

Man stabbed on Metro Green Line

NORWALK – A man was hospitalized in critical condition after he was stabbed during a fight with another man at a Metro Green Line Station in Norwalk Wednesday night, authorities said.

The incident occurred just before midnight on the platform of the station located southwest of Imperial Highway and Studebaker Road, according to Ramon Montenegro of the Los Angeles County Sheriff’s Transit Services Bureau.

The victim was transported to a local hospital in critical but stable condition, Montenegro said. A description of the suspect was not available.

Anyone with information on the stabbing is asked to call (888) 950-SAFE.

Norwalk seeks feedback on branding

NORWALK – In January 2016, the Norwalk City Council approved a branding initiative to identify the City’s unique characteristics using community input.

Over the next several months, the city will obtain feedback from residents that will be used to create a brand, including visual elements such as Norwalk’s logo, motto and color scheme.

In developing a clear city brand and identity, Norwalk will define what the city stands for and where it is headed in the future.

To oversee this process, a Citizen Branding Advisory Committee has been formed. Citizen engagement is key to the branding process. The Committee will serve as a sounding board for ideas, inspirations and analysis of community feedback.

A series of community meetings are scheduled to engage the public and gather important resident feedback. Below is a list of dates and times for public community meetings where residents are encouraged to attend and provide input.

March 14, 7 p.m., Norwalk Social Services Center

March 21, 7 p.m., Norwalk Arts & Sports Complex

March 30, 4 p.m., Norwalk Teen Center (youth meeting)

April 11, 7 p.m., City Hall

April 16, 10 a.m., Norwalk Social Services Center

Senator helping raise money

CERRITOS – State Sen. Tony Mendoza will be at Buffalo Wild Wings in Cerritos on March 23 to help raise funds for the Southern California Lead Foundation.

The fundraiser is from 5-7 p.m. RSVP by calling Rosi Jaime at (562) 413-3940.

Cerritos installs new public art statues

CERRITOS – Two new pieces of artwork were recently installed in the Cerritos Sculpture Garden as part of a temporary sculpture display program.

“Flame” by Lyle London and “Joker” by Jeff Zischke will be displayed for two years, after which they will be replaced by two new pieces.

London’s “Flame” features an aluminum base and is composed of painted fiberglass. The paint has a metallic sheen that reflects various colors as the ambient lighting changes. The structure stands 10 feet tall and has a 6-foot base. Zischke’s “Joker” stands 8 feet tall on a 4x4-foot base.

The contemporary abstract sculpture is fabricated in steel and painted with a high-gloss red paint.

Each artist will receive a \$2,500 stipend, which is funded through Cerritos’s Art in Public Places Program. The fund is supported by contributions from the business community as part of the city’s development requirements.

Wide variety of professionals visit Corvallis MS for Career Day

NORWALK – A small group of Corvallis Middle School students looked on in fascination as an FBI special agent showed off the protective gear he uses while in the field, including night vision goggles and a bulletproof vest. It may be a dangerous job, but one that a Corvallis student may choose to pursue in the future.

The agent was one of three dozen guest speakers to lead sessions students could choose to attend during Corvallis’ annual Career Day on Friday, Feb. 26. The event afforded more than 700 students a sneak peek at vocations they may consider in the future. On hand were a Grammy Award-winning musician, a soccer coach, a professional cartoonist and several former National Football League players.

“We want to encourage our students to start thinking about career paths now, and understand that there are many different fields to consider, so we select a wide variety of guest speakers,” Corvallis Principal Bob Easton said. “The kids sit in on three different 30-minute presentations. By the time they leave Corvallis, our students will have gained practical knowledge of nine different career paths.”

Accounting, arts and entertainment, auto repair, civil engineering, law, cosmetology, food service, health care, industrial manufacturing, law enforcement, United States military, professional sports, public relations and retail management were among the careers available for Corvallis students to consider. Also present were teachers and students from Norwalk and John Glenn high schools and the Southeast Academy cadets, who provided information on their schools’ career pathways.

In November of 2015, Corvallis became the first middle school in the Norwalk-La Mirada Unified



Former NFL player Reggie Berry (top right) and corporate CEO David Erickson (top center) with Corvallis Middle School students at first annual Career Day assembly.

School District to open a College and Career Center, a project spurred by Corvallis ASB student representatives who provided input to NLMUSD Superintendent Dr. Hasmik Danielian. The District intends to establish College and Career Centers on each of its six middle school campuses.

“There is so much enthusiasm here. The students are already looking toward the future and the District is fully committed to providing them the resources they need to make a fully informed choice,” Dr. Danielian said. “Thank you to Principal Easton and his wonderful staff for putting together such an informative program for our future leaders and innovators.”

Hugo Ortiz is a Corvallis sixth-grader who is interested in cars, plays the double bass and admires soldiers. During the course of Career Day, Ortiz received career guidance from

an auto mechanic, a professional guitarist and a United States Army soldier.

“The soldier’s job is to make sure the food is safe for the whole platoon,” Ortiz said. “But he also gets to jump out of airplanes.”

Though the Career Day speakers have experienced great success in their chosen fields, they conveyed to students the need to prepare and persevere, acknowledging that over the course of their careers they may experience both high and low points.

Mel Rogers, a former linebacker for the San Diego Chargers, told students that he was cut from his first training camp, despite being drafted by the Kansas City Chiefs. Undaunted, Rogers upped his game by playing semi-pro football before rejoining the NFL.

