

## Norwalk Senior Center’s upcoming events

NORWALK – The Norwalk Senior Center has several events planned for the month of February. Below is a partial schedule:

•On Feb. 16, the center will celebrate Valentine’s Day with a candlelight dinner. The menu includes spaghetti with Italian sausage, salad, garlic bread, dessert, beverage and coffee.

Tickets are \$6 and must be purchased ahead of time. Tickets will be sold through Feb. 13.

Doors open at 5:30 p.m. and there will be an opportunity drawing for everyone in attendance.

•AppleCare and Pioneer Medical Group will provide free blood pressure screenings Feb. 16 from 9:30-11:30 a.m. Screenings are performed by licensed and certified medical staff, with results discussed afterward.

•The senior center hosts a bereavement support group every Friday from 10-11 a.m.

A trained mental health professional from Telecare Corporation in Norwalk will provide participants who have gone through the loss of a spouse, family member or friend a forum to share their experience in a safe and supportive manner.

•The Health Insurance Counseling and Advocacy Program will offer community education, counseling and advocacy on Medicare and related health insurance issues Feb. 8 and 22 from 10 a.m. to noon.

An appointment is required.

•A representative from CalFresh (formerly known as food stamps) will be at the senior center Feb. 10 from 9 a.m. to noon.

Under new eligibility criteria, people ages 65 and older now qualify for CalFresh assistance. Qualification information and assistance will be provided.

On Feb. 11 from 10-11 a.m., a staff member from Pacific Clinics will talk about programs offered to help get seniors back on track and enjoying life.

Health, wellness and quality of life are important aspects of day-to-day living, especially for older adults. Stress, health changes, loss of a loved one and other incidents may have adverse effects.

•On Feb. 18 from 10-11 a.m., participants will learn important facts about strokes and steps to take for prevention.

Learn the important “FAST” tool, a way to remember what to look for if someone is having a stroke, as well as healthy habits that can decrease risk for a stroke.

•On Feb. 19 from 10-11:30 a.m., Northeast Dental will provide seniors with a basic dental health screening. The dental assistant will discuss findings with the senior, who can then address issues with their regular dentist.

•The California Highway Patrol will conduct a presentation on traffic safety for seniors Feb. 25 from 10-11 a.m.

With ongoing construction projects, potential hazards, and dialy traffic, staying safe on our roadways is not always easy, particularly for more mature drivers. A CHP official will teach seniors precautions to help them navigate the streets and their vehicles with care and confidence.

•The Norwalk Senior Center is sponsoring a trip to the Riverside County Fair on Feb. 13.

Located in Indio, the fair features live magic acts, hypnotist and cooking shows, comedians, performers, interactive exhibits, and the popular camel and ostrich races.

Tickets are \$10 and include roundtrip transportation and entry into the fair. The bus will depart from the City Hall parking lot at 8 a.m. and return by 4 p.m.

For registration, call the senior center at (562) 929-5580.

## Cal High senior beating the odds, heading career in medicine



WHITTIER – California High School student leader Sophia Aldecoa is a homecoming princess who dreams of one day becoming a brain surgeon. But fulfilling these lifelong goals has not come easy for the 18-year-old, who once grappled with a low self-esteem that stemmed from growing up in a difficult home.

When she was in fourth grade, Aldecoa’s parents separated, causing the young girl to look after her younger siblings, get them ready for school and help them with their homework. She also faced bullying

and teasing during her elementary and middle school years.

Still, the shy youngster never wavered from the high expectations she set for herself, persevering personally and academically while at Cal High, where she has been named a Top 100 Student for four consecutive years. Now a social butterfly, she carries a 4.125 GPA and has successfully completed 16 Advanced Placement and honors classes.

For her determination, Aldecoa was recently recognized with an

Award of Merit by the Whittier Union High School District Board of Trustees.

“We can do everything right in life, but not everything goes right,” Aldecoa said. “But I know that I want to go to college and have a career in medicine. Ever since I was a little girl, I’ve been pushing myself as hard as I can in school to get there. My life was hard for a while and my family and friends helped me a lot, and now I’m here with my Condor family and friends celebrating what more there is to come.”

With the encouragement of her parents and grandmother, Aldecoa continually pushes herself to excel because she always knew she would overcome the challenges of her younger years, finding a haven from her troubles at Cal High, where her aunt is presently a counselor.

In addition to having a full schedule of AP and honors classes, Aldecoa is the current Associated Student Body community liaison, is president of the Scholars Program and Club Eco, and is a member of the Gender Connections Club and California Scholarship Federation, where she will soon become a life member. She previously served three years on the student council, was a

Link Crew leader for one year and has competed on the Cal High soccer and track teams.

Aldecoa has played viola for the Whittier Area Youth Orchestra since seventh grade, once performing at Carnegie Hall, and volunteers at Catholic Charities of Los Angeles, helping with job fairs, refugee services and citizenship classes.

Through it all, Aldecoa has remained disciplined and enthusiastic, feeling safe and comfortable in the stable environment provided by Cal High.

“I am inspired and awed by Sophia’s ability to rise above the challenges that life set before her, overcoming tremendous obstacles and persevering to be a huge success,” Principal Bill Schloss said. “We are incredibly proud of Sophia and feel lucky to have shared her journey for four years. She has enriched the life on campus at Cal and we are very pleased that she is a member of the Condor family.”

