

Teen boy shot on Hopland Street

NORWALK – A teenage boy was injured late Wednesday in a shooting in a residential neighborhood in Norwalk, authorities said.

The gunfire was reported about 7:15 p.m. in the 12100 block of Hopland Street, Los Angeles Couny Sheriff’s officials said.

The 17-year-old boy was shot in the back and transported to a local hospital. His condition was not known.

Descriptions of the shooter and getaway vehicle were conflicting, authorities said.

Stroke seminar returns to Downey April 27

DOWNEY – The RTH Stroke Foundation will be bringing its stroke seminar series back to the Rio Hondo Event Center, Wednesday, April 27, from 9:30 to 11:30 a.m.

This free stroke education and screening event will teach ways on controlling your blood pressure and reducing your risk for stroke.

Seminar attendees will receive a free carotid artery screening (which can cost more than \$500 in a doctor’s office) or an abdominal aortic aneurysm screening. Blood pressure screenings will also be provided for all attendees.

These lifesaving screenings are very limited so residents are urged to reserve their spot immediately. Registration is available online at rthfoundation.org/seminars or call (888) 794-9466.

In America, stroke is the fifth leading cause of death and No. 1 cause of adult disability with five risk factors that can’t be treated, including:

- Age
- Gender
- Race
- A prior stroke
- And a family history of stroke

However, 80% of strokes can be prevented if you:

- Are aware of the risk factors
- Know the warning signs
- Exercise 30-minutes per day
- Lower your sodium intake
- And eat a well-balanced diet

President Deborah Massaglia of the RTH Stroke Foundation explains that by knowing these risks and making the necessary lifestyle changes, you can help prevent a stroke in your life.

The stroke education event is sponsored by the RTH Stroke Foundation, Keck Medical Center of USC, The Downey Patriot and the Rio Hondo Event Center.

Commuters warned to avoid Lakewood, Telegraph intersection

DOWNEY – Residents are being warned to avoid the intersection of Lakewood Boulevard and Telegraph Road as heavy construction begins this week.

Extensive work has already been completed at the intersection, including traffic signal upgrades; new curbs, gutters and sidewalks; street and pedestrian lighting; and water system improvements.

Crews now will begin replacing the roadway with new concrete pavement. That work started today and is expected to last until June 30.

Traffic lanes will be reduced to one lane in each direction, and turns will be restricted at times.

“Major traffic delays are expected and, therefore, alternate routes are suggested,” city officials said. The intersection improvements are part of a joint project between the cities of Downey and Pico Rivera.

Approximately 69,000 vehicles travel through the intersection each day, officials estimated.

Don Knabe reflects on his life in politics

By Christian Brown
Staff Writer

NORWALK – Los Angeles County Supervisor Don Knabe opened up about his nearly 20-year tenure during a Norwalk Chamber of Commerce luncheon last Friday, offering words of wisdom for his soon-to-be successor as he edges closer to retirement.

Over the course of an hour, Knabe, who oversees the Fourth Supervisorial District, shared candidly with Norwalk officials and business leaders about his political success and trials, answering questions that drew him to both laughs and tears.

“I want to be remembered for keeping my word and doing the right thing for the right reasons – but I’m not dead yet,” said Knabe, who gets termed out of office this year.

Nonetheless, the 72-year-old seasoned politician said he’s looking forward to some much needed vacation time.

“I’ve already received a few job offers, but I don’t want to work full-time,” he said. “I’m worried about working too much in retirement.”

Whatever position Knabe lands, the Navy veteran maintained that he hopes to cultivate and inspire a new generation of public servants.

“Our politics is so ugly today that we’re losing the best and brightest future politicians and administrators,” he said. “I want to change that.”

Knabe also admitted his retirement plans will include a lot of traveling, something he and his wife Julie put off throughout their 48 years of marriage.

“And we’re looking forward to babysitting duties,” said Knabe, who has four grandchildren.

7 Bellflower campuses named California Gold Ribbon Schools

BELLFLOWER – Seven Bellflower Unified schools were named California Gold Ribbon Schools on Wednesday for customizing instruction for struggling students in English language arts and math, creating a support system for homeschooled students and improving student culture through a discipline system that reinforces positive behavior.

The winning campuses are Albert Baxter, Frank E. Woodruff, Ramona, Thomas Jefferson and Washington elementary schools, the Intensive Learning Center and Las Flores Home Education Independent Study Academy.

“These awards are a great statement about the commitment of our teachers to student success,” Superintendent Dr. Brian Jacobs said. “In every case, the honors reflect our collaborative teaching culture, the use of data to drive student improvement and our ability to structure our instructional program for maximum effectiveness.”

The Gold Ribbon is California’s highest academic award, created in 2015 as a substitute to the Distinguished School Program to celebrate schools for model programs during rollout of the new California Standards. The program started with middle and high schools last year. This year, it recognized 772 elementary schools.

Schools applied for the Gold Ribbon program in November 2015. Applications were reviewed in January and site visits conducted through March. Regional award ceremonies will be held in May.

Bellflower Unified’s winning programs:

Albert Baxter Elementary: The 500-student school operates a tiered, collaborative teaching system that uses data to drive instruction, academic support and intervention. Baxter customizes instruction to student needs, targeting intervention for struggling students and offering a deeper level of knowledge for high achievers. Interim assessments and classroom data show significant improvements over state test scores.

Frank E. Woodruff Elementary: The 599-student school’s Response to Intervention program uses a data-driven model to provide small-group instruction for struggling English language arts learners. The effort sculpts

Born in Illinois, Knabe grew up in a small rural town just across from Iowa. He recalls a great school system, a wonderful upbringing where neighbors conversed regularly and front doors were never locked. He grew emotional remembering his father, who he says embodied a strong work ethic that he himself adopted.

