Friday, April 22, 2016 Vol. 10 No. 12 12040FosterRoad, Norwalk, CA90650

#### Norwalk Chamber selling raffle tickets

Chamber of Commerce is selling raffle tickets with a grand prize of

Second prize is a "wagon of holiday cheer."

Only 250 tickets will be sold. The drawing will take place at the chamber's Dec. 8 holiday mixer at the Sproul Reception Center.

Raffle tickets are \$25. To purchase a ticket, call (562) 864-7785 or email ceo@norwalkchamber.com.

#### Citizenship clinic at Norwalk Library

NORWALK - The Norwalk Library, in partnership with the South Asian Network, will host a citizenship clinic Saturday, April 30, from 10 a.m. to 1 p.m.

Participants will receive application support, legal advice, study materials, and a fee waiver application.

The event is free but registration is required by calling the library at (562) 868-0775.

#### Classics book club meets Tuesday

**NORWALK** – The first meeting of the Alondra Library's classics book club meets Tuesday, April 26, at 6:30

The club will discuss Pearl S. Buck's "The Good Earth," written in

Copies of the book are available at the library. For questions, call (562) 868-777.

#### DIY Mother's Day gifts

NORWALK - Teens in grades 6-12 are invited to the Norwalk Library on Wednesday, April 27, to create do-it-yourself Mother's Day

The event is from 3:30 to 5:30 p.m.

#### Senior trip to Strawberry Festival

NORWALK - Norwalk seniors can take a trip to the Strawberry Festival on Saturday, May 21.

California Strawberry Festival in Oxnard features more than 50 food booths, contests, rides and attractions, more than 250 arts and crafts vendors, concerts and celebrity chef demonstrations.

Cost is \$15 and includes round trip transportation from City Hall.

Call (562) 929-5580 to register. The event is open to adults ages 50 and older.

#### Diabetes workshop in Cerritos

**CERRITOS** – The Cerritos Senior Center will host a free health lecture on diabetes this Wednesday at 1 p.m.

Learn how managing your diet, medication, exercise and attitude can bring about proven results in preventing and controlling diabetes.

Maria Puffpaff, N.P., of Pioneer Medical Group will lead the discussion.

The seminar is open to adults ages 50 and older. For questions, call (562) 916-8550.

#### Cerritos marks 60th anniversary

CERRITOS - Throughout the month of April, the Cerritos Library is holding an exhibit celebrating the city's 60th anniversary.

Cerritos was incorporated on April 24, 1956 as the City of Dairy Valley

Cerritos is celebrating with its Community Spring Festival April 22-24.

NORWALK - The Norwalk Norwalk High senior Isabel Bayardo has been accepted to Johns Hopkins University on a Bloomberg Scholarship.

> The 2015 grad is planning to study environmental engineering at the distinguished Whiting School of

An avid reader with a 4.595 GPA, Bayardo credits a Millennium Club trip to the Aquarium of the Pacific as a freshman for setting in motion her desire to protect the ecosystem.

Photo courtesy Norwalk-La Mirada **Unified School District** 



#### **THINGS TO DO**

## Lynwood investing \$1.6 million to make students career-ready



\$1 million in grants to extend provide students broader access All materials will be provided. avenues for earning college credit career technical teaching, and professional certifications curriculum and the Linked before graduation.

> The funds include a \$1.05 California million Careers Pathways Trust grant and Lynwood Unified will share with curriculum. a micro-consortium of school districts led by Cerritos College. A third grant comes from the Linked Learning Hub, a partnership led by Long Beach Unified that includes Lynwood and California

LYNWOOD - Lynwood Unified State University, Long Beach will benefit from more than and other districts - that will career technical education (CTE) to student internships for highprograms for middle and high demand careers and professional school students, create internships development opportunities for for high school students and add Lynwood educators to deepen Learning approach.

Linked Learning integrates Career curriculum across academic Technical Education Incentive and career technical classes by Grant and a \$650,000 California combining hands on experience rigorous classroom

> "These innovative partnerships give Lynwood Unified students a huge advantage," said LUSD Superintendent Paul Gothold. "Students will have extraordinary opportunities to explore a variety

of high-demand professions. Students who know which path they wish to pursue can earn tuition-free college credits and even formal certifications."

Lynwood Unified offers several career pathways, including Advanced Manufacturing and Engineering, Performing Arts, Photography, Media and Design Arts, Bio-Medical, Nursing, and Culinary Arts.

The District will create more work-based learning and career and math (STEM) curriculum students during the school day and offered at no cost as extended day and summer courses.

elementary grades through a series of events that incorporate mentoring opportunities for upper grade CTE students. The District will also continue to offer student leadership opportunities through career-related organizations, such as the Society of Hispanic Professional Engineers, National Society of Black Engineers, and Health Occupation Students of America (HOSA): Future Health Professionals.

All ninth-grade students will take a college and career prep course, and all students will have access to Naviance -- a web-based platform for students to research colleges, plan courses and connect what they are doing in school to what they would like to do once they complete their education.

Educators also plan to expand opportunities for high school students to enroll concurrently in college classes.

Students typically enroll in exploration opportunities for a three-year program of classes lower grade levels. Additional for each pathway, ending with a courses developed by Project Lead capstone course that can bring The Way - the nation's leader in industry-recognized certifications, science, technology, engineering licenses or credentials that can help them secure jobs after graduation will be accessible to middle school or position them more strongly for college admission.

Last year, five Lynwood high school students graduated with The District will expand completed certificates from its career technical program to Cerritos College in Advanced Manufacturing and Engineering.

> "By opening up these career pathways for students, we are helping them develop the skills, technical knowledge, and realworld experience for high-skill and highly successful careers," Lynwood Unified Board of Education President Alma-Delia Renteria said.

# Saturday **76**

Weekend

at a Glance



**Bike Festival** Saturday - Pico Rivera Student Services, 9 a.m. to 1 p.m.

Bicycle rides, vendors, community booths, bike repairs, health fair, and more. 9426 Marjorie St.



**Community Empowerment** Saturday - Woman's Club of Downey, 10 a.m.

Hear updates from Downey mayor Alex Saab, chat with Downey Police, and learn about your community.



**Grunion Run** Saturday - Cabrillo Marine Aquarium,

Watch the silvery fish swim to shore to spawn. Warm clothing and flashlights recommended. \$5 adults



Freestyle Festival All Weekend - Queen Mary

Performances by Salt N Pepa, Stevie B., Slick Rick, Lisa Lisa, Biz Markie, and others. \$50



#### GGG

Saturday - The Forum, 6 p.m. Middleweight champion Gennady Golovkin faces Dominic Wade. Tickets start at \$30



#### **Juliete Venegas** Friday - The Wiltern, 7 p.m.

The American-born Mexican pop-rock singer perofrms live. \$35

#### TWEET OF THE WEEK

@LegendofLucky: Nothing like that fresh Norwalk air (I'm secretly the best photographer



## Shared Stories: Pictures of a Birthday Party

Photographs carefully saved by an aunt were a revelation to Maria Gutierrez. In one afternoon, the story in the pictures overcame Maria's feelings of abandonment, and reassured her that she was loved. 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 Maria Helen Gutierrez

It was on a beautiful sunny day one April that my husband and I set aside time to visit my dad's only sister in Monterey Park.

