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## Pemberton making run for city council

■ A longtime civic leader, Dorothy Pemberton was instrumental in the recall of former councilwoman Catherine Alvarez.

**DOWNEY** — Dorothy Pemberton, a longtime Downey resident and civic leader who was instrumental in the recall of Catherine Alvarez, announced she is running in the special election to fill the vacated District 3 council seat.

"After serving my community for so many years, I feel it is important to bring back leadership to our district. Character and ethics does count in Downey, and I believe I am the most qualified to help lead our city forward," Pemberton said in a statement.

Pemberton has a record of community service dating back to the 1980's with Soroptimist International of Downey and the Children's Hospital Los Angeles. She initially engaged many organizations that involved both of her daughters, Shelby and Whitney, including Downey Ponytail.

She is the former chairwoman and current member of the Downey Family YMCA; former Board Member and current member of Gangs Out of Downey (GOOD); and past president of Downey Council PTA and Director of the PTA HELPs food pantry.

Pemberton led a grassroots recall campaign against Alvarez which resulted in a historic result for Downey. On January 31, 2023 the recall efforts succeeded by removing from office a sitting council person with 90% of the vote, the first time in our city's history.

November's special election is to finish Alvarez's term, which expires in the fall of 2024.

Pemberton announced several endorsements already, including from former mayors Rick Rodriguez, Mario Guerra and Alex Saab, current mayor Claudia M. Frometa, and school board president Giggy Perez-Saab.

"Dorothy Pemberton has proven to have the best interest of Downey in her heart. Her track record of volunteerism, passion for our community and work ethic speaks for itself," said Rodriguez, who represented this district in the past.

For more information about her positions or to read Pemberton's full bio, visit her website at [www.DorothyPembertonForDowney.com](http://www.DorothyPembertonForDowney.com).

## City council agrees to pay symphony

**By Alex Dominguez**  
Staff Writer

**DOWNEY** — Downey City Council on Tuesday unanimously approved a one-time subsidy to the Downey Symphonic Society, ensuring the symphony's ability to perform at the Summer Concert Series later this year.

The city will grant the symphony up to \$17,500 to cover the cost of around 50 musicians and the conductor for a two-hour dress rehearsal and hour and 15-minute performance at Furman Park this summer.

The symphonic society recently approached Mayor Pro Tem Mario Trujillo to request the funding, as there were concerns that the Symphonic society would not be able to cover the cost of the annual end-of-summer performance, due to recent low attendance at their other shows.

The annual "pops" performance is scheduled for August.

Councilman Hector Sosa voiced support for the expenditure, however noted that the council would likely be considering a grant program for all community organizations soon, where there would be "no guarantees, no promises."

"You know, we had discussed working on a grand budget allocation that will be allocated for different nonprofits; I guess we have to go through an application process," said Sosa. "But, the symphony brings a lot of value to this community, I believe, and we have a \$25,000 dollar allocation that's allocated to them every year. I did some research, I asked for some information... I looked back at the past seven fiscal years, and they have fallen well under that \$25,000 allotment. So, for me, as a one time exception, I'd be in favor of it, because I think it does bring a lot of value to our community."

Trujillo echoed the sentiments of the Sosa, emphasizing that this would be a "one time deal."

"I want to be clear that we can't keep doing this every year," said Trujillo.

The city already supports the symphony with a \$25,000 grant through its Downey Civic Theater Financial Assistance Program, which goes towards five concerts hosted at the Downey Theatre. In the current fiscal year, the symphony has spent \$16,000, with two more concerts scheduled to be held at the theater by June 30.

This is just the latest in a recent string of requests for monetary aid from city organizations.

In September last year, the city awarded \$30,000 to the Downey Rose Float Association to go towards the construction of their annual parade entry. The YMCA also asked for funding for their new building project last month.

## Farmers market contract remains in limbo

■ The Downtown Downey farmers market is operating without a licensed agreement; the city council is considering its next steps.

**By Alex Dominguez**  
Staff Writer

**DOWNEY** — The fate of the Downey's farmers market remains up in the air, as the weekly event is caught in a seeming tug-of-war between the Downtown Downey Improvement District and its current manager Raw Inspiration, Inc.

The Downey Farmer's Market takes place every Saturday, rain or shine from 9 am to 1 pm on the city owned property located at 2nd Street and La Reina Avenue.

The city of Downey has been contracted with Raw Inspiration since 2008. Under the agreement, Raw Inspiration would operate a certified farmers' market, only paying street closure costs if necessary. The city would also not incur any costs.

The contract was previously extended in 2020, however a further amendment to the agreement to push it through December 2024 was found to be not valid. As such, the contract officially expired in November last year and the market has since been operating without a licensed agreement.

According to Assistant City Manager Vaniah De Rojas during her presentation to the City Council on Tuesday, the city has been in contact with Raw Inspiration concerning the contracts expiration and the need for renewal.

However, operators of the organization dispute this, saying that they were only made aware of the situation as recently as last week.

"When our contract [expire] — if there is a contract, you consider it null and void, I don't understand that — we need to know," said John Edwards, President of Raw Inspiration. "We were told by Mr. [Mario] Guerra. On Sunday, as you may know, there were many Facebook pages about the market, overwhelmingly supporting us and the farmers market."

He continued,

"What I would like to know: Why is our contract considered null and void by this council? We've never got a letter from you. I understand the decision was taken by this council that it was invalid two months ago. Nobody wrote to us. Nobody contacted us. Nobody told us that that was the position of you. So, we've been going along merrily."

Meanwhile, the DDIA has expressed interest in taking over the market's management.

Melissa Farwell, the market's Director of Development, said that Raw Inspiration was "uniquely qualified" to keep running the market.

"Raw Inspiration built the farmers market here from scratch. We built a market that operated in the red inf the first six years since its inception, and kept it going because we believe in Downey, and we love our customers and the residents, and had an amazing relationship with city staff," said Farwell. "We also had to deal with the huge impact of the Covid-19 pandemic, where once again we very much were in the red and contemplated closing the market...We triumphed through these challenges and built a reliable community gathering space with great vendors."

She described the situation as a "behind closed doors takeover."

"I do want to note that the Downtown Downey Improvement



A man sells flowers at the Downey Farmers Market. (Photo by Pam Lane)

Association has never reached out to us to talk to us about taking over the contract with the city for the farmers' market," she said.

Both Edwards and Farwell said that vendors had expressed concerns over a potential change in management.

The DDIA attempted to clear the air on some of these claims and concerns

Hans Fritz, executive director of the DDIA, said that the DDIA did not wish to remove the operator, nor any of the vendors of the market.

"The community obviously loves them, and we want to keep them," said Fritz. "The reality is that their contract ended December 17, 2022, and I knew this a year ago, so it was public information. And now it must go through an RFP (request for proposal) process."

"The nature of any downtown district like the DDIA is to manage all aspects of its downtown. We ask you to please allow the DDIA to issue the RFP for the farmers market...the current operator would be invited and encouraged to participate in the RFP process; if we could keep them working with the DDIA, it would be a win-win outcome for everybody."