While Aldecoa has applied to a dozen prestigious universities across the country – with UC Berkeley being her first choice – the aspiring neuroscientist said she would welcome Stanford as her back-up.

## Downey considers ballot measure to hike sales tax

By Christian Brown  
Staff Writer

DOWNEY – Hoping to gauge voters’ willingness to support a citywide sales tax increase this year, the Downey City Council tapped a consulting agency last week to conduct polling and surveys with residents.

In a 4-1 decision, with Mayor Alex Saab dissenting, councilmembers agreed last Tuesday to enter phase two with Fairbank, Maslin, Maullin, Metz & Associates, a Los Angeles-

based firm that will oversee a survey to test the feasibility of placing a successful tax revenue measure on the November 2016 ballot.

According to city staff, an initial survey was requested in early December for \$9,500. The second phase, which costs an additional \$17,250, will cover the cost of telephone interviews that will ask registered voters how they feel about funding a sales tax increase.

“We also want to know what citizens think about the parks, the streets, and city services,” said Yvette

Abich Garcia, Downey’s city attorney. “Are we putting a revenue measure on the ballot? We’re not there yet, but we want the voters’ opinions.”

City officials say demands for a parks overhaul and the need for increased public safety -- mainly additional police officers -- is weighing heavy on Downey’s attempts to keep a balanced budget. Raising the sales tax by half a percent for the next 20 years could pour millions of dollars into the city’s coffers.

However, the Downey Unified School District’s Measure O (2014)

and Measure D (2002) are already costing local homeowners \$248 million and \$65 million respectively. Add that to the \$350 million bond passed in 2012 to upgrade facilities at Cerritos College and city officials are well-aware of tax weariness.

Nonetheless, Garcia believes the survey is worth the money whether the city chooses to proceed with a tax increase measure or not.

“The polling is still valuable and can be very helpful to prioritize the city council’s goals,” she said.

### SHARED STORIES: THE TIES THAT BIND

## Electric Shock Therapy in the Modern Age

*Cynthia Vanasse struggles with a problem shared by many people – serious depression. Many will be surprised to learn that she found help from electric shock therapy after her medication of many years lost its effectiveness. Shared Stories is a weekly column featuring articles by participants in a writing class at the Norwalk Senior Center. Bonnie Mansell is the instructor for this free class offered through the Cerritos College Adult Education Program. Curated by Carol Kearns.*

By Cynthia Vanasse

After experiencing a major clinical bout of depression, which included flying over the cuckoo’s nest (shock treatment in non-movie terms), I found myself in the pool at L.A. Fitness Club. I was feeling my normal non-athletic self and thoroughly enjoying being immersed in water.

Because it was Christmas break, there were no water aerobics classes; thus, it was easy to talk to those few brave souls who were there without instruction. The first woman to whom I talked was gently stroking the water and about my age (over 70).

She was curious as to why I was tootling around by myself, as she also was. Being very up front, I told her I was just recovering from a major depressive episode and wanted to put some weight on my chicken bones and some muscle under them. She was fascinated with my illness and began a long litany about her granddaughter’s continuous fight with a similar condition.

After the first lady left to warmer territory (the hot tub), I struck up a conversation with another single soul who also had a similar situation in her family. It has been my experience

that honesty about depression almost always brings about a discussion revolving around the other person’s family or friends who have similar experiences in their lives.

It’s a fact that one out of every four people in America has suffered some form of depression, and that more than 60 percent of the people who succeed in committing suicide were suffering from depression.

Several months earlier, I had begun to feel the first symptoms of an oncoming depression. I couldn’t concentrate, didn’t have much of an appetite, found sleeping difficult, and was just not a very happy camper.

Life had, until then, been blissfully normal for me (if my life is ever really normal) on a psychotropic medication by the generic name of Lamictal. So it was a total shock when I found myself in my psychiatrist’s office begging for some miracle pill to put an end to these nagging conditions.

That pill did not exist. My doctor explained that my previous meds had hit a “window,” and would most likely be ineffective now and possibly in the future.

Several weeks later my daughter, at my request, took me to a local psychiatric hospital. My experience there was not good. If you weren’t sick before you entered the doors to this place, you would most likely be sick when you left.

It is very expensive to run psychiatric facilities, and most hospitals have closed their doors. The staff just kept giving me pills that didn’t work, letting me sleep most all day, and giving no helpful “therapy.” After a couple of weeks of this, Kaiser had me transferred to their hospital in Los Angeles.

What a welcome facility Kaiser’s psychiatric hospital was! The doctors were excellent; the nurses were sympathetic; my double room was spacious; the food was edible; there were classes. It was a place where it would be possible to regain my “regular mind” and continue with life.

I was also treated with various drugs and again had no success. It was at this point (after about two to three weeks), that the decision was made to try ECT (Electroconvulsive Therapy). This decision met with my full approval, as several years before I had been treated with ECT with immediate favorable results.

Most people are not aware that “shock treatment” is still available. And many have only the images of “One Flew over the Cuckoo’s Nest” as a reference. The movie was sensationalized, as the treatment is nothing like what is shown.