“If you don’t succeed the first time around, it’s not the end of the

world,” said Rogers, who played three seasons with the Chargers and one season apiece with the L.A. Rams and Chicago Bears. “Maybe you weren’t prepared. Preparation is the key. Instead of giving up right away, I played semi-pro ball in Connecticut and that experience helped get me to the NFL.”

After the students had sat in on three presentations, each grade level attended an assembly in the afternoon, featuring former NFL player and Goals for Life founder Reggie Berry and FreeConferenceCall.com founder and CEO David Erickson. Each of the presenters emphasized the need for hard work, self-motivation, and setting and following through on goals. The inspiration from these professionals was well received by the students.

New state Assembly speaker is from Paramount

SACRAMENTO – At a ceremony inside the Assembly chamber Monday, surrounded by family, friends and dignitaries from around the state, Assemblymember Anthony Rendon was sworn in as the 70th Speaker of the California State Assembly.

Rendon (D-Paramount) took the oath of office alongside his wife, Annie Lam, and his parents Tom and Gloria Rendon. The 69th Speaker of the Assembly, Assemblymember Toni G. Atkins (D-San Diego), performed the oath.

In his swearing-in remarks, Rendon pledged to focus on the issues

of poverty, oversight and participation, saying it is “unacceptable for almost 2.5 million children to be living in poverty in California,” that state agencies – including the Legislature – must be accountable to Californians, and that more Californians should take part in the political process, especially in communities with great needs.

Rendon, who authored the state’s water bond in 2014, noted he would not be authoring legislation this year, but would focus on managing the Assembly and “fighting for the needs of my district and for what I believe in.”

Rendon acknowledged Republican Leader Chad Mayes for his devotion to California and the

“constructive discussions” they have had, and said that while Democrats and Republicans may not always agree on issues, “everyone here deserves an environment where they can advocate forcefully for their ideas and their constituents.”

Sharing their personal stories, Rendon said he and his spouse, the daughter of immigrants, “benefited from the generosity of a state that promised to never turn its back on us—and it never did,” and urged his colleagues to use the years they have in the Assembly “to pay California back for all that it has provided.”

Rendon described how he would ride the bus home from warehouse jobs and watch others get off the bus to head to their college classes, and

how his spouse, growing up, worked picking fruit in the fields.

Prior to serving in the Assembly, Rendon was an educator, non-profit executive director, and environmental activist.

Rendon attended Cerritos College in Norwalk before earning his Bachelors and Masters of Arts Degrees from California State University, Fullerton. As a recipient of a National Endowment for the Humanities Fellowship, he earned his Ph.D. from the University of California, Riverside and completed post-doctoral work at Boston University.

Rendon served as adjunct professor in the Department of Political Science and Criminal Justice at California State University, Fullerton from 2001 to 2008.

SHARED STORIES: THE TIES THAT BIND

Shared Stories: Medical Challenges

As one of the new physicians assigned to serve a hospital under construction in a rural area, Dulce Ruelos and her team found themselves operating by flashlight and Coleman lantern on a seriously injured patient. 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 Dulce Ruelos

In 1962, fresh out of medical school, I worked as a volunteer at the 100-bed general hospital at the capital town of my province in the Philippines. I had passed the medical board exam, and when the results were released I acquired my license to practice medicine.

I applied for and got the position of adjunct resident physician. At that time, this hospital was the only one that accepted inpatients, except for a few available beds at private clinics.

Government hospitals offered free medical services while private

hospitals were expensive. As a result, there was a heavy workload for the limited medical and nursing staff. Volunteers were therefore warmly accepted and welcomed.

This was an unpaid position for me except for an \$8.00 laundry allowance and the free meals and board and lodging at the Nurses’ Home. Even though I was a new doctor, I was able to stay there because most of the nurses were married and lived in their own homes.

After a few months, an opportunity came when a new, 25-bed emergency hospital was set to open at a different town. Our chief resident physician was appointed chief of the new hospital. He recruited me and another adjunct resident, my friend Elsie, to join him. Both Elsie and I were appointed resident physicians.

We relocated to the town where the new hospital was being constructed and we rented a place to stay at a town close to the unopened hospital. We were not ready and in no position to start hospital operations.

There was no running water or electrical power. The hospital beds

and supplies were still unpacked. The pharmacy items and supplies, such as instruments, oxygen tanks, and medicines, were not available. The outpatient department was not operational.

Under this difficult situation, a few of the nurses who were from the city were homesick and felt like quitting. They were not used to the meager rural accommodations, but they stayed on.

A few nights later, we had our first major encounter with reality. News spread around the village that medical people had arrived in their area in anticipation of the opening of the hospital.

One night there was a lot of commotion outside our rented house. Several men from the village carried a patient in a hammock. They demanded medical attention for his serious injury.

The patient was a farmer who was gored in his abdominal area by a water buffalo we call a carabao. His injury was deep enough that some loops of intestine protruded out of his wound. How could we turn away a

patient in his condition?

We took him to a room at the hospital where we gave the best treatment we could under the circumstances. The instruments were sterilized by boiling and his gaping wound was sutured under flashlights and Coleman lanterns similar to those used here on camping trips. Under these conditions we had to be resourceful and ingenious, learning to improvise. Without the aid of laboratories and X-rays, we relied heavily on taking a detailed medical history and giving a comprehensive physical examination.

This very first patient was a success story resulting in his complete recovery without any complications. News traveled fast, and very soon patients started to come whether we were ready for them or not. Eventually the hospital got a generator, an ambulance, and a complete medical staff.

I worked at this hospital for close to a year before marrying my husband, and a year after that I moved to Manila to have my first baby.