The DDIA currently manages the twice-monthly night market, partnering with Angel City Markets to operate the event.

Councilman Hector Sosa believed that the council should take more time before making a decision.

"You know, Raw Inspiration has done a great job in our community with the farmers' market for the past 15 years," said Sosa. "On the flip side, the DDIA has done a great job so far in trying to drum up business and do the things they want to do in the Downtown District."

"I think this needs further discussion; I think we need to maybe set up a meeting where we bring the interested parties to the table. I'd like to see more of a plan from the DDIA and also, because Raw Inspirations had been there so long, they should be given the opportunity to renew their contract."

Mayor Claudia M. Frometa suggested that the DDIA continue with Raw Inspiration under a pilot program for the next six months. She said that she wanted the community to "continue to have what they have been accustomed to," however suggested it may be time that the city receive some sort of compensation.

"In this environment, where yes we want to continue to provide a service, but at the same time we hear from the residents about the downtown needing additional attention; the parking structure, all of these things," said Frometa. "If we want the Downtown Business Association to work as an umbrella for things that occur in the downtown, we also need to give them an opportunity to have that oversight as well."



Then-council members Mario Guerra, David Gafin and Kirk Cartozian, surrounded by members of the Miss Downey Court, at the grand opening of the Downey farmers market on April 18, 2008. (Photo by Eric Pierce)

### Weekend at a Glance

Friday 66°

Saturday 74°

Sunday 75°

### ON THIS DAY

**1742:** George Frideric Handel's "Messiah" premiered, in Dublin; it became the most frequently performed oratorio, typically played at Christmastime.

**1870:** The Metropolitan Museum of Art was founded in New York City, and it became one of the leading art museums in the world.

**1895:** Accused of selling military secrets to Germany and convicted in an irregular trial against a backdrop of anti-Semitism, French officer Alfred Dreyfus was imprisoned on Devils Island, off French Guiana.

**1943:** The Thomas Jefferson Memorial was dedicated in East Potomac Park on the south bank of the Tidal Basin in Washington, D.C.

**1960:** The United States launches Transit 1-B, the world's first satellite navigation system.

**1964:** For his performance in "Lilies of the Field" (1963), Sidney Poitier became the first African American to win the Academy Award for best actor.

**1970:** An oxygen tank aboard the Apollo 13 Service Module exploded, putting the crew in great danger and causing major damage to the Apollo command and service module (codenamed "Odyssey") while en route to the Moon.

**1976:** The United States Treasury Department reintroduced the two-dollar bill as a Federal Reserve Note on Thomas Jefferson's 233rd birthday as part of the United States Bicentennial celebration.

**1997:** Tiger Woods won the Masters Tournament, becoming the first golfer of African American descent and the youngest player to place first in the event.



**2002:** The military coup that a day before had installed businessman Pedro Carmona Estanga as interim president of Venezuela collapsed this day, and the following morning Hugo Chávez was restored to the presidency.

**2015:** German writer Günter Grass—who was the winner of the Nobel Prize for Literature and was known as the literary spokesman for Germans who grew up in the Nazi era and survived World War II—died at the age of 87.

### Birthdays

R&B singer **Al Green** (77), "Sons of Anarchy" star **Ron Perlman** (73), TV actress **Caroline Rhea** (59), retired basketball player **Baron Davis** (44), and horror actress **Allison Williams** (35).

# Council members share priorities at goals workshop

■ At a goal-setting workshop, council members shared their long-term ambitions for Downey.

By Alex Dominguez  
Staff Writer

**DOWNEY** — Economic development and quality of life were brought up as areas of priority during a city council goal setting workshop which took place last week.

With annual budget approvals looming, the city council met with members of city staff at the Rio Hondo event center for several hours in order to hash out planning details for both the short and long term.

"I think it's great to come together and talk with the council and see them work out priorities for the community, and really focus in on how do we make

Downey a great place," said City Manager Roger Bradley. "I also saw some great comments about really making the community the best place it can be for our future and for our current residents."

During the meeting, Bradley went over some general, basic goals that the city is already planning to explore over the coming fiscal year, including re-exploration of a hotel users tax rate increase (which failed to pass at the polls last year), continued development of the "Back20" of the Downey Promenade, working with the county to explore reuse of the Los Padrinos site and development of the South Rancho Campus, the possible creation of a community organization grant program, filling administrative vacancies, completion of phase two of the solar power project, continued progress and groundbreaking for the Columbia Memorial Space Center expansion, creation of a community garden, and planting

250 trees city wide.

But the meeting also served as an opportunity for members of the council to identify other areas of need that they saw within the city.

Mayor Pro Tem Mario Trujillo said that Downey should prioritize residents, adopting policy that protected and supported the city's neighborhoods from the growing pains that often come with economic development, specifically increased traffic and parking need. However, he still encouraged progress, suggesting that the city had not done enough to brand itself, including installation of what he described as "Instagrammable features."

"Downey has become a go-to destination, I believe...It's where people come from other cities to eat, shop, and dine," said Trujillo. "I don't think we've really done enough to brand Downey as the go-to destination from a regional concept... A marketing campaign to really brand Downey as the place that you want to live, dine, shop, and play in I think would go a long way, and it would translate to an increase in tax dollars."

He also expressed a desire to target Downey's younger demographic, encouraging them to "keep their money in Downey."

"If we could do a 'keep your money in Downey' campaign, I think that might see a result in an uptick, a little bit, in our taxes because we're telling our residents to come and reinvest, recycle your money in Downey," said Trujillo.

Mayor Claudia M. Frometa said that Downey's Civic Theatre was not being fully taken advantage of, saying it has been a bit of a "weak spot" over the last several years.

"It is a young community, and we need to be able to look at opportunities to, how do we... market our civic theater and



Mayor Claudia M. Frometa speaks with resident George Manzanilla at a "Coffee with the Mayor" event at the Columbia Memorial Space Center last month.

our symphony, and bring the types of entertainment that are going to, again, revitalize," said Frometa. "Looking at the arts, our symphony, that is such a strong draw, and that is a strength in many communities, and many communities don't have that."

Councilman Hector Sosa brought up the desire to attract more major employers – and as an extension, high-paying jobs – to the community.

"We used to be an aerospace hub, now we're sort of a mini-medical hub, and I think it would also add economic diversity," said Sosa. "If we can attract some kind of major employer, again, what industry I'm not sure, but Downey back in the day when we had the aerospace here, that was

huge; we had a lot of high-paid individuals."

"Tying that into keeping your money in Downey, if you have high-paying jobs, these kids that are coming up, they've gone to college, they want to be professionals, where can they work at in Downey right now? There's not a lot of places."

Frometa would add the opportunities that legacy projects could bring to the city's future.