I lay down on a bed with machines at the top. I didn’t know when the anesthesia was administered. All I was aware of was waking up surrounded by smiling, caring nurses. That was it; nothing was scary; nothing hurt.

After two or three treatments, my depression began to totally lift. After six sessions I was well enough to go

home. ECT was a total success, was a life saver, and I will always be thankful there are doctors who can administer it.

After success with ECT and my initial time returning to the gym, I again found myself talking to the ladies at L.A. Fitness. I am doing better with water aerobics, but still look like chicken skin on a human frame.

One of the ladies with whom I had a sustained conversation has a daughter who was born like a vegetable. She cannot talk; she cannot eat; she cannot walk. The family has to care for her 24 hours a day. I was appalled at what she has to do to keep her daughter alive.

Again the hot tub and pool taught me another lesson: How lucky I am to have an illness where there is a way to contain it. Bi-polarism is genetic and runs in my mother’s family. Science knows this now, and is able to treat it with drugs, therapy, and ECT.

I should add that I am now trying to find the right combination of drugs that will again stabilize my condition. My previous drug, Lamictal, had worked like a charm and kept me totally void of depression for over 10 years.

### Rio Hondo announces observatory viewings

WHITTIER – Rio Hondo College has announced nine dates for free star and planet gazing this spring at the Gordon Crowell Astrophysical Observatory, which houses one of the largest telescopes available to the public.

Viewing dates are Feb. 5, Feb. 26, March 4 and March 11 at 7 p.m., and April 8, April 15, April 29, May 6 and May 13 at 8 p.m.

Guests should arrive 15-20 minutes early. Park in Lot C, in front of the Child Development Center. The walk to the observatory is about half a mile uphill.

Viewing is contingent on clear weather.

## Weekend at a Glance

Friday 74°

Saturday 66°

Sunday 61°

### THINGS TO DO



#### Open House

**Saturday - Downey YMCA, 10 a.m. - 4 p.m.**

Tour the YMCA and participate in free classes, including yoga, zumba, basketball, swimming and more.



#### Beatles vs. Stones

**Saturday, Downey Theatre, 7:30 p.m.**

The two greatest rock bands of all time face off. Concert is part of a 110-stop international tour. \$35



#### 80’s Prom

**Saturday - Fonda Theater, 9 p.m.**

Re-live a 1980’s-style prom. Music by Madonna, Bon Jovi, etc. \$32 admission includes prom pictures.



#### 5K Run/Walk

**Sunday - St. John Bosco, 8:30 a.m.**

A 5K run/walk benefiting the school’s baseball team. \$30 registration includes t-shirt, water and snacks.

### FROM FACEBOOK

#### Memories of Norwalk Drive-In

**Brian Sedor:** My wife and I used to go there back in high school. That was a great theater we had some great times there.

**Antonio Carranza:** Seen a few movies there in my dad’s 77 Monte Carlo!

**Richard Fowler:** I can’t even begin to count how many times we would “sneak” in on our bikes and watch movies. It was even better when they played movies in Spanish and we had beer...

Comments taken from “You Know You’re from Norwalk If...” Facebook group

Reach us on Facebook at: Facebook.com/NorwalkPatriot

### TWEET OF THE WEEK

@KomenSanDiego: We are grateful to @NorthgateGlzMrk for their ongoing support and for donating the equivalent of 220 mammograms.

Follow us! @DowneyPatriot



# COLUMN: Norwalk’s Hermosillo Park in need of immediate attention



PHOTO BY RAUL SAMANIEGO

By Raul Samaniego  
Contributor

NORWALK – On my way to a check up regarding this darn cough, I stopped by Hermosillo Park in the southern most part of Norwalk for a simple look-see.

What I found shocked me so much, that I couldn't wait for this story to come out on Friday. I immediately called city hall to report that two pieces of the playground

equipment were in danger of falling apart.

Tuesday, on a night when “humps, bumps, cushions” and other creative words were flying about in the early edition of the City Council study session, council members engaged in discussion about the idea of placing speed deterring devices on Norwalk city streets.

That section was sent to be “Filed.”

Part two of the open meeting was to discuss the current and future

improvements to the city park properties and the time estimated time frame(s) for implementation.

Shhhhhhh. We're not supposed to mention the phrase upgrade, refurbished or overhaul when it comes to our parks, especially Hermosillo.

I like our parks. Before we had a park in south Norwalk, I used to climb on the old steel frame submarine, slide and merry go round at the corner of 162nd and Clarkdale Ave.

We called it Nottingham Park.

As a child, I heard rumors about a park coming to south Norwalk for the residents to enjoy.

I was a young adult before that idea came to fruition.

Remembering volunteering to coach the flag football team at the new park, I did so for no one was available to coach the kids down in the farthest point south of city hall.

Those kids were great! I think they were third and fourth graders who didn't know much about football.

At 18, I had four years of high school football and numerous other ventures into conditioning including wrestling, track and field and even manager experience as the same namesake in the baseball program at Excelsior High School.

The flag football team played its games in the evening at Holyfield Park.

Seeing that there were no uniforms for the team, I took what money I had and ventured down to the old Sears Surplus Store (When surplus meant just that) and found some matching small football jerseys for ninety nine cents each, all number 12's.