Weekend at a Glance

Friday 63°

Saturday 64°

Sunday 67°

THINGS TO DO



Arc Walk

Saturday - Stonewood Center, 8 a.m.

Celebrating people with intellectual and developmental disabilities. \$25 on-site registration



Miss South Gate

Saturday - South Gate Park Auditorium, 4 p.m.

Young women will compete for scholarships and title of Miss South Gate and her court.



Irish Heritage Festival

Saturday - Downtown Long Beach, 12-9 p.m.

An all-day festival, with a parade starting at 2 p.m. Marching bands, dance groups, floats, and more.



Cherry Blossom Festival

Saturday and Sunday, Descano Gardens, 9 a.m.-5 p.m.

Music, origami, food, and garden walks. \$9 adults, \$6 students and seniors, \$4 kids

FROM OUR FACEBOOK

Norwalk seeks input on branding

David Lauderdale: At this point I don’t see any value in discussion as the \$122,000.00 has already been allocated and will certainly be spent. Seems like that train has left the station. Now they want input? I thought the \$122,000.00 was for the consulting firm to spin Norwalk into a more positive light. SMH

David Lauderdale: What a waste of taxpayers money.



Reach us on Facebook at: [Facebook.com/DowneyPatriot](https://www.facebook.com/DowneyPatriot)

TWEETS OF THE WEEK

@javaroni: Is it the weekend yet?


@earthquakesLA: A 1.8 magnitude earthquake occurred 1.24mi S of Norwalk, California.



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Register online at

www.arcwalk.org

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

Paging Dr. Frischer...

By Dr. Alan Frischer

Once a nutritional public enemy, coconut oil has risen to the ranks of a major health fad. Why has this happened? How can an oil high in saturated fats become a nutrition darling? Is coconut oil actually good for us?

The benefits of coconut oil seem to be touted everywhere. Dr. Oz believes that coconut oil has “superpowers” with near miraculous qualities. On the web are numerous claims that it is heart-healthy; leads to the loss of excess body fat; helps to dissolve kidney stones; enhances immunity; helps to resist viruses, bacteria, yeast, fungi, and candida; boosts thyroid function, improves blood sugar control; increases energy and endurance; improves digestion and vitamin absorption; lowers cholesterol; is anti-aging; helps with Alzheimer’s dementia; is good for skin and hair; and is safe without side effects.

In the 1980’s, low-fat diets were big. In particular, this meant restricting saturated fats like coconut oil and palm oil. Since that time, the focus has shifted to limiting carbohydrates and trans fats, and less on saturated fats. Where does coconut oil fit in?

Coconut oil differs from other



oils in several ways. 92% of its fat is saturated, making coconut oil far more saturated than most other oils and fats. Olive and soybean oil are about 15% saturated, beef about 50%, and butter has about 63% saturated fat. The closest competition to coconut oil is palm kernel oil, which has 82% saturated fat. It is, in fact, all those saturated bonds that make coconut oil solid at room temperature, and keeps it from going rancid for a long time. That makes it great to use in candy, chocolate, yogurt, movie theater popcorn, and other coatings that don’t melt until they hit the warmth of the mouth. Vegans find it great to use as a butter substitute.

Coconut oil is also unusual because it contains a high percentage of medium-chain triglycerides. Many other oils consist entirely of long-chain triglycerides. Soybean oil, for example, is 100% long chain. Why is this relevant? Our bodies metabolize medium chains differently than long chains. Medium chains go from the intestines to the liver, where they are burned off as fuel, and possibly raise the metabolic rate. This makes them less available to be circulated throughout the body and deposited in fat tissues.

Coconut oil contains lauric acid. Lauric acid does raise both HDL and LDL (the good and bad cholesterol), but claims also include that it may offer a number of health benefits, including antibacterial, antifungal

and antiviral properties, acne benefits, and weight loss properties (due to speeding up the metabolism). More research is definitely needed to back these up.

Coconut water, the liquid inside of the coconut, is also growing in popularity. As a long distance runner, I often see it promoted as a natural sports drink, containing electrolytes. In emergencies, coconut water has reportedly been used when medical saline was unavailable. Evidently, during World War II, coconut water was used as an intravenous rehydration fluid for British and Japanese patients. This technique also may have been used since then for short-term emergency situations when nothing else was available.

Coconut oil, with its saturated fats, is not as bad as it was considered in the 1980’s. However, it is clear that polyunsaturated oils lower LDL cholesterol while coconut oil raises it, making it difficult to recommend that it replace olive, canola, or other liquid oils. As for the rest of the intriguing and tempting claims, stay tuned for more solid scientific evidence. If you enjoy it, by all means include it as part of a reasonable and balanced diet.

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.

Cancer death rates are declining

The Report to the Nation on the Status of Cancer (1975-2012) shows that death rates continued to decline for all cancers combined, as well as for most cancer sites for men and women of all major racial and ethnic populations.

The overall cancer death rates for both sexes combined decreased by 1.5 percent per year from 2003 to 2012. Incidence rates—new cancer cases that

are diagnosed per 100,000 people in the U.S.—decreased among men and remained stable for women between 2003 and 2012.

The ongoing drop in cancer incidence in most racial and ethnic groups is due, in large part, to progress in prevention and early detection. Fewer deaths from cancer in those same groups may also reflect better treatments. Tobacco control efforts

have contributed to lower rates of lung cancer, the leading cause of cancer death in both men and women, as well as many other types of cancer.

The report also examines trends in liver cancer. In contrast to the trends for most other cancers among both men and women, death rates due to liver cancer have increased the most compared with all cancer sites, and liver cancer incidence rates have also increased sharply.