“My Illinois roots helped me to build bridges and wade through a lot of hot political messes,” he said. “The most painful situation I’ve been in that I learned the most from was the Cerritos air crash.”

Twenty-eight years ago, 67 people in two planes and 15 residents on the ground died after an Aermexico jetliner collided with a small plane and both smashed into a residential neighborhood in Cerritos.

“It was a life-changing experience,” Knabe said. “I was mayor of Cerritos at the time and it was tough – definitely that period had the biggest impact on my leadership.”

After eight years as a Cerritos councilman and mayor, 14 years as a chief of staff for the late Fourth District Supervisor Deane Dana, and 20 years as an LA County supervisor, Knabe had some insights for his successor.

“Never forget where you come from because you have to be true to yourself to remember who you represent,” Knabe said. “It’s a tough job – there are plenty of land mines. You’re competing against the Westside for projects and funding, but fight the fight for geographical equity.

“There are 87 other cities in LA County besides Los Angeles – you have to represent them too.”

U.S. Rep. Janice Hahn (D-San Pedro), Whittier Union High School District board member Ralph Pacheco, and Steve Napolitano, a Manhattan Beach city councilman and Knabe aide, have all announced plans to contend for the open Fourth District seat.

instruction to each student’s specific needs. The collaborative team has grown to include all teachers. Local assessments show the system is boosting proficiency levels.

Intensive Learning Center: The 623-student school’s discipline program, Positive Behavioral Interventions and Supports (PBIS), applies positive reinforcement of good behavior and tiered interventions as needed. The program immediately began reducing office referrals and improved student culture.

Las Flores Home Education Independent Study Academy: A hybrid program to support homeschooling families of 175 students, Las Flores customizes instruction in core classes twice a week based not on age or grade level, but on student need. Because the school’s model is rare, data is culled from classroom assessments and significant teacher collaboration is to key to ensuring coordination between courses.

Ramona Elementary: The 645-student school runs a schoolwide, tiered, collaborative teaching system – including the Response to Intervention program – that uses data to drive improvements in performance in English language arts. The effort is coupled with use of the PBIS discipline system. Local assessments show significant improvement for students, with English learners especially making strides.

Thomas Jefferson Elementary: The 607-student school strives to close the achievement gap for students who struggle with reading, often English learners who have had inconsistent schooling. Students receive special instruction 30 minutes a day, five days a week. The program – driven by data gleaned from local tests and teacher collaboration – has led to significant improvements in student performance.

Washington Elementary: Teachers at the 732-student school collaborate intensively to ensure students receive effective instruction in English language arts and math. Teachers review data from local assessments, craft common lesson plans and determinate appropriate interventions for students. So far, the effort is improving student scores and helping identify learning disabilities.

High school students see vivid consequences of drunk driving



WHITTIER – To drive home the perils of operating a car while under the influence of alcohol or drugs, or driving while distracted, Pioneer High School hosted an “Every 15 Minutes” program that featured a simulated car crash, rescue efforts and the dramatized deaths of students, as well as a vigil and mock funeral for family and friends.

Staged on April 7 and 8, the event was held ahead of prom to ensure students understand the ramifications of driving while distracted before the major school event.

“This is an eye-opening event to show kids that drinking and driving puts everyone’s lives in danger,” said Pioneer senior and Associated Student Body President April Orozco. “It’s important for us all to face

reality because if something like this happens in real life, it’s not just you who faces the repercussions – it’s everyone around you, too.”

The day began with a crash in front of the school and a pre-recorded 911 call that triggered an emergency response by law enforcement agencies, firefighters, paramedics and the coroner. The staged crash involved students who were “critically and fatally wounded” and were transported via ambulance to a local hospital, and an “injured” student, who was arrested for drunk driving.

Additionally, a Grim Reaper pulled students from classes every 15 minutes to become one of the “living dead,” representing the number of lives lost to drunken driving. These students did not return to their classes and instead participated in an overnight retreat without contact with family and friends.

A candlelight vigil took place the evening of the first day, honoring the “victims” of the crash. A mock funeral was held the next day, when students watched a presentation of the previous day’s events. The “living dead” were also part of an emotional reunion with family and friends.

“We want to demonstrate the dangers of distracted driving in a very real way, and also stress the importance of driving carefully,” Principal Monica Oviedo said. “This is an important lesson for all of our students and I hope it inspires them to drive responsibly at all times.”

The program is a collaborative effort between Pioneer High and the cities of Santa Fe Springs and Whittier, the California Highway Patrol, Los Angeles County Fire and Police departments, Santa Fe Springs Fire Department and Whittier Police Department.

Weekend at a Glance

Friday 78°

Saturday 82°

Sunday 84°

THINGS TO DO



Tamale Festival

Saturday - White Park in Riverside, 11 a.m. to 6 p.m.

Food, live performances, beer garden, tamale judging contests, art show, and more. \$6



Ford Car Show

Sunday - Knott’s Berry Farm, 10 a.m. to 3 p.m.

The West Coast’s largest all-Ford car show, now in its 31st year. Free for spectators.



Norwalk Branding

Saturday - Norwalk Social Services Center, 10 a.m.

A conversation on the future of Norwalk and how to brand the city.



AC/DC Tribute

Friday - Santa Fe Springs Swap Meet, 7 p.m.

The band Bonfire plays all of AC/DC’s hits. Concert free with swap meet admission.



Sebastian Sidi

Saturday - Red Rock Studio in Bellflower, 8 p.m.

Local artist Sebastian Sidi performs an intimate show. \$35



Blackheart Burlesque

Saturday - Teragram Ballroom, 8 p.m.