We became know as the “Number Twelve's.”

We went undefeated that year, winning the City championship and placing second in the regional

playoffs (The first time a Norwalk team had made it that far). Ah, good times.

Hermosillo Park; That's, er-moe-siyo, a park decades in the making for the residents of South Norwalk. A small piece of land where families can (and do) go to escape the heat in the summer; their kids can visit for fun, exercise and games.

It isn't much, but the folks here (I live 300 yards from the entrance) use it every day.

So, on my way to check on the progress of my bronchitis, I stopped by the park on my way to catch the bus to Pico Rivera.

Walking around and between the handball courts, I didn't see anything unusual.

However, when I started inspecting the playground, I noticed something.

One of the spiral slides was missing a screw.

Still not fully understanding what I was looking at, I took a photo and realized that the weight of the slide and any one going down was resting on only one bolt.

I looked around further.

I came over to the climbing equipment and everything looked fine. That is, until I shook the climbing ladder and found no anchoring bolts or welds attaching the ladder to the platform.

Again, I snapped a photo of the culprit.

A little more than twenty four hours earlier, the council was reviewing the plans for improvements to Hermosillo Park. Just about a quarter million dollars is allocated for such improvements as landscaping and other needed improvements.

An “F” word is needed here. That is, “Full liability.”

Any improvements will be welcomed, however, lets go down to Home Depot and pick up a box of one and a half inch sets of nuts and bolts and save the city residents probably more than the budgeted amounts for improvement when some child or adult falls off or through the worn equipment.

After all, as our Council Member Cheri Kelley said about the true costs of renovation, “That's a lot of friggin money.” (Another “F” word)

## Cerritos Center’s February lineup

CERRITOS – The Cerritos Center for the Performing Arts (CCPA) offers a taste of Broadway and classical and rock concerts in February.

•In a three-part format at 7:30 p.m. on Wednesday, February 3, Rob Kapilow dissects Ludwig van Beethoven's “Kreutzer Sonata” with violinist Blake Pouliot and pianist Hsin-I Huang. Tickets start at \$55.

•Based on comic veteran Mel Brooks’ Oscar-winning film, “The Producers” is the story of a down-on-his-luck theatrical producer and his mousy accountant. The two concoct the ultimate scam: Raise more money than needed for a sure-fire Broadway flop and pocket the difference.

This comedic masterpiece, which holds the record for the most Tony Awards garnered, is presented at 8 p.m. on Friday, February 12, and 2 p.m. and 8 p.m. on Saturday, February 13. The production contains mature content and is recommended for age 14 and older. Ticket prices begin at \$40.

•The Band of the Royal Marines and The Pipes, Drums, and Highland Dancers of the Scots Guards celebrate the music of Scotland, England, Ireland and Wales on Saturday, February 20 at 8 p.m. The family-friendly show features a unique blend of music, pageantry and history highlighted by traditional Folk music and military tunes. Tickets start at \$35.

•Bassist Lee Rocker was one of the founders of the Grammy-winning Rockabilly group Stray Cats, which pounced up the music charts with the hits “Stray Cat Strut,” “(She's) Sexy + 17” and “Rock This Town.” One of the biggest acts to emerge from Australia, Little River Band broke into the U.S. market with a string of gems – including “Reminiscing,” “Lady,” “Lonesome Loser” and “Take It Easy on Me.” The groups perform on Saturday, February 27 at 8 p.m. Ticket prices start at \$50.

Tickets are available at cerritoscenter.com or by calling (562) 916-8500.

## Festival of Fine Arts returns to La Habra Heights

LA HABRA HEIGHTS – The Hillcrest Festival of Fine Arts, showcasing the works of artists from all over the Southland, will celebrate its 56th anniversary Feb. 26-28 at its hillside setting at Hillcrest Congregational Church in La Habra Heights.

Two hundred artists will be exhibiting, selling and demonstrating the production of their works.

The types of work cover a wide spectrum: paintings in watercolor, oil and acrylics; unique handmade jewelry; ceramics and pottery; hand-woven clothing; photography; stained and fused glass; bronze, metal and wire sculptures; carved woodworking; and a selection of handcrafted gifts.

Free art workshop for children will be held Saturday and Sunday. There will also be musical entertainment and food at the Starving Artist Cafe.

Local high school students will showcase their artwork in a new exhibit. There will also be an exhibit by Bra-Vo, the local organization that gives breast cancer patients, survivors and caregivers an opportunity to express themselves creatively by turning bras into art.

Festival hours are 10 a.m. to 5 p.m. Friday and Saturday, and 11:30 a.m. to 5 p.m. Sunday. All festival areas will be open during the weekend, including indoor galleries, demonstrators, outdoor exhibits, and the Boutique.

Admission and parking are free. Overflow parking with free shuttle service will be available at Redemption Hill Church on Friday, and at La Serna High School on Saturday and Sunday.

For more information, call (562) 947-3755.

## Soroptimist to honor award winners

NORWALK – Soroptimist International of Norwalk will host its annual awards tea Sunday, March 6, at the Norwalk Arts & Sports Complex.

The event will honor the service club's 2016 “Live Your Dream” winner, Elizabeth Hanohano, and two military veterans: Zena Anikulap and Vanessa Carranza.