After enjoying a light lunch, Aunt Alice invited us into her living room. Stacked in the center of a large, antique, brown coffee table were four family albums. Hoping to find pictures of my parents, siblings, and myself, I asked permission to look at them.

Halfway through the second album, which was four inches thick, I saw several pictures of myself, dressed up in pink and lavender, and standing on a table with a cake in front of me. I was surprised to know that Aunt Alice and Grandma Delfina had taken this picture of my first birthday party.

My aunt answered my questions about the pictures, and then I asked if I could borrow them to make a set for myself.

That day, as I looked at the photo albums, God helped me realize how much I was loved by Mama and Grandma Delfina. Yes, I was not an ugly duckling that my father and the boys in junior high made me feel like.

These precious pictures and the discussion with Aunt Alice gave me the therapy that I needed in order to overcome the feelings of abandonment and abuse by my father and the mocking that I experienced in school and church.

These pictures strengthened my commitment to be a loyal, godly wife, daughter, and supportive sister toward my siblings; and I desire to uplift others.

The following is the story that I learned from Aunt Alice and the pictures of my first birthday party. Early in the morning of February 25 my mother woke me with a loving

fed me homemade "Avena" oatmeal with cinnamon and bananas. After breakfast, with me sitting on my pink "Little Lulu" designed high chair,

greeting and kiss. "Elena, My Love, it is your first birthday." She bathed me and

Mama carefully removed my "rollers." The rollers were shredded strips of rags that were used to tie and set my hair in curls the night before.

Mama combed my long, brown, thick hair, styling it to resemble Shirley Temple curls. Two-inch wide pink and lavender ribbons were tied on both sides of my head in fluffy bows.

Mother and Grandma Delfina made me feel like a princess in a pink and lavender dress that Grandma had made on her Singer sewing machine. The night before my mother had added white beaded ruffles to the puffy sleeves and hemline of my dress.

English colonial fireplace, which was freshly painted that week. There was a mirror above it, and the mantle was decorated with streamers and ribbons. The table was decorated with handmade crepe paper roses.

An antique brown dining table was placed in front of Grandma's white,

This was the stage where Mama carefully stood me. Grandma told me to smile as I posed for a picture of me blowing out the big pink candle in the center of the rose-decorated cake.

Calls for ice cream could be heard from my ten impatient cousins. Mama served me a big bowl of ice cream with a small piece of marble cake.

Grandma Delfina caught me with my mouth full of food as she clicked her Kodak camera. Thank God she took another picture of me, this time catching a good pose of me laughing and smiling while my cousins and I played games like Pin the Tail On the Donkey and tossing balls at Bozo's nose.

Gifts were piled on Grandma's antique coffee table which sat in front of the dining room window. I enjoyed opening the gifts, and Mama and Grandma saved the wrapping paper and colorful bows. My cousins went home with a smile and with cookies made by Mama and Grandma.

Mama used the paper as liners for bedroom vanity drawers. I used some of the bows to decorate my doll's hair, and Mama would put some bows in my hair.

Now, at age 60-plus, I cherish the memories of the fun-filled piñata parties that I enjoyed the following years with my four siblings: Carmela, the twins Genie and Junior, and Ramon.

Every child in the world should experience at least one special birthday party. Now antique tables and vintage homes will always remind me of Grandma's warm, loving and festive home where beautiful memories were made.

Thank you, Mama and Grandma, for blessing me with loving tokens.

The Norwalk Patriot 02 Friday, April 22, 2016

## Soroptimist honors inspiring Downey women



DOWNEY - Soroptimist International of Downey honored a half dozen women and young ladies Thursday morning during a breakfast ceremony at the Rio Hondo Event Center.

Rita Assoian, Georganne Bruce, Rita Rodarte-Myers and Mia Vasquez were honored as "Women of Distinction," while teacher Carrie Redfox received Soroptimist's Ruby Award and Mikayla Minnig the Violet Richardson Award.

Below are brief biographies on each of the award recipients:

Carrie Redfox: Carrie Redfox started her career with the Downey Unified School District as a substitute teacher and was an elementary school teacher at Williams Elementary for seven years. In the interim, she stayed home to raise her two boys (who are now 14 and 17 years old) and obtained her master's degree in counseling. She has been a sixth grade counselor at Doty Middle School for the past 10 years.

Her husband, George, is also in education and teaches at Warren High School. They are both very involved with the Downey Rose Float Association, Downey Historical Society and Downey Conservancy. Carrie currently sits on the boards of the Exchange Club (a non-profit organization that supports the prevention of child abuse) and Gypsy Johnsons (an extension of the Downey Assistance League).

Carrie's newest venture is to implement a "Drama Free Zone" on the Doty Middle School campus, where students can escape from negative talk and behavior. Staff will be available near the marked zones to offer support and words of encouragement.

Directors at Downey Adult School Career and Education Center. Working has helped raise over \$115,000 to give back to our community. with millions in federal funds for just little over a year now, Rita helps to make adult school education a reality for students. Spearheading program and policy changes to facilitate a more accessible and efficient financial aid program, the campus has seen a direct positive impact on enrollment and completion as a result of her involvement.

Working with diverse groups of students, Rita also provides outreach to DUSD high schools through community college orientations, application workshops, financial aid assistance, and personality-career assessment preparation. Her outreach continues at the adult and community level through Community Based English Tutoring (CBET), a program for elementary school parents that provides them with information on postsecondary options, financial aid, and empowerment that focuses on making college a DUSD family priority.

Prior to coming to DAS, Rita transformed Warren High School's College

& Career office into a student center filled with resources and limitless assistance, where students felt welcome to bring their questions and plan for been a 4-year cheerleader and board member of the Downey Parent Teacher

Volunteering for the city of Downey's Relay for Life is a cause close to her heart, as she is a cancer survivor herself, and has lost her mother to cancer. After being a participant and team lead for a decade, she chaired last year's Relay event, and which raised over \$90,000 for the American Cancer Society and their Race for The Cure, making it the top 20th most successful Relay event in California. She is back this year with an important goal of raising over \$87,000 to reach the City of Downey's 15th year total contribution to American Cancer Society of one million dollars. Selected to represent Assemblymember Cristina Garcia's 58th District in Sacramento, Rita lobbied state legislatures on behalf of bills supported by the American Cancer Society. All endeavors in Rita is involved with benefit greatly from her activism, dedication and empathy.

Georganne Bruce: On April 1, Georganne Bruce celebrated her 25th anniversary as executive director of Exchange Club Family Support Center, a child abuse prevention and parenting education agency. That same day also marks the agency's 25th anniversary.

Georganne is proud of the services and level of impact the agency has made to many families in Downey and the surrounding communities. As a social worker, Georganne has been working in the field of child abuse prevention for almost 30 years. Additionally she has worked in the areas of emergency relief services and hospice counseling.