Presented by the Suicide Girls, the show has been called an “all-around fun performance, with a geeky twist to classic burlesque.” \$26

TWEET OF THE WEEK

@PrincipalLancer: A beautiful spring day at Norwalk High School!

Follow us!
@DowneyPatriot

Paging Dr. Frischer...

By Dr. Alan Frischer

What you and I see may differ - are you aware that we don't all share the same visual perception of color?



Between eight and ten percent of men (but very few women) have some degree of color blindness. I suspect that we all know someone with this condition. Recently, a patient explained to me that he couldn't see the difference between a green and a red traffic light. He immediately reassured me that from an early age he learned a simple trick: the red light is always on top!

How do we see colors? Think of the eye as a camera. In front is a lens that focuses images onto the retina, located at the back of the eye. The retina contains photoreceptors, which are shaped like rods or cones. They contain pigments that change when light strikes them. Just as a painter can mix a small number of colors together to make up every color and shade, when rods and cones work together, the eye can see millions of colors.

Color blindness is a condition where colors cannot be clearly distinguished. The name is misleading, because those with color blindness are certainly not blind. It can range from mild to

severe. This problem can be life changing, and may make it harder to read and to learn. However, children and adults are usually able to adapt.

Most problems with color vision are inherited and present at birth. This type of color blindness doesn't change with time, and occurs when cone cell types are missing or don't work properly. There are different types of color blindness. Red/green color blindness is the most common. A much more rare form is blue-yellow color blindness (which is actually the inability to distinguish between blue and green; and yellow and violet!). Some young children have blue/green confusion, but this actually improves with age. The most rare type of color blindness is the total inability to distinguish colors, or monochromacy. It affects only about 1 in 33,000 people in the United States. Those with this condition see the world in shades of gray, have poor clearness of vision, and are extremely sensitive to light.

Occasionally, color blindness is not inherited, but acquired:

•Chronic illnesses that may limit color perception include Alzheimer's disease, diabetes, glaucoma, leukemia, liver disease, alcoholism, macular degeneration, multiple sclerosis, Parkinson's disease, and sickle cell anemia.

•Accidents or strokes can damage the retina or affect particular areas of the brain or eye.

•Some medications can affect color vision. These include antibiotics, barbiturates, anti-tuberculosis drugs, high blood pressure medications, and some psychiatric medications.

•Certain industrial or environmental chemicals, including carbon monoxide, carbon disulfide, fertilizers, styrene, and some chemicals containing lead, can affect color vision.

How is color blindness diagnosed? There are several tests. The most common is a series of circles filled with dots of different sizes and colors. A person with normal color vision sees a shape that, due to its color, clearly stands out.

There is no cure for inherited color blindness, and it cannot be prevented. If the cause is an acquired disease, accident, medication, or chemical, treating the cause may help, and some do improve over time. More often, however, the damage is permanent.

Most people compensate well, relying on shades and position cues that most of us don't notice. There are lenses and visual aids that may help. If color vision may be a problem for you, "see" your primary care doctor, optometrist or ophthalmologist.

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.

Study: 1 in 68 children have autism

An estimated 1 in 68 (14.6 per 1,000) school-aged children have been identified with autism spectrum disorder (ASD), according to a CDC report published today in the Morbidity and Mortality Weekly Report (MMWR) Surveillance Summary. This report shows essentially no change in ASD prevalence, the proportion of school aged-children with ASD, from the previous report released in 2014. However, it is too soon to know whether ASD prevalence in the United States might be starting to stabilize. CDC will continue tracking ASD prevalence to better understand changes over time.

The data come from CDC's Autism and Developmental Disabilities Monitoring (ADDM) Network - a tracking system that provides estimates of the prevalence and characteristics of ASD among 8-year-old children in 11 communities within Arizona, Arkansas, Colorado, Georgia, Maryland, Missouri, New Jersey, North Carolina, South Carolina, Utah, and Wisconsin. The data in the latest report are for 2012 while the data in the previous 2014 report were from 2010.

Although the average ASD prevalence of the 11 ADDM Network sites combined did not change between 2010 and 2012, ASD prevalence still varied widely between the 11 communities. Differences were seen by geographic region and between sites with different access to data resources.

"What we know for sure is that there are many children living with autism who need services and support, now and as they grow into adolescence and adulthood," said Stuart K. Shapira, MD, PhD, chief medical officer for CDC's National Center on Birth Defects and Developmental Disabilities.

The new report also underscores where efforts and resources can be directed to better support children and families with ASD. Black and Hispanic children continue to be less likely to be identified with ASD than white children.

"Targeted strategies are needed to identify and address barriers in order to lower the age at which black and Hispanic children are evaluated, diagnosed, and connected to the services they need," said Daisy Christensen, PhD, a CDC epidemiologist and lead author of the ADDM Network report.

The report also shows that, overall, less than half (43%) of children identified with ASD receive developmental evaluations by age 3. This suggests that many children may not be getting identified as early as they could be. Progress needs to be made to reach the Healthy People 2020 goal of increasing to 47% the proportion of children with ASD having a first evaluation by age 3.

"The most powerful tool we have right now to make a difference in the lives of children with ASD is early identification," said Dr. Shapira. "Parents, childcare professionals and doctors can monitor each child's development and act right away on any developmental concerns. It's important to remember that children can be connected to services even before an official diagnosis is made."

Superbug threatening hospital patients

America is doing a better job of preventing healthcare-associated infections (HAIs), but more work is needed - especially in fighting antibiotic-resistant bacteria.

The Centers for Disease Control and Prevention's (CDC) latest Vital Signs report urges healthcare workers to use a combination of infection control recommendations to better protect patients from these infections.

