



SPRING FORWARD

Daylight Saving Time begins on Sunday, March 12, at 2:00 am. At this time, we "spring forward" one hour.

PAGING DR. FRISCHER

Tips for living a long, healthy life

SEE PAGE 2

NEWS

Sprouts celebrates new store in Norwalk

SEE PAGE 11

Juliana Canty: The Heart of Stay

Juliana Canty, programs director at Stay Arts, has grand visions for making Downey a leader in the arts.

By Alex Dominguez
Staff Writer

DOWNEY — If Gabriel Enamorado is the face of Stay Arts and Stay Gallery, then Juliana Canty is its compassionate heart.

The 29-year-old Programs Director at Stay Arts was born in San Diego and raised in San Jose.

She says that the arts have "always played a huge role" in her life.

"I was bullied growing up, and I think that the arts was my safe haven," said Canty. "I was a band kid, I was a theatre kid, I was a dancer, I found solace in drawing. It's really where I felt I could be myself."

"I always knew that the arts was going to be a huge part of my life, so I'm really passionate about that and I bring my passion into this."

Canty moved to Long Beach in 2012 to pursue a major in Dance at Cal State Long Beach. In 2017, she would meet Enamorado, Stay Arts co-founder and current executive director, while working as a waitress.

"I was actually his waitress; that's how we connected," said Canty. "The rest is history."

The two had an almost instantaneous connection.

"We didn't leave each other phone numbers that first day, but then the next week he came back in," said Canty. "The funny part is that those two nights that we met each other, they were both on Friday nights and at the time I wasn't working Friday nights at the time that whole year...I had just picked up those shifts for some friends. So, it feels meant to be, serendipitous."

As the two cultivated their personal relationship, Canty says that they "really connected" on their values, passions, and interests.

"There was a point where I started to work with him in 2018 with his studio, and he taught me how to work Squarespace, do a little graphic design," said Canty. "I have

a pretty strong background when it comes to writing...so I started taking over copywriting, and working with him on projects in his studio."

In 2019, she came onto the Stay Gallery team.

Canty says the pair "are having a lot of fun and are really passionate about" managing Stay Arts, the gallery, and its programs.

"Working together [with Enamorado] here at Stay feels really special," said Canty. "We are really collaborative when it comes to working; there's a lot of strengths that we each carry that compliment each other when we work together."

While Enamorado has been at the forefront of Stay Gallery since taking over in 2019, Canty has worked more behind the scenes and away from most of the spotlight.

And truthfully, she prefers it that way.

"I do like to be more of a background player, and I think Gabriel does too," said Canty. "We don't really want to be necessarily the outward face of Stay; we don't really want Stay Gallery to have one person be who it is; we want it to live on its own as its own entity."

She says they both "wear so many different hats."

"I feel like a lot of our day-to-day is corresponding with all the community members that we're working with, corresponding with our employees, it's managing our social media, its creating our digital presence online whether it's through Instagram, or our website, or Facebook," said Canty. We take care of all of those aspects, and so it's really collaborative; it's a really collaborative process when it comes to everything that revolves around program development, what types of events and workshops we're hosting in the space, how we're managing after-school programs.

"I draw a lot of inspiration from the community itself, and the artists we work with, the teachers that we work with, because their feedback is really important, and their needs are really important."

Enamorado says Canty "brings empathy" into Stay and its programs.

"Juliana, what she brings to the table is the ability for us to put all of



Juliana Canty has played a critical role in creating arts programming at Stay Gallery. (Photo by Alex Dominguez)

our plans on a timeline, and really thoroughly write out all the steps for whoever — whether it's her, or me, or both of us — that comes up with this grandiose idea for a project or idea... she definitely brings this kind of flow to the thing that really makes it feel like an entire experience from beginning to end."

It is Canty's hope to help make Stay a place where "people feel seen, heard, valued, and free to be able to express themselves through their own personal form of creativity."

"I never worked in a non-profit setting, or a gallery setting before this, but there's something about it that's very familiar to me because of how immersed I was in the arts growing up, and how passionate I am about the arts," said Canty. "I feel like I fell into this role really naturally, and I've always been very compassionate like Gabriel says, and empathetic when it comes to other people. I've always wanted to give back to my community, and I think a lot of it stems from my experience being bullied and not

really wanting other people to have to feel what I felt.

"I know the power of the arts and how it can really help people get through challenging situations."

Canty believes that there is opportunity for the arts to grow in the city, it just needs the support.

"I feel like Stay Gallery, even taking myself out of the equation, it's such an integral aspect of the city; it's so ingrained in the fabric of this city," said Canty. "I know it's had a rocky history, but this is truly a place where a lot of people feel safe, and they feel they can share their artwork, and they feel that they can connect to other people. It's a gathering place for a lot of people. If this place were to go away, I feel like a part of the city would just disappear."

"There's a lot of ways the arts could evolve in the city of Downey, and I feel like on a more City Council, staff level, it just needs to be more of an investment in arts and culture, and more of seeing why

it's important, and why it should be valued. I think it's there, but I don't think that it's as valued as it should be."

Her vision is for Downey to have a visual arts museum.

"I'm thinking of South Gate Art museum, like that genuinely what it comes down to, is that when it comes to the visual arts, there should be a museum and a local art gallery," said Canty. "It's like two sides to one coin, I feel like. There's a museum aspect, the historical, educational part, and then there's the art gallery aspect where local artists, students, and emerging artists can show their work."

"I feel like the city of Downey is positioned geographically in a region where it could be a leader in the arts in that way. It used to have a museum; it currently has a gallery that shows the work of local artists. There just needs to be more momentum on really wanting that vision to happen on a city level to bring that back."

Weekend at a Glance

Friday 57°

Saturday 66°

Sunday 67°

ON THIS DAY

1765: Following a vigorous press campaign by French philosopher Voltaire, a court acquitted the Huguenot merchant Jean Calas, who had been executed for allegedly murdering his son; the case greatly strengthened the movement for criminal law reform and religious toleration in France.