Key findings on liver cancer:

- *From 2008 to 2012, liver cancer incidence increased an average of 2.3 percent per year overall, and the liver cancer-related death rate increased by an average of 2.8 percent per year among men and 3.4 percent per year among women.
- *In all racial and ethnic populations, about twice as many men as women were diagnosed with liver cancer.
- *Between 2008 and 2012, liver cancer incidence rates were highest among non-Hispanic American Indian/Alaska Native men followed by non-Hispanic Asian/Pacific Islander men.
- *Hepatitis C and liver cancer-associated death rates were highest among those born in 1945-1965; these also represent the majority of Americans with hepatitis C infection.

The authors noted that, in the United States, a major contributing factor to liver cancer is hepatitis C virus (HCV) infection. A little more than 20 percent of the most common liver cancers are attributed to HCV infection.

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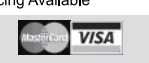
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At women’s conference, teen girls urged to know their worth

WHITTIER – More than 300 female students from Whittier Union’s seven high schools packed into Rio Hondo College’s Wray Theater for the 21st annual Women’s Conference, a collaborative effort between the District, Rio Hondo College and Soroptimist International of Whittier in celebration of Women’s History Month.

The March 4 event, themed “Courage to Dream,” aimed to

inspire participants through a series of workshops that provided resources and helped strengthen young women’s wellness in mind and body. The program featured three sessions of workshops on topics such as establishing healthy relationships, interviewing tips, financial literacy, college 101 and using art and physical exercise to improve one’s outlook on life.

“This is my first time at the conference, and it has already

motivated me to participate in more community service activities to enhance my college application,” Whittier High School senior Cynthia Martinez said. “I think this event gives girls great ideas on how to start thinking about college and what careers they might want to pursue.”

ABC7 Eyewitness News traffic reporter Alysha Del Valle gave the keynote address, sharing her experience as a Latina in the broadcast journalism industry, an

executed board member of the East L.A. Weingart YMCA, a mentor for at-risk high school students, and as a volunteer for VotoLatino, Reading to Kids, Adelante Mujer and The Sierra Club.

“When I was growing up, I was always trying to find women on TV who looked like me,” Del Valle said. “Our thoughts about ourselves are powerful and help us achieve great things, so don’t worry about other peoples’ dreams and worries for you.

We make our own luck by dreaming and investing in ourselves.”

The Women’s Conference provided opportunities for women to empower themselves and visualize their potential. Whittier Union students gained courage through workshops such as “Healthy Relationships – Creating Your Own Boundaries,” “Staying Ahead of Today’s Job Market,” “Basic Self Defense – Rape Prevention” and “True Colors: Who am I?”

The Women’s Conference was initiated 21 years ago to bring Latina role models to Whittier Union students during a time when there weren’t many women of color pursuing careers and college degrees. The conference addresses issues

Latinas face today and helps them navigate the path toward college and career goals.

“I didn’t grow up in the best neighborhood, so my mom put me in all honors classes when she saw I wasn’t being challenged enough in school,” Superintendent Sandra Thorstenson told the students. “My parents bolstered me so I could grow up to make a difference in the lives of others. Many kids don’t have that kind of support system, so we want to show them how to be the architects of their own futures and programs like these are just one of the several steps we take to ensure they succeed in whatever endeavor they want to pursue.”

Bellflower students receive free glasses

BELLFLOWER – Sixty-eight students from Bellflower Unified’s Ramona Elementary School have received free eyeglasses after a visit from a mobile unit operated by nonprofit Vision To Learn, which provides vision services to children in low-income communities.

The program, funded by the Rotary Club of Bellflower, began with clinic visits for students identified with vision issues. Vision To Learn optometrists identified prescription needs. Then, on Feb. 26, Vision To

Learn returned to Ramona with glasses for the students.

This is the second Bellflower Unified school to receive this form of assistance from Vision To Learn. In 2015, the Rotary Club donated \$7,500 to bring the mobile unit to Washington Elementary School, where 103 students received glasses.

“The Bellflower Rotary Club has once again stepped up to help the students of our community,” Bellflower Unified Superintendent Dr. Brian Jacobs said. “This is

a gift to these students that will resonate throughout their lives and emphasizes just how powerful our community partnerships can be in the life of a child.”

The event was facilitated by Caring Connections, a nonprofit dedicated to helping meet the needs of children and families in the Bellflower Unified School District.

One in four adolescents in the U.S. suffers from common vision ailments that can be corrected with glasses. Studies show students with

proper eyeglasses participate more in school, demonstrate better behavior and dramatically improve their self-confidence.

“Any time we can eliminate a barrier to learning, we have helped our students take another step on the path to success. This is a great example of that type of effort in action,” said Board of Education President Dr. Paul Helzer.

Norwalk mayor Leonard Shryock and Councilman Luigi Vernola cut the ribbon to officially mark the end of construction on the new Firestone Boulevard bridge.



The new bridge was a joint project between the cities of Norwalk and Downey, and cost about \$9.5 million.

Photo courtesy city of Norwalk



The Norwalk Patriot

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The Norwalk Patriot

Friday, Sept. 20, 2013 Vol. 7 No. 33 12040 Foster Road, Norwalk, CA 90650

SHARED STORIES: THE TIES THAT BIND

An Inflatable Idea

Shared Stories is a weekly column featuring articles from a writing class at the Norwalk Senior Center. Yolanda is a life-long Norwalk resident who likes to see everyone with a smile on their face. In this piece she explores with dramatic flair the feelings of two young girls who find a Frederick's of Hollywood catalogue. The names have been changed to protect the innocent. Contributed by Carol Kearns

NORWALK – While walking home from my junior high school one day I saw a Frederick's of Hollywood catalogue lying on the sidewalk. I was excited to find it, but there were several pedestrians on the street and I felt embarrassed to have them see me look at this sexy publication. Luckily there was no one I knew, but I still slowed my pace until they passed before I turned back to pick up the forbidden catalogue.