Tickets are \$25 and can be purchased by emailing Lynda Fisher at lmfisher714@gmail.com or calling Marilee Stefenhagen at (562) 505-0633.

## Valentine’s Day crafts at library

NORWALK – Norwalk Library will hold a Valentine's Day craft workshop this Tuesday at 4 p.m.

Adults can make their own cookies while children will make Valentine's Day cards. All materials are provided and children also will receive a free Valentine's Day chef hat.




Dear Religious Leader,

The Cerritos College Board of Trustees makes it a policy to invite individuals to voluntarily offer a prayer before the beginning of its meetings. As the leader of one of the religious congregations with an established presence in the local community, you are eligible to offer this important service at a Board of Trustees meeting in 2016.

To offer an invocation, please visit:  
<http://www.cerritos.edu/invocation> and complete an online application. Important details are contained in Board Policy 2300 and Administrative Procedure AP 2300 online at <http://www.cerritos.edu/chapter-2>

For questions, contact Cerritos College at 562-860-2451, Ext. 2204





## The Arc's 20th Walk for Independence

# SAVE THE DATE

# March 12, 2016

A one or three mile Walk to raise funds for people with intellectual and other developmental disabilities.

**Stonewood Center – Downey – Acapulco Restaurant**

**Opening Ceremonies**  
**8:00 a.m.**

**Walk Starts**  
**8:30 a.m.**

**Registration Fees: 18 and over is \$25, ages 11-17 is \$15 and children under 10 are FREE.**

**BECOME A CORPORATE SPONSOR**  
**Free Publicity - Media, Banners, T-Shirts and More!**

**For Sponsorship or Registration Info.**  
**Call 562-803-4606**  
**Register on-line at: [www.arcwalk.org](http://www.arcwalk.org)**

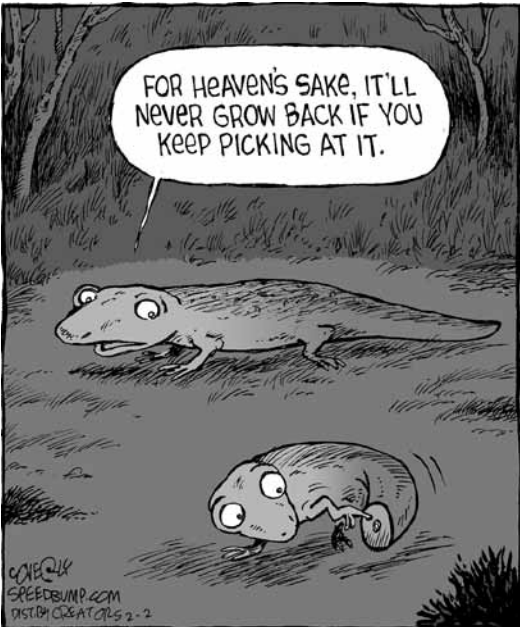
Arc is a private non-profit organization serving hundreds of people with intellectual and other developmental disabilities every day in 12 different programs.



SPEED BUMP



DAVE COVERLY



On This Day...

**Feb. 5, 1917:** Congress passed, over President Woodrow Wilson's veto, a law severely curtailing the immigration of Asians.

**1937:** President Franklin D. Roosevelt proposed increasing the number of Supreme Court justices. Critics charged that he was attempting to "pack" the court.

**2002:** A federal grand jury indicted John Walker Lindh, the so-called "American Taliban."

**Birthdays:** Baseball hall of famer Hank Aaron (82), football player Roger Staubach (74), R&B singer Bobby Brown (47) and soccer player Cristiano Ronaldo (31).

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CALENDAR OF EVENTS

MONDAYS

1st, 6:00 p.m. - Public Safety meetings - Council Chambers

TUESDAYS

8:00 a.m. - 1:00 p.m. - Farmers Market - Excelsior High School  
1st & 3rd 12:30 p.m. - Soroptimist International - Soroptimist Village  
1st & 3rd 6:00 p.m. - Toastmasters Meetings - Registrar Recorder/County Clerks Office  
2nd & 4th, - Toastmasters Meetings - Norwalk Library  
1st & 3rd, 6:00 p.m. - City Council - Council Chambers  
3rd, 5:45 p.m. - Housing Authority - Council Chambers

WEDNESDAYS

10:30 a.m. - Woman's Club - Masonic Lodge  
12:00 p.m. - Rotary - Doubletree Hotel  
1st & 3rd, 7:00 p.m. - Lions Club - Bruce's Restaurant  
2nd & 4th, 1:30 p.m. - Alondra Senior Citizens - Social Services Center  
2nd & 4th, 7:30 p.m. - Planning Commission - Council Chambers  
4th, 11:30 a.m. - Coordinating Council - Arts & Sports Complex

THURSDAYS

7:00 p.m. - Boy Scouts Troop 924 - Norwalk United Methodist Church  
2nd, 7:30 p.m. - Golden Trowel -Norwalk Masonic Lodge  
3rd, 8:00 p.m. - American Legion Post No. 359 - 11986 Front St.

SATURDAYS

2nd, 8:30 a.m. - 10:30 a.m. - Pancake Breakfast - First Christian Church of Norwalk  
*Have an event you want listed? E-mail news@thedowneypatriot.com*

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)  
**REENACTMENTS: Real-people Oscar roles**  
by S.N.