1796: Napoleon Bonaparte, future emperor of France, married Joséphine; he had the marriage annulled in 1810.

1862: During the American Civil War, the ironclads Monitor and Virginia (formerly Merrimack) battled in the harbour at Hampton Roads, Virginia, marking the beginning of a new era of naval warfare.

1916: Pancho Villa's men killed more than a dozen in a raid on Columbus, New Mexico.

1945: U.S. Army Air Forces bombed Tokyo with napalm, causing fires that destroyed a quarter of the city and killed an estimated 80,000 civilians.

1959: Barbie, a toy doll that became an international sensation, was introduced by Mattel, Inc.

1981: Dan Rather became the primary anchorman of "CBS Evening News."

1996: Comedian and actor George Burns—whose career in show business spanned 93 years, the highlights of which included a popular comedy act with his wife, Gracie Allen—died at age 100.

1997: The Notorious B.I.G. was murdered after attending the Soul Train Music Awards. He was gunned down leaving an after party at the Petersen Automotive Museum in Los Angeles. His killing remains unsolved.

LA County Board delays discussion of overhauling juvenile detention facilities

Part of the overhaul could mean reopening Los Padrinos Juvenile Hall.

By City News Service

DOWNEY — The Los Angeles County Board of Supervisors Tuesday delayed consideration of advancing what it terms a new "Global Plan" for the placement and care of juvenile detainees when the state begins to close its own youth detention facilities this summer.

The board had been scheduled Tuesday to discuss a motion by board Chair Janice Hahn and Supervisor Lindsey Horvath that calls for the optimal use and renovation of the county's current youth facilities to accommodate the new influx of detainees into what will be called Secure Youth Treatment Facilities.

As it is phased out in accord with Senate Bill 883, the state's Division of Juvenile Justice intends to transfer all the youth in its custody into SYTFs -- located at various county youth camps and juvenile detention centers throughout the state -- by July.



Around 150 are destined for Los Angeles County, whose Probation Department has 17 detention centers. Two of them are operating as Juvenile Halls with a census of 380. Another 86 detainees live in the remaining centers, most of which are camps.

Many of the camps are no longer in use, since the county's youth detainee population outside juvenile halls has shrunk

considerably over the past decade. Meanwhile, staff levels have remained high, though some of the camps are in need of renovation.

The motion is scheduled to be heard by the board in two weeks.

It would initiate a short-term plan to be presented in 15 days, and completed a month after that, which, according to the motion, "must be feasible to implement

without the need for extensive renovation, security enhancements or new hiring."

Another objective is reducing the current population of Barry J. Nidorf Hall, possibly by moving some detainees to the underused Los Padrinos Hall facility in Downey. Nidorf is in partial use as a SYTF, but according to the board motion, it "sorely lacks the core components of a successful

program."

The Los Angeles County Probation Department has been plagued with troubles for more than a year.

In March of last year, about 140 juvenile detainees were hastily transferred from Central Juvenile Hall in Lincoln Heights to Nidorf -- a move that the county inspector general later concluded was orchestrated to avert a state inspection that appeared likely to fail.

Recently the Board of Supervisors admonished Chief Probation Officer Adolfo Gonzales for the continued use of pepper spray in juvenile detainees. Last week, two board members called for Gonzales' resignation.

Department officials have blamed their problems on staff shortages and the pandemic.

The county has also been sued by hundreds of former detainees alleging they were sexually assaulted by probation and detention officers at county juvenile facilities.



2002: Financial advice TV show "The Suze Orman Show" starring Suze Orman premiered on CNBC.

2006: British politician John Profumo—who, while serving as secretary of state for war, caused a major scandal in 1963 when it was revealed that he had an affair with Christine Keeler, a dancer who was also involved with the Soviet military attaché in London—died at age 91.

Birthdays

Rapper **Chingy** (43), retired American soccer player **Clint Dempsey** (40), film actress **Brittany Snow** (37), rapper **Bow Wow** (36), rapper **YG** (33) and TV actress **Cierra Ramirez** (28).

Paging Dr. Frischer...

By Dr. Alan Frischer

How can we live a long and healthy life? We are stuck with the genes that we're born with. Even our environment may be largely out of our control, due to work, family, and other factors.



However, there is clear and overwhelming evidence that our lifestyle choices have an enormous impact on our health and longevity. Making good choices can add years and quality to our lives. Here's my disclaimer: None of what you are about to read will come as much of a surprise. Nevertheless, many people actually pay me to hear it...so why not take a few moments and read on?

Get enough sleep. The link between sleep and life expectancy is well established in studies. It is clear when we aren't getting enough sleep; we feel tired, and our daily performance is affected, both physically and mentally.

Be physically active. A good rule of thumb is to make time for a minimum of thirty minutes, four days per week. It protects the heart, bones, blood pressure, sugar levels, brain, and so many other aspects of our health. Even in short increments, it gets the blood flowing, helps to manage stress, increases alertness, and burns calories. Any exercise

will do as long as it gets the heart beating faster and results in some shortness of breath. Opportunities to walk are everywhere. Park further away, use the stairs, take walk breaks.

Maintain a healthy body weight. Obesity is a major risk factor for so many disease conditions, and is closely associated with a shorter lifespan and poorer quality of life. Body Mass Index (BMI) is weight divided by height. A BMI of 18.5-24.9 is considered "normal." When compared to normal and controlled for age, those with a BMI of 30-35 experience a 27% increase in mortality. What's even more shocking is that those with a BMI of 35-40 have a 93% increase in mortality! It's very clear that genetic predisposition can make it extremely difficult to achieve a lower BMI, and I do advise that it is better to be healthy than to be slender. This is when eating a nutritious diet and getting proper exercise becomes even more critical.

Eat a healthful diet. Eating natural foods including fruit, vegetables, nuts, beans, whole grains, seeds, fish, chicken and turkey; and limiting red meat, processed foods, sugar and other simple carbohydrates; gives us energy and lowers the risk of heart disease, diabetes, cancer, and most other diseases. Some good examples include the Mediterranean diet, the DASH diet, and Weight Watchers.