Many of the most urgent and serious antibiotic-resistant bacteria threaten patients while they are being treated in healthcare facilities for other conditions, and may lead to sepsis or death.

In acute care hospitals, 1 in 7 catheter- and surgery-related HAIs can be caused by any of six antibiotic-resistant bacteria. That number increases to 1 in 4 infections in long-term acute care hospitals, which treat patients who are generally very sick and stay, on average, more than 25 days.

CDC is calling on doctors, nurses, health care facility administrators, and state and local health departments to continue to do their part to prevent HAIs.

"The good news is that we are preventing healthcare acquired infections, which has saved thousands of lives," said Patrick Conway, M.D., M.Sc., Deputy Administrator and Chief Medical Officer at Centers for Medicare and Medicaid Services. "The challenge ahead is how we help to prevent antibiotic resistance as well as infections. We are using incentives, changes in care delivery, and transparency to improve safety and quality for patients."

SHARED STORIES: THE TIES THAT BIND

Shared Stories: Tick, Tick, Tick...

Yolanda Adele realized that her conflicted feelings about her father were resolved as she sat by him during his final hours. This silent time alone with him brought her "healing and understanding." 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 Yolanda Adele

I sit in the darkness listening to the synchronized tick, tick, tick of the clock with every beat of my heart. They are hypnotic sounds marking the inevitable nearing of time - when I will have to say goodbye to my father for the last time.

During World War II, my father was one of the heroic soldiers who landed on the beach in Normandy. Now in the night he is a frightened old soul, afraid to be alone. So I sit next to his bed listening to sounds of the past play in my head. I hear his boisterous laugh, his favorite Latin music blasting from his reel-to-reel tape recorder that was on whenever he was home.

I close my eyes and see his once tall, strong frame, his matinee-idol good looks that many said resembled Clark Gable. I take in a deep breath remembering the scent of his favorite cologne, Taboo, as he readied himself for the nightlie, without my mother, on the weekends. I sit in the darkness with my memories of him and of course with the sound of the clock, tick, tick, tick, as the precious minutes and seconds of a life lived large with passion and heartbreak came to a close.

I thought he should know I love him unconditionally. He should know I forgive him for past hurt and disappointments. He should know, but does he? Is there time to tell him? Tick, tick, tick.

My words are like ground glass stuck in my throat. It hurts me to speak. I know his minutes are numbered, as is my time with him. I take his hand, kiss it and press it close to my aching heart, but my words don't come. I can't even say good-bye. So, I leave him in silence except for the sound of the tick, tick, tick.

Many nights after his death I sat in the darkness longing to hear his voice once more, but alas, all there was left to hear was the sound of the clock, tick, tick, tick. Now when I sit in the darkness I pray that my children will be able to say everything they ever wanted to say to me before I leave this world. Tick, Tick, Tick

"Death Watch" is a poem inspired by my story -- written while I sat next to my father's death bed.

Death Watch

By Yolanda Adele

Tick...Tick...Tick

Angel of Death, you are both feared and welcomed.

Do you stand in the shadows and mock our nervous death wait

As we listen to each hollow breath our love one takes?

The clock loudly ticks each passing second;

As a reminder of our date with the inevitable fate.

Tick...Tick...Tick

The candlelight flickers

Tick... Tick... Tick...

The hour is late.

Tick...Tick...Tick

There is nothing we can do but wait,

With fervent tears and pray

that the Angel of Death not come as the Grim Reaper, but rather as a loving, comforting friend.

Tick...Tick...Tick

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Somerset named a model continuation school

BELLFLOWER – A quartet of leadership, academic, career technical education and service programs has earned Bellflower Unified’s Somerset High School recognition as a 2016 Model Continuation High School by the California Department of Education (CDE).

The three-year designation comes during Somerset’s first period of eligibility since its last win in 2013.

This year, the honor went to just 37 of California’s 460 continuation schools, which serve students who lag in high school credits or require flexible school schedules due to employment outside of school, family needs or other circumstances.

Somerset is being celebrated for adding an Associated Student Body government program, Leo and Key service clubs, a SkillsUSA career technical competition program and a Model United Nations program. Somerset is the first continuation school in California to run a Key Club or a Model UN program.

“We wanted to provide our students with an opportunity to see their potential for leadership, for service and for competing head to head with students from any school in the region,” Principal Mark Kailiponi said. “Too often, students arrive here discouraged, blind to their potential. We hope to open their eyes and show them they have no limits.”

Already, the efforts are bearing fruit.

The student government recently hosted a leadership conference for

200 students from area continuation schools. Service club membership at the 280-student school has swelled to 25 apiece, and about the same number of students participate in student government.

About 125 students are taking career tech courses related to the SkillsUSA competition; two of 12 competing students advanced from the group’s regional contest to the state finals. Lastly, a student delegate from Somerset won special recognition in February during the 24th annual Model UN Conference held at Laguna Hills High School.

“Our students are competing with kids in comprehensive high schools, with kids in Advanced Placement programs. They are realizing they are just as good as these other guys, that they can accomplish anything with enough hard work,” Kailiponi said.

The latest recognition carries on a tradition for Somerset, which has been designated a model school six times.

“Somerset’s well-deserved honor is a testament to Bellflower Unified’s promise that all our students will receive every opportunity to succeed, especially those who may face greater challenges,” Superintendent Dr. Brian Jacobs said.

The Model Continuation High School program is a partnership between the CDE and the California Continuation Education Association (CCEA). Somerset and the other winners will receive their awards at the 2016 CCEA State Conference, scheduled April 29-May 1 in Riverside.

