is \$16 for Downey residents and includes transportation and admission. Sign up at the Barbara J. Riley Community & Senior Center

Embroidery Workshop, 10 am to 12 pm and 2-4 pm. Explore the basics of embroidery in this free workshop. The class is intended for beginners with no previous experience. Downey City Library, 11121 Brookshire Ave.

Crosstown Kickoff Festival, 3-9 pm. A family-friendly festival with laser tag, corn maze, pedal car racing, shopping, athletic competitions, and more. Brookshire Avenue between Firestone and 5th Street

SATURDAY, OCTOBER 14

Intro to Computers, 10:30 am to 12:30 pm. Learn the basics of using a computer and become familiar with peripherals, programs, files, browsing, emails, and more. Free but registration is required by calling (562) 904-7366. Downey City Library, 11121 Brookshire Ave.

WEDNESDAY, OCTOBER 18

Managing Your Medication Class, 11 am to 12 pm. Learn the importance of sticking to your medication regimen and get tips on what to ask your doctor and pharmacist when you get a new prescription. Led by the LA County Department of Mental Health. Barbara J. Riley Community & Senior Center, 7810 Quill Dr.

THURSDAY, OCTOBER 19

State of the City, 12 pm. Mayor Claudia M. Frometa will deliver Downey's State of the City address at this public event sponsored by the Downey Chamber of Commerce. Rio Hondo Event Center, 10627 Old River School Rd.

Book Club, 12-1 pm. Join other book lovers in a discussion of "When In Rome" by Liam Callanan. New members welcome. Downey City Library, 11121 Brookshire Ave.

FRIDAY, OCTOBER 20

Job Fair, 10 am to 2 pm. Bring your resume and be prepared for on-the-spot interviews with employers in healthcare, information technology, manufacturing, hospitality, aerospace, trade and logistics, business and professional services, and more. Apollo Park, 12544 Rives Ave.

SATURDAY, OCTOBER 21

Intro to Computers, 10:30 am to 12:30 pm. Learn the basics of using

a computer and become familiar with peripherals, programs, files, browsing, emails, and more. Free but registration is required by calling (562) 904-7366. Downey City Library, 11121 Brookshire Ave.

Fright Carnival, 5-9 pm. Celebrate Halloween early at Fright Carnival in Downtown Downey, with games, music, vendors, and more

Spooky Science Night, 5-9 pm. Science themed activities, a costume parade, and other family fun. Columbia Memorial Space Center, 12400 Columbia Way

SUNDAY, OCTOBER 29

Excursion to Dia de los Muertos, 10 am to 6 pm. Take an excursion to the Museum of Latin America Art's Dia de los Muertos Festival, featuring live performances and activities to enjoy. Cost is \$15 for Downey residents and includes transportation and admission. Sign up at the Barbara J. Riley Community & Senior Center

Downey Dia de los Muertos, 11 am to 8 pm. Now in its 10th year, Downey Dia de los Muertos features live music, ballet folklorico, Aztec dancers, car altar displays, papel picado, calaveras, face painting, food trucks, and more. Downey Civic Center, 11111 Brookshire Ave.

TUESDAY, OCTOBER 31

Pumpkin Patch, 5-8:30 pm. Family-friendly games, activities, costume contests, candy, and more. Downey Adult School, 12340 Woodruff Ave.

SATURDAY, NOVEMBER 4

Crochet Workshop, 10 am to 12 pm and 2-4 pm. Explore the basics of crochet in this free workshop. The class is intended for beginners with no previous experience. Downey City Library, 11121 Brookshire Ave.

Sugar Skull, time tba. Sugar Skull is a touring bilingual, bicultural musical. Using traditional regional music and dance from Mexico, it tells the story of 12-year-old Vita Flores, who things her family has gone loco planning a celebration for deceased loved ones. But when a spirited candy skeleton springs to life, Vita finds herself on a musical journey to unravel the true meaning of Dia de los Muertos. This musical is intended for young

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audiences and families. Downey Theatre, 8435 Firestone Blvd.

SATURDAY, NOVEMBER 11

Veterans Day Ceremony, 10 am. Join the City of Downey in honoring our nation's military veterans. Columbia Memorial Space Center, 12400 Columbia Way

SUNDAY, NOVEMBER 12

5K for a 5 King, 7 am. A 5K run/walk organized by the Friends of the Downey Police K9 Foundation. Sign up at downeypoa.org

THURSDAY, NOVEMBER 16

Book Club, 12-1 pm. Join other book lovers in a discussion of "Our Missing Hearts" by Celese Ng. New members welcome. Downey City Library, 11121 Brookshire Ave.

SATURDAY, NOVEMBER 25

Small Business Saturday, 3-9 pm. Join Downtown Downey in celebrating and supporting small businesses and all they do for their communities.

Carpenters Legacy: A Christmas Portrait, 8 pm. Direct from Las Vegas, "Carpenters Legacy: A Christmas Portrait," starring Sally Olson as Karen Carpenter and Ned Mills as Richard Carpenter, takes the audience back in time to an old fashioned Christmas. Downey Theatre, 8435 Firestone Blvd.

SATURDAY, DECEMBER 2

Crochet Workshop, 10 am to 12 pm and 2-4 pm. Explore the basics of crochet in this free workshop. The class is intended for beginners with no previous experience. Downey City Library, 11121 Brookshire Ave.

Intro to Computers, 10:30 am to 12:30 pm. Learn the basics of using a computer and become familiar with peripherals, programs, files, browsing, emails, and more. Free but registration is required by calling (562) 904-7366. Downey

City Library, 11121 Brookshire Ave.

SUNDAY, DECEMBER 3

Downey Christmas Parade, 1 pm. Downey's annual Christmas parade returns with floats, marching bands, classic cars and, of course, Santa Claus.

MONDAY, DECEMBER 4

Tree Lighting Ceremony, 6-8:30 pm. This free event features entertainment from local schools, a snow play area, arts & crafts, photos with Santa Claus, and more. Downey Civic Center, 11111 Brookshire Ave.

SATURDAY, DECEMBER 9

Intro to Computers, 10:30 am to 12:30 pm. Learn the basics of using a computer and become familiar with peripherals, programs, files, browsing, emails, and more. Free but registration is required by calling (562) 904-7366. Downey City Library, 11121 Brookshire Ave.

Downey Posadas, 5-9 pm. Celebrate Las Posadas at this free, outdoor festival in Downtown Downey, featuring shopping, food trucks, family activities, and more

Apollo Lighting, 6-8 pm. The Downey space center's annual Christmas tradition returns with the lighting of its Apollo capsule. Plus an appearance by TubeChristmas. Columbia Memorial Space Center, 12400 Columbia Way

SUNDAY, DECEMBER 10

Excursion to LA Zoo Lights, 4-9 pm. LA Zoo Lights brings you a winter wonderland, featuring seasonal magic, wildlife-inspired displays, fantastic photo ops, immersive interactive experiences, and dynamic projections and lights. Cost is \$40 for Downey residents and includes transportation and admission. Sign up at the Barbara J. Riley Community & Senior Center

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Downey Theatre presents:

Upcoming Events...

August 19th- 6:30pm

Te Varua 'Ori presents: RERE I TE AO MOE

August 20th- 4:00pm

Dances of Peru 25 Year Anniversary

August 25th- 8:30pm

Mario Aguilar: ¡Ser Loca No Es Fácil!

August 26th- 6:00pm

Mexico Lindo y Querido

August 27th- 2:00pm

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