**ACROSS**  
1 Takes a fall  
6 Pro \_\_\_ (proportionally)  
10 Home office locale, maybe  
15 Leatherworking tools  
19 Utility bill datum  
20 Take \_\_\_ (acknowledge applause)  
21 Ben Stiller's mom  
22 "This doesn't look good"  
23 Jason Robards (1976)  
25 Martin Landau (1994)  
27 Cause of coastline corrosion  
28 Perform poorly  
30 Quick-wittedness  
31 British noble  
32 Actress Deschanel  
33 Med. insurance systems  
34 Pubware  
37 Gelato flavor  
38 Cosmetics container  
42 Landlord's sign  
43 Sissy Spacek (1980)  
45 Filler of 34 Across  
46 Rotational line  
47 Shakespearean schemer  
48 Sign over  
49 Filler of 34 Across  
50 Industry, informally  
51 Maureen Stapleton (1981)  
55 Take off  
56 Podded plant  
58 "Snowshoe" hoppers  
59 38 Across contents  
60 Kid-lit elephant  
61 Spanish dim sum  
62 Name on the *Little House* books  
63 Economic coalition

65 Sultan's wives  
66 Part of the brass section  
69 Withdrew, with "out"  
70 Robert De Niro (1980)  
72 Whitney's claim to fame  
73 Sounds amazed  
74 Spacious  
75 Field of expertise  
76 Diamond play  
77 Start of the 7th century  
78 Patty Duke (1962)  
82 Wall climbers  
83 Snowmass sportswear  
85 Fastens securely  
86 Tapering fully  
87 Muses' domain  
88 Sources of spores  
89 Let off steam  
90 For formal occasions  
93 Arena walkway  
94 "Just 'cause I felt like it"  
98 Jamie Foxx (2004)  
100 Paul Scofield (1966)  
102 Podded plant  
103 Pocahontas' hubby  
104 Faint trace  
105 Word usually seen before a date  
106 Spa treatment  
107 Jefferson, religiously  
108 Lyrical tributes  
109 In readiness

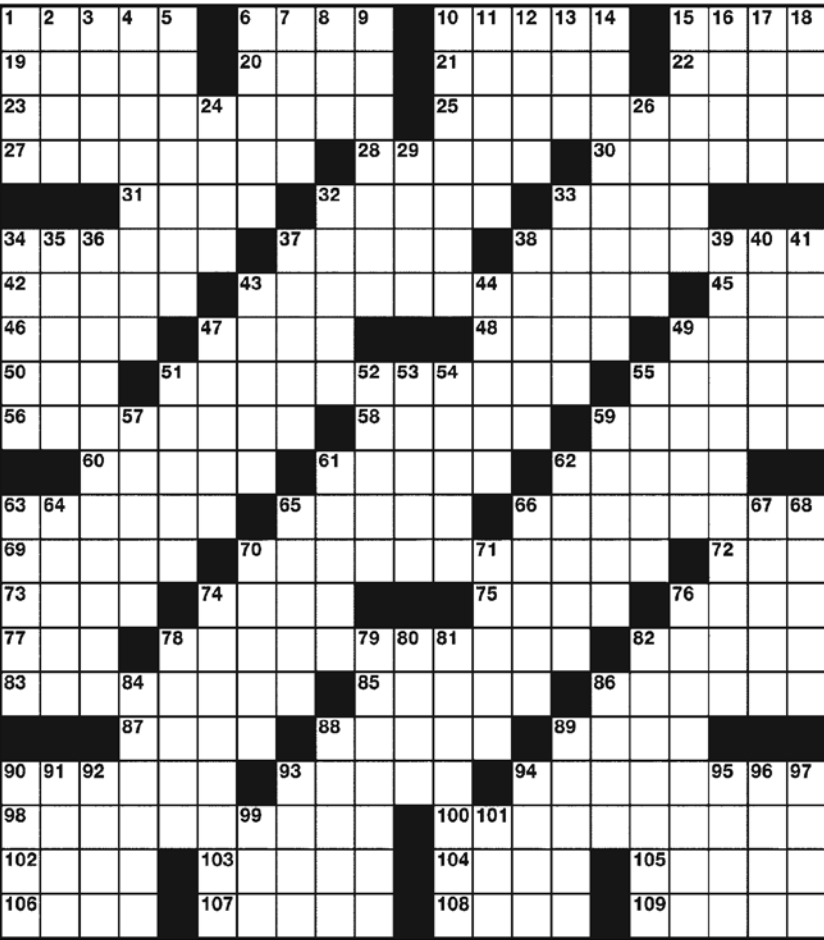
**DOWN**  
1 Sandwiches or stand-ins  
2 "Got it now"  
3 Granny  
4 Frequent 007 adversaries

5 Genesis villain  
6 Detection device  
7 With proficiency  
8 Tip of a boot  
9 Overused compliment  
10 Environmental  
11 Barely visible  
12 Radio station format  
13 Funds for the future  
14 Ointment ingredient  
15 Hot time  
16 Second word of a Hemingway title  
17 Come up short  
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24 Trojan War instigator  
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29 Tugboat sound  
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37 Boston airport  
38 Court hearings?  
39 Anthony Quinn (1956)  
40 Blast from the past  
41 Experiments  
43 Truman's birthplace  
44 Ultimate heights  
47 Clarification starter  
49 Brief effort  
51 Tapered off  
52 Chicago airport  
53 Carnation location  
54 Emmy category  
55 March master  
57 Does road work