She is a graduate of Cal State Long Beach and was born, raised and still lives in Orange County. Georganne has been married to her husband, Jim, for over 28 years; they have a son serving in the United States Air Force and a daughter attending Northern Arizona University.

Mia Vasquez: Mia Vasquez was raised in Downey, attended Rio Hondo Elementary, Griffiths Middle School and is a graduate from Warren High School. Mia received her AA in Hospitality Management from Cypress Junior College while she was the event coordinator for eight years at Rio Hondo Country Club,

Mia then went on to be an executive secretary at Robinsons-May department store, and helped open the Irvine Spectrum location which is now a Macys. A year later, after two tragic family losses, it was time to come back to Downey and help manage the family business, Saywell Florist. Mia managed Saywell Florist for 14 years, until the retail store closed in 2014.

Mia changed the business model to be a full service event planning company now called Miss Saywell Event Planning, as well as keeping her feet in the flower brokerage business.

Mia is a two-term president of Soroptimist International of Downey. She Rita Rodarte-Myers: Rita Rodarte-Myers is one of the Financial Aid has also served as fundraising chairwoman and in her six years as chairwoman

Mikayla Minnig: Mikayla is a senior at Downey High School, where has Student Association.

She is owner of Mikayla's Royal Affair, where she works as a party planner and character entertainer. She also founded her own non-profit, Change for Arthritis, five years ago and has been an Arthritis Foundation ambassador for

After being diagnosed with juvenile arthritis at the age of 3, Mikayla began to volunteer with the Arthritis Foundation along with her parents. Almost 14 years later she is still very involved in raising awareness about iuvenile arthritis.

She has raised thousands of dollars for research and to help send kids with chronic and life-threatening illnesses to camp by holding yard sales and lemonade stands, and coordinating school-wide fundraisers at Trinity Christian School and Downey High. She also places change boxes throughout the community, collecting spare change that is used for juvenile arthritis

Mikayla also mentors newly diagnosed patients, speaks at schools and to service clubs, and testified in front of Congress on what it's like to live with a painful childhood disease that is expected to follow her into adulthood.

Mikayla will attend Long Beach State this fall.

Rita Assoian: As Rita Assoian drove home after closing the restaurant where she worked on the morning of Sept. 12, 2009, all she could think about was getting some sleep. It was well past midnight, and she was almost home, just a few minutes away from the comfort of her bed.

Everything was right with her life. She was a first-year college student and track star at Glendale Community College with an apparently limitless future. Then in an instant, everything changed.

A car speeding at more than 90 miles an hour plowed into her car, which then hit Rita and tossed her high into the air. She flew through the night like a rag doll. When she landed more than 15 feet away, her body was devastated. The accident left Rita with 14 separate broken bones, a lacerated lung and liver, internal bleeding, the threat of paralysis from the breaks in her neck and spine, and possible brain damage from bruising and blood on the brain.

As she lay lifeless, the odds that Rita could survive were not in her favor. Paramedics arrived at the accident scene within five minutes and immediately summoned a helicopter to airlift her to Los Angeles County USC Medical

The accident left her in a coma for 22 days. Doctors can't say for sure what saved her, although they agree that she got the best possible medical care.

Rita rehabbed at Rancho Los Amigos National Rehabilitation Center, and against all odds, returned to the world of competitive track and field with Glendale Community College. Today she is a full-time student at Concordia University and graduates May 7.

## State Supreme Court justice presents Bellflower High with award

Court Chief Justice Tani Cantil-Sakauye praised Bellflower High School students for "thinking deeply about issues that affect all of us" on

**INSTANT REBATE** 

\$1,000 OFF

Coupon good on any \$2,495 Pool Only.

Not valid with other offers.

Expires 4-28-16. NP

4007 S. Rosemead Blvd.

Pico Rivera

(562) 692-4167

With Coupon

100% FINANCING (O.A.C.)

LIC#C53-233403

BUY TODAY.

**SWIM TODAY!** 

• 1 H.P. PUMP • FILTER • DELUXE LADDER • HEAVY DUTY STEEL FRAME

\*Some items may not be exactly as shown, some additional charges may apply, pictures for illustration only. Many Other Sizes at Similar Savings! YOUR POOL & SPA LOW PRICE LEADER!

STORE HOURS:

Saturday • 9am - 6pm Sunday • 10am - 5pm

**INCLUDES:** 

**ecard P**ools/**S**pas

A NAME YOU CAN TRUST FOR OVER 50 YEARS!

BELLFLOWER - State Supreme Tuesday as she presented the school with California's highest honor for civic-learning programs, the Award of Excellence.

> A panel of lawyers, judges and civic-learning experts chose Bellflower and two other schools for the award from more than 100 applicants based on the depth and breadth of their civic-learning courses and programs.

years ago, engages students in real-world issues. Students frame inquiries into a community issue, investigate the issue, engage in dialogue and capture different points of view before drawing a conclusion they share with teachers and classmates.

Those projects lined the walls

Bellflower High School's civic- of Bellflower High's gymnasium learning program, launched three on Tuesday for the presentation ceremony, with the student creators from grades 7- 12 on hand to discuss their exploration of local issues.

> Cantil-Sakauye, who launched the California Civic Learning Initiative four years ago with State Superintendent Tom Torlakson, talked to students about their projects before presenting the award.

She said critical thinking is key to maintaining democratic institutions.

"We need to teach young people to think critically and think deeply about others, like so many of these fantastic projects and the wonderful children I talked with today, who are thinking deeply about issues that affect all of us and affect their future generations."

The event was attended by Assemblywoman Cristina Garcia, D-Bell Gardens, U.S. Rep. Linda Sanchez, Bellflower Mayor Dan Koops and representatives of the Los Angeles County Superior Court and Los Angeles County Office of Education.

Garcia and Sanchez presented the school with recognitions for its achievements.

"Civic engagement is something we all feel is important, but isn't always communicated to the next generation of young adults who will be our nation's leaders in the future. So it gives me an extraordinary amount of pride to be invited to celebrate with you," Sanchez said.

The event included comments by Bellflower High School senior Stephanie Larios, who told how she sparked interest in the democratic process among members of her own family.

"Voting impacts everyone and everything. It impacts our education, economy and independence," Larios said. "Many of us are unaware of the impact we can have on our own lives. ... With my civics education here at Bellflower, I have learned how to become part of the solution."

Superintendent Dr. Brian Jacobs praised Bellflower's civics education team, led by teacher Susan Nicoletti, the high school's administration led by Principal Michael Lundgren, and the District's Board of Education.

The award is Bellflower Unified's second consecutive win. Mayfair Middle School won in 2015, the first middle school so recognized.

"Here, in tiny little Bellflower, BUSD is strong and truly has hit the Standard of Excellence, Nothing Less," Jacobs said.