Limit alcohol. It does appear that drinking red wine might confer some positive health benefits, and clearly a bit of relaxation can be a very good thing. A guideline I recommend is that men drink no more than two drinks, four days per week; and that women drink no more than one drink, four days per week. Women who have three drinks per week show a 15% higher risk of breast cancer, and that number goes up by 10% with each additional daily drink. And of course, for those who have a problematic history with alcohol, the right amount to drink is none at all.

Do not smoke. Where have you heard that before? Smoking accounts for about 480,000 deaths per year in the United States alone. This will likely be the hardest habit to break. Nonetheless, if you want to live well, and to be spared the whims of your addiction, I urge you to consider quitting ASAP.

You have heard this all before, and it makes sense. These recommendations have been extremely well studied and documented. But they bear reminding, in order to help us focus on some attainable goals. Devoting ourselves to small improvements in our daily health habits will lead to feeling better, living longer, and enjoying life more. We are all imperfect humans, so let's just work on being just a little more human and a little less imperfect.

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.

Spring forward: How to prepare for losing an hour of sleep

Contributed by Kaiser Permanente

Whether we like it or not, daylight saving time will begin at 2 a.m. this Sunday, March 12, when clocks are moved forward one hour. Light will last longer into the evening, but the sun will rise later in the morning than during standard time.

Many welcome the opportunity to spend more time outdoors with an extra hour of daylight. But the start of the annual ritual of "springing forward" also means we're losing an hour of sleep, leaving many of us feeling sluggish and tired.

Dr. Kendra Becker, a sleep medicine physician with Kaiser Permanente Southern California, says preparing your body for the time change helps you better cope. She notes the effects of switching to daylight saving time on your sleep cycle could have dangerous consequences unless you take certain steps to minimize the impact.

"This temporary loss of sleep can increase your tiredness, worsen your performance of tasks, and studies have shown it could also increase your risk of heart attacks and car accidents."

Dr. Becker cautioned. "Children affected by sleep deprivation also have a more difficult time in school with potentially worsened



behavior."

Dr. Becker notes that our internal sleep cycle often normalizes within a few days or up to one week after daylight saving time starts. To help you cope with the daylight saving time shift, Dr. Becker shared four practical tips that can help you adjust to the time change and minimize any potential negative effects. She stressed getting adequate sleep is essential to good health.

Gradually adjust your sleep schedule. You should shift your bedtime and wake-up time a few days before the time change to help your body adjust.

Create a bedtime routine. Establishing a relaxing bedtime routine can help your body recognize when the time is right to wind down and prepare for sleep.

Get plenty of sunlight.

Get outside and soak up some sun, especially in the morning. By doing so, this will help your brain produce melatonin naturally and earlier in the evening, assisting in the adjustment of your biological clock.

Practice good sleep hygiene. Avoid electronics, late snacks, caffeine, and alcohol before going to bed. These things can disrupt your sleep patterns, making it more difficult to fall asleep or stay asleep.

"Losing an hour of sleep may be challenging for many in the beginning, but it doesn't have to be hard," Dr. Becker said. "It's all about embracing the change and taking steps to minimize the impact. After all, we don't have a choice. The time change will take place whether we want it or not, so from a health standpoint, we need to adjust and embrace it!"

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In Memory of Estela G. Mendoza

January 4, 1927 - February 15, 2023



Estela Mendoza passed away on February 15, 2023 at the age of 96. She was a proud lifelong resident of Downey California. Estela was also a longtime volunteer at Rancho Los Amigos Hospital.

Estela was a beloved mother, grandmother, aunt and friend. She was a highly motivated and determined woman and will always be remembered as someone who was sincere, pleasant and a delight to speak with.

Estela was proud of her Mexican heritage and enjoyed cooking traditional Mexican food which was appreciated by family and friends. Most of the food was prepared from fruit grown in her backyard. She also enjoyed teaching and traveling.

Estela retired from Downey Unified School District in 1992. She started in Dec 1973, as a bilingual instructor aid and was involved with the English as a Second Language Program. Estela continued to substitute teach after retirement until 1999. She received great pleasure in her work and had many friends in the education field.

Estela enjoyed traveling the world including visits to China, Japan, Europe and South America. She traveled extensively in Mexico and taught summer school in Spain.

Estela is survived by her three children Yolanda, Armando, Chris and three grandchildren.

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Cerritos shuts out Downey, 10-0

■ A six-run seventh inning propels Cerritos past Downey in non-league action.

By John M. Sherrard
Contributor

DOWNEY — After starting the season with four straight wins, the Downey High School Baseball team lost three consecutive games, with the latest loss, a 10-0 setback to visiting Cerritos Monday (March 6).

The Vikings broke the losing streak with a 5-1 win Wednesday (March 8) over Bellflower in the opening game of the Suburban Valley Conference, Gateway League game.

Junior pitcher Michael Reyes, who suffered the loss to Cerritos on Monday, won his third game of the season in the Bellflower win.

Downey faced Cerritos in the second meeting in a week on Thursday (results not available at press time).

In the first meeting of the home-and-home series with Cerritos on Monday, the Vikings were held to just two hits in the shutout loss.

Senior first baseman Matthew Medina and sophomore third baseman Marcos Quinonez were the only two Vikings with a hit — both singles.

On the mound and keeping the

Vikings in check was Cerritos junior Johann Gibbs with five innings of nearly flawless pitching.

The right hander had six strikeouts and allowed only two Downey base runners to get into scoring position at second base.

“After a rough game at El Rancho (12-7 loss), I was excited to get back on the mound and work for my team,” Gibbs said.

“After showing (the Downey batters) them the curveball, I felt like they were sitting on that and I could come out with my fastball and just over power them at the end.

“After the first inning I knew they wouldn’t be able to find it against me. (The win) was a big motivator and a big boost for our team chemistry.”