"When you talk about building, building your base and building for younger generations, we look at the legacy projects; that's where a project like the NASA Vultee building comes in, because you look at it as an "idea incubator" and you look at the high school students," said

Frometa. "We've got really bright minds in Downey, and we go out and we partner with the local colleges and universities in the surrounding areas, and then you partner with Google, and you partner with various companies to help with that idea."

"That continues to highlight Downey, and bring - and potentially expand on - those ideas to be promoted as business ideas in this city, and I think that also allows the community to invest back into the youth."

The city council is expected to review and approve the fiscal year budget for 2023/24 in the next couple of months.

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# MS presents unique challenges for Hispanics

By CNN Health

Multiple sclerosis (MS) is on the rise in the Hispanic community and racial disparities in healthcare can add obstacles when People of Color are seeking treatment. Taking advantage of local and national resources and learning as much as possible about the disease can often improve the quality of life for people with MS and their families.

For many Hispanic people with MS, language hurdles, socioeconomic barriers, and limited access to MS specialists and other medical services make it difficult to receive optimal care. Pursuing a proactive approach can help you increase the odds of a healthier long-term outcome.

### 1. Understand how MS affects Hispanic people

MS is an autoimmune disease that affects the brain and nervous system, often leading to weakness, coordination difficulties, vision problems, and many other health complications. Your experience with MS can vary based on several factors, including your racial and ethnic background.

However, Hispanic people with MS have been poorly represented in clinical trials, which means less is known about disease progression and the effectiveness of various MS treatments in this population, according to the MS Minority Research Engagement Partnership Network.

There is some existing research, although more is needed and studies are ongoing to further understand how MS affects the Hispanic community. At this point, research suggests that even though Hispanic people may be less likely than white people to develop MS, they are at higher risk to be diagnosed at a younger age and have a higher risk for disability earlier in the course of the disease.

Understanding the specific risks facing Hispanic people with MS can help you be prepared to manage your health.

### 2. Turn to national and local resources

Recognizing the healthcare barriers and underrepresentation in clinical trials facing Hispanic and Latino people, the National Multiple Sclerosis Society has committed to providing more resources, support, and information specifically for MS patients and families in those groups.

The organization maintains a vast, updated list of local support groups organized by zip code. Support groups, some of which are conducted in Spanish, can provide emotional and psychological help, as well as offer a place where helpful medical and lifestyle tips can be exchanged. Many social media platforms are also good places to find online support groups and resources.

### 3. Control your blood pressure

High blood pressure, also referred to as hypertension, is much more common in people with MS than it is in the general population. And having high blood pressure can exacerbate MS symptoms and accelerate disease progression.

A 2021 study of hypertension severity in Hispanic/Latinx people with MS further suggests that high blood pressure is too often underdiagnosed in these populations and that it is associated with severe disability affecting walking and gait. While there has been no study to show that treating high blood pressure may help prevent disability and slow disease progression, it's a good idea for your overall health to control your blood pressure through a combination of exercise, diet, and other

lifestyle adjustments, as well as medications if necessary.

### 4. Find doctors who understand you

Community hospitals and public health agencies sometimes have social workers on staff to help individuals — particularly those who may face language or socioeconomic barriers to optimal care — navigate the healthcare system and find reliable doctors and other professionals.

Turn to social workers or MS navigators to help you find culturally competent doctors, physical therapists, and other healthcare professionals who have received training in the nuances of how one's racial and cultural background impacts their health and their experience in the healthcare system.

### 5. Turn to family and friends

Although it's normal to have different emotions about the need for help, those close to you want to provide support, and relatives and friends play important roles in your MS journey. Be vocal about your needs and what makes you feel more comfortable when asking for help.

Living with MS will require you to make adjustments, but by taking a proactive approach to care, following your doctor's recommendations, and creating a support system, you can choose to live an empowered life.

## Paging Dr. Frischer...

By Dr. Alan Frischer

Recently, my daughter introduced me to

Wordscapes, one of the many free addictive word games that we can play on our phones.

The goal is to unscramble letters and fill in a crossword-type puzzle, and apparently, there are enough levels to keep a player occupied for years. I am now in a tight competition with my wife, daughter, and sister. We convince ourselves that these time-consuming games are good for our brains. Are they?

Word games are nothing new. Crossword puzzles have been popular since the 1920s, and Scrabble since the 1950s. Our phones, however, have given us a very convenient way to access them, anytime and anywhere. They are fun, challenging, and actively engage us.

So, what do scientific studies say about word games and brain health?

We have learned that

exercising our brain is as important as exercising the rest of our body, and that regular brain exercise has indeed been shown to maintain cognitive function, grammatical reasoning, and working memory (also known as short-term memory) as we age.

They also improve how long we can keep our focus on a task. Those who spend an hour a day on mentally challenging activities maintain their ability to effectively reason or think longer than those who do not. However, studies have not specifically shown that these activities reduce the risk of developing dementia. More research is necessary to better define the benefits.

Of course, studies have long shown that physical activity is incredibly beneficial for our brain. Physical exercise improves cognition, memory, and sleep, as well as reducing anxiety and depression. It reduces the risk of dementia as well as stroke and heart attack.

My conclusion is that, unless you do it while walking or driving, there

is no downside to playing these word games, and it sure is a great way to pass the time while waiting in line. If you enjoy them, by all means continue. It provides that satisfied feeling when a task is completed, which makes us want to continue playing. Whether or not studies have conclusively proven short- as well as long-term benefits, it makes sense that actively using our brain is better than passively staring at a screen.

And, if these word games are combined with interaction with others, such as a game of Scrabble or conferring over a tough

task, then we add the benefits that socializing brings.

Research has clearly demonstrated that when we take care of ourselves physically and mentally, our general health improves. I urge you, as always, to make physical exercise a habit, to eat a healthful diet, to maintain your mental health, and yes: to exercise your brain.

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.





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## Leaders from both parties should demand Clarence Thomas's resignation

By Adam Cohen

*Adam Cohen is the author of "Supreme Inequality: The Supreme Court's Fifty-Year Battle for a More Unjust America."*

There are two distressing aspects to the scandal of Justice Clarence Thomas's years of accepting luxurious vacations and private jet trips from a billionaire, as revealed last week in a damning investigation by ProPublica.

The first is that these gifts came from a man who seems to have strong feelings about issues that come before the Supreme Court. The second is the lack of bipartisan outrage at malfeasance that corrodes the standing of the nation's highest court.

Suggesting that Democrats and Republicans agree on anything involving the Supreme Court these days sounds like the ramblings of a madman. But it is worth recalling that the last time such serious allegations were made against a sitting justice, Congress did respond firmly and in bipartisan fashion. Justice Abe Fortas's departure from the court in 1969 is both a blueprint for how lawmakers could respond today and a benchmark of how far we have fallen.

Fortas, a Democratic appointee, got caught up in a scandal that involved much smaller dollar amounts than the lavish trips Justice Thomas took, even factoring in inflation. Fortas accepted \$20,000 to consult for a foundation working on civil rights and religious freedom. Justices consulting for nonprofits was once not so unusual: William O. Douglas had a paid position with the Albert Parvin Foundation, and Warren Burger had one with the Mayo Foundation.