- **Living Trusts**
- **Evictions**
- **Probate**
- **D.U.I. Defense**

CALL TODAY! **562-861-6001** 

www.blancapachecoesq.com 8137 3rd St., 3rd Floor Downey, CA 90241 • (562) 861-6001



## Laminate & Hardwood 9741 Somerset Blvd. Bellflower, CA 90706 Carpet Repairs & Stretches (562) 866-0600 \*Financing Available

The Norwalk Patriot 03 Friday, April 22, 2016

## Pioneer High senior receives first naval academy nomination in school's history

WHITTIER - Pioneer High School senior Gilbert Sandoval is now among Placement and honors courses and following the rigorous and competitive a select few to receive a nomination letter from U.S. Rep. Linda Sánchez to attend the U.S. Naval Academy - an extraordinary honor given to just a handful of local students every year.

Sandoval was among 300 hopefuls in Sanchez's district - which spans from Cerritos to South El Monte -seeking to gain a prestigious letter of recommendation from the congresswoman. Only nine letters were granted, one of which went to the proud Titan.

"This is such a crazy feeling, but my school has contributed a lot to helping me get here," Sandoval said. "If I had gone to a huge high school, I wouldn't have the close bonds I have with teachers and administration. Pioneer is just a great place to be."

Sandoval can count himself among a small group of distinguished students from schools across the Whittier Union High School District to receive a nomination letter from U.S. officials and gain acceptance into the program.

Sandoval expects to hear in April whether he has been formally accepted to the Naval Academy in Annapolis, Maryland. He would subsequently begin classes in the fall and hopes to major in oceanography or missions operations to eventually become a Navy SEAL.

"Not many jobs can fulfill my adventurous urges," said Sandoval. "I am not someone who can sit at a desk job all day, so I decided joining the armed forces was the best career move for me."

Sandoval has worked hard to be one of the lucky few to receive a nomination by maintaining a 3.5 GPA, completing multiple Advanced

yearlong Naval Academy application process.

With the help of a Blue and Gold Officer, a volunteer who guides applicants through the application process, Sandoval started his quest to become a Naval Academy candidate during his junior year of high school. To qualify for candidacy, applicants must complete a preliminary application, a standard college admissions test, an hour-long medical examination, a fitness assessment and an interview with a Blue and Gold Officer. Candidates must also receive a nomination from a U.S. senator or member of Congress, which takes months to receive if they are fortunate enough to acquire one.

"It would be such an honor for our school to be represented by someone like Gilbert in the Naval Academy," Pioneer High School Principal Monica Oviedo said. "He is most deserving of an appointment and will absolutely flourish in everything that he does, just as he continues to do at Pioneer."

The Naval Academy's 7.9 percent acceptance rate makes it one of the most difficult universities in the nation to get into. The Naval Academy provides \$400,000 scholarships to cover four years of tuition, room, board and medical coverage in exchange for five years of service in the Navy upon

"We are so proud of Gilbert for his unwavering dedication to his academics, pursuing his dream of joining the prestigious Naval Academy and securing a nomination letter from our U.S. Congress Representative Linda Sanchez, an amazing feat in itself," Superintendent Sandra Thorstenson said. "Gilbert's persistent pursuit of success is just one example of what makes Whittier Union a great place that prepares students for their lifelong iournevs."



Norwalk's Aquatic Pavilion will open June 20 for community swimming, the city announced this week.

For details, call (562) 929-5622.

## U.S. Olympian Maggie Steffens to visit **Downey YMCA**

DOWNEY - U.S. Olympic water polo champion Maggie Steffens will visit the Downey Family YMCA this Friday, April 22, as an athlete ambassador for the United States Olympic Committee's Team for Tomorrow program.

Beginning at 6 p.m., Steffens will speak about the importance of living an active and healthy lifestyle, and share her story of determination and commitment to returning to the podium at the Rio 2016 Olympic Games.

The talk is free and open to the public.

Following her presentation, Steffens will join children ages 7-9 in the pool as part of the club's WetBall program, the YMCA's version of USA Water Polo's youth learn-to-play program Splashball, which is designed to introduce the sport of water polo to children through water safety and swimming skills.

Steffens will also donate a sport package to the YMCA, including a variety of equipment, such as hula hoops, basketballs, jump ropes and cones.

"As my teammates and I continue to train for the Olympic Games this summer, giving back to the community remains a priority," said Steffens, a 2012 Olympic gold medalist in women's water polo. "I'm honored to have the opportunity to share my love of the game with the children in the Downey Family YMCA youth water polo program."

The USOC launched Team for Tomorrow in 2008 in partnership with U.S. Olympians and Paralympians to provide a vehicle through which U.S. athletes can offer their assistance and support to those in need around the world, as well as a means to continue spreading the Olympic Values of excellence, friendship and respect.

Steffens and her fellow Team for Tomorrow athlete ambassadors are serving as captains of the program on behalf of the entire 2016 U.S. Olympic and Paralympic teams.

#### The Norwalk Patriot staff JENNIFER DEKAY **CHRISTIAN BROWN** Publisher Editor **ALEX DOMINGUEZ** MICHAEL ROBINSON Display Advertising LEEANN ROBERTS MARK FETTER **Assistant Display Advertising** Contributor LINDA LARSON **CAROL KEARNS** Classified Advertising Contributor **JULIE LEDESMA LORINE PARKS** Legal Notices Contributor **JONATHAN FOX GREG WASKUL** Production Contributor

TEL (562) 868-3022 | FAX (562) 868-3009 | MONDAY - THURSDAY 9AM - 3PM 12040 FOSTER ROAD, NORWALK, CA 90650 | ADJUDICATION #BS154952

The Norwalk Patriot is published weekly by The Downey Patriot, Inc. Controlled Distribution, 22,000 copies are printed Distributed by CIPS Marketing Group, Inc., Los Angeles, CA.

# Advertise your Business

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

# The Norwalk Patriot

♦ Delivered Weekly to Single Family Homes and Bulk Drop Off Locations

Get the word out by Advertising and Promoting your company

## Call **Dorothy** or MaryAnn (562) 868-3022

Having a Yard Sale? Looking for Renters? Call our Classifieds Department (562) 904-3668

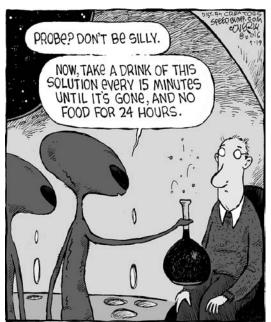


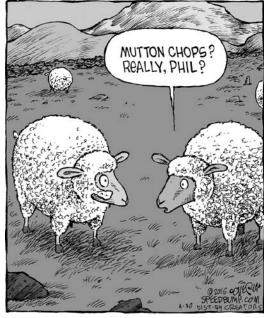
The Norwalk Patriot Friday, April 22, 2016

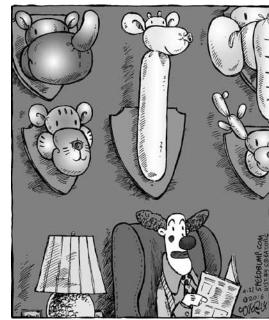
### SPEED BUMP



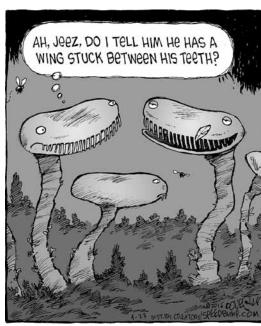
## DAVE COVERLY











#### On This Day...

April 22, 1864: Congress authorized the use of the phrase "In God We Trust" on U.S. coins.