Gibbs, who has three sisters all playing college sports, retired the first six batters before giving up his only hit in the game to open the third inning. He gave up a walk, but got out of the inning.

In his next two innings of work, Gibbs retired six of eight batters, which included only one player reaching second base.

Leading the way for the Dons offensively was senior second baseman Paul Kim (2 for 3, 4 RBIs) with two hits, which included a single and a grand slam in a 6-run seventh inning.

“It (grand slam) felt really nice because I’ve been struggling a little

bit this year,” Kim said. “But then I finally started working on my swing and it started working out.

“This game was a real motivation booster for us, especially the amount of runs we put up against a quality team. I knew my boys were going to hype me up in the dugout.”

Leading the team in hits in the game was senior first baseman Raymond Sierra (3 for 4) with two singles, a double and a run scored.

With two hits was sophomore right fielder Braxton Reed (2 for 3), with a double, a single, stolen base and an RBI.

With Downey trailing 1-0 in the second inning, after Medina singled, he advanced to second after a walk to senior right fielder Matthew Garcia but was left stranded after a fly out and a strike out.

Junior third baseman Carter Chi had only one hit, but it was a two-run single in the Cerritos third inning, scoring his brother Dalton Chi and Gibbs for the early, 3-0 lead.

Carter Chi, after moving over to third on singles by Sierra and Reed, came home on a squeeze play for the fourth run of the game for the Dons.

In Gibbs’ last inning of work, Reyes opened the bottom of the fifth with a walk and a sacrifice by Medina, but was left stranded.

For the third time in the game,

the Vikings had a runner in scoring position again in the sixth inning after a walk to senior centerfielder Angel Garcia, who moved to second on a single by Quinonez. A strikeout ended the inning for Downey.

The Dons exploded for six runs in the top of the seventh inning, led by Kims grand slam. Four walks were handed to the Dons and three of them — Dalton Chi, Reed and junior Jonathan Masella scored.

“It was a great bounce-back win for us,” said first-year Cerritos coach Chris Masella. He was referring to their game prior to the Downey game where the Dons trailed 12-0 before climbing back into the game with seven runs.

“We just wanted to ride Johann (Gibbs) as far as we can, and I wanted to get Ray (Sierra) in. I didn’t want to push (Gibbs) too far. I thought he did really well.”

In the Bellflower win, the Vikings scored four runs in the first two innings and went on to win, 5-1.

Leading the way for Downey was Medina (2 for 3), with two doubles.

The Vikings, who improved to 5-3 before the game on Thursday against Cerritos again, had one hit each in the game by Fabian Lopez, Matthew Garcia and Aaron Torres.

Reyes went the distance, scattering six hits, one run and struck out five Cerritos batters.



Downey junior pitcher Michael Reyes (11) is shown in action against Cerritos on Monday March 6. Downey lost, 10-0. (Photo by Alexandra Diaz)

L.A. County votes to fly Progress Pride flag

By City News Service

LOS ANGELES — The Progress Pride Flag will fly over Los Angeles County offices during June’s Pride Month under a motion unanimously approved by the Board of Supervisors Tuesday.

The motion by Supervisors Janice Hahn and Lindsey Horvath directed the county’s Internal Services Department to raise “the Progress Pride Flag at the Kenneth Hahn Hall of Administration and Los Angeles County facilities where the American and California flags are displayed during the month of June, while we celebrate LGBTQ+ Pride Month this year and every year moving forward.”

Such a move is in stark contrast to the action taken last month by the Huntington Beach City Council, which voted to no longer fly the Pride flag on city-owned property. The vote came just two years after the council voted unanimously to fly it.

“We are seeing anti-LGBTQ+ and anti-trans bills being passed at an alarming rate across the country,” Hahn said in a statement after the vote. “Here in Los Angeles County we’re making our position clear: in the largest county in the nation, LGBTQ+ residents have the unwavering support of their government.”

The flag of Gay Pride first flew 45 years ago on Freedom Day in San Francisco. It was created by Gilbert Baker with the input of gay activist and Supervisor Harvey Milk. With its eight brilliantly colored stripes -- representing sex, life, healing, sunlight, nature, magic and art, serenity and spirit -- the banner flaunted the values and dignity of the gay community. And in its varied versions, it has done so ever since.

Recently, according to Hahn and Horvath’s motion, artist Daniel Quasar created the Progress Pride Flag as a reimagining of the original 1970s symbol. It includes black and brown stripes representing marginalized and diverse communities of color, community members lost to HIV/AIDS as well as those living with that disease. The new colors’ chevron shapes evoke “a need for forward movement,” according to the motion.

“While much progress and inclusion has occurred over the decades, some governing bodies have voted to ban displays of the Pride flag,” according to the motion. “Despite a unanimous vote two years ago to allow the Pride flag to be flown at City Hall, the city of Huntington Beach recently overturned the vote and will now only allow city, state and national flags to regularly be flown at City Hall.

“Flying the Progress Pride Flag at the Kenneth Hahn Hall of Administration will show LA County’s support for LGBTQ+ communities. In addition to the several ways our communities celebrate LGBTQ+ Pride Month.”

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Joe Biden: My plan to extend Medicare for another generation

By Joe Biden

Joe Biden is president of the United States of America.

Millions of Americans work their whole life, paying into Medicare with every working day — starting with their first job, even as teenagers. Medicare is more than a government program. It’s the rock-solid guarantee that Americans have counted on to be there for them when they retire.

For decades, I’ve listened to my Republican friends claim that the only way to be serious about preserving Medicare is to cut benefits, including by making it a voucher program worth less and less every year. Some have threatened our economy unless I agree to benefit cuts.

Only in Washington can people claim that they are saving something by destroying it.

The budget I am releasing this week will make the Medicare trust fund solvent beyond 2050 without cutting a penny in benefits. In fact, we can get better value, making sure Americans receive better care for the money they pay into Medicare.

The two biggest health reform bills since the creation of Medicare, both of which will save Medicare hundreds of billions over the decades to come, were signed by President Barack Obama and me.