Pico Rivera opening its first magnet school

PICO RIVERA – The El Rancho Unified School District Governing Board took historic action last month in the approval and creation of their first magnet high school slated to open in the fall of the 2016-2017 school year.

Ellen Ochoa Prep Academy will be located at 8110 Paramount Boulevard in Pico Rivera. The school will be a full-service magnet school that offers a small, safe, and free public high school experience.

The magnet focus will be STEAM education - Science, Technology, Engineering, Arts and Mathematics – and is the broad umbrella for how the curriculum in this new school is designed.

Ellen Ochoa Prep Academy will offer a college preparatory curriculum, and in addition will offer elective courses such as: BioTech Studies, Studio Art, Foreign Language, Public Mural Art, and Civic Learning.

Personalized college action plans will be created for all students enrolled, and the Ellen Ochoa Prep Academy is focused on preparing 100% of students enrolled for a 4-year university.

The Ellen Ochoa Prep Academy will be accepting only 125 incoming 9th grade students for the 2016-2017 school year. Spaces are available to families living in Pico Rivera and surrounding cities and neighborhoods as well.

Enrollment applications are now available for incoming 9th grade students and can be found at www.erusd.org.

The school is named after Ellen Ochoa, Ph.D., who is currently the Director of the Johnson Space Center in Houston, Texas.

Rio Hondo named a top college for Hispanics



WHITTIER – Rio Hondo College has been named to the 2016 list of Top 25 Community Colleges for Hispanics by Hispanic Outlook in Higher Education Magazine, recognizing the College’s popularity among Latino students and its success in helping them attain degrees.

The list is based on data reported by community colleges to the National Center for Education Statistics. Hispanic Outlook has generated the list for about 20 years.

Rio Hondo College ranked 13th for its Latino student population, at 80.7 percent in 2014. The College ranked 24th for associate degrees completed by Latino students for data reported for the same year.

“Rio Hondo College is dedicated to helping all of our students succeed as they pursue degrees and transfer to four-year colleges, train in one of our highly regarded public safety academies or acquire new job skills,” said Superintendent/President Teresa Dreyfuss. “This recognition of our success on behalf of a significant population of our students is incredibly significant.”

Rio Hondo College provides all students with a wide array of support services, including an innovative First Year Success Center. The College is recognized as an Hispanic-serving institution by the federal government, which has awarded it several Title V grants to develop services specifically for Latino students.

One such grant helped the College create a popular Summer Bridge program that eases student transitions from high school. The most recent, awarded in September, will bring \$2.62 million over five years.

College leaders will use the latest funds to expand Rio Hondo’s capacity for fostering student success by creating a yearlong integrated success pathway for first-year students to persist into their second year. The program will be offered through the First Year Success Center.

“What makes this honor so special is that it recognizes Rio Hondo for its commitment to its community,” said Board of Trustees President Mary Ann Pacheco. “It rewards our talented faculty and college leadership for their dedication to our primary mission: Helping students achieve their dreams.”

The Norwalk Patriot
STAFF

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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 lifelong 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. Created 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 as awkward, almost blossoming, teenage girl wanted to get her hands on. I could hardly believe that I now owned sex-oriented catalogues.

I did what came naturally. I ran to my best friend's house to share my miraculous find. Had I been in a backstreet 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 stood 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. We had a puzzled look on her face when she asked,

"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, Carla who is at 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 outfit.

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 thrill of thirteenth time pointing over the pages we decided to pull our babysitting money and our allowances to buy a "Selfie Bra." Well be co-owners of a brassiere that'll lift and squeeze what little we had on our chest. The ad said that this bra was revolutionary. It came with a magical straw, which allowed a woman to inflate as much femininity as she desired into this wonder undergarment, thus giving her a cleavage that could rival any super screen sex goddess.

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

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

We stood up on the bed bouncing and laughing, throwing pillows in to the air. After a few minutes we felt down, exhausted with joy, talking quietly.

"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-lane. Can you imagine the look on Mira's face when she sees the new glamorous Me wearing my secret weapon?"

"Mira's is such a stick-up which 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 lane, you can already walk like Marilyn, but I bet that you will do it even better when you are wearing The Selfie."

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

"Hah! No, that's where I leave 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?"

"Carla? Oh yuck! You have got to be kidding me, lane."

"My brother is not so bad. He is tall and a bit mature."

"My brother is funny, has peach fuzz on his face..."

CERRITOS LIBRARY INVESTS IN TECH FOR TEENS

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

• Cerritos preps for opening of new 2,500-sq.-ft. teen tech studio at city library.

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 lauded 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 Councilwoman 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 classroom with space for both group and individual study.

In addition to new iMac computers, the studio center also boasts a 49-inch computer touch screen that allows up to four people to work on projects, take

with the modern devices," said Cerritos High senior Alexa Flores. "The tone of the room is very calming and relaxing. It's a better, more open place to do research."