Unfortunately for Fortas, the businessman who started the foundation that had retained him, Louis Wolfson, was investigated by the Justice Department for financial improprieties and eventually convicted of securities violations. In 1966, Fortas quit the foundation and returned all the money he had accepted.

There were other clouds around Fortas. His contract with the foundation was originally for \$20,000 in annual payments for consulting work for the rest of his life, and there was an earlier controversy over a course he was paid \$15,000 to teach at American University while on the court. He also had an unfortunate habit of continuing to offer advice to President Lyndon Johnson, whom he had long advised, even after joining the court. But it was his involvement with Wolfson that forced him off the court.

In 1969, Life magazine reported on Fortas's long-extinguished ties to Wolfson's foundation and on the money he had returned,

and a scandal ensued. We now know the Nixon administration was helping Life with its investigation, including with some improper leaks, in an attempt to drive Fortas off the court.

When Life's revelations appeared, Republicans in Congress demanded that Fortas resign. That was not surprising — the liberal Fortas was appointed by Johnson. What was remarkable by today's standards is that Democrats demanded his ouster, too. Walter Mondale of Minnesota was the first Democratic senator to do so, and Senator Joseph Tydings of Maryland, a liberal Democrat who had been one of Fortas's biggest supporters, soon followed. It packed a real punch when The New York Times reported on the front page, "Tydings Declares Fortas Must Resign Immediately."

These Democrats called for Fortas to step down, even though President Richard Nixon, a Republican, would appoint his successor, which would help to flip the court from a liberal majority to a conservative one. They made clear that they were more concerned with the court and the country than with their ideology or their party. "The confidence of our citizenry in the federal judiciary must be preserved," Tydings declared.

With his own party turning against him, Fortas was in danger of being impeached by the Democratic-controlled House. Fortas insisted he had done nothing wrong, but he stepped down, explaining in his resignation letter to Chief Justice Earl Warren that "the welfare and the maximum effectiveness of the court to perform its critical role in our system of government are factors that are paramount to all others."

Justice Thomas's conduct has been far more egregious in scale than Fortas's. ProPublica reported that a single nine-day "island hopping" trip by Justice Thomas and his wife, which included a 162-foot superyacht, could have cost him over \$500,000 if he had chartered the private jet he flew on and the yacht himself. Justice Thomas did not report the largess he received on his financial disclosure forms, which appears to violate federal law, according to ethics experts ProPublica spoke to. (Justice Thomas issued a nonapology of the "there is nothing to see here" variety.)

The defenses being made on Justice Thomas's behalf hardly pass the laugh test. It was just, as Justice Thomas put it, "personal hospitality" among close friends? That would be a nice meal at a friend's home, not an invitation to travel the world like royalty on a plutocrat's dime. And about that friendship: ProPublica reports that Justice Thomas's rich benefactor, the real estate developer Harlan Crow, befriended him after he became a justice. It is hard to believe

that if Justice Thomas started voting like Justice Sonia Sotomayor, the friendship or the free island hopping would continue.

ProPublica reported that neither Mr. Crow nor his firm has had a case before the court since Justice Thomas joined it. But Justice Thomas and his conservative allies have been catering to the interests of the ultrawealthy for years, from striking down campaign finance limits to making it harder for workers to unionize. Mr. Crow also serves on the board of the conservative American Enterprise Institute, whose website makes clear that it takes a keen interest in cases before the court.

Justice Thomas's windfall has "no known precedent in the modern history of the U.S. Supreme Court," according to ProPublica. It is also part of a climate of growing ethical rot. He has been voting in cases in which his wife, the conservative activist Ginni Thomas, has ties to the parties involved. Justice Antonin Scalia died in 2016 in a free room at a luxury ranch owned by another very rich man.

The harm all of this does is incalculable. According to Gallup, trust in the federal judiciary is at a record low. But the impact goes beyond the court, damaging American democracy itself. Behavior like Justice Thomas's plays into the popular belief that across government, the fix is in — that the rich and powerful are buying off decision makers to get what they want.

Democrats have been screaming foul. Representative Bill Pascrell Jr., a New Jersey Democrat, called Justice Thomas "corrupt as hell" and demanded that he resign — one of several Democratic Congress members urging resignation or impeachment. Democrats in Congress are also pushing for a code of ethics for the justices who, unlike lower court federal judges, are not covered by one.

Republicans, however, have been deafeningly silent. Fox News has filled the void by locating an "expert" to declare that the story about Justice Thomas is "politics, plain and simple." Influential Republicans in Congress are reported to be working behind the scenes to block the push for a code of ethics.

If our body politic were as healthy today as it was in 1969, leaders of both parties would be demanding Justice Thomas's resignation, and he would be as worried about being impeached by a Republican House as Fortas was by a Democratic one. And we would hear Republicans in Congress say, as Tydings once did, that what matters most of all is not party or ideology but that "the confidence of our citizenry in the federal judiciary must be preserved."

## It's time to end the five-day isolation guidance for covid

By Shira Doron, Elissa Perkins and Westyn Branch-Elliman

*Shira Doron is chief infection control officer for Tufts Medicine, hospital epidemiologist at Tufts Medical Center and an associate professor at Tufts University School of Medicine. Elissa Perkins is an associate professor of emergency medicine at Boston University School of Medicine and the vice chair of emergency medicine research at Boston Medical Center. Westyn Branch-Elliman is an infectious-diseases specialist and associate professor of medicine at Harvard Medical School.*

Thanks to vaccines, post-infection immunity and effective treatments for covid-19, most of society has returned to normal. The United States is set to end its public health emergency in May, and the World Health Organization has indicated it will also declare an end to the pandemic soon.

But there is one lingering residual: the five-day isolation period following a covid diagnosis. We believe it's time for the Centers for Disease Control and Prevention to retire that policy and move to an alternative guidance: Stay home when sick; return to work and school when you are better.

This is especially important for kids. Extensive evidence shows that time away from school due to covid has worsened learning loss, screen addiction, the teen mental health crisis and obesity rates. Schools are playing catch-up not only for academics but also social and emotional learning. While many schools have been open for in-person instruction for more than two years, the mandatory five-day isolation period means educational disruptions continue.

It is incumbent upon health officials to keep the number of days that children have to be out of school to an absolute minimum. We also must recognize that it's not only children who are harmed by the five-day isolation requirements, but also the caregivers of children who are too young to stay alone at home. During this time of staffing shortages across many industries, especially in health care, we must consider this negative impact on society.

Why is the isolation period for covid five days (plus five more days of wearing a mask when indoors) when for other viruses, we advise a "stay home when sick" policy? For most diseases, people can return to work and school when their fever has resolved

and they are feeling well enough. Is there something inherently different about the coronavirus that makes it contagious for longer?

The answer is no. In fact, influenza is often contagious up to seven days after becoming sick. People with respiratory syncytial virus (RSV) can be contagious for up to eight days. Those with these viruses are not required to isolate after their symptoms have improved.