The Affordable Care Act embraced smart reforms to make our health care system more efficient while improving Medicare coverage for seniors. The Inflation Reduction Act ended the absurd ban on Medicare negotiating lower drug prices, required drug companies to pay rebates to Medicare if they increase prices faster than inflation and capped seniors’ total prescription drug costs — saving seniors up to thousands of dollars a year. These negotiations, combined with the law’s rebates for excessive price hikes, will

reduce the deficit by \$159 billion.

We have seen a significant slowdown in the growth of health care spending since the Affordable Care Act was passed. In the decade after the A.C.A., Medicare actually spent about \$1 trillion less than the nonpartisan Congressional Budget Office projected before the A.C.A. reforms were in place. In 2009, before the A.C.A., the Medicare trustees projected that Medicare’s trust fund would be exhausted in 2017; their latest projection is 2028. But we should do better than that and extend Medicare’s solvency beyond 2050.

So first, let’s expand on that progress. My budget will build on drug price reforms by strengthening Medicare’s newly established negotiation power, allowing Medicare to negotiate prices for more drugs and bringing drugs into negotiation sooner after they launch. That’s another \$200 billion in deficit reduction. We will then take those savings and put them directly into the Medicare trust fund. Lowering drug prices while extending Medicare’s solvency sure makes a lot more sense than cutting benefits.

Second, let’s ask the wealthiest to pay just a little bit more of their fair share, to strengthen Medicare for everyone over the long term. My budget proposes to increase the Medicare tax rate on earned and unearned income above \$400,000 to 5 percent from 3.8 percent. As I proposed in the past, my budget will also ensure that the tax that supports Medicare can’t be avoided altogether. This modest increase in Medicare contributions from those with the highest incomes will help keep the Medicare program strong for decades to come. My budget will make sure the money goes directly into the Medicare trust fund, protecting taxpayers’ investment and the future of the program.

When Medicare was passed, the wealthiest 1 percent of Americans didn’t have more than five times the wealth of the bottom 50 percent combined, and it only makes sense that some

adjustments be made to reflect that reality today.

Let’s ask them to pay their fair share so that the millions of workers who helped them build that wealth can retire with dignity and the Medicare they paid into. Republican plans that protect billionaires from a penny more in taxes — but won’t protect a retired firefighter’s hard-earned Medicare benefits — are just detached from the reality that hardworking families live with every day.

Add all that up, and my budget will extend the Medicare trust fund for more than another generation, an additional 25 years or more of solvency — beyond 2050. These are common-sense changes that I’m confident an overwhelming majority of Americans support.

MAGA Republicans have a different view. They want to repeal the Inflation Reduction Act. That means they want to take away the power we just gave to Medicare to negotiate for lower prescription drug prices. Get rid of the \$35 per month cap for insulin we just got for people on Medicare. And remove the current \$2,000 total annual cap for seniors.

If the MAGA Republicans get their way, seniors will pay higher out-of-pocket costs on prescription drugs and insulin, the deficit will be bigger, and Medicare will be weaker. The only winner under their plan will be Big Pharma. That’s not how we extend Medicare’s life for another generation or grow the economy.

This week, I’ll show Americans my full budget vision to invest in America, lower costs, grow the economy and not raise taxes on anyone making under \$400,000. I urge my Republican friends in Congress to do the same — and show the American people what they value.

The stakes in the Texas abortion medication suit are broader than just one pill

By Greer Donley and Rachel Sachs

Greer Donley, an Associate Professor of Law at the University of Pittsburgh School of Law, was a drafter and signatory of an amicus brief filed in Alliance for Hippocratic Medicine v. U.S. Food and Drug Administration. Rachel Sachs is the Treiman Professor of Law at Washington University in St. Louis School of Law.

The lawsuit in Texas filed with the goal of removing a common abortion medication, mifepristone, from the market nationwide has the potential to disrupt the drug approval and development system more broadly. This could affect patients’ access to a variety of medications and weaken pharmaceutical companies’ incentives to develop new drugs.

The plaintiffs are asking for something unprecedented. They’re demanding that a generalist federal judge overrule the Food and Drug Administration’s expert scientific conclusions about the safety and efficacy of a drug that has been approved for more than two decades and remove it from the market.

If successful, this case could invite copycat lawsuits to limit other forms of politicized health care. Potentially at risk would be medications for a much larger range of indications, including contraception, HIV prevention and treatment, vaccines in general (as well as those specifically for covid-19), substance use disorder, gender-affirming care and others. The sudden loss of needed medications could be particularly harmful on short notice.

Already, bills at the state and local level seek to ban the administration of coronavirus vaccines. Employers offering health insurance have prevailed in an ongoing lawsuit in which they have requested not to provide coverage for HIV prevention medications on religious grounds. State legislators and conservative activists

have begun to attack birth control. Seven states have already passed legislation limiting gender-affirming care for minors. This lawsuit in Texas provides a blueprint to expand these efforts by eliminating access to certain medications across the country, not just in limited jurisdictions.

If a judge can override the FDA and remove a drug from the market nationwide, particularly at such an early stage of litigation, it will undermine the interests of pharmaceutical companies as well as patients. Obtaining approval for a new drug is expensive, time-consuming and risky. It typically involves years or decades of research and can cost hundreds of millions, or even billions, of dollars. Most drugs that enter the research and development process fail, never making it to market. The prize at the end of this ordeal is the FDA’s approval to sell the product.

Recognizing this, Congress has established an administrative process involving many steps that the FDA must comply with before it can remove products from the market. This reassures the pharmaceutical industry that its approved products cannot be removed without serious, well-documented concerns about safety or efficacy. When the FDA does attempt to remove a fully approved product from the market, the manufacturer typically complies voluntarily.

It could chill innovation nationwide if political actors could circumvent the agency’s data-driven process by engaging the courts. Manufacturers might become wary of investing time and money into products for a wide range of conditions which may — decades down the line — be the subject of nuisance litigation. The pharmaceutical industry has grown increasingly risk averse in recent years.