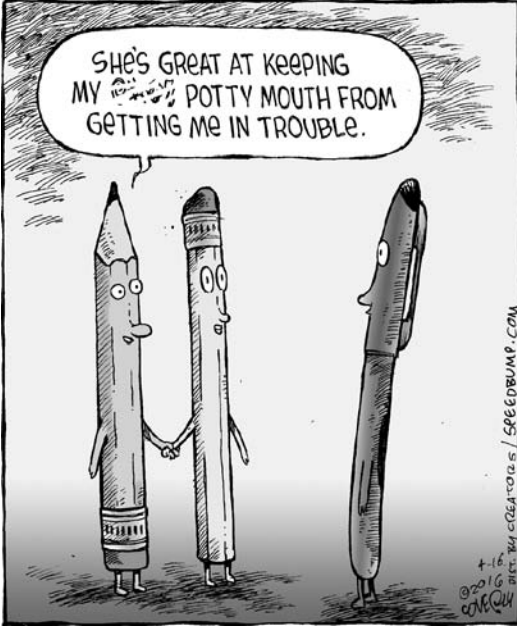
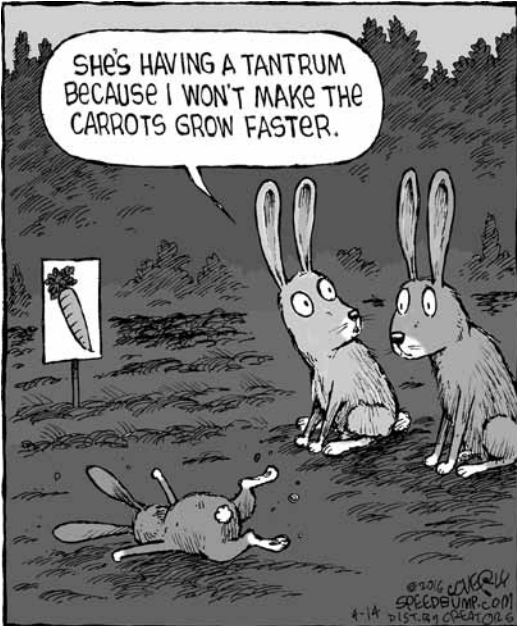
Similarly, junior Kaitlyn Raima Anjald practices on one of Cerritos Library's three new 65-inch touch screen monitors.

At a cost of more than \$290,000, the teen studio, which will be approximately 70 people, will be a teenage library cardholders between 13 and 18 years old.

SPEED BUMP



DAVE COVERLY



On This Day...

April 15, 1912: The British luxury liner Titanic sank in the North Atlantic off Newfoundland, less than three hours after striking an iceberg. About 1,500 people died.

1865: President Abraham Lincoln died nine hours after being shot by John Wilkes Booth at Ford's Theater in Washington. Andrew Johnson became the 17th president.

1947: Jackie Robinson became baseball's first black major league player when he debuted with the Dodgers.

Birthdays: Retired Lakers forward Michael Cooper (60), actor Seth Rogen (34) and actress Emma Watson (25).

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CALENDAR OF EVENTS

SATURDAY, APRIL 16

10 a.m. - Norwalk Branding - Norwalk Social Services Center

•

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

1:00 p.m. - Adult color club "Color Us Happy" - Norwalk Library
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)		
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CA 90650 or via e-mail at news@thedowneypatriot.com.

Beyond transparency, we need accountability

By Lee H. Hamilton

Over more than three decades in Congress, I had the chance to question a lot of federal officials. Most of the time I wasn't after anything dramatic — I just wanted to understand who was responsible for certain decisions. Want to know how often I got a straight answer? Almost never.

It was easily one of the most frustrating aspects of trying to ensure robust oversight of the government. Our representatives' job, after all, is to help make government work better. And you can't do that if you don't know whom to hold accountable for important decisions. I don't want to be unfair to officials in the executive branch, many of whom are dedicated public servants who work long hours to serve the rest of us. But they have raised to an art form the ability to dodge responsibility.

This is a problem. Accountability is essential to good governance. I'm not just talking about "transparency" — that is, citizens' ability to know what's being done in our name. That's important, but equally important is holding accountable those who made the decision to do it: ensuring that they are accountable to policy-makers, adhere to their obligations, follow the law, and that their actions are appropriate and responsive to the needs of the country.

This may be part and parcel of good governing, but it's elusive. Accountability requires that officials step up and take responsibility for their decisions, and not try to shift that responsibility to others or to some ill-defined group. It requires unambiguous performance standards, clear codes of ethics, timely reporting, and acceptance of responsibility, especially with regard to budget or spending decisions.

It's sustained by procedures that encourage responsible stewardship of public funds and a focus on correcting inefficiencies and poor performance. And above all, it rests on robust oversight and review of officials' performance, not only within the executive branch, but also by Congress and the media.

So how do we get there?

The first step is to make information available to the public, especially when it comes to budgeting. Government performance rests on how it spends the public's money.

Yet making sure that people see and hear what government is doing only promotes

transparency. It's taking the next step, and ensuring that there's a clear command and control structure, that promotes accountability. Without clarity on who's in charge of what and who's responsible for which decisions, it becomes too easy for officials to remain unanswerable for their actions.

Clear lines of authority mean nothing unless the deciding officials are identified and measured against what actually takes place. No official, in other words, should be without accountability for his or her decisions, which means that executive agencies and Congress alike need to perform regular and robust oversight. Regular audits focused on inefficiencies, waste, and poor performance are critical. Officials need to give a full account of what they do and the decisions they make.

As a nation, we face a growing issue on this front when it comes to federal contractors — that is, the private workforce doing jobs for federal agencies. The government itself doesn't know how many contract employees it has, but the Washington Post reported last year that federal spending on contracts grew 87 percent — or about 5 percent a year — between 2000 and 2012. This is a problem because it creates an accountability vacuum. There are very few mechanisms for holding contractors responsible for their errors, abuses and missteps.

Which is why I noted above that the media is as important as Congress and internal government overseers. We as citizens depend on the media to tell us what's going on in the entire system: within the bureaucracy, in the behavior of contractors, and among legislators who ought to be overseeing both but often don't. This is a key public responsibility, and the press needs to be staffed and have access to the resources to do a good job — which, these days, is increasingly rare.

Accountability, in other words, is key to good government. All I wanted to know in those congressional hearings was who made the decision about the public's business. Is that too much to ask?