1994: Richard M. Nixon, the 37th president of the United States, died at age 81 in New York City, four days after suffering a stroke.

2000: Armed immigration agents seized Elian Gonzalez from his relatives' home in Miami; the 6-year-old boy was reunited with his father.

Birthdays: Actor Jack Nicholson (79), guitarist Peter Frampton (66), comedian Ryan Stiles (57), retired football player Marshawn Lynch (30), model Amber Heard (30) and former Dodgers second baseman Dee Gordon (28).

To Advertise in

### The Norwalk **Patriot**

Please Call **Dorothy Michael** 

MaryAnn Sourial (562) 868-3022

Send us your Letters to the Editor, Press Releases, photos, meeting and club schedules!

#### **Address:**

12040 Foster Road Norwalk, CA 90650

#### **Email:**

news@thedowneypatriot.com

### CALENDAR OF EVENTS

#### WEDNESDAY, APRIL 27

3:30 p.m. - 5:30 p.m. - DIY Mother's Day gifts - Norwalk Library

#### **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

4/17/16

WWW.STANXWORDS.COM

#### THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com) MISSPELLING BEE: Of the ingestible sort by Fred Piscop

77 Clean-air org.

Street

director

Get-up-and-go

84 Midnight in Paris

Mos. and mos.

Waste no time

Mediterranean

Hawk's gripper

Cracker-topping

Shakespearean

97 Get-well program

101 Barbershop quartet

102 Owner of Whiskas

103 Prefix for present

107 Snack cake brand

113 Mideast language

group 114 Good-for-nothing

115 Gas-pump selection

116 Sent to a new team

118 Require decryption

117 Stand in good

to read

106 Down

'Scram! 101 Down provider

98 Marsh plant

member

cat food

110 Cereal brand

100 Trim down

Destroys by degrees

\_ (reputation)

#### **ACROSS**

- 1 The Prado's locale
- Sculpted form 12 Relay, as information 18 Soccer-match cheer
- 19 Sky hunter 20 Big Sky Country
- Gum brand
- Dessert-topping brand CPR pros
- Moonshine holders
- Banqueted, perhaps Well-behaved
- Hiking trail Weather page data **Designer Geoffrey**
- Without incident Cereal brand Be in accord
- 40 HBO talk-show host Talia, to Nicolas
- 43 Produce cartography Swedish currency
- Grace conclusion PC kev near Insert
- 50 Self-esteem Paulo, Brazil 52 Pie-fight sound
- Socked away Baseball great Ryan
- Halloween haul Abundant Right-leaning, as type
- 61 Gondolier's implement 63 Ice-cream brand
- Voice quality
- 68 Without delay
- Aussie rapper
- Azalea
- Shiny 73 Across
- Press-kit insert 74 Oscar winner Foxx

76 Overly proper one

DOWN

- Method Homecoming guest
- Economic burden Swipes from
- 5 Under the weather Wedding worker
- 7 Not easy to crack Planets, to poets 9 Poke fun at

Lake near Syracuse Okra portion 13 "What else?

10 One in the army

- 14 Mostly Ghostly series author 15 Admitted at the door
- Chilling Back of the neck Doc's prescription
- Except for Enlarge, as a blueprint
- Ensnare "If you would . . ." In those days Needing
- straightening Breadth Upscale retail chain
- Taj Mahal city Cereal brand 36 Ending for velvet
- Use a strop on 38 Many-(polychromatic) Mediterranean
- 106 Down Accumulate Soft-drink brand 43
- All over Puerto Rican city 45 48 Looney Tunes toon
- 49 Even once Top of the head 53 Onslaught
- 56 Mare fare 58 Fabric rip Kelly's former TV 59 partner
- **Eddie Bauer** competitor Popeye's dad Questionnaire choice

Cellphone display

68 73 90 107 108 109 110 113 102 Small plateau 65 Marsh wader 88 Auto, humorously 91 Branch of Buddhism 103 World Oil Outlook

CREATORS SYNDICATE © 2016 STANLEY NEWMAN

33 34 35 36

- 66 Slip away from
- 69 Strong-arm 72 In a chair 74 Opera star Carreras
- 75 Is clingy 76 Big boss 78 Drudge 79 Actress Hathaway

82 Essen's river

83 Nursery item

85 Trail the pack

- 92 Fingerprint patterns
  - 93 Right next to 94 Rattan worker 95 Nasal appraisal 96 Up the ante, perhaps 98 No longer
  - leaf-covered Go wrong 100 Subtle alert
- 104 Soup at sushi bars
  - 105 Must-have thing 106 Land in water
    - 108 Banqueted, perhaps 109 Soup-to-go topper Sign from a conductor

publisher

89

101 Pampering, for short 112 Go wrong

#### ADVERTISING POLICY

The Norwalk Patriot reserves the right to censor, reclassify, revise or reject any ad. The Norwalk Patriot is not responisble for incorrect ads beyond the first business day of an ad scheduled. Please check your ad on the first day of publication and report any errors we have made to the Classified Department at **562-904-3668** at the beginning of the next business day to have it publish correctly for the remainder of the schedule.

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

his father's sister, actress Talia

Shire (née Coppola).



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

#### **MAKE YOUR VOICE HEARD**

CITY REPRESENTATIVES Mayor Mike Mendez Phone: (562) 929-5305 E-mail: mmendez@norwalkca.gov

Vice Mayor Cheri Kelley Phone: (562) 929-5305 E-mail: ckelley@norwalkca.gov

Councilman Luigi Vernola Phone: (562) 929-5305 E-mail: lvernola@norwalkca.gov

Councilman Marcel Rodarte Phone: (562) 929-5305 E-mail: mrodarte@norwalkca.gov

Councilman Leonard Shryock Phone: (562) 929-5305 E-mail: lshryock@norwalkca.gov

#### CONGRESSIONAL REPRESENTATIVE

Linda Sanchez Phone: (562) 860-5050 Mail: 12440 E. Imperial Hwy., Suite 140 Norwalk, CA 90650

#### STATE REPRESENTATIVES

Sen. Tony Mendoza Phone: (323) 890-2790 Mail: 400 N. Montebello Blvd., Suite 100, Montebello, CA 90640

Assemblyman Ian Calderon Phone: (562) 692-5858 Mail: 13181 Crossroads Parkway North, St. 160, City of Industry,

Assemblywoman Cristina Garcia Phone: (562) 402-4893 Mail: 8255 Firestone Blvd., Downey, CA 90241

#### U.S. REPRESENTATIVES

Sen. Barbara Boxer Phone: (213) 894-5000 Mail: 312 N. Spring St. Suite 1748 Los Angeles, CA 90012

Sen. Dianne Feinstein Phone: (310) 914-7300 Mail: 11111 Santa Monica Blvd. Suite 915, Los Angeles, CA 90025