Well, you might say, covid is not the flu. In fact, the severity of covid has been steadily dropping. Hospitalizations due to the disease are rare, and the risk of death from it has dropped below that of the flu. It's also true that many people have simply stopped testing when they have mild symptoms, so many covid cases are never diagnosed. Because those individuals do not isolate, the community and school-level impact of requiring extended isolation only for diagnosed cases is likely negligible.

The United States is actually an outlier when it comes to restoring normalcy for kids. Health authorities from around the world have been messaging for months that covid should be thought of like other respiratory infections. Ontario dropped its five-day isolation policy last August. Denmark did the same in December, as did Britain in February.

Testing for the coronavirus should also be limited to those who would qualify for treatment, which is based on risk factors and does not include otherwise healthy children. This is the same approach physicians use for other endemic respiratory viruses, such as flu and RSV.

## Students are the future

By Joseph Trevizu

*Joseph Trevizu is a student school board member for the Norwalk - La Mirada Unified School District, and the youngest elected Latino in LA County.*

Many students can care less about what happens at school board meetings, but those are the same students who complain about literally everything happening in our schools. If students really want the change they so passionately talk and post on social media about then it's time to step up to the plate and serve!

I was 14 when I started advocating for change in my community. By 16 I was speaking at School Board Meetings and at 17 I am serving on a school Board as the Student Member.

I serve on the Norwalk - La Mirada Unified School District's Board of Education being the first duly elected Student Member in the district, making me the youngest elected latino in Los Angeles County. I never thought I would be a board member but I knew that if I was really about the words I spoke I had to find a way to become a solution.

Prior to my election I did some digging and found that the State of California allows for "Pupil Board Members". Even better, my district had a unique policy in place but it was buried deep and unheard of until I brought it to the attention of others. I asked to be appointed to the Board. My request was rejected on multiple occasions, until I got an email and my efforts of advocacy started paying off.

The Board President at the time told me via email that the district would undertake an election in August 2022 just a month late from state set standards. Nevertheless I took advantage of that opportunity and the students of the district elected me with over 50% of the vote.

It is vital that students start doing the research and figuring out how they are going to be about the change they speak of. Let's be clear; It's not only on the students, this is on elected officials to give thier largest stakeholders a voice at the table. Often we hear

For most people, it simply doesn't matter which virus is causing their symptoms. And with federal funding for certain covid services ending on May 11, including free testing, changing from a "test everyone" to a "test only those at high risk" approach would conserve resources and prevent burdensome costs, which disproportionately affect those with lower incomes. This would follow the example of the Netherlands, where health authorities recommended against routine testing in February.

Not everything should go back to normal. All Americans should receive paid sick leave, including time to care for a sick loved one. Vaccines, tests and treatment should be widely available at low or no cost for those who are high risk. Better ventilation in schools, workplaces and other public venues, as well as free high-quality masks for the immunocompromised, should be the goal. And the health-care system needs a serious overhaul: We need more flexibility to scale up capacity during surges. And people need more access to primary-care physicians so that underlying health conditions can be properly managed to improve outcomes from all unexpected ailments.

We have been through the unimaginable, and our kids have borne much of the burden. Now we must do everything we can to ensure they are where they belong: in the classroom. As the emergency phase ends across the United States, it's time to shift our covid policies to match those of other endemic respiratory viruses: Stay at home when sick and, whether it takes a week or a few days, come back when you are feeling better.

electeds say they care about kids and that they want to advance the promise of democracy. Really? From a student perspective if you really want to advance the experience of students throughout the district you serve then you're really going to have to start proving it through substantive and tangible driven change, like giving students a seat on the school board with the rights to vote preferentially and motion.

My grandfather who was raised in Compostela, Nayarit came to America under the pretense of better opportunity and today I live under his American dream. I have always known that I wanted to go to work to fix my community but these opportunities are the ones that children who come from middle class families like mine are not aware of.

As they say "you can't be what you don't see" my position really just defines that. I was raised by two loving parents in different parts of LA County but primarily in Cudahy, Santa Fe Springs, Norwalk - La Mirada, and Whittier. My father's mom, my grandma Beverly, used to watch me as a kid in Cudahy and it was then that I realized the real harm gangs do to communities those things taught me the truth about what happens to most young hispanic men that can't find a place in society because they weren't properly equipped or simply lack the motivation to succeed.

I have a passion to end the cycle of generational gang trends and to educate young hispanic children on our history, our culture and the power we have to change the world.

I lost my Grandma Bessie, my mother's mom, to cancer my junior year of high school, in my hands. She was a janitor who never stopped working even after retirement, caring for the elderly. She taught me the truth about tenacity, about never giving up. Before I lost her I promised that I'd fight for my community. I hope I'm serving her well.

Are you ready to teach our generation the way this game works? If so reach out to me at jottrevizu2@gmail.com

**The Downey Patriot** STAFF

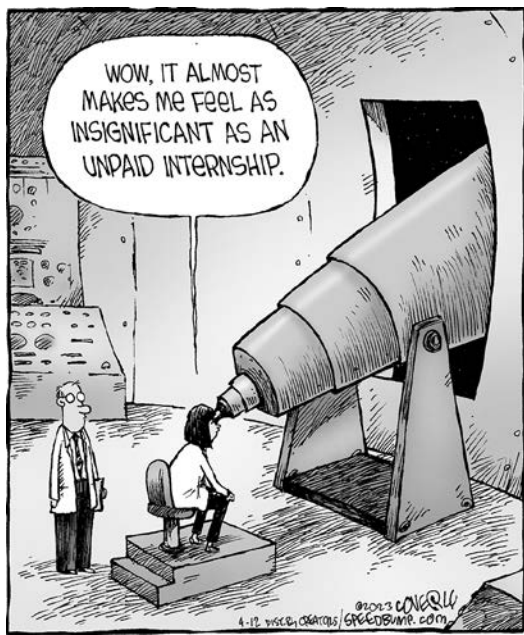
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## SPEED BUMP

## 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.  
 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 Barabara Riley Senior Center, call Gloria Nezahualcoyotl (562) 776-6136.  
 4th Wed., 7:30 pm: US Coast Guard Aux. Flotilla 5-10, First Presbyterian Church, call Brian 419-5420.  
 Wed. & Fri., 10:15 am: Senior Bingo, at Apollo Park, call 904-7223

#### THURSDAYS

7:30 am: Connections Networking, at Bob's Big Boy, for info., call Nick Smith, 861-5222.  
 7:30 am.: Soroptimist Int'l of Downey, for information, call Mia Vasquez, 806-3217.  
 9:30 am: Take off Pounds Sensibly, at Barabara Riley Senior Center, call (800) 932-8677.  
 12 pm: Bingo, at Woman's Club of Downey - Proceeds benefit Rancho.  
 12 pm: Optimist Club of Downey, at Rio Hondo Events Center.  
 6:30 pm: Downey United Masonic Lodge # 220, 8244 3rd St., call 862-4176.  
 7:30 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.

