



PAGING DR. FRISCHER
Health benefits of pets

SEE PAGE 3



SPORTS
Bears capture track & field title

SEE PAGE 7



NEWS
FPCU CEO elected to national board

SEE PAGE 8



FEATURES
Larry Hart restores confidence

SEE PAGE 8

Council votes against hero pay

■ A proposal requiring grocery stores to pay its workers an additional \$4 per hour was struck down by Downey council members.

By Alex Dominguez
Staff Writer

DOWNEY - A move to bring "hero pay" into the city for Downey's grocery and pharmacy workers fell flat on Tuesday, unable to gain enough momentum to even warrant a vote by the city council.

Timing, cost, and fears over litigation were the ultimate killers to the urgency ordinance, which would have required retailers who fell under certain criteria to pay \$4 premium pay to employees who made state minimum wage and worked at least two hours in a calendar week for a covered employer within the City of Downey.

The ordinance would have been in effect for 60 days from its adoption or until July 24 later this year.

A city report listed 17 stores that would have been affected by the ordinance, however, was unable to determine the exact financial implications for each establishment. The report did take note that Kroger cited three stores in Los Angeles and two stores in Long Beach that were negatively impacted - and ultimately closed - after the implementation of hero pay in their cities.

With the state's June 15 opening date just a few weeks away, time was of the essence if there were to be any immediate impact to Downey's high-risk retail workers. As such, the matter was made an urgency ordinance, requiring support from at least four council members to pass.

However, the item was unable to garner a motion and a second, let alone a super-majority.

Councilman Mario Trujillo said that he was "uncomfortable" voting without numbers indicating the financial impact on some of the stores.

"What I heard is the staff was not able to provide numbers as to what impact this is going to have," said Trujillo. "That makes me very uncomfortable. I just don't feel comfortable today voting on something without information."

Mayor Claudia M. Frometa said that "We are 20 days from a full reopening."

"Infection rate is down 90%. The whole idea behind this ordinance, and the whole idea we began to talk about this is risk: what is the risk now?," said Frometa. "We are all vaccinated here. The Covid cases are plunging. Our Downey population is surpassing LA vaccination numbers, we are over that 60% mark as of last week."

"There's a level of discomfort that I feel because we want to do the right thing, but at the same time I really want us to be very thoughtful about how we're approaching this...As we consider policy and ordinances, we really need to consider the overall picture globally."

She added that there were "other ways to look at helping our community without launching our city into a potential litigation that we don't need."

According to staff's report, several of the cities that have implemented hero pay are currently engaged in pending lawsuits.

Mayor's Corner

■ Downey Mayor Claudia M. Frometa provides community updates, including the return of concerts in the park.

By Claudia M. Frometa
Mayor
City of Downey

Hello Downey, there is reason to celebrate, we are finally turning the corner with the pandemic!

According to the latest numbers from L.A. County Public Health, (update from 5/21) the vaccination rate for Downey residents 16 years of age and older is now 62.2%; for adults 65 years of age and older, it is 85.7%. Downey is surpassing LA County vaccination rates in both categories.

This is a significant milestone for our community as we continue to see Covid-19 cases plunge across LA County and across the country. Just this week, the Centers for Disease Control (CDC) reported a 90% drop in the daily infection rate. In January, the daily infection rate was 250,000 across the country. Earlier this week, the reported daily infection rate was 25,000 nationwide.

Let's continue to do our part and increase the vaccination rate in our community. Our goal is to surpass 75% within the next few weeks! The return to normalcy will only happen by increasing our vaccination rate thus allowing us to reach herd immunity.

Our plan is to reopen our Council Chambers for our City Council meetings on June 22.

Downey City Library Is Now Open:

Our library is now open at 50% capacity. We held a small ribbon cutting ceremony last weekend to commemorate such a historic milestone. Thank you to our residents for your patience during the extended closure and reopening delays due to the pandemic. Our community will be able to enjoy this gem in our city for generations to come.

As the state continues its reopening phase and LA County guidance is updated, modifications will be made to allow for 100% capacity in the coming weeks.

In the meantime, you can enjoy two hours of browsing time, borrow up to 20 items, bring your children to browse the children's collection, use a study room, and use computers, laptops, and the Wi-Fi service.

Hours of operation are currently: Monday through Thursday 10 am-6 pm, Friday-Saturday 10 am-5 pm.

More Good News, Concerts in the Park will be back this summer! The City's Parks



The Downey City Library celebrated its reopening with a ribbon-cutting ceremony last Saturday. From left: Mayor Pro Tem Blanca Pacheco, Mayor Claudia M. Frometa and Library Director Ben Dickow. (Photo by Alex Dominguez)

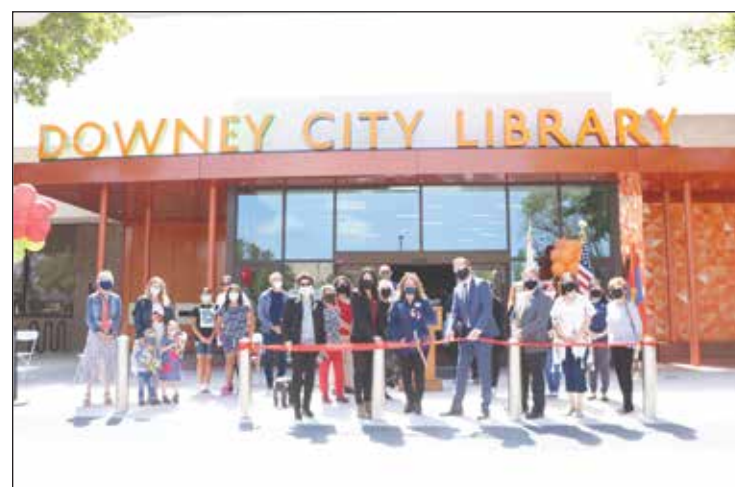
and Recreation office will be providing more details about the line-up for concerts this summer at the newly renovated Furman Park. Stay tuned for additional details in the coming weeks.

Regarding Public Events in Downey: I'd like to remind everyone, there is a process in Downey to host/hold a public event in any of our parks, especially if vendors are involved, even if this gathering is of religious nature. City permits need to be acquired and the event must go through an approval process.

To prevent any future event from being cancelled and the organizers fined, please visit city hall to ask about the event permit process.

Keep Downey Beautiful Monthly Street Volunteer Clean-up is Back: After more than a year, the first Keep Downey Beautiful volunteer clean-up event is scheduled for Saturday, June 19, from 9-10am in the back parking lot of Big Lots located at 9200 Firestone Blvd.

Trash and Illegal Dumping: Over the last 14 months cities across Southern California, not just Downey, reported a significant increase in trash accumulation. Lockdowns, restaurant closures, people at home more, meant more trash was created everywhere. The impact has been so significant in



our city that back in September of 2020, I first sounded the alarm after driving throughout the four corners of our city and seeing furniture items dumped everywhere. I asked to increase daily code enforcement monitoring and we increased our Cal Met pick-ups along with our Public Works pick-ups. From December 2020 to the end of February 2021, 292 tons of trash/ illegally dumped items were picked up; of those, 73 tons were picked up by CalMet, and 219 tons by our public works staff. I will share with you the March - May numbers in next month's column.

I'd like to ask our Downey

residents who are currently conducting spring cleaning, or having yard sales, to please verify the donation area is open to receive your donation when taken to Goodwill, Salvation Army stores in our city. Please, do not leave your unwanted items outside the closed stores. Otherwise, we receive numerous reports of transients taking items left outside those areas that end up scattered throughout adjacent parks (Discovery being the closest to the Goodwill store).

Transient Activity: Many of you continue to contact me

Continued on page 2

Stauffer Foundation awards nearly \$300K in scholarships

■ Scholarships were awarded to 650 college-bound Downey students.

DOWNEY - More than 650 high school students at Downey Unified schools were awarded nearly \$300,000 in merit awards and scholarships on May 1.

Due to continuing Covid-19 protocols, most awards could not be presented at an auspicious event. However, some were presented in-person.

Additionally, the foundation is honoring each student in this week's Downey Patriot (see graduation insert). You are encouraged to personally congratulate the students you know.

\$2,500 Community College Scholarship: Over 100 seniors applied. Consideration for winner selection included an essay, resume, interview, number of

days absent, and counselor's recommendation.

\$100 Scholar Athlete: Over 350 students 9th-12th grade who participated in varsity sports while maintaining a GPA of 3.5 or better earned this award. The 16 seniors at each high school who had the highest GPA were awarded the \$250 Outstanding Senior Scholar Athlete Award.

\$100 Jr 4.0: Nearly 250 11th grade students who had a cumulative GPA of 4.0 or better earned this award.

\$15,000 California Lutheran University Scholarship: No applications were received this year.

The foundation is proud to continue these traditional awards for over 25 years and would be unable to do so without the countless hours of our dedicated volunteers.

With the passing of our dear founder, Dr. Mary Stauffer, in February, the Foundation



looks forward to continuing her memory in perpetuity and is sponsoring a Celebration of Life for her August 28, 2021.

Anyone interested in receiving detailed information

of the event when it becomes available may request it by completing the form at: <https://tinyurl.com/mrsfCOL>

Weekend at a Glance

Friday 77°

Saturday 73°

Sunday 73°

ON THIS DAY MAY 27

1647:

Else Young became the first person executed as a witch in America when she was hanged in Hartford, Conn.

1907:

Rachel Carson, the American biologist whose books helped inspire the environmental movement, was born.

1927:

Ford stopped production of the Model T.

1935:

The Supreme Court struck down the National Industrial Recovery Act, a labor law that authorized the President to regulate industry for fair wages and prices that would stimulate economic recovery.