Children my age were "Too old for toys and too young for boys." It was the era of liberated women burning their bras; I didn't think "training bras" counted. Still, Frederick's merchandise defined sexy; just what an upward, almost blossoming, teenage girl wanted to get her hands on. I could hardly believe that I now owned a coveted catalogue.

I did what came naturally. I ran to my best friend's house to share my miraculous find. Had I been in a back meet I'd have come in first place. It seemed that I reached Carla's front door in a few minutes. I tucked the catalogue into my skirt's waistband and sowed with my arms across my waist.

It was difficult to contain my excitement. I was relieved when Carla opened the door instead of her mother. She had a puzzled look on her face when she asked,

"Jane are you alright? You look kinda weird."

"Carla you won't believe what I just found on the street!"

"You found money?"

"No. Something even better. Let's hurry up to your room. Just then her mother called out from the kitchen, "Girls who is in the door?"

"It's just Jane, Mom. We are going to do our homework. Please tell Jimmy to leave us alone."

The kitchen phone rang and her mother picked it up. Carla and I ran up the stairs as if we were being chased by wild dogs.

Carla quickly locked her bedroom door behind us. Her eyes were wide like Betty Boop; she demanded to see what I had found. "Not so fast," I said. "First close your eyes." I pulled the shiny catalogue from my skirt and held the front cover that had a picture of a Marilyn Monroe look-a-like model wearing a pink and black sequined corset.

When Carla opened her eyes, her jaw dropped. She let out a loud "WOW!" We both jumped up and down giggling before we fell on her bed.

"Carla, Carla, shhhhhhh, listen." I whispered. "The best part is that there's an order form attached inside the pages where we can send a way for a sexy... something."

After the twelfth or thirteenth time pouring over the pages we decided to pull our babysitting money and our nest. The ad said that this bra was revolutionary. It came with a magical straw, which allowed a woman to inflate her breasts to any size desired into this wonder undergarment, thus giving her a cleavage that could rival any Hollywood star's.

"We will look like movie stars," I promised.

"Yes, yes!" Carla yelled. I smiled as I noticed that she was even more fixated than I was. We were exhilarated at the potential promises this bra would "best" for us.

"I just thought of a plan, Carla. We will flip a coin to see who'd get to wear it to the Sock Hop next month."

"I can bet one of us is not going to be a wallflower. I will not be a plain-Jane. Can you imagine the look on Mr. Smith's face when he sees the new glamorous Me wearing my secret weapon?"

"Miri's is such a snuck-up with a capital 'B' since she got all the boys' attention after padding her training bra."

"Carla if we want to look more grown-up we will have to practice walking differently."

"Like how?" she asked me.

I got up from the bed. "With shoulders swaying, like this," I said as I demonstrated my best Marilyn Monroe walk.

"Oh Jane, you can already walk like Marilyn, but I bet that you will do it even better when you are wearing the shell!"

"I really have to go home now," I finally said. "The catalogue will be safer here. You don't have a rag-tag sister to share your room with. Do you want to put the catalogue under your mattress?"

"Hi! No, that's where I have my 'G' rated diary for my mom to snoop through. I will put it in the big dictionary on top of the bookcase. Not even my brother will look there."

"By the way, where is that cute brother of yours?"

"Cute? Oh yuck! You have got to be kidding me, Jane."

"Specifically, he is not so bad. He is tall and a bit mature."

"Specifically, he is not so bad. He is tall and a bit mature."

Rachel Tagawa and Nathaniel Ya use an iMac inside the Cerritos Library's new teen technology center. The facility officially opens Saturday.

CERRITOS LIBRARY INVESTS IN TECH FOR TEENS

By Christian Brown Staff Writer

CERRITOS – In an effort to expand educational and creative resources for teenage patrons, the Cerritos Library on Saturday will unveil a new, 2,500-sq-ft, teen studio, featuring 18 Apple iMac work stations, three 65-inch interactive touch screens, and more than 7,000 books and documents.

City council members on Monday landed the new state-of-the-art facility as the next generation of technology for the next generation of learners.

"This is not just a library for books, but for learning," said Councilmember Carol Chen, who initially proposed the concept of a teen studio. "It's not just for reading; it's a whole learning experience with the newest and latest technology – we want to nurture that in our kids."

Filled with everything from classic literature and graphic novels to popular books and non-fiction, the teen studio is just as much a library as it is a computerized classroom with space for both group and individual study.

In addition to new iMac computers, the studio center also boasts a 40-inch computer touch-screen that allows up to four people to view and interact with digital content.

At a cost of more than \$200,000, the teen studio, which is approximately 70 people, will be a better place to study after school. The library believes the new projects, take

SPEED BUMP



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On This Day...

March 11, 1993: Janet Reno was unanimously confirmed by the Senate to be the nation's first female attorney general.

2011: Wisconsin Gov. Scott Walker signed a measure to eliminate most union rights for public employees, a proposal which had provoked three weeks of protests.

2012: Sixteen Afghan villagers – mostly women and children – were shot dead as they slept, allegedly by U.S. Army Staff Sgt. Robert Bales.