Lee Hamilton is a Senior Advisor for the Indiana University Center on Representative Government; a Distinguished Scholar, IU School of Global and International Studies; and a Professor of Practice, IU School of Public and Environmental Affairs. He was a member of the U.S. House of Representatives for 34 years.

Free from jail, imprisoned by debt

By Libero Della Piana

At 36, Marcus White has spent half of his life in prison. Today he's

no longer behind bars, but now he's imprisoned by something else: debt.

When White was sentenced, he was saddled with \$5,800 in criminal fines and fees. By the time he was released, he was stunned to learn that with interest, his debt had grown to \$15,000 — and continues to grow even now.

That debt isn't just a drag on White's finances. It's a drag on his right to vote.

White's not alone. More than 50 years after the 24th Amendment made poll taxes unconstitutional in the United States, formerly incarcerated people in at least 30 states are still barred from voting because they're unable to fully pay their court-related fines and fees.

"I have completely changed my life and have been given a fresh start," White said recently at a conference in Washington D.C. "Voting wasn't important to me before, but now I want to be a productive citizen in every way... I want a voice in the process."

"I am accountable for everything I have done," he said. "But the interest rate on my fines is crazy."

New research by my organization, the Alliance for a Just Society, shows that millions of people — including an estimated 1.5 million African Americans — are blocked from voting because they can't afford their criminal debt.

That debt starts at sentencing and can grow at interest rates of 12 percent or more while inmates serve their sentences. It continues to grow after

they're released and face the numerous barriers to finding work and housing.

Some states explicitly require that all court-imposed fees are paid before voting rights are restored. Others are more indirect, requiring the completion of probation or parole — with the payment of fees and fines a condition of completing parole. The laws vary, but the effects are the same.

On the other hand, former offenders with wealthier family or friends, or a savings account, are able to quickly regain their voting rights. The result is a two-tiered system that restores voting rights to an affluent elite and leaves the rest — the majority, in fact — without a vote.

The reality of racism in the United States and the criminalization of poverty means that black people and other people of color are more likely to be arrested, convicted, and locked up

for longer than whites. Blacks are also less likely to regain their right to vote once they're released.

That racial disparity bears a grim resemblance to the poll taxes imposed throughout the South after the Civil War, which were intended to keep newly freed black people from exercising their civil rights.

The problem has worsened since 2013, when the Supreme Court gutted the Voting Rights Act of 1965. Many states — including several in the old Confederacy — have since rushed to impose restrictive voter ID laws and other impediments to voting. But debt as a barrier to voting remains a little-known reality.

The clearest solution is to automatically restore voting rights to formerly incarcerated people, and to register everyone immediately

after they complete their sentence. Alternately, lawmakers could repeal all criminal disenfranchisement. Short of that, states should simply remove the payment of court debts as a condition for voting.

Many of us take voting for granted, especially in a presidential election year.

Voting means having a say in the policies that affect your life and community. It's an opportunity to elect those who will represent your values. Voting is actively participating in a better future.

Voting is hope. And the ability to pay should never be a requirement for that.

Libero Della Piana, leads racial justice and criminalization initiatives for the Alliance for a Just Society, where he is the digital director.

Advertisement for The Norwalk Patriot newspaper subscription. It features a large graphic with the text "\$10.00 GUARANTEED DELIVERY SUBSCRIPTION" and a photo of the newspaper's front page. The front page headline reads "School board considers bond measure to renovate schools". Other headlines include "City sticks with landscape company" and "Council approves CDBG spending plan".

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

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COMMENTARY: Spring changes

By Raul Samaniego
Contributor

NORWALK – Ah spring. Chirping birds, cool breezes, bike rides; public meetings. Change. The Affordable Care Act is credited with at least one life. Okay, maybe at least one leg. If it weren't for the implementation in 2014, my medical recovery and definitely treatment of that nasty infection may not have

occurred as it happened. Now, with spring, comes the idea that maybe I should consider making a change. My podiatrist was located in the White Memorial Medical Center in Boyle Heights. My Retinal Specialist is located in Los Angeles, just west of downtown. Both my sister and I had the same Primary Doctor in Pico Rivera. He is gone. I am now placed back into Doctor Roulette when it comes to

seeing a Physician for my general and Diabetic care. However, last December, I brought up the idea of making a change. We take two buses to Pico Rivera and it takes me about an hour and a half to get to my Retinal Specialist. It costs me thirty five cents to go to any appointment before 3 pm. Having worked thirty years (I started at 13 for \$1.90 an hour; minimum wage for a student in 1975), I had always had medical insurance. Most of the time, I was under coverage through my employer. When I left the funeral industry, I thought I would use the COBRA medical "Insurance" that is offered to transitional workers. That never materialized. So, seven years later, as I mulled the decision to move our Primary care provider closer to both of us, we looked at the obvious. The first possible choice was the enormous provider, Kaiser. Back in 2005, they were my company's choice of group provider. They were good. In San Diego, a brand new mega-facility was built in Chula Vista with hospital, emergency and a medical office complex. It was a fifteen minute drive down the I-5. After the coverage went away with my departure, I put plan B into effect (Remember, always have a plan and a backup plan). Being only 18 miles from Tijuana, I did like thousands of Americans were doing, I crossed the international border for my medicine. My three month supply of diabetes tablets cost \$18. Overall, my most expensive medicine cost \$50.00 for my injectable insulin. My one month supply in the U.S. would have cost me \$150.00. I purchased my medicine for a year this way. Again, thank you Affordable Care Act. Or more precisely, thank you President Obama. Okay, okay. That's enough politicking. We all know my political leanings. Inhale deeply. Ah, exhale. That my friend is the spring freshness (I'm not talking about freshness in a dryer sheet either). Coming home Tuesday from some personal business in Los Angeles, I