1933:

The Walt Disney Company released the cartoon "Three Little Pigs," with its hit song "Who's Afraid of the Big Bad Wolf?"

1937:

The Golden Gate Bridge connecting San Francisco and Marin County, Calif., opened.



1941:

The British navy sank the German battleship Bismarck off France with a loss of more than 2,100 lives.

1994:

Nobel Prize-winning author Alexander Solzhenitsyn returned to Russia after spending two decades in exile.

1995:

Actor Christopher Reeve was paralyzed when he was thrown from his horse during a jumping event in Charlottesville, Va.



1998:

Michael Fortier, the government's star witness in the Oklahoma City bombing case, was sentenced to 12 years in prison after apologizing for not warning anyone about the deadly plot.

2016:

Barack Obama became the first president of United States to visit Hiroshima Peace Memorial Park and meet with survivors of the 1945 atomic bombing.

Birthdays

American politician and diplomat **Henry Kissinger** (98), actor and producer **Louis Gossett Jr.** (85), wrestling executive **Eric Bischoff** (66), radio personality **Adam Carolla** (57), baseball hall of famer **Jeff Bagwell** (53), baseball hall of famer **Frank Thomas** (53), rapper **Andre 3000** (46), chef and author **Jamie Oliver** (46), and wrestler **Natalie Neidhart** (39).

DOWNEY HAPPENINGS

THURSDAY, MAY 27

Live Music by Nicolas Fresard, 6 pm. Classic rock singer Nicolas Fresard performs live as part of Bastards' Live in the Trench concert series. Bastards, 11045 Downey Ave.

FRIDAY, MAY 28

Downey High School Class of 2020 Graduation, 7 pm. Downey High School's Class of 2020 is celebrated with a live, in-person commencement ceremony. Downey High School, 11040 Brookshire Ave.

Warren High School Class of 2020 Graduation, 7 pm. Downey High School's Class of 2020 is celebrated with a live, in-person commencement ceremony. Warren High School, 8141 De Palma St.

MONDAY, MAY 31

Memorial Day Ceremony, 10 am. A public Memorial Day ceremony featuring guest speakers, a wreath laying, and the playing of "Amazing Grace" and "Taps." Limited to 100 people. Downey Cemetery, 9073 Gardendale Ave.

WEDNESDAY, JUNE 2

Blood Drive, 12-6 pm. Community blood drive benefiting the American Red Cross. Stonewood Center, 251 Stonewood St.

SATURDAY, JUNE 5

Household Hazardous & Electronic Waste Collection, 9 am to 3 pm. Bring your household hazardous waste and unwanted electronics for proper disposal. This is a drive-thru event; waste should be placed in a box and in your trunk or pick-up bed. Limit of 15 gallons or 125 lbs. Southern California Gas Company, 8101 Rosemead Blvd., Pico Rivera

SATURDAY, JUNE 19

Keep Downey Beautiful Clean-Up, 9 am. Spend one hour helping to clean up a Downey neighborhood. Wear old clothes and closed toe shoes. Gloves, safety vest, litter sticks and trash bags will be provided. Meet in the Big Lots back parking lot.

SATURDAY, JUNE 26

Downey Pride March, 10 am. Downey second annual pride march returns. Meet at Downey City Hall, 11111 Brookshire Ave.

SATURDAY, JULY 10

Mayor's Prayer Breakfast, 7 am. Featuring keynote speaker Glenn Leonard of The Temptations. More details to be released soon.

SATURDAY, JULY 24

Kiwanis Car Show, 9 am to 2 pm. Vintage cars, live music, raffles, food, 50/50 drawings, and more family-friendly fun. Downey High School parking lot.

WEDNESDAY, AUGUST 11

Downey Symphony Concert, 7 pm. The Downey Symphony performs a free concert under the direction of conductor Sharon Lavery. Furman Park, 10419 Rives Ave.

SATURDAY, AUGUST 28

Dr. Mary Stauffer Celebration of Life. A public service for Dr. Mary Stauffer, who died earlier this year at age 103. To receive an invitation with details about the service, fill out the following form online: <https://tinyurl.com/mrsfCOL>

SATURDAY, SEPT. 18

Downey Greek Festival. Downey's Greek Food Festival returns with a two-day event. St. George Greek Orthodox Church, 10830 Downey Ave.

SUNDAY, SEPT. 19

Downey Greek Festival. Downey's Greek Food Festival returns with a two-day event. St. George Greek Orthodox Church, 10830 Downey Ave.

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

Continued from page 1

with concerns about transients and the safety of your children, youth playing sports and your families visiting our local parks. I want you to know your safety and that of your families and your children is my highest priority as Mayor. I will continue to work with our Chief of Police to ensure there are increased patrols around all our city parks to mitigate any public safety threats/risks, (especially with summer activities starting). If you have additional questions and/or concerns, please email me directly at CFrometa@downeyca.org

Downey's anti-litter campaign #BINIT: Let's continue to do our part by putting all trash in its place. To report illegally dumped items to the City of Downey, please call (562) 904-1161. If you would like bulky items removed, please call CalMet at (562) 259-1239 (option 3) save these numbers on your phone. Better yet, I'd like to encourage all our Downey residents to download the Downey App on your mobile device. Through this app you will be able to immediately report illegally dumped items, street repairs, trash, graffiti removal, neighborhood light repairs, etc.,

Mayor's Virtual Townhall, Downey @Work4U and Q&A: Thank you to those of you that participated in my first Mayor's Virtual Townhall last month. Due to the townhall, I didn't provide an April Mayor's Column. The townhall had over 100 people in attendance and many of you submitted questions on various topics ranging from trash/illegal dumping, street racing, speed enforcement, adherence to noise ordinance in neighborhoods, keeping Downey beautiful, the return of concerts in the park this summer, transient activity in our parks, public safety, etc., We continue to address all those issues daily and I want to assure you, I am committed to addressing your concerns/needs.

To recap some of the activity around important aspects of our city's Covid-19 response, here is some data around that work. These activities are aside from the day-to-day city operations and public safety along with other concerns we receive from our residents. We have a small but mighty city staff team that works tirelessly to serve you. I want to recognize all of their efforts.

To date, we have had three food distribution events in partnership with county and state representatives. These food distribution events have served 6,903 households. The last one took place in April.

Our city conducts 255 senior wellness check calls (on average) two times per week. We have distributed 65,618 senior meals and we currently distribute 1,175 meals to 168 seniors per week (on average).

There have been 204 virtual enrichment videos, 17 virtual/drive-by community events. Our city continues to offer free transit rides on Downey Link, we offer Free Wi-Fi throughout our city parks, library, and city buildings.

Regarding Rental Assistance: There have been 1,422 applications distributed for the city's rental assistance program. This program has a budget of \$950,000. Close to 1,000 door hangers have been distributed door-to-door to rental properties in the city to ensure the information gets to our renters. New applicants that qualify and go through the process will automatically receive three month's rental assistance. Those that received one-month assistance previously, please contact our Community Development office at (562) 299-6706 or visit our website at www.downeyca.org/rentalassistance

For our Business Community: 60 small business grants have been processed (\$750,000 budget), 36 temporary outdoor dining



applications received, 10 temporary outdoor business applications received. The city's code enforcement division has contacted 707 businesses and organizations to address violations.

Public Updates: There have been 21 videos from the Mayor, city staff has answered 3,315 Covid-19 hotline calls, there have been 4,193 social media posts pandemic related with information and updates, and 36 press releases.

Rehabilitation of City/Neighborhood Streets: In previous columns, I shared that our \$5.3 million annual budgetary allocation for street rehabilitation only allows us to prioritize certain areas based on our city's Street Management Plan. As your Mayor, and together with my Council colleagues we continue to look for additional ways to increase that allocation and allow for additional repaving and resurfacing of various critical segments in neighborhoods throughout our city. As you're probably already aware, I'm happy to report Old River School Rd., is undergoing the much-needed repair. Thank you for your patience as major street rehabilitation projects take time and may be disruptive.

Speed Enforcement Continues: Our Downey Police Department Street Racing detail has continued to diligently patrol segments throughout our city prone to speed and street racing. If there is street racing in your neighborhood, please report it to the Downey PD.

If you must report a non-emergency issue, please contact our DPD Dispatch at (562) 861-0770.

Thank you Downey for allowing me to serve you as Mayor this year. Please stay safe, healthy, and be well.

Do not hesitate to contact my office with any questions or concerns at (562) 904-7274 or email me at CFrometa@Downeyca.org I also welcome appointments for face to face 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.

#DowneyStrong #ThisIsDowney #UnitingForce #MayorFrometa

DOWNEY CEMETERY DISTRICT BOARD OF TRUSTEES
CORDIALLY INVITES YOU TO

MEMORIAL DAY CELEBRATION

THIS FREE ONE HOUR EVENT IS OPEN TO ALL COMMUNITY MEMBERS AND WILL FEATURE:

- OPENING REMARKS
- GUEST SPEAKERS
- AMAZING GRACE ON BAGPIPES
- WREATH LAYING
- THE PLAYING OF TAPS

Monday, May 31, 2021
10:00 A.M.

9073 Gardendale Ave. Downey, CA 90242

Any question please call Parks and Recreation Office at 562-904-7238

PER L.A. COUNTY PUBLIC HEALTH THIS EVENT IS LIMITED TO 100 ATTENDEES AND WILL FOLLOW ALL CDC OUTDOOR GUIDELINES

Things You Didn't Know About Downey: Oranges

By Bobbie Bruce
Downey Historical Society

In the 1890s, Washington navel oranges were attracting considerable attention. J.J. Tweedy is credited with having planted the first grove. He was quickly followed by the Ball brothers and other orchardists. Grapefruit, along with an improved thin, smooth-skinned, juicy lemon were among the new introductions in citrus fruits.