Birthdays: Media magnate Rupert Murdoch (85), actor Terrence Howard (47), actor and stunt performer Johnny Knoxville (45), guitarist Benji Madden (37) and basketball player Anthony Davis (23).

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CALENDAR OF EVENTS

TUESDAY, MARCH 15
6 p.m. - City Council Reorganization meeting - Norwalk City Hall

•

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 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, 12:30 p.m. - Soroptimist International - Soroptimist Village
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)
STATE YOUR NAME: With capital letters
by S.N.

ACROSS

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6 Symbols of sleep
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94 Half of hex-
95 Cope with change
99 Piggy's frog friend
100 Study of verses
104 Spiny houseplant
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107 Start to catch up
108 11th grader's exam: Abbr.
110 Bradstreet's partner
111 Falsified
112 Homer Simpson's boss
116 Literature Nobel
117 Gray's subj.
118 Munich Mrs.
119 Enliven, with "up"
120 Concludes one's case
121 Polite denial
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16 Painter known as "The Dripper"
17 Setting for Singapore
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36 "Turn up the heat!"
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44 What to call a clipper
45 Show for sure
46 Bassoon cousin
47 Stir-fry skillet
49 Family business abbr.
50 Director Dunham
51 Moonstruck Oscar winner
53 Crucifix letters
54 When shadows are shortest
55 NL East team
57 Mascara mishap
59 Something extra
60 City near Salt Lake
63 Cultural pursuits
64 CSI procedures
66 Long-nosed fish
67 Lithography legend
84 Half of EU
87 College football award

71 Piece of work
73 ICU personnel
74 Mail-routing abbr.
75 Noisy bug
76 Lackluster
77 Retired TV talk host
78 Compass reading
80 Sound of surprise
81 voice (orally)
83 Golf pro Ernie
84 Half of EU
87 College football award

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89 Erstwhile children's clothes retailer
91 Carefully chosen
92 Destroys gradually
93 Rental ad abbr.
96 First on the moon, alphabetically
97 Spring suddenly
98 Language class lessons
100 Singer LaBelle

101 Oil drilling equipment
102 Switch label
103 Exclamation of celebration
105 Miles away
106 Folk story
107 Tiny fly
109 Cooking meas.
113 John __ Lennon
114 Med. scan
115 Name in the news since 1958

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(Grand Slam doubles titles in her
SUKOVA (87 Across) won 14
and 2015 Netflix series. HELENA
series, returned for a 2014 film
for the Rocky and His Friends TV
(34 Across), created in the 1950s
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The Norwalk Patriot accepts and encourages letters to the editor. Letters must include a full name, address and telephone number, although only the author's name and hometown will be published. Letters may be edited for length, style and/or content.

Letters can be mailed to The Norwalk Patriot, 12040 Foster Rd., Norwalk CA 90650 or via e-mail at news@thedowneypatriot.com.

Cerritos College evasive with this reporter

By Raul Samaniego Contributor

I love “gate keepers”. In the private sector, they might be called Receptionists, Professional Assistant, Assistant to the President, Secretaries or some title with the name “Information Officer,” in it somewhere.

In the private sector, as an account executive, my job was to get past the “Gate Keeper” and get to the decision maker.

After all, love is love, but business is business.

I’ve met many Gate Keepers. There are actual business courses on simply getting to the actual decision maker.

Decision makers in the private sector may be some sort of Chief (Fill in the blank).

You’ve heard of them, Chief Financial Officer (CFO), Chief Operating Officer (COO) and my favorite, Chief Executive Officer (CEO).

Purchasing Agents are not Gate Keepers. They are not decision makers either. They fill order requests, at least cost to the company.

In the past, I would secure an appointment with the decision maker and bring my support staff which included anyone which held a similar or same title as the decision maker.

We might call that, Level to level Sales or presentation. It didn’t matter that the Account Executive probably knew more than his Company President or Chief Officer. The Decision Maker liked talking with their “equal.”

Now that I’ve saved you a year of college and five years of working your way up a corporate ladder, let us commence with the story.

My degree is in Psychology from a pretty good school, California State University Long Beach School of Social Sciences.

While, I am no psychologist, I have drawn from the information attained at the university as well as 25 years of being a “suit.”

When asked, the teachers provided me with everything I requested. I ask for a current pay plan. Provided. I asked for their submitted proposal to the administration. Provided.

I asked them to demonstrate how they came to state that there was nearly a \$50,000,000 reserve (That’s fifty million dollars with seven zeroes). Their side provided the math for that number too.

As I reviewed the pay structure in place at Cerritos College, I saw that, it encourages staff to continue their education. I like that.

When I am having a nurse, doctor or specialist probing my body I ask them, so where did you go to school? How long have you been a phlebotomist? Or perhaps, I ask, by sticking needles directly into my eye, what can we (we are a team) expect.

I ask questions. Usually I get answers. When I didn’t get answers, I’ve fired factors and nurses.

News at Cerritos College includes more than just labor issues. There’s still other news, weather and sports.

Visiting the campus recently, I spoke with several students enjoying the Spring-like weather sitting in the outdoor amphitheatre doing as many coeds do, chatting.

None of the students knew anything about the current “Labor issue.”

They all had a frame of reference though when it came to the two shootings across Studebaker.

18 year old Itzel Magana speaking about the shooting said, “It was scary.”

“I was delivering food to a friend at a liquor store on Alondra when I heard six shots. I thought it was fireworks until I smelled the smoke.”

“My friend at the store pulled me in.”

Sitting on the grass with Magana was 19 year old Cosmetology student, Silvia Gonzalez who shared that her instructor “had told the class to have a plan.”