#### BOARD OF EDUCATION

President Jesse Urquidi E-mail: jesse.urquidi@gmail.com

Vice President Karen Morrison E-mail: kl4morrison@yahoo.com

Board Member Darryl Adams E-mail: educ8us@aol.com

Board Member Chris Pflanzer

E-mail: chrispflanzer@gmail.com Board Member Ana Valencia

E-mail: valencia\_ana@nlmusd.org

Board Member Sean Reagan E-mail: sreagan@nlmusd.org

Board Member Margarita Rios E-mail: larivers5@aol.com

#### CERRITOS COLLEGE TRUSTEES

Board Member Marisa Perez Phone: (323) 359-6839 E-mail: mkperez@cerritos.edu

Board Member Carmen Avalos Phone: (562) 773-3686 E-mail: cavalos@cerritos.edu

Board Member Dr. Sandra Salazar Phone: (323) 632-9564 E-mail: ssalazar@cerritos.edu

Board Member Bob Arthur Phone: (562) 863-2864

E-mail: barthur@cerritos.edu

Board Member John Paul Drayer Phone: (562) 331-5028 E-mail: jpdrayer@cerritos.edu

Board Member Dr. Shin Liu Phone: (562) 213-3107 E-mail: sliu@cerritos.edu

Board Member Zurich Lewis

#### WRITE TO US

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.

## This Industry is Making a Killing

#### By Rebecca Green

The 2016 presidential elections are proving historic, and not just because of the surprising success of self-proclaimed socialist Bernie Sanders, the lively debate among feminists over whether to support Hillary Clinton, or Donald Trump's unorthodox candidacy.

The elections are also groundbreaking because they're revealing more dramatically than ever the corrosive effect of big money on our decaying democracy.

Following the 2010 Citizens United Supreme Court decision and related rulings, corporations and the wealthiest Americans gained the legal right to raise and spend as much money as they want on political candidates.

The 2012 elections were consequently the most expensive in U.S. history. And this year's races are predicted to cost even more. With the general election still six months away, donors have already sunk \$1 billion into the presidential race — with \$619 million raised by candidates and another \$412 million by super PACs.

Big money in politics drives grave inequality in our country. It also drives war. After all, war is a profitable industry. While millions of people all over the world are being killed and traumatized by violence, a small few make a killing from the never-ending war

During the Iraq War, for example, weapons manufacturers and a cadre of other corporations made billions on federal contracts.

Most notoriously this included Halliburton, a military contractor previously led by Dick Cheney. The company made huge profits from George W. Bush's decision to wage a costly, unjustified, and illegal war while Cheney served as his vice president.

Military-industrial corporations spend heavily on political campaigns. They've given over \$1 million to this year's presidential candidates so far — over \$200,000 of which went to Hillary Clinton, who leads the pack in industry backing.

These corporations target House and Senate members who sit on the Armed Forces and Appropriations Committees, who control the purse strings for key defense line items. And cleverly, they've planted factories in most congressional districts. Even if they provide just a few dozen constituent jobs per district, that helps curry favor with each member of Congress.

Thanks to aggressive lobbying efforts, weapons manufacturers have secured the five largest contracts made by the federal government over the last seven years. In 2014, the U.S. government awarded over \$90 billion worth of contracts to Lockheed Martin, Boeing, General Dynamics, Raytheon, and Northrop Grumman.

Military spending has been one of the top three biggest federal programs every year since 2000, and it's far and away the largest discretionary portion. Year after year, elected officials spend several times more on the military than on education, energy, and the environment combined.

Lockheed Martin's problematic F-35 jet illustrates this disturbingly disproportionate use of funds. The same \$1.5 trillion Washington will spend on the jet, journalist Tom Cahill calculates, could have provided tuition-free public higher education for every student in the U.S. for the next 23 years. Instead, the Pentagon ordered a fighter plane that can't even fire its own gun yet.

Given all of this, how can anyone justify war spending?

Some folks will say it's to make us safer. Yet the aggressive U.S. military response following the 9/11 attacks — the invasions of Iraq and Afghanistan, the NATO bombing of Libya, and drone strikes in Pakistan and Yemen — has only destabilized the region. "Regime change" foreign policies have collapsed governments and opened the doors to Islamist terrorist groups like ISIS.

Others may say they support a robust Pentagon budget because of the jobs the military creates. But dollar for dollar, education spending creates nearly three times more jobs than military

We need to stop letting politicians and corporations treat violence and death as "business opportunities." Until politics become about people instead of profits, we'll remain crushed in the death grip of the war machine.

And that is the real national security threat facing the United States today. Rebecca Green is an intern with the women-led peace group CodePink.

## The Death Gap

#### By Sam Pizzigati

Rich people live longer than poor people. No big news there — we've among the nation's most affluent known that health tracks wealth for 5 percent have seen their lifespans quite some time now.

But here's what we haven't known: The life-expectancy gap between rich and poor in the United

#### **CLASSIFIEDS**

#### **EMPLOYMENT**

#### **CAREGIVER'S NEEDED** AT RCFE FACILITY

Prior RCFE experience preferred. Apply 12055 S. Lakewood Blvd., **Downey 90242** 

#### **Coach Operator Trainee** (Part-Time Bus Driver) **\$9.00 per hour**

The City of Norwalk is offering a six to eight week paid training program in which selected candidates learn to operate a bus in a safe manner to transport passengers over an assigned route. Upon successful completion of program, trainees will be eligible for hire as an at-will/ part-time On-Call Coach

Operator. Applicants must be at least 21 years of age at time of deadline. Possession of or ability to obtain Class A, B or C California Driver's License

at time of appointment is required along with satisfactory driving record. Must be able to obtain a Class B Commercial (CDL) Permit with Air Brake and Passenger

Endorsement during the training period. Additional information,

application and supplemental questionnaire are available through the Department of Human Resources, Norwalk City Hall, 12700 Norwalk Blvd., Norwalk, CA 90650, and/or may be downloaded at www.norwalkca.gov. **Completed applications** 

must be returned with supplemental questionnaire no later than Friday, April 29, 2016 at 6 p.m.

#### **SERVICES**

#### **NICE-N-KLEAN**

Residential & Commercial Cleaning. Call for a Free Estimate. (562) 419-6577

#### PLANS, PERMITS **CONSTRUCTION**

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

Since 2001, American men increase by more than two years. American women in that bracket have registered an almost three-year extension to their life expectancy.

Meanwhile, the poorest five percent of Americans have seen essentially no gains at all.

Now a three-year gain in average lifespan might not, at first glance, seem earth-shakingly significant. But consider this: If doctors could by some miracle suddenly cure all cancer, federal health officials tell us, the average overall American life expectancy would increase by just three years.

In other words, as MIT's Michael Stepner puts it, the changes in life expectancy we've witnessed over the last 15 years rank as "the equivalent of the richest Americans winning the war on cancer."

The gap widens to a chasm when you look at the 1 percent.

Forty-year-old American women among our nation's top 1 percent can now expect to live 10 years longer than women of the same age in America's poorest 1 percent. For men, the gap has grown even wider - to 15 years.

All these stats come from a study just published in the Journal of the American Medical Association. This new research combines IRS tax records with Social Security Administration mortality data to paint a deeply unnerving picture of 21st-century life and death.