With new importations came various pests -- the San Jose scale and others, so fumigation was instituted in 1891. This was an expensive process. About this time, however, the government found a friend to the citrus grower in one variety of ladybug which fed upon the larvae of the scale. These were distributed free to the orchardists who needed them.

Another problem came when laws against shipping oranges with scale made washing necessary. This had to be done by hand and was a long and tedious job. Charles Coffman of Rivera was appointed inspector of all groves in the Downey and Rivera

districts.

On Dec. 10-11, 1891, with a fine, almost mature orange crop on the trees, there came a great disaster to the growers. A combination wind and electrical storm, such had never been known here before, swept the county. It was called a "Santa Anna" and was of much greater intensity and range. Orange trees in many places were entirely denuded of leaves, the fruit was a total loss, and some doubt was expressed concerning the recovery of the trees.

Then, during the last days of the same month, extreme cold weather froze practically all of the oranges of Southern California. San Bernardino, Riverside and Orange counties, which had suffered lightest during the wind, were now hit by the freeze. Crops were lost for two years. Unscrupulous men attempted shipping some of the frozen fruit and entirely demoralized the market.

The citrus industry had suffered from many things -- unfair prices by middlemen, bugs, wind and frost -- but the people were not ready to give up. They banded themselves into

an orange growers' exchange, organized on May 9, 1893. T.L. Gooch of Rivera represented this district. Their aim was mutual benefit, economy in packing and shipping, and to make adjustments of supply and demand bringing about a fair price to the growers.

The following information was supplied by J.K. Tweedy:

"In 1895, Ball and Tweedy commenced packing their own fruit as well as that purchased throughout Los Nietos Valley. They used the old Southern Pacific Depot as their first packing plant.

"In 1898, they moved to the old warehouse at the corner of First and Dolan Streets where they continued to pack citrus fruits until about 1904 when they built the packing house on the Southern Pacific track just west of the depot. In 1892, the old plant was sold to Pepperis Fruit Company who packed citrus fruit and vegetables for four or five years, at which time they sold or rented the building to Jones and Oberly, fumigators and sprayers.

"The present \$50,000 packing house was built during the spring of 1922. Its site

purchased from Millicent Eberly, daughter of C.H. Eberly, former editor of the Downey Champion, had been the residence of the Eberly family for some time.

"The original members of the Ball and Tweedy Company were: W.F. and A.L. Ball, J.J. Tweedy and some sons J.K. and N.A. Tweedy. The Ball and Tweedy Company is now operated as an association with approximately 70 members, all local orange growers. All of the citrus fruit packed by the association is marketed by the California Fruit Growers Exchange."

John Vincent

Especially at this time of year the Downey History Center reflects on John Vincent because of his patriotism and service to the Downey community.

John served the historical society as president for almost 30 years and participated in many other community activities for years. Volunteering with John for over 10 years, I heard many of his life stories and really loved him. From going to Ft. Leonard Wood, Mo., and ending his Army service in Yokohama, Japan,

John had stories to share. He was commander of Downey's VFW Post 2325.

John loved to write poetry and had many poems published in the Downey Eagle. When in the service, he had the job of a military policeman. He told the story of sitting aboard a troop ship in Tokyo Bay, watching the battleship Missouri where Gen. Douglas MacArthur accepted the surrender of the Japanese to end the final armed chapter of World War II.

When John went ashore at Yokohama, he supervised a group of former Japanese soldiers who were put to work as laborers. He told the story of finding a 10 lb. bag of sugar on one of the laborers hidden under his tunic. Stealing was not just a problem with the Japanese and John said a U.S. private actually sold a U.S. liberty ship to the Chinese during the occupation. The private was caught and ended up in Leavenworth Federal Penitentiary.

One GI named Lusher got drunk one night and walked off the gangplank in full military pack -- nearby Navy personnel hauled him and his pack out of

the ocean.

When attending the Memorial Services at the Downey Cemetery, hearing the buglers reminds me of John. He was a military bugler and per him, it brought him both glory and grief on occasion.

John was not a nervous type but he said he sweated a bit aboard a troop ship as the Japanese torpedo planes attacked during the Battle of Leyte Gulf.

He was scheduled for a big military operation but it never took place.

After the war, John came to Downey and was involved in placing the American flag at the head of a grave during the Memorial Day service each year at the Downey Cemetery.

He loved his country and his beloved Downey. He was a living example of what patriotism and service looked like.

We Remember John
A well lived life does not end any more

*Than music ends it echoes
Through time with whispers
Of beauty and grace
John will live on*

Paging Dr. Frischer...

By Dr. Alan Frischer

So many of us have been nesting in our homes during this past year, and some areas of the economy have boomed, including the stock market, home purchases, home improvement, exercise equipment, and home delivery services for absolutely everything. Another notable booming area is pet adoption. In a typical year, 3.2 million pets are adopted from shelters. This past year? More than 12 million pets



were adopted.

The reason is obvious; pets made fantastic companions at a time when many of us became so much more isolated. One of my daughters is a perfect example, and her dog is now a cherished member of the family. Beyond the fact that this new addition is adorable, loving, and tremendously entertaining, let's address the many health benefits that pets offer.

Note: most of the studies I looked at involve dogs, but we can pretty safely assume that cats, birds, and other pets offer similar benefits.

Dogs are good for the heart, and can help us live longer. Even petting a dog lowers the blood pressure and heart rate, slows breathing, and relaxes muscle tension. Studies show that petting a dog for 10 minutes lowers cortisol levels, that owning a dog can lead to a decrease in cholesterol and triglyceride levels, and that those with a history of heart disease gain protective effects in terms of experiencing another event.

Dogs can help us to cope with a crisis. Studies on military veterans with PTSD show they do better both physiologically and psychologically when they have a service dog.

Dogs encourage us to exercise. Dog owners are nearly four times more likely than non-dog owners to meet daily physical activity guidelines. Dog owners spend nearly 300 minutes every week walking with their dogs. That is nearly 200 more minutes than

for those without a dog.

Dogs help us to be more sociable. Walking with a dog makes us more approachable and provides a conversation starter. Research shows that dog owners have an easier time making friends, and those who have a strong attachment to a pet feel more connected in their human relationships.

Dogs make you a more attractive prospect. Both men and women swipe right more often when the picture includes a dog. (Most dog owners admit to taking more pictures of their dog than of their significant other.)

Dogs can make us happier. Staring into your dog's eyes raises your oxytocin levels. People with dogs are less likely to suffer from depression.

Dogs can improve cognitive function. Studies found positive results among those with mental

illness, significant decreases in agitation among patients with dementia, and improved social interactions.

Finally, and perhaps most importantly, dogs make us feel less alone. That has never been truer than throughout this pandemic. Our dogs were there for us even when people were not. They offer unconditional love and emotional support.

Before adopting a new pet, make sure that it is the right one for you. Do the research beforehand about the pet's specific needs. Ask yourself whether you will feel the same as your life returns to a more "normal" state. Be aware of the costs, exercise needs, space requirements, time demands, and rules of your house or apartment. Can young children or older people with particular health conditions be around this pet?

In the interest of balance, I will

add that it is possible for a pet to carry harmful germs that can make us sick even when the pet appears to be healthy. The most significant zoonotic diseases transmitted by dogs include ringworm, salmonellosis, leptospirosis, Lyme disease, campylobacter infection, giardia, cryptosporidium, and roundworms. Wash your hands after touching, feeding, playing, or cleaning up after your pet.

Our pets provide a wonderful motivation to keep us moving and stay healthy. Their companionship helps us to manage loneliness and depression. They are also a responsibility and commitment that will be a part of our lives for many years to come.

Dr. Alan Frischer is former chief of staff and former chief of medicine at Downey Regional Medical Center. Write to him in care of this newspaper at 8301 E. Florence Ave., Suite 100, Downey, CA 90240.

Malhotra & Malhotra Attorneys

Serving the community for 36 years

**DIVORCE | CHILD CUSTODY/SUPPORT | BANKRUPTCY
| TRUSTS/WILLS | CONSERVATORSHIPS | PROBATE**



Call us for a FREE initial appointment
Eva Juarez Malhotra
Krishna Malhotra

Se Habla Espanol

(562) 806-9400 • (800) 811-8881

7847 E. Florence Avenue, Suite 111, Downey, CA 90240



Proudly Serving Downey
for over 35 years!

NO Broker Fees

National "A" Rated Companies

(562) 449-4321

7847 Florence Ave. Ste. 120
Downey, CA 90240

Open: Monday - Friday
9 am - 5 pm

CA LICENSE: 0E11818

www.Mikels-Ins.com

DON'T DELAY CARE DUE TO COVID-19

We're Here When You Need Us

- Quality, compassionate, accessible care
- Experienced emergency physicians and nurses
- National Healthgrades recognition for pulmonary, pneumonia, gastrointestinal and heart failure treatment



13222 Bloomfield Avenue, Norwalk 90650
(562) 863-4763 | LACH-Norwalk.com



In case of emergency, call 911

In new book, Downey author shares words from his jailhouse ministry

DOWNEY – George Laurin was born and raised in Downey and graduated from Downey High School in 1976. Prior to the Covid-19 pandemic, he would go to jails in South Georgia to lead Bible studies, giving hope to men who were living in darkness. Once the pandemic hit, he and his fellow Christians were unable to make their weekly visits to the jail.

From this separation came this story of hope. This past year has brought heartache and pain to many people throughout the world and with it, fear. Fear is a universal human experience, but in this book, he shows that by walking in faith with God you can face all your fears boldly.

He begins the book by explaining that he is not an ordained minister or Biblical scholar. Instead, he is “just a sinner seeking a savior.” His story is his testimony interwoven with some of his favorite Bible studies from his jailhouse ministry.