found myself on the NTS number 3 on the final leg to my home in South Norwalk. Looking up, I noticed the announcement for the public meeting to be held Tuesday in the Council Chamber regarding possible changes to route 3, 1 and the incorporation of Metro's number 270. These numbers may not mean anything to you. When one drives, we are only concerned with 5, 91, 105 and 605. Those are the freeway designations for the routes that encircle or start in Norwalk. Being a planner, I looked at what bus routes it would take to get me near the Kaiser in Bellflower and the PIH Presbyterian facility in Whittier (my possible second choice). Seeing that Norwalk had proposed cutting the portion of the route north of Telegraph to the Whittier Depot, I realized my cups of coffee after visiting my favorite "Formerly read" bookstore were numbered. Upon reaching the house, I immediately called my friend at the Transit headquarters, Mr. Parker. Remember, it's not who you are, but who you know. So, after a five minute chat about the route change proposals, I decided that yes, I will attend the public meeting on Tuesday at 5:30 pm to "Discuss" some ideas. We conversed and agreed that my solicited input would be entered into the official record. You all know I've offered my unsolicited two cents before. The Taxi service comes to mind. Darn, if I didn't receive a letter Wednesday informing me that a new Taxi debit card program was slated to be implemented in the very near future. In the words of Amelia, "We'll see." In the mean time, I put my decision to change medical groups on hold. After a mild winter with one emergency room visit and six weeks given to a case of bronchitis, I am feeling pretty good. Oh, and then at 6:30 PM next Tuesday, we all get to do it again with a discussion about the water rate change proposals. Hmmm, who do I know? Who do I know?

College gets \$25K donation for machining program

NORWALK – Cerritos College recently received a \$25,000 donation from the Gene Haas Foundation to support scholarships for students enrolled in its Machine Tool Technology program. Glenn Cheshire, district manager, Haas Factory Outlet (Torrance, CA) presented a check to Nick Real, Ed.D., instructional dean of Technology Division at Cerritos College. Beginning this semester, students who have completed 10 units in the Machine Tool Technology department with a grade of C or better will receive a \$200 scholarship toward purchasing books or tools. "We appreciate the Gene Haas Foundation's support," said Real. "This will help our students move closer to their degree or certificate of achievement." "Students in our department gain valuable industry credentials from the National Institute of Metalworking including CNC operations, drill press, and materials and safety credentials, in addition to the college degree or certificate," said Chuong Vo, department chair, Machine Tool Technology. "There is growing demand for skilled individuals in the field." According to the Chancellor's Office's data, students with a certificate of achievement in machine tool technology earn \$52,046 a year on average five years after graduation. The Gene Haas Foundation was created in 1999 by Gene Haas, founder and president of Haas Automation, Inc., the largest machine tool manufacturer in the United States. All Haas products are manufactured at the company's facility in Southern California, and distributed through a worldwide network of more than 170 Haas Factory Outlets. The Gene Haas Foundation is committed to manufacturing education. Since 1999, the Gene Haas Foundation has been offering scholarships to high schools, community colleges and special educational programs that help build skills within the machining industry.

Single mother of 6 honored for going back to school

WHITTIER – A Rio Hondo College student with six children is being honored by Soroptimist International for overcoming life challenges as part of the organization's 2016 Live Your Dream Awards. Oralia Lopez Alcorta, who is seeking her associate's degree in sociology, will be considered for a regional-level 2016 Live Your Dream on Sunday, May 15 at the group's annual conference in Santa Ana. Alcorta, a single mother, plans to transfer to a four-year college in 2017 as she pursues her dream to become a parent advocate and run an organization that supports women faced with domestic abuse and drug use. She is one of five Rio Hondo College students honored by Soroptimist International of Whittier with club-level 2016 Live Your Dream Awards on Feb. 23. Like Alcorta, recipients Natasha Rubalcava, Lorraine Montano, Reylene Priego and Ruth Noemi Rodriguez are all single mothers who participate in Rio Hondo College's EOP&S/CARE program, and all five have big dreams of giving back to the community. "These young ladies embody a spirit of determination that exemplifies Rio Hondo College's student population. They are driven by a desire to serve their communities and their families," said Rio Superintendent/President Teresa Dreyfuss. "We are very proud of them." "These awards recognize the strength these young women have shown in the face of their challenges. They are an example to all of us for their perseverance," said Board of Trustees President Mary Ann Pacheco, a member of Soroptimist International. This is the second year in which all five Whittier club winners hailed from the College. 2016 Live Your Dream Award Winners: Oralia Lopez Alcorta: The mother of six children ages 6 to 16, she is studying sociology and social work. Her goal is to transfer to a four-year college in 2017. She would like to become a parent advocate and eventually run an organization that supports women faced with domestic violence and drug abuse. Alcorta will be considered for a regional award on May 15. Natasha Rubalcava: Mother to Alexa, she is studying social work, drug studies and social science. She plans to transfer to USC and pursue a master's degree in social work. She would like to one day run a non-profit community center helping domestic violence victims or at-risk youths. Lorraine Montano: A full-time nursing student and mother of a 3-year-old boy, she will graduate with her LVN certificate in May. She plans to work toward her RN, her bachelor's and possibly a master's degree. Reylene Priego: Mother to Matthew, she is pursuing an associate for transfer degree in psychology. Her goal is to obtain a master's degree in psychology and become a social worker. Ruth Noemi Rodriguez: Mother to Jazmine and Samuel, she is seeking an associate degree in business administration with plans to seek a bachelor's degree in human resources and management. She hopes to continue her schooling through a Ph.D.

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