Companies that have learned to navigate FDA requirements could no longer rely on one, predictable regulator but would be subject to conflicting judgments from around the country. Indeed, the industry has argued in favor of regulatory harmonization globally to ensure that the trials they conduct to demonstrate safety and efficacy are accepted by a broad range of national regulators, not just one. Lawsuits such as this reduce the predictability of the regulatory process within the United States.

These concerns could exacerbate existing health disparities. The products most likely to be at risk are disproportionately used by women, LGBTQ people, those with substance use disorders, and other marginalized groups. These populations are already underrepresented in drug discovery.

The potential impact of this case on reproductive rights has been well-documented. If Judge Matthew Kacsmaryk rules for the plaintiffs in Texas, his decision could threaten access to the gold standard of medication abortion throughout the United States. Providers, scholars and advocates are preparing alternative regimens — just in case — and pushing the FDA to consider how it can comply with an adverse order while permitting mifepristone to remain on the market. The government would be expected to appeal a ruling for the plaintiffs, a process that could be lengthy.

But the stakes in this lawsuit are broader than just one pill and one medical indication. Mifepristone’s safety and efficacy record is outstanding. The FDA followed sound procedures in approving it. If a judge can remove mifepristone from the market with such little notice, all drugs are vulnerable — those on the shelf, and those yet to be.

Latinos are still waiting for their close-up

By Carolyn Curriel

Carolyn Curriel served as a U.S. ambassador and White House senior speechwriter in the Clinton administration.

Latinos will be an integral part of the Academy Awards on Sunday. You likely won’t notice them, though. They’ll be parking celebs’ cars. Or working security, or serving food for the stars. They’ll be at the after parties — cleaning up the mess.

Could Hollywood, of all places, be unconcerned by appearances? Apparently, yes.

The #OscarsSoWhite campaign, launched eight years ago, helped to secure the beginning of diversity where it counts, among the voting members of the Academy of Motion Picture

Arts and Sciences. And this year, Black and Asian artists are major contenders for top awards, including in the best picture and acting categories, though more progress is certainly needed for both groups.

But Latinos, the largest among ethnic or racial minority groups, remain mostly sidelined. A 2021 study by the Annenberg Inclusion Initiative (AII) at the University of Southern California reported that just 5 percent of speaking roles in 1,300 popular films between 2007 and 2019 were Latino. Only 3.5 percent were leading roles.

Latinos also were least likely among racial and ethnic groups to be hired for anything but low-skilled service jobs in the film industry, a study last year by the U.S. Government Accountability Office found. They also were least considered for jobs before and behind the camera, or for those steering content, such as casting and writing. Even fewer were hired on the business side, and they were rarely promoted to management, where they might help change a culture of exclusion.

It can’t be that Hollywood hasn’t noticed that nearly 1 in every 5 people in America is Latino, most of them U.S.-born and English speaking. Because, in the cinema capital’s backyard, Los Angeles County, Latinos are nearly one-half the population, most of Mexican heritage. As Chris Rock noted about the industry’s dismal hiring nine years ago in the Hollywood Reporter, “You’re in L.A.,” he wrote, “you’ve got to try not to hire Mexicans.”

It can seem that way. The AII’s latest Oscars report found that in 94 years of awards, and more than 13,000 nominations, Latinos won just 57 Oscars.

Ten of those went to three men: Mexican-born directors Alfonso Cuarón (four), Alejandro Iñárritu (four) and Guillermo del Toro (two). Cuarón and del Toro are again nominated this year. This year’s nominees also include Cuban-born Ana de Armas for her portrayal of Marilyn Monroe in “Blonde.” These accomplished artists have something in common. They conquered Hollywood only after building careers elsewhere: the three directors in Mexico (like former Oscar nominee Salma Hayek), and de Armas in Cuba and Spain.

The exclusion is homegrown, part of Hollywood’s skewed ways to determine bankability — that subjective something that a talent or topic possesses to draw wide audiences. Such decision-making favors the familiar. And it ignores the fact that Latinos buy movie tickets in disproportionately high numbers, according to the Motion Picture Association.

There’s also a chicken-and-egg problem contributing to exclusion. Stories about Latin heroes at home and in wars, artists and even sports stars (look up Joe Kapp, Tom Flores, Jim Plunkett and Tony Romo, for starters), all film fodder material, are not

widely told. The GAO study found that two other major storytelling entities, news media and publishing, also have failed to include Latinos as subjects and as part of their businesses. As Rep. Joaquin Castro (D-Tex.), head of the commission prompting the report noted, Hispanics are missing from the national narrative.

The familiar story of America bypasses a foundational fact. Present-day Latinos are largely but not exclusively descendants of natives and the first European settlers, who were from Spain, not England. That’s a lot of history — dating to 1565, with the founding of St. Augustine in what is now Florida — that hasn’t gotten its due.

In Hollywood history, the earliest filmmakers embraced Latin lead actors such as Dolores del Rio, Lupe Velez, Ricardo Montalban, Cesar Romero and Jose Ferrer (the first Hispanic Oscar winner). Jerry Velasco, an actor-producer who led *Nosotros*, the advocacy group founded by Montalban, said Hollywood forgets how important Latinos were to the bottom line, “Things changed,” he said, “beginning in the 1950s” — a decade of rising anti-Mexican sentiment, and mass deportations of Mexicans, even those here legally.

In an uncertain time, Hollywood could have stood by its talents and helped to destigmatize. But for not the only time in its history, it failed to step up. With some exceptions, it still hasn’t.