George decided to share the words from his ministry with others who were not incarcerated because as he puts it, “you don’t have to be behind bars to be imprisoned in your life.” There are many people living in fear in this world he claims. As people try to face the fear in their lives without God by their side they do so in many ways. Some fall into a world lost in their addictions, others retreat into depression, and still others act out violently to the world around them. The addictions include everything from sex, drugs, alcohol, to eating disorders and more. These addictions are a “response to their brokenness with idleness and self-pity it is left to fester in their soul.”

Some of these same people could be outwardly appearing as good Christians living a good Christian life when suddenly the pandemic hit and the lives they were living were turned upside down. Here he introduces the term “Checkbox Christian” and claims he was one at one point in his life as well. He describes this as people who find church to be a place of personal business or social development; a place to grab a cup of coffee and find free childcare. These are people who try to live like Christians, but they want to take control of everything and tell God to stand down and we’ll call you when we need you.

Laurin explains that we all face fearful experiences in our lives from time to time, but by only trusting God wholeheartedly and having a daily relationship with God can you truly face fear with faith. You can do many things to dull the senses related to fear, but without faith you are not truly facing fear. He uses his favorite Bible verse to explain this further: Proverbs 3:5-6 reads; “Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.”

He explains with this verse that you can’t meet God halfway. He writes, “you need to pour into your faith and be more than a Checkbox Christian. You have to be ready to testify your faith with others and trust that the Lord will give you the words to share when you do.”

With that in mind he wrote this book. He is currently the best-selling author for BMK Publishing in his first quarter since publishing it.

“Facing Fear with Faith” is available for purchase on Amazon.

Ponytail sign-ups start next week

DOWNEY – Registration will get underway next week for Downey Ponytail softball.

Several divisions are available for girls ages 5-18. All girls in divisions 8U through high school will be drafted.

In Downey Ponytail, girls play every other inning and bat round robin.

Registration is \$100 for 6U and \$160 for 8U through high school. The registration fee includes the jersey, a trophy, pictures, and secondary insurance.

Players must provide their own helmets with a NOCSAE approved face mask.

Sign-ups will take place June 5 and June 12 from 9 am to 1 pm at Independence Park. Registration fees are due at the time of sign-ups. Payment can be made with cash, check, Venmo or Zelle.

Player evaluations begin June 19 and continue through July 1.

For questions or more information, or to volunteer as a coach, visit <https://www.teampages.com/organizations/18076> or call (562) 441-2419.

Josh Wood makes Dean’s List

DOWNEY – Josh Wood, of Downey, was named to the University of Utah’s Spring 2021 Dean’s List.

Wood’s major is listed as Kinesiology BS.

Wood was among more than 8,700 students also named to the Fall 2020 Dean’s List. To qualify, students must earn a GPA of 3.5 or higher in at least 12 graded credit hours during any one term.

Isaias Rodriguez on President’s List

DOWNEY – Isaias Rodriguez of Downey has been named to Southern New Hampshire University’s Winter 2020 President’s List. The winter term runs from January to May.

Full-time students who have earned a minimum grade-point average of 3.700 and above are named to the President’s List. Full-time status is achieved by earning 12 credits.

Phi Kappa Phi adds members

DOWNEY – Two Downey residents were recently were initiated into The Honor Society of Phi Kappa Phi, the nation’s oldest and most selective collegiate honor society for all academic disciplines.

Diala Alhousari and Jessica Rivas Acuna, both students at the University of Southern California, were among approximately 30,000 students, faculty, professional staff and alumni to be initiated into Phi Kappa Phi each year.

Membership is by invitation only and requires nomination and approval by a chapter. Only the top 10 percent of seniors and 7.5 percent of juniors are eligible for membership.

Police accepting applications for citizens academies

DOWNEY – The Downey Police Department is now recruiting people for its 21st Citizens Academy, a 10-week program that exposes residents and business professionals to various aspects of law enforcement and the day-to-day operations of Downey PD.

To ensure personalized instruction for each participant, the class size is limited to 20 people.

Classes are held Wednesdays from 6-9 pm and begin Aug. 4.

Meanwhile, the department is also launching its first Downey Youth Academy.

Open to current high school students, the program runs Oct. 13 through Dec. 15 and meets Wednesdays from 6-9 p.m. The Youth Academy will mirror the Citizens Academy but it exclusively for teens.

To apply for either the Citizens Academy or Youth Academy, email Momi Cervantes at mcervantes@downeyca.org, Marisela Cortes at mcortes@downeyca.org or Sgt. Todd Lockwood at tlockwood@downeyca.org.

Applications can also be picked up at the front counter of the Downey Police Department’s lobby.



Congresswoman sponsors bill to reduce carbon pollution

DOWNEY – Members of the North OC – Southeast L.A. County Chapter of Citizens’ Climate Lobby (CCL) applauded Congresswoman Lucile Roybal-Allard for co-sponsoring The Energy Innovation and Carbon Dividend Act (H.R. 2307).

Roybal-Allard joined 28 House colleagues as an H.R. 2307 original co-sponsor, a title that means she co-sponsored the bill when it was introduced on April 1, the first day of Earth Month 2021.

Less than four weeks later, a total of 41 congressmembers have co-sponsored the act.

The Energy Innovation and Carbon Dividend Act is “one of the most effective pieces of climate legislation now before Congress,” officials said. Supporters said it will drive down America’s carbon pollution at least 30% in the first five years and puts the nation on a path to net-zero by 2050.

It will also improve health and save lives by reducing the pollution that Americans breathe, and it will boost the economy with millions of jobs, thanks to a monthly dividend going into Americans’ pockets, proponents said.

Since its introduction, the Energy Innovation Act has garnered supportive reactions from economic think tanks, advocacy groups, faith groups and citizens.

“I applaud Rep. Roybal-Allard’s original co-sponsorship of the Energy Innovation Act. Residents of cities such as Bell Gardens, Downey, and others in Congressional District 40 are already feeling the effects of climate change and air pollution caused by climate change,” said Bell Gardens Mayor Marco Bardena. “This bill provides a rapid pathway to net-zero while protecting jobs and the budgets of working families.”

In March, Bardena joined local Citizens’ Climate Lobby volunteers in meeting with Victor Castillo, an East LA native and the congresswoman’s chief of staff.

“As a youth climate activist, I know that we are running out of time to confront climate change. One thing that led our club to endorse the Energy Innovation Act when it was presented to my school’s environmental club was its economic and social justice, since returning all net receipts to American families means that most low-and-middle-income Americans will come out financially ahead or break even under the act, especially in our region,” said Santa Fe High School Earth Club Co-President Chloe Blackburn, a Santa Fe Springs resident.

Longtime Downey environmental activists Guido and Anita Rivero commented, “We drive plug-in hybrid cars and use renewable energy, so it’s great to see our elected representative support legislation that will level the playing field for clean energy.” Guido added that, as a journalist, he had interviewed Rep. Roybal-Allard’s father, the late Rep. Ed Roybal, so “I know that a genuine concern for our district runs in the family.”

“My wife and daughter are both doctors, another daughter is beginning her career in education, and I’m a retired realtor, so our family knows very well how air pollution and climate change affect all ages; therefore, we appreciate our representative co-sponsoring this important bill,” said CCL volunteer Sal Cervantes of Downey.

Volunteers Filiberto Palacios of Bellflower and Ed Rivero of Downey continued the thought, saying, “We both have young children, so it’s wonderful to see Congresswoman Roybal-Allard working to protect their futures.”

Fox Chiropractic
 (562) 862-0744
 Don't just reach for the pill bottle or box, call Dr. Fox.

got trees?

the original **George's Tree Trimming Service**
EVERYTHING IN TREES
 Trimming • Topping
 Removing • Stump Grinding

\$5000 OFF
 Any Tree Service
 Min. \$200.00
 Present coupon after quote
 Call for a FREE Estimate

(800) 695-5237
 (562) 923-8911

Residential • Commercial
 Apartments • Condominiums

St. Lic. #731172 (562) 861-1234

DOWNEY PLUMBING
 HEATING & AIR CONDITIONING

11829 Downey Ave. • Downey, CA 90241

\$10 OFF ALL REPAIRS

e-mail: joe@downeyplumbing.com

ATTORNEY

ALEXIS SAAB
 ATTORNEY AT LAW

HABLAMOS ESPAÑOL

10810 Paramount Blvd Suite 201
 (562) 904-2622

BULLETIN BOARD

FREE ESTIMATES "Your Local Plumber At Your Service"

A-1 Performance
 Lic. #896712
ROOTER & PLUMBING
RESIDENTIAL & COMMERCIAL PLUMBING
 • FREE ESTIMATES • RAPID RESPONSE • SENIOR DISCOUNTS

• Plumbing • Sewer • Water Heaters
 • Hydro Jet Specialists • Drain Cleaning **(562) 420-6458**

Family Owned And Operated. Serving Long Beach And Surrounding Areas For Over 25 Years.

GOT TERMITES?

DOWNEY EXTERMINATORS
 PH-1-440-888

- Free Termite Inspections
- Termite Damage Repairs
- Fumigations and Local Treatments
- Low Prices
- Hablamos Español
- Real Estate Services

Bonded / Insured
562-401-5000
 10% off with this ad Serving Your Community

DOWNEY PARTY RENTALS

Hours
 M - F 9am - 3pm
 Sat 9am - 2pm
 Sun CLOSED

10900 Paramount Blvd.
 Downey CA 90241
 (562) 861-1616
www.DowneyPartyRental.net

NOW A UPS ACCESS POINT
 We are clean, sanitized and OPEN for your events.

