Friday, May 13, 2016 Vol. 10 No. 15 12040 Foster Road, Norwalk, CA 90650

## Downey Walmart opens to residents' dismay

By Alex Dominguez Contributor

DOWNEY - Walmart, the newest addition to the still developing Downey Promenade, hosted a successful ribbon cutting and grand opening Wednesday morning, much to the dismay of many of Downey's residents.

The morning's ceremony kicked off at around 7:30 am, and was attended by notable Downey "... We pouted. We cried. We were heartbroken because this location right here is special in the history of mankind...that was on May 10th. We sat the next day and told our staff, 'You know, we get to pout over the weekend, until May 14th that Monday. And then let's get together and say what's next. Folks, this is what's next."

Mayor Saab also made a few comments and presented the store with a certificate of recognition on behalf of the residents of Downey.

"This property is very sacred to us. This is the land where dreams were reached, where people worked beyond imagination. We are very proud of this property, and this is where dreams will continue to flourish.'

Downey Chamber of Commerce President Cindy Kovach also spoke, adding "We are thrilled that [Walmart] are planning to be a partner with the Chamber and we look forward to a great association with Walmart."

The addition of Walmart has been a hotbed of debate between many of Downey's residents, with many opposing its inclusion into the Promenade due to the store chain's somewhat infamous reputation and what some might describe as notorious clientele.

The public outcry has been prevalent since then Mayor Pro Tem Saab announced Walmart's arrival late last year. The public's opinion was never more present when Downey Patriot Editor Eric Pierce published an article entitled "I Will Shop at Walmart (and you Probably will too)" earlier this week.

The outspoken response to Pierce's article seemed primarily negative, with many saying that they would take their business elsewhere; some even claiming to boycott the Promenade all together. Very few supported the store's opening, or instead decided to be optimistic.

Originally, a higher end store was planned to be the cornerstone of Downey's latest dining, shopping, and entertainment enterprise. However, the final result of Walmart was claimed to be out of the city's hands by Saab Despite any negative feelings towards Walmart, however, Wednesday's raise \$10K for charities in an article published in last year's Year in Review magazine.

ribbon cutting stayed peaceful and quiet without any known incidents.

The store is now open to the public.

## Portion of 5 Freeway to be renamed after police officer

DOWNEY - A portion of Interstate 5 in Downey will be renamed in honor of slain Downey police officer Ricardo "Ricky" Galvez.

The proposal by state Sen. Tony Mendoza would rename the freeway between the San Gabriel River bridge and the Rio Hondo River bridge as the Downey Police Officer Ricardo Galvez Memorial Highway.

The proposal was unanimously approved by the state Senate last week and now heads to the Assembly for consideration.

"The memorial highway honors the service and profound sacrifice of School senior Robert Renteria said. "I wouldn't have been able to Downey Police Officer Ricardo Galvez," said Mendoza. "He was a thoughtful and dedicated officer who served and protected our community and our nation with professionalism, courage and distinction."

A U.S. Marine veteran, Galvez was killed last Nov. 18 while sitting in his personal vehicle outside the Downey police station.

Two people approached the vehicle and fired at Galvez, killing him instantly. He was 29.

"We appreciate Senator Mendoza's efforts to honor our fallen brother, Officer Ricardo Galvez, in this manner," said Downey Police Chief Carl Charles. "On behalf of the Galvez family and the members of the Downey Police Department, we would like to thank the entire California Senate for approving the renaming of a portion of the highway in Ricky's honor."

Galvez will also be memorialized in a billboard campaign this week across Southern California.

The digital billboard space was donated by Clear Channel Outdoor in recognition of National Police Week. Signs in Southern California will display commemorative images honoring fallen officers from the Downey, Long Beach and San Bernardino police departments.

"Our law enforcement officers risk their lives every day to protect us and the tragic loss of these local heroes is a sobering reminder of the dangers officers face in order to keep our neighborhoods safe," said Layne Lawson, director of public affairs for Clear Channel Outdoor's Southern California Division. "We are honored to pay homage to our local fallen officers and hope residents throughout the Southland will see these images and pause to pay their respects and thank our local heroes who have paid the ultimate

This year, the names of 252 fallen officers will be engraved on the National Law Enforcement Officers Memorial in Washington D.C. Of those officers being memorialized, three served in Southern California: Ricardo Galvez of the Downey Police Department, William H. Waggoner of the Long Beach Police Department, and Bryce Edward Hanes of the San Bernardino Police Department.

CCOA will be displaying images honoring these three officers in each of their home towns throughout the duration of National Police Week, which runs through May 21.

At 5 p.m. PST on May 13, during the annual candlelight vigil held in Washington, D.C., all of CCOA's large format digital billboards will pause for 2 minutes on a single iconic image in remembrance of the 252 U.S. law enforcement officers whose names are being formally dedicated on the memorial this year.

## Vietnam veteran surprised with free trip to Washington, D.C.



By Christian Brown Staff Writer

NORWALK - A Los Angelesbased plumbing company surprised local Vietnam veteran last Saturday with a fully-funded trip to Washington D.C. after the Norwalk resident shared his lifelong dream with the workers that rehabbed his

A crew of employees from Twin Home Experts cheered and whistled as 67-year-old Brian Unzicker walked out his front door and onto the porch of his Norwalk house.