Stereotypes and bit roles as street criminals, maids and poor immigrants were normalized, and Latinos even lost to Whites the few leading roles written about Latinos. Natalie Wood played a Puerto Rican Maria in “West Side Story,” while Rita Moreno, who is Boricua, won an Oscar as Anita in a supporting role; Marlon Brando was Mexican revolutionary Emiliano Zapata in “Viva Zapata!” and Mexican-born Anthony Quinn, in the film’s supporting role, won his first of two Oscars. Jeffrey Hunter played Guy Gabaldon, a Mexican American war hero raised by Japanese American foster parents, in “Hell to Eternity.” More recently, Ben Affleck played CIA operative Tony Mendez in Oscar-winning “Argo,” and Jennifer Connelly won an Oscar for portraying Alicia Nash, a Salvadoran American physicist, in “A Beautiful Mind.”

Of course, by the nature of their profession, actors are not who they portray. But if that standard were evenly and widely applied, Latinos on and off screen would have a fair chance to take White roles. Why shouldn’t they? And cinema might look more like Lin-Manuel Miranda’s “Hamilton,” a rich and real reflection of America. Now, that was bankable.

When it comes to Latino representation, Hollywood has more than an appearance problem. It has a bad business model.

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THE DOWNEY PATRIOT.COM | ADJUDICATION #BS124251

The Downey Patriot is published weekly by The Downey Patriot, Inc.
Controlled Distribution, 25,000 copies are printed.
Distributed by CIPS Marketing Group, Inc., Los Angeles, CA.

SPEED BUMP



DAVE COVERLY



Downey Community Calendar

CITY MEETINGS

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

Regularly Scheduled Meetings

MONDAYS

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

TUESDAYS

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

WEDNESDAYS

7 am: Kiwanis Club, at Rio Hondo Events Center, call Steve Roberson at 927-2626.
 10:30 am: Ballroom dance class, at Downey Community Center, call 776 7270.
 1 pm: Women's Bocce Club, at 7850 Quill Drive, call Marie Puch at 869-4366.
 7 pm: Royal Rangers Outpost 132, at Desert Reign Church, call 562-861-6011.
 1st Wed., 11 am: Woman's Club of Downey, call Cheryl Olson 833-8954.
 1st Wed., 11:30 am: Downey Coordinating Council, Community Center, call Bobbi Bruce 440-5416.
 1st Wed., 7:30 pm: Downey Stamp Club, at Maude Price School cafeteria, call 928-3028.
 2nd Wed., 11:30 am: Christian Women's Club, call Marilyn 928-2623.
 2nd Wed., 3:30 pm: Keep Downey Beautiful, at City Hall, call 904-7102.
 2nd Wed., 7 pm: Downey Model A Club, at Gallatin School Cafeteria, call 484-8415.
 3rd Wed.,: Downey Dog Obedience Club, for information please call Gina 869-5213 or Valerie 420-2972.
 3rd Wed., 10 am: Los Angeles County Quilters Guild, at Women's Club, call 860-8821 or 927-3635.
 3rd Wed., 6:00 pm: Sister Cities of Downey, at Barbara Riley Senior Center, call Gloria Nezahualcoyotl (562) 776-6136.
 4th Wed., 7:30 pm: US Coast Guard Aux. Flotilla 5-10, First Presbyterian Church, call Brian 419-5420.
 Wed. & Fri., 10:15 am: Senior Bingo, at Apollo Park, call 904-7223

THURSDAYS

7:30 am: Connections Networking, at Bob's Big Boy, for info., call Nick Smith, 861-5222.
 7:30 am.: Sorooptimist Int'l of Downey, for information, call Mia Vasquez, 806-3217.
 9:30 am: Take off Pounds Sensibly, at Barbara Riley Senior Center, call (800) 932-8677.
 12 pm: Bingo, at Woman's Club of Downey - Proceeds benefit Rancho.
 12 pm: Optimist Club of Downey, at Rio Hondo Events Center.
 6:30 pm: Downey United Masonic Lodge # 220, 8244 3rd St., call 862-4176.
 7:30 pm: Downey Elks Lodge #2020, call 803-3557.
 1st Thurs., 6 pm, All other Thurs. 12 pm: Kiwanis Club of Downey, at Rio Hondo Events Center, call Roy Jimenez 283-2335.
 1st Thurs., 7:30 pm: Downey Amateur Radio Club, EOC room Downey Fire Station #1, 12222 Paramount Blvd.
 2nd Thurs., 12 pm: Creative Purposes, call Bill Wallace 923-2311.
 2nd Thurs., 7:30 pm: Beaming Rebel Foxes Collectors Club, call Carl D. Jones at 923-2400.
 2nd & 4th Thurs., 6:30 pm: Downey Lions Club, at Mimi's, call Lenora (310) 283-9825.
 3rd Thurs., 4 pm: Public Works Committee, at City Hall Training Room.
 4th Thurs., 10 am: Assistance League, at Casa De Parley Johnson, call 869-0232.
 4th Thurs., 7:30 pm: Downey Historical Society programs, at Community Center, call 862-2777.

FRIDAYS

7:30 am: Pro Networkers, at Mimi's Cafe, call Barbara Briley Beard at 869-7618.
 3rd Fri., 8:30 am: Women's "In His Glory" Ministry at Los Amigos C. C. 622-3785.