**Thursday Afternoon**  
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 Games start at Noon  
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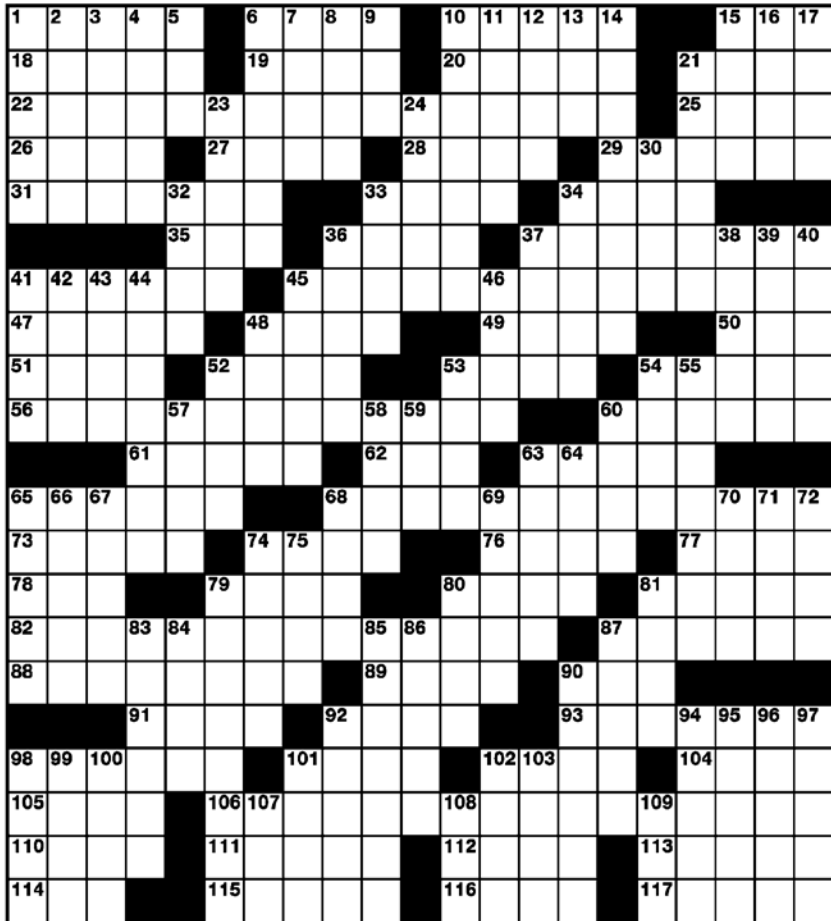
### THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)

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by Mark McClain

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 same time. The origin of FRACK  
 were in Don Quixote and King Lear,  
 (Across), with positions reversed,  
 of FORGIVE AND FORGET (22  
 Latin. The earliest literary uses  
 means "with position reversed" in  
 VICE VERSA (20 Across) literally



# Downey Symphony has a Danzón of a good time



**Dorothy Pemberton, Bill Hare and Larry Lewis at Saturday's Downey Symphony concert at the Downey Theatre.**

■ Saturday's concert at the Downey Theatre marked the conclusion of the symphony's 2022-23 season.

By **Lorine Parks**  
Society Editor

The Downey Symphony Orchestra concert was a contrast in Old World and New World symphonic styles, both good but differently infused.

Saturday night at the Downey Theatre patrons heard Capriccio Espagnol, an orchestral suite by Rimsky-Korsakov that imagines the sunny life in a tropical climate. Though he traveled to Spain, Russian-born Rimsky-Korsakov loved the color and variety of Spanish folk music, that earthy, sensual feeling that he set to music. Spaniard Manuel de Falla's Ritual Fire dance conveyed the passionate heat of a gypsy romance with the intense and increasing eerie beat.

But when the orchestra performed the New World composer Juan Pablo Contreras's Mariachitlán, and Arturo Marquez's Danzón on!, the music said, "We are here. This is our land, our culture. These are our songs."

The first was formal; the second was equally complex but with that authentic persuasion.

Composer Juan Pablo

Contreras came to the stage from the audience to acknowledge a standing ovation, his youthful face set off by enormous red bow tie. "This is an orchestral homage to my birthplace, Juan Pablo said, "the Mexican state of Jalisco, where mariachi music originated." The piece alternated between melodic canción ranchera, ranchera songs, and the competing mariachi bands.

Before the concert both the Lobby and Mezzanine Gallery level were filled. Up above, patrons viewed the Downey Art Coalition's curated show, Mother Earth. Below, in the Lobby, friends greeted each other: Joe Commodore, Bob Goldstein, Larry Lewis, along with Bill Hare, all Kiwanians who once performed in a benefit performance of Neil Simon's The Odd Couple in this same theatre.

New Downey Symphonic Society board member Linda Saldana and her teenage son; Dorothy Pemberton and Patty Rohrer. Dorothy confided that she is announcing her candidacy for City Council for the Third District, a position that will be voted on in special election in November to fill the vacant seat. You read it in the Patriot.

Roy and Barbara Beard, former DSS president Don Marshall, Hop Morrison, Adele Alexander Abruzzo and her son John. Fans and friends were happy to see Joyce Osborn, our former first violinist, and wife of conductor Tom and mother

of concertmaster Carolyn. Mary Stevens, and DSS Board members Tom Hutchinson and Cindy Kovach

One patron brought a well-worn page from the Downey Patriot previewing the pieces to be heard.

The evening began with the traditional temporary "conductor" giving the downbeat. The dream job fell to Christopher Parks. His grandmother Bernice Mancebo Stumps had bid for the baton last year, and Christopher led a spirited Souza March, The Star and Stripes Forever.

At intermission: 5-year-old Audrey Rumlalo was clearly inspired by the performance. "She wants to play the violin," her mother Angela said. Also enjoying the family evening was brother Aaron and father Alfred, whose names all begin with A.

After intermission Concert Master Carolyn Osborn "conducted" the bidding for next year's baton wielder.

"You get lessons in how to conduct from Maestro Sharon Lavery," said Carolyn, "a baton, and a picture of yourself in action."

Bidding began at \$1500 with a spirited offer from an orchestra member. The level progressed to \$2,000, to \$2,500, \$3,000, and inched up to and past last year's record of \$4200.

Winner, at \$4400, was Gladys Crespo, mother of Anthony Crespo, the president

of the Downey Symphonic Society. And who did Gladys bid for? For her father, Anthony's grandfather, 93 year-old Sinforiano Jimenez, a composer and musician who lives in Bolivia.

"We'll get him to come here next April," said Anthony.

The evening included an evocative piece, Fanfare for the Earth," by Giovanni Santos, a world premiere. It opened with percussion, a knocking on wood, then cymbals, timpani. Trumpets and violins took up the theme. It's a piece we would like to hear again. The composer, a friend and colleague of Music Director Sharon, came to the stage to receive the audience's applause.