**LEGALS** 

#### **GOVERNMENT**

CITY OF NORWALK NOTICE OF PUBLIC HEARING ADJUSTMENT OF FEES AND SERVICE CHARGES

Date: Tuesday, May 3, 2016
Time: 6:00 p.m. or as soon thereafter as the matter may be heard
Place: City Council Chambers, Norwalk City
Hall, 12700 Norwalk Boulevard, Norwalk,

**Description:** The City Council will conduct a public hearing to consider adoption of Resolution No. 16-18, which would establish and/or adjust citywide fees and service charges, including, but not limited to, development fees such as applications for zone changes, conditional use permits and variances, park use fees, recreation class fees, regulatory business permits, pet license fees, utilities department fees, and facility rentals and other similar fees and charges. A copy of a Comprehensive User Fee Study showing the cost to the City to provide the services or process the permits for which the fees are imposed and prepared for the City by an independent firm is on file in for the City by an independent firm is on file in the City Clerk's Office and may be inspected or copied during normal office hours.

Public Comment: Interested persons are invited to attend this hearing and be heard regarding this matter. Written comments may be submitted to the City Council prior to the time set for the hearing. Address written comments: Attention City Clerk at the address poted above or by email to clerk @ address noted above or by email to clerk@ norwalkca.gov.

More Information: Questions concerning

the public hearing matter should be directed to Jana Stuard, Finance Director at (562) 929-5748, <a href="https://doi.org/10.1007/j.near.1 meeting or other services offered by this City, please contact the City Clerk's Office at (562) 929-5720. Notification at least 48 hours prior to the meeting or time when services are needed will assist the City staff in assuring that reasonable arrangements can be made to provide accessibility to the meeting or service. Assisted hearing devices will be available at this hearing without prior

Dated this 15th day of April 2016.

The Norwalk Patriot 4/15/16, 4/22/16

/s/ Theresa Devoy, CMC City Clerk

15 fewer years of life," notes Stepner, enough to protect their health. They a co-author of the study, "really demonstrates the level of inequality we've had in the United States."

So what do we do about this inequality?

Stepner and his colleagues belong to the "practical politics" camp. They see inequality as too entrenched to take head-on. Better, they advise, to spend money on social services for the poor and promote healthy behaviors like not smoking and eating wisely. Poor Americans, they note, live longer in unequal places like New York City — that take this approach.

But other analysts are pushing back on this perspective. Focusing on the unhealthy behaviors of the poor, they argue, lets the rich — and their political pals — off the hook.

People who engage in unhealthy habits, these analysts point out, don't smoke or do drugs or overindulge in

That poor Americans "have 10 or junk food because they don't know engage in these habits because they're can afford to get this relief from seeking relief from the stresses of everyday life.

> Deeply unequal societies, researchers have documented over the past four decades, generate far more of these stresses than more equal societies. And this greater stress affects everyone, the affluent options. So the gap between how included.

> In places where the wealthiest don't make all that much more than everyone else, where you stand on the economic ladder doesn't make all that much of a difference. You're Sam Pizzigati writes on inequality for not going to obsess — and stress about it.

In deeply unequal societies, it's a different story. If you have money in these societies, you're going to worry about losing it. If you don't have money, you're going to feel intense pressure to get it.

Amid all this stress, people will naturally seek relief. The affluent behaviors that support their health. They can go to spas and country clubs. And if they should veer off onto some health-threatening path, they can always afford a stint in a luxury rehab center.

Poor people don't have those long they live and how long the rich live continues to widen. If we want to change that dynamic, we have only one choice: We have to confront, not accept, inequality.

the Institute for Policy Studies. His latest book is The Rich Don't Always Win: The Forgotten Triumph over Plutocracy that Created the American Middle Class, 1900-1970 (Seven Stories Press).



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

## 12040 Foster Road, Norwalk, CA 90650

Name:	
Address:	
Phone:	

The Norwalk Patriot 06 Friday, April 22, 2016

## COMMENTARY: City Council makes ill-advised changes to Norwalk bus system

By Raul Samaniego Contributor

NORWALK - The Norwalk City Council voted to implement the proposed changes to Norwalk Transit Route Numbers 1 and 3 at Tuesday's public comment council

Council Member Leonard Shryock led the way with what sounded like an commander's order to Transportation Director James and gave an ultimatum to the City of Whittier to come up with some cash of their own.

was opposed to "subsidizing" the NTS for other communities.

Councilman Marcel Rodarte was no angel on this matter either. He was very vocal in his opposition to the continuation and/or taking over Metro line 270. That's a lot of posturing for a lame duck council member who is departing the big leather chair within 60 days or so.

the council including the would be affected by the cuts. acknowledgement that over 160 signatures on two petitions from riders were presented in support of their opposition to any service cuts..

There seemed to be confusion as to who the riders were. One woman said she rode the bus south from the San Gabriel Valley and would be "adversely affected if the service was

Another wheelchair bound Parker to basically stop working on speaker asked directly if any council any proposals regarding this issue member or Mr. Parker rode the bus

No hands went up.

Council Member Cheri Kelly wondering why the Metro 270 is being discontinued by the Metro system. Some believe it is a low rider, low revenue generating route.

line 270 into the NTS system

PROSE HILLS

Now Hiring

SALES PROFESSIONALS

NO EXPERIENCE NECESSARY

SET YOUR OWN SCHEDULE

medical, dental & vision benefits

MAKE BIG MONEY

offices in Alhambra, Cerritos, City of Industry & Whittier

Please send your resume to jaciel.camacho@rosehills.com

Immediate interviews will be arranged

(562) 463-4566 • www.rosehillscareers.com

Riding the Number 3 last week,

Half a dozen people addressed I spoke with half a dozen riders who for those two sentences, I jumped

Bonita Griego, 69, was returning from her monthly trip to the Norwalk Civic Center area.

With the deletion of the route between Telegraph Road and Carmenita to the Whittier Depot, it would add some time to her commute with "a less than 10 minute walk to pick up the 270."

Unfortunately, her plans weren't including the elimination of the Metro line 270 as an alternative. Griego has been riding the number 3 for over a year now.

The atmosphere emitting from There is an environment of Councilman Shryock was one of contempt for the riders who seemingly were all residents of communities other than Norwalk.

For me, I get that. I utilize the The absorption of the Metro number three when I am going to Whittier for the pleasure of sitting appears dependent on a Meeting in their heavily shaded downtown slated for April 28th by the Metro area, sipping a cup of coffee and visiting that book store I mentioned

> The Depot at the end of route 3 services primarily the NTS bus with a nice sitting park and old style refurbished train station.

> "John," a 66-year-old commuter, used the number 3 "mainly for convenience." He was returning from a shopping trip to the Gateway Center at the designated new ending point at Telegraph and Carmenita.

> A couple blocks away at the Whittier Senior Center, Joan Mithers, Community Services Manager Parks, Recreation & Community Services, was aware of the situation and stated that any comments at the time were "premature."

> She did add, "We are very interested in preserving the bus lines in Whittier."

> When asked how the city was prepared to do that, Mithers said she was "not ready to speak to that."