SATURDAYS

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

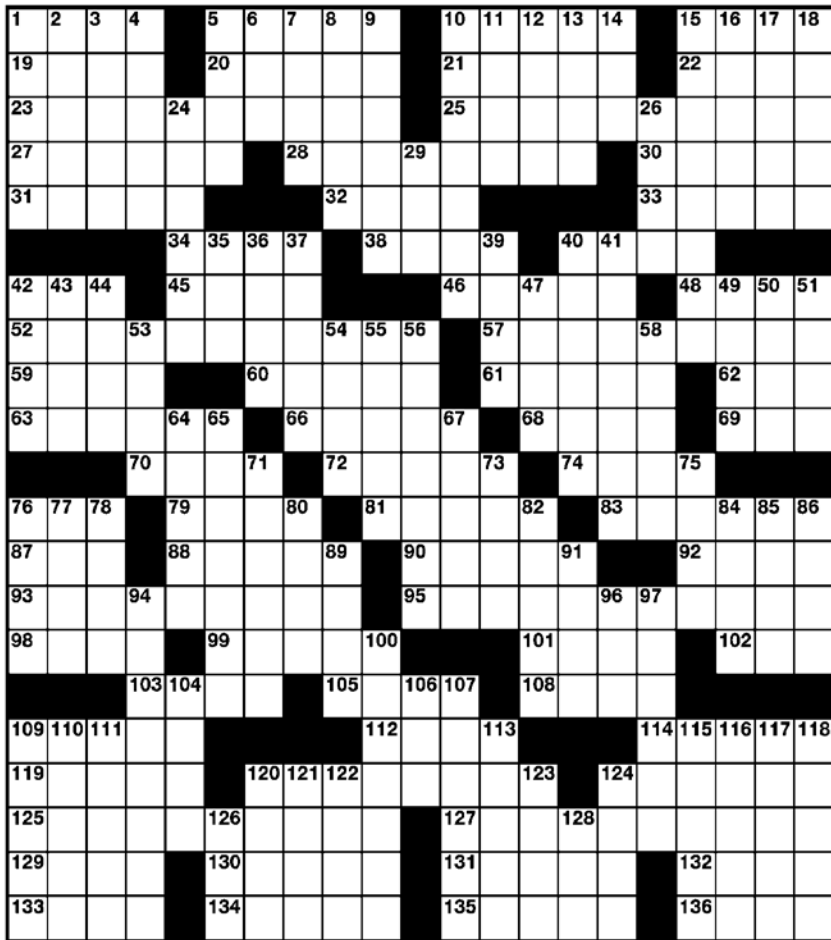
The **DOWNEY GRAFFITI HOTLINE NUMBER** Report graffiti to this number. **923-4484**

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)
INCIDENTAL INVENTIONS: And discoveries
 by Fred Piscop

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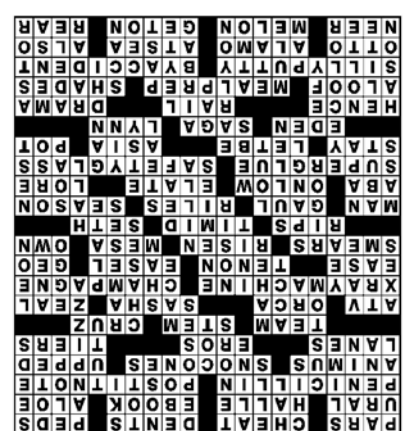
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Downey Unified expands TK age eligibility for 2023-24 school year

DOWNEY — In June 2022, California Gov. Gavin Newsom signed a bill that requires school districts across the state to gradually phase in universal transitional kindergarten over the next five years, until it includes all the state's 4-year-olds by the 2025-26 school year.

Transitional kindergarten (TK) previously served those who turn 5 between Sept. 2 and Dec. 2.

Through this bill, these dates were expanded from December to February for the 2022-23 school year, allowing more students the ability to enroll in TK. Although the bill's plan is to add children in two- or three-month increments over the next few years, Downey Unified has announced that they will surpass this next phase by further expanding the age eligibility until the end of June opposed to the bill's April 2nd date for

the 2023-24 school year.

This means that children who would have had to wait another full school year before starting their academic journey can now begin in the fall depending on their birth date.

For the 2023-24 school year, 4-year-olds whose 5th birthday occurs between Sept. 2, 2023, and June 30, 2024, are now eligible to enroll in TK within Downey Unified. Full-day TK, as well as Kindergarten, is offered at 12 of the 13 elementary schools within the district.

The first day of the 2023-24 school year is set for Wednesday, Aug. 16, 2023, and new student enrollment is now open for the upcoming school year. Visit web.dusd.net for additional information.



Dennis and Vicki (Crain) Spearman celebrated 60 years of marriage Wednesday.

The couple was married March 8, 1962 and have spent their entire marriage living in Downey.

They both graduated in 1962 - Dennis from Downey High and Vicki from Warren. Vicki is a former Miss Downey princess and rode on Downey's float in the Tournament of Roses Parade.

The couple had two children, both born and raised in Downey.

Sprouts celebrates opening of new Norwalk store

■ Sprouts Farmers Market opened to hundreds of shoppers who were eager to take advantage of the discounts during opening weekend.

By Vincent Medina Contributor

NORWALK — Hundreds of residents eager to be the first shoppers in the new Sprouts Farmers Market began lining up for the grand opening on Friday.

The grocery store opened at 7 a.m., but residents began lining up hours before and braved the 45-degree weather to take advantage of the store discounts during its opening weekend.

Natalie Merrick, Sprouts service manager, explained she saw people waiting in line as early as 5 a.m. The store opened a few minutes early to accommodate the crowd.

"Every [Sprouts] store has its own story. We sell the same product and merchandise, but each store has its team members that set it apart from other Sprouts locations," Merrick said.

The Norwalk Sprouts offered 20% off all products to shoppers during its opening weekend. However customers had to text a phone number to receive the discount and were encouraged to download the Sprouts app and receive savings in the future.

Brand ambassadors and Sprouts employees assisted customers in line to ensure everyone had an opportunity to save money on their purchase.

"The first 200 people in line today also received a bag filled with goodies and we will be doing that



The Norwalk community celebrated the grand opening of Sprouts Farmers Market last weekend. The grocery store is located at 11522 Alondra Blvd.

(Photo by Vincent Medina)

tomorrow as well," Merrick said.

Norwalk city council and the chamber of commerce held a ribbon cutting ceremony for the farmers market on Saturday, so as not to disturb the large crowd on opening day.

Grace Napolitano, former Norwalk mayor and U.S. congresswoman of district 31, expressed her pride in the city and its evolution over her 62-year

career.

"There's a lot more the city is going to do and I'm looking forward to it," Napolitano said. "We welcome all the businesses in Norwalk because not only do they bring that diversity, but they also bring the healthy food we need."

The Sprouts Farmers Market is open daily from 7 a.m. - 10 p.m. at 11522 Alondra Blvd.

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