The musical finale concluded with a smiling conductor opening her arms wide and including the entire orchestra in the audience's applause. Maestro Sharon went deep into the orchestra to single out each section, the horns, winds, brass, the strings, and the remarkable percussion. So many different kinds of drums enlivened the evening, from timpani to bongos to small snare drums, cymbals, a harp and a grand piano. As always Sharon embraced the orchestra and the audience, "This is your Symphony Orchestra, Downey."

After the concert, musicians, artists and patrons walked the short way across the Theatre Plaza to the Embassy Suites. In the

Brickstone Lounge there was room for all, to share the natural high that comes from

experiencing such good music. A good time to unwind and enjoy each other's company.

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Stacy Brabant and Charlene Roche

Michael Calvert was elected president of Downey Coordinating Council last week.



## Fire chief speaks to coordinating council

**DOWNEY** — The Downey Fire Department sent a team to Mammoth Lakes after the recent record snow storms.

“We’ve got to help these people shovel out the snow,” said Chief Dan Hurlock, speaking to the Downey Coordinating Council.

But the job required more than that. Fire departments now have special “heavy rescue” trucks, designed for search and rescue operations. They find victims of confined spaces accidents, such as collapsed buildings, and have cutting torches, cranes, hi-lift jacks, winches, and generators.

Downey is a participant of the California Master Mutual Aid system, which assists other jurisdictions throughout the state in times of need, such as major disasters. Downey and Santa Fe Springs each sent 6 trained personnel, and Santa Fe Springs’ special Heavy Rescue truck, to Mammoth, 350 miles north.

Downey’s identical apparatus stayed here, in case of a local disaster. That’s how the mutual aid arrangement works, moving pieces around so everyone is always covered.

At the meeting, the Coordinating Council elected officers for the year 2023-24. New president will be Michael Calvert, who represents the Morning Kiwanis Club on the Council. Michael is the Executive Director of the Downey Chamber of Commerce, and trains for running marathons in his leisure time.

Michael takes over from Carol Kearns, who has guided the Council through the last year. The Coordinating Council holds its annual Awards Banquet on May 10, when they will honor Volunteers representing 28 member Downey organizations.

*Lorine Parks, society editor*

## Downey hires new department heads

**DOWNEY** — Two appointments to the city’s head of finance and public works departments have been announced, filling some of the city’s current list of vacancies.

Stephen Hannah will take over as the city’s finance director, while Matt Baumgardner will oversee the public works department.

According to his LinkedIn profile, Hannah is a former United States Army Staff Sergeant with over 24 years in public service.

After spending three years apiece with the counties of Fresno and Riverside and two years with the city of Anaheim, he would spend just shy of 12 years with the city of Long Beach as its City Controller. He currently works in the city of Palos Verdes Estates as its Finance Director / City Support Services Director.

Baumgardner has served as Director of Public Works for the city of San Fernando since July of 2020, according to his LinkedIn profile. Prior to that, he was Director of Operations at the Ventura Regional Sanitation District from 2013-2020.

City Manager Roger Bradley announced the appointments at the City Council meeting on Tuesday.

*Alex Dominguez, staff writer*

## Assistance League workers embody spirit of volunteerism

April recognizes all those who give their time and energy during National Volunteer Month.

Downey is fortunate to have a substantial number of volunteer organizations of all kinds in and near the city. One of those is the Assistance League of Downey which is part of a National Assistance League whose volunteers help transform lives through programs designed to strengthen the community.

Since 1955 Assistance League of Downey has been dedicated to identifying and delivering philanthropic programs that address community needs. In 2023 we will deliver \$109,500 in program services back to the community.

Not only do the members give over 19,000 hours of service each year, we assist other organizations and school aged young people in their quest to volunteer.

Each week, Special Needs students from Downey High School and UNI volunteer to work with our members at the Second Tyme Around Shoppe on Downey Avenue. In addition, each Assisteens member volunteers 40 hours each year throughout their four years in high school.

Take a minute to drop by the Second Tyme Around Shoppe and check out the faces of some of our volunteers and the programs that support our Downey families.

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# Warren outpoints Downey in track & field meet

■ Over 350 athletes from girls and boys, frosh-sophs to varsity, participated in the Annual Spring Classic between the two rivals, hosted this year by Warren High.

By John M. Sherrard  
Contributor

**DOWNEY** — Over 350 athletes came together last Tuesday (April 4) in the Annual Downey-Warren Spring Track and Field Classic, with records falling at Justice Stadium at Warren High School.

From frosh-soph to varsity, 64 events in 16 categories adorned the day in what could be called “friendly” between the two rivals.

With the inaugural year in the Suburban Valley Conference for Track and Field, 11 schools make up the competition – but the dual meets have seemed to have gone away.

With the larger conference these are the 11 teams – Bellflower, Dominguez, Downey, Firebaugh, Gahr, La Mirada, Lynwood, Mayfair, Norwalk, Paramount and Warren.

This “friendly” led to Warren outpointing Downey in both the boys and girls varsity competition. In the boys event, Warren outpointed Downey, 72-63, while the girls came away with an easier, 86-50 score.

The Downey boys frosh-soph team finished with 81 points, while Warren had 41, and the Warren girls squeaked by Downey, 70-66.

The Warren varsity boys took 1-2-3 finishes in five events, while Downey swept one event.

That event last week only leads up to the big finish next Friday and Saturday (April 21, 22), when a first-ever Suburban Valley Conference Champion will be crowned in boys and girls track and field. Competition gets under way Friday and continues through Saturday afternoon with numerous heats in all events. No prelims will be held, just finals.

“The Warren versus Downey meet always brings out the best in our athletes,” said Warren Track and Field coach Jay Waldron, who is also the ASB Director and Girls Cross Country coach. “With nearly 350 athletes competing, it certainly promotes the best of what both schools have to offer.

“It also showcases one of the most popular sports at the high school level. Track and Field brings together athletes from other disciplines; many of which having little to no formal experience before entering the sport.”

Leading the way for Warren was senior distance runner Michelle Huerta. The UC San Diego commit came away with three individual first place finishes and was the anchor on the winning 1600 Meter Relay team.

Huerta, who has been running track since junior high school, finished first in the 800 Meters (2:23.37), 1600M (5:44.33) and 3200M (12:04.55).

“Usually our league meets are empty, but at the Downey-Warren meet it was crazy,” said Huerta, of the number of athletes and fans in attendance. “Downey usually has more girls and the last 100 it’s exciting, with the fans going crazy.”

In her 800 race she got behind some runners early and eventually passed Downey runner Sofia Ponce at the last 200 meters.

“Going into the meet, I was a little concerned,” Huerta added. “I knew I had a fair shot at the 1600 and 3200.”

With the 63rd Annual Mt. SAC Relays in full swing this weekend, the Warren 4x800 team of Huerta, Mikaela Holguin, Jayla Barnwell and Stephanie Hernandez will run Friday night (April 14) in an effort to secure a top 15 ranking in order to qualify for the Masters meet. They are currently ranked 9th in the CIF-Southern Section.