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1/31/16



59 Ska fan, perhaps  
61 Not available  
62 Informal farewell  
63 Merchandise  
64 Pediatrician/author  
65 Mythical underworld  
66 Drills (through)  
67 IQ test developer  
68 Visibly impatient  
70 Casts aside  
71 100-store complexes  
74 Hit a homer, slangily

76 Folic acid, for one  
78 Unkind  
79 Israel's legislature  
80 British noble  
81 Office extension  
82 Absurdist playwright  
84 France's answer to da Vinci  
86 Legal aide, for short  
88 Feudal domains  
89 Frolics

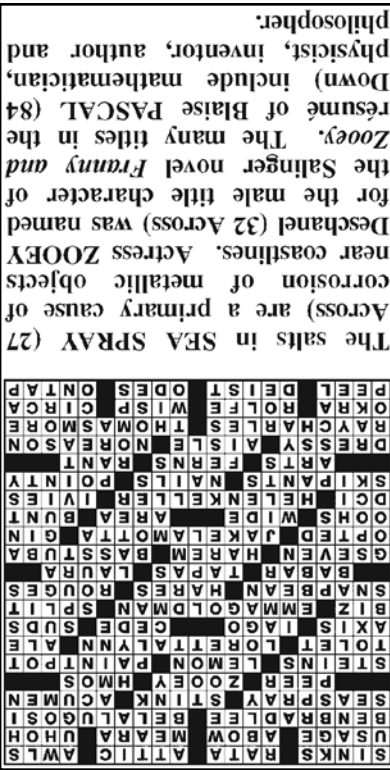
90 Take a fall  
91 Casino chip collector  
92 Fictional governess  
93 "... for \_\_\_ know"  
94 Mr. Potato Head piece  
95 Order properly  
96 Predatory dolphin  
97 Lowest high tide  
99 Sushi spread  
101 Camouflaged

Reach Stan Newman at P.O. Box 69, Massapequa Park, NY 11762, or at www.StanXwords.com

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





# Bosco students get realistic look at healthcare



**BELLFLOWER** – St. John Bosco High School students visited Long Beach Memorial last week as part of the school's Biomedical Pathway program, which exposes students to many of the major concepts of human medicine and aspire to pursue higher education leading to a career in health care.

At Long Beach Memorial students toured the Biomedical Engineering department where they got a behind-the-scenes look at how biomedical engineers keep track of and repair machines used to take care of patients.

Biomedical engineers shared what it takes to be a good

biomedical engineer: a fascination with the creation of tools that help promote peoples' health.

Students visited different stations in the Biomedical Engineering workshop where engineers explained how different pieces of equipment work and how technology helps doctors and nurses provide the best care for patients.

St. John Bosco students also visited the Clinical Simulation Laboratory where they participated in simulated patient care experiences. In the Clinical Simulation Lab students were introduced to patient simulators capable of presenting hundreds

of medical conditions in realistic scenarios.

The Clinical Simulation Lab is used by medical students to develop and build upon their schooling with practical hand-on skills.

"Biomedical Pathway students have an interest in health care and unique experiences like this where students can meet health care professionals and explore different careers in health care first-hand is invaluable," said Robert Linares, biomedical pathway coordinator, St. John Bosco High School.

Throughout their four years at St. John Bosco High School students are taught health and science technology, biomedical ethics, anatomy and physiology, cell and molecular biology, and biochemical genetics as well as participate in field work and "real world" experiences.

Students conduct independent research, participate in medical simulations, and attend lectures provided by physicians, research scientists and other health care professionals.

Upon graduation, students "will have a solid knowledge base to build upon as they pursue the next step in their career," school officials said.

# Don McLean coming to La Mirada next month



Don McLean performs March 5 at the La Mirada Theatre for the Performing Arts.

**LA MIRADA** – The La Mirada Theatre for the Performing Arts has announced its lineup for "Sense-Sations 2016," concerts and productions that celebrate the music of Don McLean, Jimi Hendrix, and others.

Below is the series' full schedule:

**Friday, Feb. 19, 8 p.m.: "Arrival from Sweden: The Music of ABBA." (\$25-\$70)**

"Arrival from Sweden" has sold out arenas and venues all over the world since 1995. Hits like "Dancing Queen," "Mamma Mia," "Fernando" and others are delivered with such accuracy that "it's hard to believe that it's not the real ABBA on stage."

The production features an all-Swedish quartet along with original ABBA musicians and exclusive ABBA costumes.

**Saturday, Feb. 20, 8 p.m.: "Classic Albums Live performs Are You Experienced: The Jimi Hendrix Experience." (\$15-\$65)**

Since 2003, Classic Albums Live has earned their reputation of recreating, note for note, some of rock's most legendary albums. Now the group will take the stage to perform in its entirety Jimi Hendrix Experience's "Are You Experienced?"