Well, after waiting 40 minutes

back on the Raulmobile and headed back to the Depot for the bus ride home. Waiting for the bus under the nicely constructed shelter was 28-year-old Nick Rodriguez.

"I use the Number 3 to get me to the Norwalk Metrolink Station," he said. "I go out to Corona once a week to visit my mom."

At Tuesday's public comment meeting, the council's decision to drop parts of the number 1 and the 3 was passed 3 to 2 with members Shryock, Kelly and Rodarte voting for riders to warm up their thumbs and invest in some name brand walking shoes with Vernola and Mayor Mike Mendez siding with me, I mean, the valued riders of route 3 and 1.

As the meeting was winding down with the last item on the agenda, I hobble out to get some last words from Whittier's Joan Mithers as she made a dash for the exit.

With the look of Kelly Rippa when she heard the news of her Live Show host's announcement that he was leaving the show, Ms Mithers could only compose herself and say, "No comment."

Finally, the deletion for route 1's weekday section north of Rio Hondo College is scheduled to be implemented June 27, 2016.

Route 3's removal of the section north of Carmenita and Telegraph Road to the Whittier Depot is scheduled for September 2016 with no specific date listed.

Again, unfortunately, the final decision regarding Metro route 270 will not be known until Thursday April 28.

So, AMC, please implement a \$5 dollar Tuesday so I can again give my cinema and coffee business to a Norwalk provider.

**HAPPY HOUR** 

**Breakfast & Lunch** 

**Buffet** 

Now Available!

Monday - Thursday

Expires 5-22-16

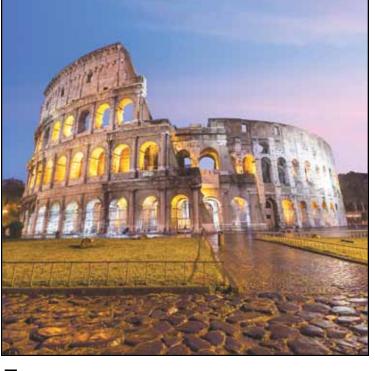
Mon. - Fri. 3 PM-8 PM

Sat. & Sun. 3 PM-8 PM

(Bar Only)

Buy One Entree, Get the Second of

Equal or Lesser Price for 🏻 🥏



## 5 ways to save on an overseas trip

By Nathaniel Sillin

My neighbors and I talked for weeks about their upcoming European vacation with their teenaged kids. We discussed every single place they planned to visit. But when I asked if they knew how much their European train and ground transportation, smartphone data plans and meals out were going to cost, they shrugged and like reloadable city smart cards said, "We're not worried. That's the or continental rail passes. Paying cheapest part of the trip!"

They might have been right ‐ if they had planned ahead. Sometimes it's not the airfare and hotel bill that get you, it's the failure to monitor small expenses that can turn into big ones in a hurry. No matter where you go, there are hidden money pits. That's why smart money management before you travel is so important. Whether you meet or exceed your budget depends on how you plan and execute your spending.

Consider these five tips to help you conserve funds in all major areas of vacation spending:

1. Start by sweating the small stuff. Take some time to do a any apps to supply maps, translation bit of research on basic expenses at or reading material on your phone or the various locations where you're

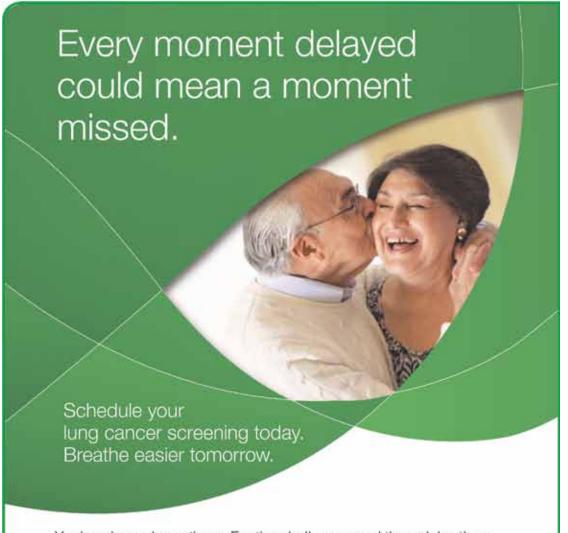
planning to go. Talking to friends can help and so can travel magazines and

2. Keep the costs of ground transportation in mind. convenience of cabs or rental cars will likely cost more and, depending where you go, some options might be safer than others, so study options individual ticket prices for short hops or long journeys can drain your budget. Also, consider traveling at offpeak times of the day to get cheaper rates on train travel.

Know what it costs to use your electronics. You've probably heard about people getting socked with huge cell phone bills. To avoid this, call your carrier before you leave to make sure your phone will work wherever you're going. If so, check if they offer an affordable international talk and data plan. If not, consider options like an international SIM card ‐ a small chip card that fits inside your phone for specific use within that country; or a prepaid phone. If you're downloading computer, do it while you are home to avoid chewing up international data at your destination. Also, be careful with Wi-Fi. Many recognizable global restaurants and fast-food chains offer the service for free, so check before you pay for it. Once you're home, be sure to cancel any international services vou've ordered

Eat like the locals. The Internet and the myriad travel sites it offers make it easy to find good places to eat at all price levels practically anywhere in the world. But eating food out can add up. Focus on the cheapest and safest ways the locals eat.

Travel insurance can be smart money management. Lost luggage, missed connections or a medical emergency won't just ruin your trip, they can potentially wreck your finances. Check your personal home and health insurance to see what they might cover on a trip and back your protection with a leading travel insurance policy. Visit websites that will allow you to compare coverage you need to select the best option for you. Make sure to check any travel insurance policy closely for any exclusions or pre-existing conditions that could void your coverage.



You've always been there. For the challenges and the celebrations. For every breathtaking moment. Don't let lung cancer take that away from you. If you are 55 to 80 years old and have smoked a pack a day for over 30 years, are a current smoker or have quit within the last 15 years, a new lung cancer screening procedure can help catch cancer early. So you won't have to miss a thing.

As a Lung Cancer Alliance Screening Center of Excellence, we offer:

- Compliance with quality standards for screening procedures
- Highly-skilled physicians and a multidisciplinary care team
- Compassionate, attentive care every step of the way

If you have questions about our Lung Cancer Screening Program and want to find out if a screening is right for you, please call 562.967.2892 today.



## **ATTORNEY - ABOGADA**

Friday & Saturday

7:30 рм - 12 рм

Sunday 4 рм - 9 рм

Tel. **562.622.9100** 

11010 Paramount Blvd.

**Downey, CA 90241** 

Eva Juárez - Attorney Malhotra & Malhotra

Wills, Trusts, Probates (Testamentos, Fideicomisos, Demandas Sucesorias)

Divorce, Custody, Support (Divorcios, Convivencia, Pensión alimenticia)

Call for a FREE Consultation!

Your problems have solutions. (Todos sus problemas tienen solución)



Hablo Español

(562) 806-9400 (800) 811-8881 7847 E Florence Ave. Suite 111, Downey, CA 90240