Leticia Amaya Tutoring Services

- Certified literacy specialist in grades Pre-K-6
- I focus on phonics using the Orton-Gillingham method and raising your child's reading comprehension through one-on-one sessions
- Summer tutoring classes are available (remote/safe in-person)
- Contact-icsnyc9@gmail.com • Blog-outsideofthesandbox.com

50% OFF Brazilian Blowout
 treatment for the month of May.
 With Select Stylists

3 NUMBER

Barber & Beauty Salon
 9029-9031 Florence Ave
 Downey, Ca, 90240
 562-612-2523

PIN ROOFING
 Richard "Mr. Pin" Semones

NEW ROOFS • REPAIRS • TEAR-OFFS
General Roof Maintenance
 Bonded / Insured • Lic# 758000

Call for a FREE Estimate
562.923.9242

Central Basin cuts fees for imported water

■ The water district approved the rate decreases Tuesday, even as California's drought grows.

DOWNEY – Despite a projected statewide drought, the Board of Directors of the Central Basin Municipal Water District (Central Basin) approved a 14% reduction in imported water rates for cities and other customers in its service area.

The reduction was approved during the district's monthly board meeting on May 24.

Many California counties are currently under a severe drought forecast precipitated by low water levels and little snow in the Sierras. This has been the second dry year in a row, and 2021 might bring some additional changes.

The district did not increase its recycled water rates, or imported water administrative fees, further reducing the cost of water for its customers.

"Given the impact of severe curtailments in revenue for local cities caused by the pandemic, the Central Basin Board felt that lowering the rates for imported water for our customers was necessary at this time," said Art Chacon, Board President, Central Basin Municipal Water District. "Although it seems counterintuitive given the state's drought condition, we really felt it was the right thing to do."

The drought in California has been growing for two years, and now 14% of the state is in "exceptional" drought. Exceptional is the top and worst level from the US drought monitor. Drought in California is different from any other state because of the state's unique wet and dry season and system of capturing and moving water around the state. Most of the rest of California is in the extreme or severe categories while small sections of the far north coast and the two southernmost counties are in moderate drought. California Gov. Gavin Newsom recently expanded a drought emergency across most of the state from 41 of California's 58 counties.

"As a Central Basin customer, we are incredibly pleased the district is working with all its customers to ensure its service areas have a reliable and diverse source of high-quality water at affordable rates, particularly at a time when local governments have been impacted by the pandemic," said John Oskoui, Assistant City Manager, City of Downey. "The Board's actions reflect a new direction for Central Basin which has started to form collaborative partnerships with its customers and take the necessary steps to ensure the District's long-term fiscal stability."

Central Basin's drop in water fees comes at a time when other districts are proposing or increasing water rates.

"It's important to remember that one of the principal reasons Central Basin is able to lower water rates is that we have taken prudent measures to regain fiscal control of our budget," said Alex Rojas, General Manager, Central Basin Municipal Water District.

"Our goals for the District are to lower the cost of imported water, ensure our long-term fiscal stability, improve customer service, diversify our revenue streams, and grow our recycled water services."

The board recently adopted a budget and district reorganization that will realize nearly \$1.2M in annual operating savings starting with the 2021 budget year; this year the District could realize a nearly \$2.5M net operating margin. The District's monthly average operating cash and unrestricted reserves are at levels not seen since 2016, with the District making contributions to its unrestricted budget reserves further stabilizing its long-term financial outlook.



Warren High won its first track and field San Gabriel Valley League title in five years. At league finals last Friday, Warren won more championship events than any other school.

Michell Campos stole the show (1st-400m, 2nd-200m, 3rd-HJ, and she anchored the championship 4x400 relay team). Leila Cendejas took 1st in Discus and 3rd in shot and will qualify to CIF Div. I Prelims in both. Destini Bocanegra will also qualify in both taking 1st in Shot and 3rd in Discus. Jessica McLennan took 2nd in Shot and will qualify as well.

The 4x100 relay team took 1st (Lily Terronez, Ivory Laureano, Daniela Lopez and Jackie Sandoval). The 4x400 relay team was also victorious (Flor Arias, Priscella Gomez, Daniela Lopez and Michelle Campos). Priscella Gomez won the 800 and Skye Gutierrez won the 3200.

"In no other year has Warren qualified so many athletes," said athletic director Jay Waldron. "Our athletes stayed focused during distance training and surpassed our expectations for sure."



The 2021-2022 Women's Guild Executive Board of Our Lady of Perpetual Help Church was recently installed at Mass on May 21. Back row: Monsignor Lorenzo Miranda (Celebrant). Front row: Julie Boddachin, Heidy de la Rosa, Jo Ann Ramirez, Carrie Uva, Lucy Solares, Dianna Hampton and Terry Ramirez. Not pictured: Ruby Gaytan.

Egg Salad Sandwich \$6.79
Hall Of Fame Market & Deli
10846 Downey Ave., Downey, CA 90241

TUESDAY SPECIAL \$2.40
VIPS for Button Shirts & Pants ea.
DRY CLEANING & LAUNDRY SERVICES
9304 Firestone Blvd, Downey, CA 90241
562-381-2050

Kaylie Welch, daughter of Greg Welch and his wife Barbara Risher Welch, owners of Risher Mortuary in Downey, has been promoted to captain in the United States Air Force.

Kaylie was a scholar athlete as a national level pole vaulter and soccer player, graduating from Mater Dei High School. She then accepted an ROTC Scholarship to the University of Alabama where she was awarded the honor of top cadet. While at Alabama, Kaylie studied nursing, earning her Bachelors of Science degree and graduating Suma Cum Laude, before entering the Air Force.

Her first assignment was at Eglin Air Force Base, in Florida, where she excelled as a labor and delivery nurse earning The Air Force Commendation Medal for Meritorious Service. Kaylie now is serving abroad at the Royal Air Force Base at Lakenheath, in the United Kingdom.

In her spare time, when in England, Kaylie has enjoyed traveling to Italy, Scotland and Wales in addition to skiing the Swiss and Austrian Alps. She is looking forward to returning stateside and will be joining the United States Air Force Reserves, stationed at March Air Force Base in Riverside.

Her favorite and most important assignment when she arrives home, however, is being Auntie KK to her niece Alison and nephew William.



HAPPY MEMORIAL DAY
Yvette Mejia
REALTOR®, DRE Lic. #01011985
Realtor Since 1988!
"It's the Experience"
Cell: (562) 544-5110
Email: yvette@yvettemejia.net
Call me for a FREE property evaluation!
Buyer demand is high & inventory of homes for sale is low. Now is the time to get top \$ for your property!

JENKINS Health Insurance Agency
Dwayne Jenkins
Independent Insurance Agent
License #0C92271
Cell: 562-341-4404
dnjenkins5@yahoo.com
Medicare Insurance Specialist

CENTRAL Ford
To Schedule Service Please Call (562) 927-7888
A \$25.00 Convenience Fee will be added for each Mobile Service Trip
Multiple vehicles will only be charged \$25.00 Total
Mobile Service Menu
OIL CHANGE GAS ENGINE
• The Works \$79.95
• Oil & Filter
• Tire Rotation
• Lubricated Chassis
• Inspected & Top off Fluids
• Multi-Point Inspection
OIL CHANGE DIESEL ENGINE
• Diesel Oil Change \$199.95
• Engine Air Filter \$70.00
• Engine Fuel Filter \$199.00
• Battery Service \$32.99x2
• Def Fluid \$50.00
• Engine Air Filter \$32.95 • Cabin Air Filter \$69.95
Battery service Inspection
Airbag recalls performed on some models
19B37 recalls performed on all applicable vehicle
Note: Tire Rotation not performed on dually, after market tires & wheels, and oversized tires & wheels

Dine Local
NOW OPEN FOR INDOOR DINING, PATIO DINING & TAKE OUT
Stox Voted Best
Breakfast in Town Served All Day
RESTAURANT / BAKERY / BAR
Try Our **CHAMPAGNE BRUNCH MENU**
SATURDAY & SUNDAY 7:00 am-4:00 pm
Best Bloody Mary's West of New Orleans!
9518 E. Imperial Hwy., Downey, CA (562) 803-4004

NOW OPEN MAMBO
Grill, Restaurant & Bar
The Most Authentic Mexican Food You'll Taste!
Outdoor Dining, Delivery & Takeout Available
Uber Eats, DoorDash, Postmates
TEL: 562-622-7373
11018 Downey Ave, Downey, CA 90221 www.mambogrillbar.com



Credit union CEO voted to national board of directors

DOWNEY – Nader Moghaddam, CEO of Downey-based Financial Partners Credit Union, has been elected to the Credit Union National Association's board of directors.

Moghaddam was elected to fill the position of a resigning board director. This position is elected at-large nationwide and will expire at the adjournment of CUNA's annual general meeting in 2023.

Moghaddam represents District 6, which is comprised of California, Nevada, Alaska, Hawaii, Idaho, Oregon, Washington, American Samoa, Guam, Johnston Atoll, Midway Atoll, Northern Mariana Islands, Palmyra Atoll and Wake Atoll.

Moghaddam, president and chief executive officer of Financial Partners Credit Union (80,000 members and \$1.3 billion in assets), has led the credit union since January 2005.

Before starting his career in the financial services industry, Moghaddam earned his bachelor of science and a master of planning degrees from the University of Southern California (USC).

Before joining Financial Partners he was the executive vice president at Kinecta Federal Credit Union and president of Kinecta Financial and Insurance Services.

Prior to that, Moghaddam was senior vice president/chief operating officer for First Financial Credit Union; and spent 10 years with Great Western Bank.