Released in 1967, the album was an immediate critical and commercial success and has continued to be widely regarded by rock critics as one of the greatest and most influential debut albums ever released.

With songs such as "Purple Haze," "Foxy Lady," "Fire," "Hey Joe," and "The Wind Cries Mary," the album features Hendrix's innovative approach to songwriting and electric guitar playing which soon established a new direction in psychedelic and hard rock music.

**Saturday, March 5, 8 p.m.: Don McLean (\$25-\$85)**

Don McLean is one of America's most enduring singer-songwriters, known for his impeccable live performances and his iconic hit song "American Pie."

Since first hitting the charts in 1971, McLean has amassed more than 40 gold and platinum records worldwide and, in 2004, was inducted into the Songwriters' Hall of Fame.

**Saturday, March 12, 8 p.m.: America -- Live in Concert (\$25-\$85)**

Nearly five decades after they

harmonized their way to the top of the charts with their signature song "A Horse with No Name," the Grammy Award-winning classic rock band America continues touring the world.

Their best-known tunes, which also include "I Need You," "Ventura Highway," "Don't Cross the River," "Tin Man," "Lonely People" and "Sister Golden Hair," were cornerstones of 1970's Top 40 rock radio and made them a global household name.

Founding members Gerry Beckley and Dewey Bunnell will hit the La Mirada stage to perform songs from their impressive catalog of hits.

Tickets are now on sale and can be purchased at La Mirada Theater's website at lamiradatheatre.com or by calling the ticket office at (562) 944-9801.



America is scheduled to perform March 12 in La Mirada.

## LEGALS

### GOVERNMENT

#### CITY OF NORWALK

**NOTICE INVITING SEALED BIDS FOR MILITARY SERVICE MEMORIAL AND CITY HALL AMERICANS WITH DISABILITIES ACT ENTRANCE IMPROVEMENT PROJECT 12700 NORWALK BOULEVARD PROJECT NO. 7776**

**NOTICE IS HEREBY GIVEN** that the City of Norwalk will accept bids for this project until the hour of **eleven o'clock A.M. on April 5, 2016**. Bids are to be submitted to City Clerk's Office Room 10, City Hall, Norwalk, California. Bids will be opened in the City Clerk's Office Room 10 unless otherwise posted.

Plans, specifications, bid forms, bonds and contracts may be obtained at the office of the City Engineer, Room 12, City Hall. Plans and specifications will be issued to prospective bidders over the counter for \$50.00. For plans and specifications that are required to be mailed the charge will be \$60.00. Checks are to be made payable to the City of Norwalk.

It shall be mandatory upon the contractor to whom the contract is awarded, and upon all sub-contractors under him, to pay not less than the general prevailing rates of per diem wages to all workmen employed in the execution of this contract in accordance with the provisions of Section 1770 to 1780 of the Labor Code. Said general prevailing rate of per diem wages and classification, if applicable, to said contract and work was adopted by the City Council of the City of Norwalk and is on file in the office of the City Clerk. Attention is directed to the provisions in Section 1777.5 (Chapter 1411, Statutes of 1968) and 1777.6 of the Labor Code concerning the employment of apprentices by the contractor or any sub-contractor under him. The Contractor will be required to submit weekly payrolls to the City of Norwalk to verify the above requirements. No payments shall be made until the above requirements are met. In performance of the terms of this Contract, the Contractor shall not engage in nor permit such sub-contractors as he may employ from engaging in discrimination in employment of persons because of the race, color, national origin or ancestry, or religion of such person. Violation of this provision may result in the imposition of penalties referred to in Labor Code Section 1735.

The City Council of the City of Norwalk reserves the right to reject any or all bids, and/or waive any informality on a bid. No bidder may withdraw his bid for a period of sixty (60) days after the date set for the opening thereof.

This project is funded with Federal Community Development Block Grant funds. All requirements including Section 3 for federally assisted projects will apply.

**BY ORDER OF THE NORWALK CITY COUNCIL** of the City of Norwalk, California this 2nd day of February 2016.

/s/Theresa Devoy, CMC  
City Clerk

The Norwalk Patriot  
2/5/16

## CLASSIFIEDS

### EMPLOYMENT

#### EMPLOYMENT AGENCY

Fun office looking for a P/T assistant in Downey. 20-25 hours/wk., \$10.00-\$11.00/hr. Must have a good work ethic that includes honesty and integrity. Someone who enjoys the phones and people and who is a wiz on the computer. Does not require that you be bilingual. **Call (562) 928-6600** for an appointment or **email your resume to: ESATemps@aol.com**

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### SERVICES

#### PLANS, PERMITS CONSTRUCTION

Project Design, New Construction, Remodeling & Additions **Lic. #936419** Call Jeff (562) 869-1421

Aviation Ordnanceman 2nd Class Adeline Dominguez, from Sante Fe Springs, performs a pre-flight inspection on an F/A18E Super Hornet assigned to the Vigilantes of Strike Fighter Squadron (VFA) 151 on USS John C. Stennis' (CVN 74) flight deck.

Providing a combat-ready force to protect collective maritime interests, Stennis is operating as part of the Great Green Fleet on a regularly scheduled Western Pacific deployment.

Photo by Mass Communication Specialist Seaman Cole C. Pielop/U.S. Navy



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