My next stop was at the police headquarters. Second in Command, Captain Hans Strand spoke with me and took my request to have a word

with the police chief.

Acting Police Chief Tom Gallivan has yet to return my call.

Gallivan’s predecessor, shared part of the plan for an “Active Shooter” scenario at Cerritos College.

I can say now, that both he and former College President Dr. Linda Lacy confirmed that indeed weapons of war, specifically the AR-15 semi-automatic rifle, are part of the arsenal on the Norwalk located campus.

Were those weapons deployed?

I have not heard from Gallivan, so I cannot ask him whether an active shooter alarm was sounded.

Keep this in mind: both fatal shootings occurred 24 hours apart in nearly the same location which was less than a hundred yards from the first classroom on the campus.

As I mentioned before, guns being pointed at me is not an unknown scenario. However, what answers do we give parents if the scenarios just presented ended in a very different way.

Cerritos College has good gatekeepers.

When the stories came to light regarding the shootings near Cerritos College, as well as the stalled labor negotiations between the union representing the Teachers and the decision makers on the Administration, I did the Cliff notes version of familiarizing myself with the situation. I’ve admitted, I was confused.

Recently, I received a phone call from Miya Walker, director of public affairs, for Cerritos College.

I’ve met her on many occasions at the campus. Her associate Aya has provided me many “Press Releases” over the last three years.

Press releases are filtered information generated to go to press or media organizations information from one source.

A police bulletin on a current situation is a sort of press release. An organization may want publicity for an event, such as a Chinese Year of the Monkey New Years celebration.

I received such a notice and decided that it would be an interesting event. I reported on it as an AP (associated Press) style story with color pictures included.

Other releases I have received are events like the Cerritos College Hall of Fame Dinner or the City of Norwalk State of the City event.

Many of these press releases appear in newspaper pretty much as written. You see some of those releases in this and every printed publication.

When I cover an event, I have my camera, my digital voice recorder and my old fashioned writing pad. My Journalism Instructor (At Cerritos College), Richard Cameron always adamantly insisted we student reporters use them. I still do.

In January, I requested a meeting with College President Dr. Jose Fierro to sit and talk about the status of the school and have an equivalent of A “Fierroside Chat,” if you will.

Why not? We had a great interview and article for the Fall semester, so I figured we could sit and talk about anything including some of those programs to inspire current and potential students on to collegiate success.

Well, I ran into Dr. Fierro at the news year’s celebration several times.

I also was directed to Board Trustee President, Dr. Shin Liu. She seemed so cordial and polite handing me her business card with her office as well as her cell phone numbers.

I pocketed it and kept it in my pile of other college contacts, former teachers of mine and friendly individuals.

From the teacher’s side, I was presented the numbers for the current school year budget as well as to the extra number as to how they were calculated.

We looked at the numbers from the Unrestricted General Fund (UGF), actual revenues received (Money), revenues allocated (spent) and left over resources also known as the reserve funds.

Well, we know my expertise in math is a “C” in Algebra, but Hey! I have nearly straight “As” in research, statistics and project projection (not to mention 25 plus years using them in business).

We looked at beginning reserves which totaled approximately \$22.2 million, net income (resources) of \$108 million and expenditures of \$91 million.

We were cooking with gas. Even I could add and subtract. That left a balance of \$39.2 million.

Fair enough. I asked if the college only had thirty million in the reserves, could the Teachers work a deal with that number.

“It is not in our interest to bankrupt the institution,” Dr Namala shared with me.

Now, that made sense.

So, why won’t the college give me a response to my inquiry as to how

they came up with either 41% or 30% pay increases from the teachers according to their “News releases?”

Recently, on my way to my Retinal Specialist in downtown Los Angeles, Miya Walker called me for I had indeed delivered some copies of the Patriot’s February 26 edition.

Saying that both my opinion piece and the article by another writer pretty much summed up the college’s stance, I realized, the college was not going to answer my question, but worse yet, I don’t think they can.

Earlier, I had texted Board President Dr Shin Liu asking for interview time. She agreed and we were to meet Wednesday, March 2, at 1:00 at the college.

Since I can’t read emotion into text messages, I assumed she was eager to offer her opinion on the labor issue.

Later that Tuesday evening, with my eyes still dilated, I arrived at the Norwalk City Council chambers to attend the bi monthly council meeting.

Seeing Cerritos College President Dr. Jose Fierro, I approached and asked for three minutes.

“I’ve got one minute,” was Dr. Fierro’s reply.

We spoke for four.

Regarding if the current labor negotiations are taking a toll on him:

“No, we’re working through it. We’re trying to find common ground.”

“I think it is important for the union and the administration to sit down and look for the things we agree on, rather than always talking about what we disagree [on].”

Asked if 30 million was enough to work with and come to an understanding:

“The college has a rainy day reserve, and the rainy day fund was to allow the college during the last recession not to have furlough, not to lay off any personnel.”

Continuing, Dr Fierro shared, “Many neighboring colleges during the recession had layoffs, they had furlough days, they cut programs and Cerritos didn’t.”

My final question to Dr. Fierro was, “What is Cerritos’ greatest asset?”

“Our employees!” was his final answer.

There you have it! The employees!

How hard was that? We had a cordial conversation, got some answers and we left smiling.

As I said, it isn’t that the administration won’t answer questions regarding the numbers they provided in their news release; I think it’s even worse. I think they can’t answer them.

I’ve been wrong before. Recently when I went for my camera instead of my press badge with that deputy’s gun pointed right at me, that was wrong. At least I admitted it and lived to talk.