CRIME REPORT

On May 11 at 2020 hours, officers responded to non-injury hit and run traffic collision. Prior to police arrival, the suspect fled in his vehicle and the victim gave chase. On a cul-de-sac the victim boxed in the suspect vehicle to prevent it from continuing to flee. The suspect reacted by backing into the passenger side of the victim's vehicle and the occupants exited the vehicle. The suspect maneuvered around the victim's vehicle, striking the passenger in the process, causing minor injuries. The suspect fled the scene. Patrol officers located the suspect vehicle. Detectives are actively investigating the case.

On May 12 at 1715, officers responded to 9020 Firestone Blvd., Big Lots, in regards to an adult male suspect causing a disturbance. Security attempted to escort the suspect off the property a confrontation followed. The suspect brandished a self-made knife, stated he was going to kill the security guard, and attempted to stab the security guard. The security guard was unharmed during the encounter. Responding officers located the suspect who was arrested for assault with a deadly weapon.

On May 14, the Downey Police Department conducted a DUI / Driver's License Checkpoint to promote public safety and with the intention of deterring drivers from driving impaired. During the operation 1,192 vehicles passed through checkpoint and four drivers were arrested for DUI. Funding for the operation was provided through a grant from the California Office of Traffic Safety and through the National Highway Traffic Safety Administration.

On May 15 at 2350 hours, an officer was actively patrolling the parking structure at 8201 2nd St, when he observed fresh tagging. The officer located an adult male subject in the immediate area. During the subsequent investigation, the subject was found to be in possession of spray paint, admitted to vandalizing the location, and was arrested.



Larry Hart

For Larry Hart, confidence starts at the hairline

By Alexandra Romero

DOWNEY – “The last guy you could ever imagine shedding a tear... I look up and I see he's crying,” said Larry Hart.

Meet Larry Hart, Downey's one and only person who practices scalp micropigmentation and he definitely has a heart for it. Larry owns Downey Hair Loss Solutions SMP on Firestone Boulevard next to Don Chente's Tacos. His business has been in Downey since 2018.

Larry has always had an artistic inclination and was inspired by a friend who had gotten this procedure done to start doing micropigmentation. Scalp micropigmentation is a hair tattoo, meaning it is permanent. It is a non-surgical, superficial cosmetic tattoo that gives the illusion of a close buzz cut hairstyle on a bald head or density to a thinning crown.

“The goal is to make it look as natural as possible,” said Larry. “I go over with the pigments of the dots of the hair follicles. I wear these really strong magnifying glasses and I look very closely at the scalp and look where the old hair follicle was and I put the dot where it was to make it look natural. It's pretty rewarding to be able to do it and people are grateful to have me do this for them.”

“It is really a life changing experience for a lot of people... It is not uncommon for these guys to shed a tear. I had a guy recently, an older salty guy, the last guy you could ever imagine shedding a tear. I finished the work for the first session, I was looking down and I see in the corner of my eye that he's looking at the mirror. I see his arm go up to his eye...all of a sudden I hear a sniffle. I look up and I see he's crying.”

Larry finds his work to be a moving experience and feels grateful to offer this work. Though it is not an easy service to provide as it requires patience and focus.

In total the procedure takes 4-5 weeks and each session can go up to 3-4 hours or even longer. It is a tedious and time consuming procedure but Larry said he enjoys it and gets excited every time he gets a new client. He serves both male and female clients.

As an end result, his clients leave the last session looking like they have a new set or a full set of hair that looks completely natural. Larry mentioned that men have found the procedure to hurt more than women have and some clients have said it feels like a massage.

He has two assistants, Brittany Velasquez and Kirsten Velasquez. They both have been trained in scalp micropigmentation as well as micro blading. Although due to Covid-19, Larry works alone for now.

To receive a free consultation from Downey Hair Loss Solutions SMP, call or text (562)-445-3882.

“My success is the feedback I get from my clients,” Larry said. “My whole goal is always to make sure I am left with nothing but good feedback from my clients.”

Though his clients come from different cities, his office will make you feel like a part of a community, welcomed and safe.

Cerritos College student earns \$40K college scholarship

DOWNEY – Cerritos College student Haya Chehada is one of 72 recipients of the Jack Kent Cooke Foundation's prestigious Undergraduate Transfer Scholarship. The highly competitive national scholarship will provide Haya with up to \$40,000 a year to complete their bachelor's degree.

Originally from Syria, Haya migrated to the United States in late 2016 and started working at 7-Eleven to help her family. Despite all the difficulties she had as a recent immigrant, Haya did not give up her dream of pursuing a degree. “I knew that education was the key to having a better and peaceful future,” said Haya.



Haya enrolled at Cerritos College in spring 2018, having no idea what to study. She barely spoke English, so she began taking English as a Second Language classes. Soon after Haya began taking accounting classes. She fell in love with the subject and decided to pursue a career in accounting. Haya became involved in campus clubs and has volunteered at the College's monthly food bank.

Haya currently serves as the president of the Accounting Club. She helped the Club thrive through the virtual environment and triple the Club membership from 19 members to 59 with her dedication and hard work. “It helped me improve my leadership skills and be a better team player. In addition, the Accounting Club received the College's Curricular Club of the year Award,” she said.

In fall, Haya will be transferring to pursue a bachelor's degree in business administration with an accounting concentration. She was accepted to UCLA, and is waiting to hear from USC. In summer 2022, Haya will be participating in an internship with Ernst & Young, one of the Big Four global accounting firms. Her career goal is to earn a Certified Public Accountant license and work in a large public accounting firm.

“Receiving the Jack Kent Cooke Scholarship is a great payoff for the hard work that I have done in the last four years. This is such a great motivation for me to keep up the hard work, and I am really grateful for it,” said Haya.

The Cooke Foundation Undergraduate Transfer Scholarship is the largest private scholarship in the nation for students transferring from two-year community colleges to four-year institutions that award bachelor's degrees.

POETRY MATTERS

Shiloh: A Requiem (April, 1862)

Skimming lightly, wheeling still,
The swallows fly low
Over the field in clouded days,
The forest-field of Shiloh—
Over the field where April rain
Solaced the parched ones stretched in pain
Through the pause of night
That followed the Sunday fight
Around the church of Shiloh—
The church so lone, the log-built one,
That echoed to many a parting groan
And natural prayer
Of dying foemen mingled there—
Foemen at morn, but friends at eve—
Fame or country least their care:
(What like a bullet can undecieve!)
But now they lie low,
While over them the swallows skim,
And all is hushed at Shiloh.

Herman Melville

The Battle of Shiloh in western Tennessee was one of the bloodiest battles of the Civil War. The carnage was unprecedented, with the two-day human toll being more than 23,000 dead and wounded. The custom of women decorating the graves of those who died in that war was the origin of today's Memorial Day observations honoring the military personnel who have died in the performance of their military duties. Poetry Matters is curated by Lorine Parks.

Let your voice be heard!

Be part of the conversation about housing in Downey

The City of Downey is hosting a digital community workshop to introduce the draft version of the new Housing Element. The Draft 2021-2029 Housing Element establishes a strategy to address housing needs for current and future residents. The Draft Housing Element can be viewed here www.downeyca.org/heupdate/.

Join us to discuss the draft Housing Element and share any thoughts and questions you have. **Your ideas and thoughts are an important part of this process!**

Housing Element Digital Workshop
Monday June 14, 2021
6:00 PM – 8:00 PM

- Join our Zoom Meeting:**
URL: <https://zoom.us/j/95106368538>
Zoom Meeting ID: 951 0636 8538
Join by Phone: (669) 900-6833
- Please contact:**
Senior Planner Alfonso Hernandez
or Associate Planner Irving Anaya
at (562) 904-7154
or HEUpdate@downeyca.org
if you have any questions.
- Visit our webpage at**
www.downeyca.org/heupdate
to learn more!

What is a Housing Element?

The Housing Element is a citywide housing plan that describes Downey's housing related needs and resources. The City revisits this plan every eight years to make sure programs are in place to respond to demands for new housing, housing maintenance, and equal access to housing.

¡Deja que se escuche su voz!

Sea parte de la conversación sobre el tema de viviendas en Downey

La Ciudad de Downey está organizando un taller comunitario digital para presentar la versión preliminar del nuevo Elemento de Vivienda. La versión preliminar del Elemento de Vivienda 2021-2029 establece una estrategia para abordar las necesidades de vivienda de los residentes actuales y futuros. La versión preliminar del Elemento de Vivienda se puede ver aquí www.downeyca.org/heupdate/.

Únase a nosotros en un taller comunitario virtual para discutir la versión preliminar del Elemento de Vivienda 2021-2029 y comparta cualquier pensamiento y pregunta que tenga. **¡Tus ideas y pensamientos son una parte importante de este proceso!**

Taller Comunitario Virtual sobre el Elemento de Vivienda
14 de Junio de 2021
6:00 PM – 8:00 PM

- Únase a nuestra reunión de Zoom:**
URL: <https://zoom.us/j/95106368538>
ID de Reunión: 951 0636 8538
Únete por Teléfono: (669) 900-6833
- Si tiene alguna pregunta sobre el taller,** comuníquese con el Planificador Senior Alfonso Hernandez o el Planificador Asociado Irving Anaya al (562) 904-7154 o HEUpdate@downeyca.org si tiene alguna pregunta.
- Visite nuestro sitio web en**
www.downeyca.org/heupdate

¿Qué es un Elemento de Vivienda?

El Elemento de Vivienda es un plan de vivienda para toda la ciudad que describe las necesidades y recursos relacionados con las viviendas de Downey. La Ciudad revisa este plan cada ocho años para asegurarse de que existan programas para responder a las demandas de viviendas nuevas, mantenimiento de viviendas y acceso equitativo a la vivienda.

Money tips for new college grads

5 tips to protect seniors from financial scams



Life after college can overwhelm many graduates, especially if it's the first time they are handling personal finances outside of a school setting or without the help of family.