Huerta talked about the next challenge when she gets to college at UCSD. “I’m very excited and it’s a different atmosphere and a different way to improve,” she said.

Huerta is currently ranked No. 1 in the Suburban Valley Conference in the 3200, 1600 and 800-meter events. In CIF Southern Section (all divisions combined), she is ranked 23rd in the 3200.

Warren sophomore Moriah Sanders also turned in personal best performances for the Bears. She won the 100 (12.66), 200 (26.37) and ran the anchor leg of the 400 relay team.

Her times currently rank her first in the conference in the 100 and 200 meter events. Huerta is third and second, respectively, all-time for the Bears. She is only .2 seconds shy of the school record for both events.

“Our team is very well-rounded this year,” Waldron said. “We have impact performers in the sprints, jumps, throws and distance. It has been a few years since we have been this competitive.”

Warren throws coach Daniel Singh said of his team – “The throws crew from Warren had a very solid day against their crosstown rivals,” he said. “Senior Jaylon Wells finished in first place in the discus throw with a school record heave of 178’11”.”

The record throw places him sixth in California.

Junior Eman Goodloe finished first in the shot put with a throw of 52’5”, which was just under his personal best.

The dynamic duo of Wells and Goodloe traded off between first and second, while Ashton Terrell was third in both events.

Sophomore Kirssy Reyes-Walters scored points on the girls side with a PR toss of 114’03” in the discus throw to finish first. Reyes-Walters was just under her best in shot put for second place.

Sprints coach Ramon Miranda also helps with the program.

## Aidan Dominguez leads Downey

Dominguez won both the 1600 (4:31.28) and 800 (2:02.34) meter. He narrowly beat out Warren’s Victor Anguiano (4:32.86) by less than a second in the 1600.

“Aidan has really come into his own,” Downey Track and Field coach Bob Gleason said.

Top sprinter Sebastian Lopez won the 100 with a time of 11.26. “He’s run a sub 11 before,” added Gleason. “He’s one of the fastest I’ve coached. “He has a chance to break both the 100 and 200 school record.”

The record, which has stood for 14 years, was set by David Mullins in 2009.

Gleason, who was once an assistant coach for the football team said – “I have lived both the Downey-Warren rivalry in both sports – football and Track.”

Gleason added, “I love being a part of it,” he said. “It’s a great meet, but duals aren’t really held anymore, but this is an annual meet. Because of the new format, the duals are no longer. The conference championships (next weekend) are for all of the marbles.”

Another top runner is Jessica Narez, who runs the 100 hurdles. She finished first in the 100 (17.63) and second in the 300 to Warren’s Verania Wolf (50.59).

“(Narez) is one of the top hurdlers in the league,” Gleason said. “That sets up a nice challenge for the conference championship between the two (Narez and Wolf).”

Isabel Mercado won the 400 (1:02.72) for Downey and finished second in the 200.

“She’s our returning top sprinter and is now making a mark in the 400,” Gleason said.

As for the shot put, Downey’s Summer Pugh and Reyes-Walters of Warren will battle each other for the championship. They threw the shot a good six feet further than their nearest competitor. Pugh (34-11/4”) edged Reyes-Walters (34-1”) by a quarter of an inch.

Another close competition for Downey is in the Long Jump, as Arlene Acinte (16-3) and Aniyah Johnson (15-4) finished 1-2.

“Both are strong field athletes as well as sprinters,” Gleason added.

Gleason, who is busy coordinating with the 10 other coaches for the events for the frosh-soph and varsity, is excited for the first finals to be held at Downey in the Suburban Valley Conference.

“Leading up to next week, we are very pleased to hold the SVC finals and it promises to be an exciting two days,” he said.

## Warren vs. Downey

### Boys track results:

- 400 Relay – (D) 1st – 44.89
- 1,600 – Aidan Dominguez – (D) 1st – 4:31.28
- 110 hurdles – Tommy Abundis – (D) 1st – 17.13

- 400 – Christopher Almaguer (W) 1st – 54.21
- 100 – Sebastian Lopez (D) 1st – 11.26
- 800 – Aidan Dominguez (D) 1st – 2:02.34
- 300 hurdles – Benjamin Sevilla (D) 1st – 41.85
- 200 – Roman Sanson (D) 1st – 23.43
- 3,200 – Victor Anguiano (W) 1st – 10:10.79
- 4x400 relay – Downey – 1st – 3:34.96

### Field results:

- High jump – Mike Evans (D) – 1st – 5-08
- Pole vault – Daniel Saucedo (W) – 1st 11-06
- Long jump – Jordan Jones (W) 1st – 22-03
- Triple jump – Jordan Jones (W) – 1st 44-09
- Discus – Jaylon Wells (W) – 1st 178-11 (\*School record)
- Shot put – Eman Goodloe (Warren) – 1st 52-05

### Girls track results

- 4x100 relay – Warren – 1st – 50.72
- 1,600 – Michelle Huerta (W) – 1st – 5:44.33
- 100 hurdles – Jessica Narez (D) – 1st – 17.63
- 400 – Isabel Mercado (D) 1st – 1:02.72
- 100 – Moriah Sanders (W) 1st – 12.66
- 800 – Michelle Huerta (W) 1st – 2:23.37
- 300 hurdles – Verania Wolf (W) – 1st – 50.59
- 200 – Moriah Sanders (W) 1st – 26.37
- 3,200 – Michelle Huerta (W) 1st – 12:04.55
- 4x400 relay – Warren – 1st – 4:25.22

### Field results:

- High jump – Aniyah Johnson (D) – 1st – 4-06
- Pole vault – Sitlalic Sanchez (D) 1st – 6-06
- Long jump – Arlene Acinte (D) – 1st – 16-03
- Triple jump – Litzzy Flores (W) – 1st 27-05
- Discus – Kirssy Reyes-Walters (W) – 1st – 114-03
- Shot put – Summer Pugh (D) 1st – 34-01.25

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# DISCO POP UP

HOSTED BY  
DOWNEY COLLECTIVE

ON 4/16/23

## HAS BEEN CANCELLED

**DON'T WORRY, WE ALREADY HAVE OUR NEXT DATE LINED UP!**

**WHEN: 6/18/23 @ 11AM - 4PM**

**WHERE: DOWNEY ELK'S LODGE  
11263 WOODRUFF AVE. DOWNEY**

**FAMILY FRIENDLY | PET FRIENDLY | SMALL KID ZONE  
CRAFT VENDORS | FOOD TRUCKS**

**FOLLOW US ON INSTAGRAM FOR FUTURE EVENTS!  
@DOWNEYCOLLECTIVE**



Empowering Communities  
to support Small Business  
SHOP LOCAL



**EMAIL EVENTS@THEDOWNEYPATRIOT.COM  
TO BE A VENDOR OR  
SCAN THE QR CODE ABOVE**