Dr. Fierro, Dr. Gularte, nobody is pointing a gun at you. In the words of Dr. Fierro, sit down and talk about the things you agree on.

Oh, and Dr. Liu, she forwarded me back to her gatekeeper and canceled our meeting.

Why doesn’t any Cerritos College administrator want to talk?

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School board considers bond measure to renovate schools

Council approves CDBG spending plan

Norwalk - The city's allocation of federal grant money to local non-profit organizations for the renovation of schools is set to begin in the fall. The city's allocation of federal grant money to local non-profit organizations for the renovation of schools is set to begin in the fall. The city's allocation of federal grant money to local non-profit organizations for the renovation of schools is set to begin in the fall.

The Norwalk Patriot is offering subscriptions for \$10/year. Subscription guarantees delivery every Friday to single-family homes in Norwalk.

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Actress Felicity Huffman talk career struggles at Rio Hondo

WHITTIER – Award-winning actress Felicity Huffman on Wednesday described to a rapt audience at Rio Hondo College’s Wray Theater how she prepares for new roles by conducting extensive research and digging deep within herself to find a connection to help make the character real.

But, she cautioned, even with the best of preparation, there are times when she was fired because projects were canceled or a director decided to go with a different actor – an

inherent volatility in her industry that has made her an advocate for students to pursue a diversity of interests to shield themselves.

Huffman’s remarks were the centerpiece of the sixth annual Rio Hondo College Forensics Showcase, which highlights the efforts of students on the College’s award-winning forensics speech and debate team.

Huffman, who is currently starring in the critically acclaimed ABC series “American Crime,” was

interviewed for the standing-room only event by Forensics Coordinator Libby Lee Curiel. Curiel also acted as one of two masters of ceremony in tandem with Debate Coach Grant Tovmasian.

“This year’s showcase was a tremendously engaging event, from the in-depth discussion with Felicity Huffman to our amazing student performers,” Superintendent/President Teresa Dreyfuss said. “Once again, our community has received an exceptional view of the

depth and scope of our dynamic academic and extra-curricular program at Rio Hondo College.”

During the showcase, student performers demonstrated all aspects of forensics speech and debate, including platform and limited-preparation speaking, debate and oral interpretation of literature. Speakers included all 14 debate team members who will represent Rio Hondo College at the 2016 Phi Rho Pi, two-year National Forensics Championship Tournament. It is

the largest team Rio Hondo has ever fielded and the maximum number that can be entered in the tournament.

Former team member and Phi Rho Pi gold champion Steven Villescas performed a prose interpretation from “The Boy Kings of Texas: A Memoir” by Domingo Martinez. Villescas, who has since transferred to the University of Texas, Austin, will compete at the American Forensics Association’s National Individual Events Tournament in April, the last national championship of his college forensics career.

Also in attendance was former Rio Hondo College Forensics Coach

Steve Rohr, who served as publicist for the 2016 Academy Awards. Rohr donated an Oscars’ memorabilia package that was given to the first student in the audience to kick off the question-and-answer portion of the evening.

“Our showcase is intended as a way to present the extraordinary opportunities available to students at Rio Hondo College,” Board of Trustees President Mary Ann Pacheco said. “This year’s event provided an exciting and inspiring window into what students can accomplish under the guidance of our dedicated and talented educators.”

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Downey to bring back July 4 fireworks

By Eric Pierce
Editor

DOWNEY – In honor of Downey’s 60th anniversary, the Downey City Council on Tuesday voted to host a fireworks show and community festival July 4 at Downey High School.

The festival will include a main stage for live performers, carnival games, and swimming in the Downey High pool as a DJ plays music.

The event will be capped with a 23 1/2-minute fireworks show at dusk.

Council members approved the fireworks festival, which is estimated to cost about \$61,000, with the understanding that a significant portion of hard costs will be offset by donations and sponsorships.

The city council voted 4-1 to approve the festival, with Councilman Sean Ashton opposed.

...

A proposal to shorten the public comment period at City Council meetings failed to pass Tuesday night.

Drafted by the city attorney at the request of council members, the proposal would have given the public

only one opportunity to speak at city council meetings.

Under current rules, members of the public can address their city council representatives both on topics not listed on the agenda and also on items up for consideration in the consent calendar.

The proposed change to public comment rules was in response to one particular gadfly who rambles incoherently at council meetings, extending meeting times and drawing the ire of council members and the public.

Councilman Sean Ashton proposed keeping the same public comment rules, but limiting speakers to a maximum of three minutes, down from the current five.

Councilman Luis Marquez and Mayor Pro Tem Fernando Vasquez agreed with this, but Mayor Alex Saab did not.

“What are we doing here?” asked Saab. “We’re reducing the public’s chance and opportunity to speak.”

Councilman Roger Brossmer agreed.

“While certain individuals make meetings longer than they need to be, that’s what we signed up for,” he said.

Ashton ultimately changed his mind, and the public’s right to address their government representatives -- for five minutes -- was preserved.

...

Teacher and community leader Alex Gaytan was awarded the Mayor’s Distinguished Service Award.

Gaytan is the advisor for Downey High’s KIWIN’s, a youth service club that performs extensive volunteer service in Downey.

Some of their projects include packaging thousands of meals for needy families in Haiti; packing sandbags in preparation of El Nino storms; and collecting socks and blankets for the homeless.

Last year, the students helped refurbish an old American Legion post in Hollydale (an ongoing project).

...

Gaytan was also appointed to Downey’s Green Task Force, replacing outgoing commission member Chuck Frey.

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