"When you're managing money by yourself for the first time, it's easy to make mistakes that can derail your financial goals right from the start," said Michael Sullivan, a personal financial consultant with Take Charge America, a nonprofit credit counseling and debt management agency. "But taking the time to understand what mistakes to avoid, and why, will set you up to win with money for years to come."

Sullivan breaks down five money mishaps to avoid:

Living without a budget. To succeed with money, a budget is a must. Start by tracking your expenses for a month to learn your spending habits. Then, make necessary adjustments to accommodate your habits and goals.

Not planning for a rainy day. You never know when the unexpected will happen. That's why we recommend saving three to six months of living expenses in an emergency fund. Start with small contributions and increase as your budget allows.

Opening lots of credit cards. Avoid the temptation to open multiple credit cards you don't need. One card is enough to build a positive credit history, which plays a role in nearly every life milestone from buying cars and homes to landing some jobs. Use one card regularly and pay it off in full every month. Avoid fees and interest by not overspending or carrying a balance.

Putting off retirement savings. Retirement may be a long way off, but that's to your benefit. The sooner you start saving, the more money you'll have in retirement. Contribute to your 401(k) or company retirement plan and explore a Roth or Traditional IRA. Save what you can at first and steadily boost your contributions as your career progresses.

Neglecting your student loans. As a new grad, you have a six-month grace period before you must start repaying federal student loans. Even with the temporary payment reprieve, you still must select a repayment plan. If you don't, you're automatically enrolled in the Standard Plan, which requires fixed payments over 10 years. That may not be the best option depending on your situation. If you're overwhelmed, contacting an experienced student loan counselor can help.

Social isolation among seniors is not only linked to numerous negative health consequences like depression and cardiovascular disease, but it's also a primary contributing factor in financial exploitation and scams. Estimated to affect one in 10 older adults and cost billions annually, the threat of elder financial fraud is pervasive, and especially so right now.

With seniors more isolated than ever due to the pandemic and stimulus checks being sent to millions of Americans nationwide, experts suggest that seniors and their families be extra vigilant.

"Scammers look for key time periods where money and private financial information are in motion. Not only is IRS fraud one of the most common and successful types of scams that exists, as a general rule, additional money equates to additional

fraud," says Ron Long, head of Aging Client Services at Wells Fargo.

"Scammers are banking on the fact that many seniors are apart from families and friends due to COVID-19. When someone is alone, physically or socially, they often miss out on the added benefit of a second pair of eyes and ears."

Compounding the risks associated with isolation is the number of seniors who feel their chances of falling victim to a financial scam is unlikely. According to a recent Wells Fargo study conducted by The Harris Poll, 69 percent of all seniors age 60 and above believe they're not likely to be susceptible to a financial scam, despite nearly all seniors (97 percent) acknowledging that older people are very or somewhat susceptible to becoming a victim.

When asked about their peers, the poll found that 47 percent of all seniors knew someone who had already fallen victim to a scam.

"The results indicate what most of us want -- the ability to age relatively unaffected from the realities associated with aging," says Dr. Marti DeLiema, a gerontologist and consultant for Wells Fargo's Aging Client Services. "The problem is that when someone doesn't feel they're at risk, they're unlikely to take precaution."

To better protect seniors from elder financial fraud and abuse, consider these tips from Wells Fargo:

1. Don't wait for a crisis. Seniors should speak with trustworthy family members about financial plans, as well as consult them when something doesn't feel

right.

2. Stay up-to-date. Seniors and families should draft and periodically update legal documents such as wills, healthcare directives and powers of attorney.

3. Automate. Seniors should consider signing up for direct deposit, automatic bill pay and large transaction alerts.

4. Prioritize security. Seniors should keep checks and credit cards locked away, and update passwords when information is compromised. They should also carefully review credit reports, account statements and bills for unusual activity or charges.

5. Be aware. Families can help seniors stay aware of the latest and most common scams, as well as help them identify potential red flags, including:

- Alleged emergency situations involving family members, often grandchildren, requiring immediate payment.

- Lottery winnings requiring upfront cash payment for taxes and other fees.

- Phone calls from alleged government agencies, such as Social Security, threatening arrest or penalties.

For more information on fraud prevention, visit wellsfargo.com.

"Aging resiliently requires planning ahead and not shying away from difficult conversations," says Long. "We have to talk with our older loved ones about the risks, the warning signs and prevention -- and we have to keep talking."

(StatePoint)



Jeff & Lois Worthy
Your Trust "WORTHY" Real Estate Team!

We will sell your home quickly, safely and with less hassle. **GUARANTEED!!!**

For a **FREE** property valuation call Jeff or Lois at: **(562) 659-2245**

BRE #01858863

Open the door to a lender you can trust.



William Ruiz
Mortgage Loan Officer
626.923.3567 office | 213.700.1190 cell
william.ruiz@usbank.com
NMLS # 455510



Loan approval is subject to credit approval and program guidelines. Not all loan programs are available in all states for all loan amounts. Interest rates and program terms are subject to change without notice. Visit usbank.com to learn more about U.S. Bank products and services. Mortgage, home equity and credit products are offered by U.S. Bank National Association. Deposit products are offered by U.S. Bank National Association. Member FDIC. ©2021 U.S. Bank. 181010-011

FOR SALE IN DOWNEY

9211 Tweedy Lane





4 Bedrooms and 3 Bathrooms
\$1,125,000

Stylish, Modern Spin on this Mid-Century Ranch Style Home! Excellent North Downey location with an amazing 12,250 sqft lot. Large open-concept living area with sparkling new kitchen, center island, high-end Thermador stainless steel appliances, open beams ceilings and clear views to both front and rear yards. Brand new master suite with private bath, central air conditioning, "no-lease" solar panels, metal roof with lifetime warranty, dual pane windows, wood flooring, exterior paint, upscale sectional garage door, enlarged and inviting front entry door. Great curb appeal with convenient circular drive way, RV parking option, and spacious backyard. Located just a short walk to desirable Maude Price Elementary & Griffith Middle School. Call or text, 562-743-2121 and see this today!

Visit my website for more details
www.DaleJervis.com




(562)743-2121



Dorothy Pemberton
BROKER ASSOCIATE DRE #00903993
NOTARY PUBLIC
(310) 717-3637
dorothy.pemberton@century21.com
www.DorothyPemberton.com

Downey resident and 30 years experience.
There's No Place Like Home.

21 CENTURY 21
Peak
7825 Florence Ave, Downey, CA 90240

Refinance Today and Lower Your Payments



Luis Mendoza,
your Local Mortgage Broker
Low Rates & Fast Closings.
www.HomeLoanBRKR.com
(562) 525-8634



NMLS #1711973



Peak Real Estate

c21peak.com

(562) 927-2626

7825 Florence Avenue • Downey, CA 90240



OUR CLIENTS

"Ben Garcia is amazing! Very professional and a pleasure to work with!!" - **Rocio Molina**

"Cheryl Van Rensselaer made everything effortless and we are very happy with the service she provided!!!" - **Sarah Granger**

"Erica Montenegro was excellent! She was very patient and answered all our questions!!!" - **Araceli Garcia**

FEATURED PROPERTY



Updated Pool Home!!!

Beautiful, updated NE Downey pool home on a large corner lot. Family room features a cozy fireplace. A large gourmet open kitchen is at the heart of this home. It features a large island, three ovens and a pot filler faucet above the chef's stove. Being at the center of the home, it has easy access to both the formal dining room and the backyard. This home also features two master bedrooms and a sauna. The 3-car garage and large driveway offer plenty of parking in front of the home. CALL TODAY!!!

TOP PRODUCERS



TOP LISTING
Frank Cordova



TOP PRODUCTION
Cristian Ripoll



TOP SALES
Cheryl Van Rensselaer

New Construction!!!

5-unit condominium complex. Each unit has 1,350 sq. ft. with an open concept floor plan. 2 master Suites upstairs and 1/2 bath downstairs. Features include laminate wood flooring, sleek Modern Kitchen Cabinets with Quartz Countertops, all new Stainless appliances with dishwasher, gas range and built-in microwave, central air and heat, 2-car attached garage. Inside Laundry. CALL TODAY!!!

Beautiful!!!

3-bedroom, 2-bath home, with a private master bedroom en-suite with a sliding barn door. Dual pane windows and wood laminate flooring throughout. Updated, open and spacious kitchen with stone counters and stainless appliances. Oversized inviting backyard with covered patio and a well-manicured yard. CALL TODAY!!!

PRICE REDUCTION

Excellent Opportunity!!

Live in the spacious 4 bedroom and 2 bath front house and rent the back 2 bedroom and 1 bath unit above the 2 car garage. Additional carport and long driveway. There is a whole house fan in the front house and a central vacuum system. Living room features a fireplace. CMR3 Zoning. CALL TODAY!!!

Stunning!!

Marina Area District One of Kind Penthouse Loft with parking for 3! 2 bedrooms, 2-bathroom unit with 10' ceilings, exposed beams and ducts, floor to ceiling windows and fireplace. SINK in renovations since 2016 with added new wood floors throughout and custom architectural staircase with iron railings. Primary bedroom has custom built walk in closet. Upgraded tile floors in bathroom and premium fixtures. CALL TODAY!!!

PRICE REDUCTION

Retail Shopping Center!!!

Nice retail shopping center just North of the 91 Freeway. 6 units. Some units have central air and heat. Appraised at \$2,850,000. CALL TODAY!!!

PRICE REDUCTION

Duplex!!!

Nice two units with 3 bedrooms, 2 baths each unit. Completely renovated. Close to USC. Great opportunity. CALL TODAY!!!

21 CENTURY 21 Peak

My Real Estate School
DRE APPROVED
LIVE REAL ESTATE SCHOOL
\$150 Reimbursed
Call Bertha - 562.927.2626



Mel & Rita Berdelis
BROKER/OWNERS



OFFICE: 562-861-7257
24hour-RealEstate.com



Carmela "Carrie" Uva
BROKER ASSOCIATE
562-382-1252
www.CarrieUva.com
DRE #01152047



Angelo & Marie
REALTOR®
562-618-0033
www.MariePicarelli.com
DRE #01933141 | DRE #00610605



Jimmy Spathos
REALTOR®
562-400-2148
JimSpathos@aol.com
DRE #01296368



Vicki Spearman
REALTOR®
562-367-9520
lcare4dow@aol.com
DRE #00542721



Mario Persico
REALTOR®
562-533-7433
Mario@MarioPersico.com
DRE #01341121

IN ESCROW!



10415 Bryson, South Gate

- 3 bedrooms
- 1 bathroom
- 1,330 sq. ft.
- 2 fireplaces
- Living room/dining room
- Family room

SOLD IN 4 DAYS!

COMING SOON!



3 Units in Los Angeles!

4 bedroom main house + a 3 bedroom house, and 2 bedroom apt. Located on a huge lot! 14,345 lot!
CALL FOR DETAILS!

19000 SQ. FT. LOT



Downey Commercial Building!

Great opportunity and Downey location! Large lot with 25 parking spaces!
Call now! 562-618-0033

NOW \$1,200,000

Great Opportunity!



4 separate 3 bedroom, 1 bath homes on large lot. Great Long Beach location. Collecting great rents with more upside potential. Recently painted. 1 home was completely remodeled 6 months ago. Long term tenants. Seller may consider financing. **Call FOR PRICE! 562-400-2148**

HAPPY **MEMORIAL DAY**



REMEMBERING & HONORING ALL THOSE WHO SERVED

MARIO'S RECENT ACTIVITY!...

- 7149 NADA STREET, DOWNEY LISTED & SOLD | REPRESENTED THE SELLER
- 10711 RICHEON AVENUE, DOWNEY LISTED & SOLD | REPRESENTED THE SELLER
- 9915 TEJUM ROAD, DOWNEY LISTED & SOLD | REPRESENTED THE SELLER
- 7649 ARNETT STREET, DOWNEY LISTED & SOLD | REPRESENTED THE SELLER
- 11518 HORLEY AVENUE, DOWNEY LISTED & SOLD | REPRESENTED THE SELLER
- 3640, 3642 & 3642 1/2 E 52ND, MAYWOOD LISTED & SOLD | REPRESENTED THE SELLER
- 339 4TH STREET, MONTEBELLO LISTED & SOLD | REPRESENTED THE SELLER
- 11849 HARO AVENUE, DOWNEY LISTED & SOLD | REPRESENTED THE SELLER
- 9147 MANZANAR AVENUE, DOWNEY LISTED & SOLD | REPRESENTED THE SELLER
- 8110-12 COMOLLETTE STREET, DOWNEY IN ESCROW | REPRESENTED THE SELLER
- 6215 MARINA PACIFICA DR., LONG BEACH IN ESCROW | REPRESENTED THE SELLER

IN ESCROW!



9143 Brookshire Downey!

- Built in 1909
- 3 bedrooms | 2 bathrooms
- 1,676 sq. ft.
- Large living room
- Dining room
- Huge family room

LISTED FOR: \$775,000

TRIPLEX!



Reduced - Lakewood Units!

- Upgraded 3 bedroom home w/ dining room in front
- Attached duplex has spacious 1 bedroom units built in 1991
- 3 one car garages plus ample parking

PRICED AT: \$1,249,000



IT'S NOT TOO LATE TO ENROLL IN REAL ESTATE CLASSES

Sign up today!

Call/text **562-818-6111** for more information and to register.



Pam Lee
REALTOR®
562-537-1134
PamLeeRealtor@gmail.com
DRE #01750256

IN ESCROW!



Located in Los Angeles!

The Buyers are excited to be in escrow on this charming Los Angeles 3 bedroom, 2 bath home. With strategic negotiating, the Buyers beat the fierce competition. The real estate market is busy!!

PamLeeRealtor@gmail.com



7504 Muller Street, Downey

- 4 bedrooms | 4 bathrooms
- 2 bedrooms upstairs & 2 downstairs
- 3,288 sq. ft.

MUST SEE! CALL MARIO FOR MORE INFO!

MARIO PERSICO
BORN | EDUCATED | LIVES | WORSHIPS IN DOWNEY
562-533-7433
- REALTOR® SINCE 2002 -
@MARIO_PERSICO
Mario@Mariopersico.com

COMING SOON



FOR RENT: 2 bed, 2 bath apartment in Downey
FOR RENT: 1 bed, 1 bath apartment in Downey
FOR RENT: 3 bedroom, 2 bath House in Downey
Call Carrie Uva for info 562-382-1252

CARMELA "CARRIE" UVA
Downey Born, Raised & Educated!
Selling Downey Homes for 27 Years!
EXPERIENCE YOU CAN TRUST!

JUST SOLD!



Closed Escrow!

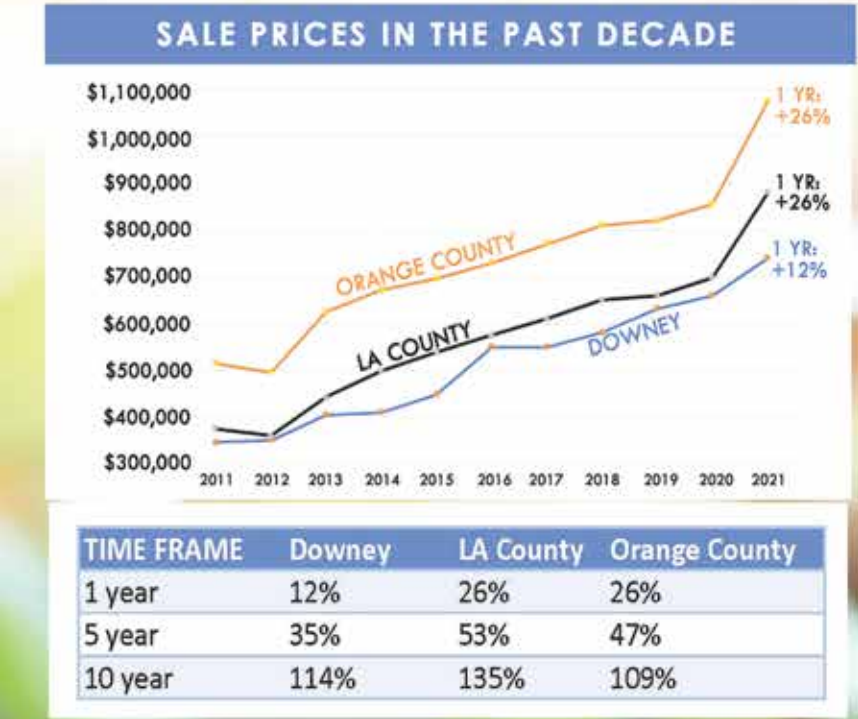
2 two bedroom houses
Each wih fenced yards

PRICED AT: \$695,000

100 REVIEWS
★★★★★
www.Zillow.com
ANGELO & MARIE PICARELLI

PRICES CONTINUE TO SOAR!!!

2021 HOUSING MARKET REPORT



RECENT SALES IN DOWNEY & BEYOND

SOLD BY THE MICHAEL BERDELIS TEAM

ADDRESS	BD	BA	SQ. FT.	PRICE
7824 3rd St, Downey	3	2	1,501	\$721,000
8212 Severy St, Downey	6	5	4,352	\$1,870,000
10602 Planett, Downey	3	2	1,466	\$735,000
8430 6th St, Downey	6	5	6,402	\$1,475,000
8333 Suva St, Downey	4	3	2,446	\$1,030,000
9739 Guatemala, Downey	3	2	1,591	\$750,000
7622 Adwen, Downey	3	2	1,148	\$672,500
9242 Lubec St, Downey	3	3	2,246	\$975,000
7854 Calmcrest Dr, Downey	4	3	2,862	\$995,000
1600 N Santa Fe, Compton	3	1	1,080	\$455,000
28490 Brush Canyon Dr, YL	4	3	2,701	\$1,185,000
13337 Stanford, LA	3	1	1,222	\$561,000
13542 Droxford, Cerritos	4	3	2,118	\$941,000
20352 Allport, HB	5	3	1,883	\$1,040,000

NOW'S THE TIME TO SELL. CALL US TODAY!

562.818.6111

THE MICHAEL BERDELIS TEAM IS SELLING HOMES ABOVE LIST PRICE



SOLD

SOUTHWEST DOWNEY

- 3 Bedrooms | 2 bathrooms
- 1,148 sq. ft. | 5,445 sq. ft. lot

LIST PRICE: \$665,000
SOLD FOR \$672,500



SOLD

CHARLOMA ESTATES

- 4 bedrooms | 3 bathrooms
- 2,446 sq. ft. | 11,512 sq. ft. lot

LIST PRICE: \$999,000
LIST PRICE: \$1,030,000



SOLD

NORTH DOWNEY

- 3 Bedrooms | 2 Bathrooms
- 1,466 sq. ft. | 5,976 sq. ft. lot

LIST PRICE: \$699,000
LIST PRICE: \$735,000



SOLD

NORTH DOWNEY

- 6 Bedrooms | 5 Bathrooms
- 4,352 sq. ft. | 14,305 sq. ft. lot

LIST PRICE: \$1,799,950
LIST PRICE: \$1,870,000

SCAN ME



SCAN FOR A FREE MARKET EVALUATION OR CALL US TODAY!



MICHAEL BERDELIS & THE "24 HOUR" TEAM
562-818-6111
MichaelBerdelis@gmail.com