"I always have something to say, but I am truly overwhelmed," said Unzicker, wiping tears from his eyes.

longtime Norwalk homeowner, Unzicker recently decided to leverage the equity in his house so he could pay for an overdue vacation to the nation's capital.

"There's a lot to see on the east coast like Civil War battlefields," he said. "But the wall at the Vietnam Memorial is what I'd most like to

Unzicker served in Vietnam for 13 months starting in 1969 and has never had the financial means to see the national memorial dedicated to his fallen comrades.

"I wanted to get a reverse mortgage to pay for the trip, but I had some mold and water damage in the house that needed to be addressed first," he said.

In only 3 weeks, Norwalk students

Last month, workers at Twin Home Experts overheard him mention his dream of visiting the memorial as they fixed his home. Dave Schuelke, who co-owns the business with his twin brother Jim, said it was only fitting to cover the costs of Unzicker's travel and accommodations.

"I heard the desperation in his voice when he called us for help to fix his home - and when he told us why, we wanted to do this for him to make a big difference in his life," Dave Schuelke said. "This guy has got such a huge, huge heart and he was just so grateful for everything

And the Schuelkes' went big with their surprise, lining Unzicker's street with a dozen Twin Home Experts vehicles and smiling employees with U.S. flags in hand.

"They think I'm deserving of this and I'm not going to argue with them," Unzicker said with a laugh. "I won't turn down their generous offer - it means so much to me."

Unzicker, who retired as a Teamsters truck driver in 2002, said he hopes to make his pilgrimage to Washington D.C. with his dog, Zoey, in spring 2017.

school," Principal Ryan Smith said. "It's great to see our students give back to the community. I am so

proud of our students who took it upon themselves to do this."

nominated this year's 10 charities

Mary Navalta –

Without Borders

Los Angeles

Barbara Counties

Health America

Prevention

(CASA) of Los Angeles

Martinez – Semper Fi Fund

National Service Foundation

Cancer Research Institute

Warriors Family Support

of Los Angeles, Ventura and Santa

• Victoria Lopez - Mental

• Silvia Lopez – AMVETS

• Jordan Hernandez, Brittanie

Richard, Ethan Barnum, Richie

American Foundation for Suicide

• Patty Yarbrough (staff) -

• Ken Cook (staff) – Wounded

"Norwalk High School seniors

are an example of the caliber of

students who graduate with the

compassion and generosity to

give back to their communities,"

NLMUSD Superintendent Dr.

Hasmik Danielian said. "They not

only recognize the issues that mean

the most to them, but are ready to

take action and contribute their

time to help others in need."

Marroquin and Juan Herrera

The seniors and staff who

• Alondra Aguilar - Court

## Weekend at a Glance



#### THINGS TO DO



**Southeast CicLAvia** Sunday - Lynwood, 9 a.m.

CicLAvia comes to Southeast L.A. Meet at Firestone and Long Beach boulevards.



**Brush Strokes & Beverages** Saturday - Norwalk Cultural Arts Center, 6 p.m.

Instructor-led painting, complimentary beverages, and snacks. \$25 (must be 21 or older)



**KROQ Weenie Roast** Saturday - Irvine Amphitheatre, 12 p.m.

Performances by Red Hot Chili Peppers, Weezer, The Lumineers, Empire of the



#### ArtFest 2016

Friday and Saturday - Clarke Estate in Santa Fe Springs

Artisans, musical entertainment, food vendors, art workshops and featured artist Lalo Alcaraz.

#### FROM OUR FACEBOOK

**Walmart opens in Downey** 

Anthony Adams: I have never shopped there and will never start. If that was the last store on earth I would live off the land before shopping there.

Aldo Aguilera-Lua: Maybe we were foolish to believe the city, but our city officials should have been upfront and communicated to its residents as soon as they new that Walmart was coming.

**Briana Castillo:** Downey needs to change it from "Promenade" to "Shopping Center". A Promenade is much more sophisticated than what Downey put into it.

Raul Cruz: There's no one to blame but the city itself, they over promised and underdeliver which seems to be the norm for Downey no a days.

Sharee Teegarden: I will shop at this Walmart if this one is clean and well stocked. I shop at Pico Rivera and Santa Fe Springs. I shop where I can get what I need.

Facebook.com/NorwalkPatriot

Nearly 250 Norwalk High School seniors raised \$10,000 by selling granola bars in three weeks, to donate \$1,000 each to 10 charities that include Mental Health America, AMVETS National Service Foundation and American Foundation for Suicide Prevention.

**NORWALK** – A Norwalk High to continue fighting back," Lotts, 18, revealed to classmates how he Hodgkin lymphoma throughout his childhood, wracked by debilitating radiation treatments during third grade and for years to defeat the cancer that sapped his body's ability to fight infections.

It was during this tough time that the Make-A-Wish Foundation granted him a wish: a trip to Disneyworld.

"I didn't really get to have a childhood," Renteria, 17, said. "Make-A-Wish made my life feel normal, and it was the happiest day of my life."

Renteria's gripping persuaded his classmates to choose the Make-A-Wish Foundation as one of 10 charities to receive a \$1,000 donation from Norwalk High's annual Charity for Charities event, now in its fourth year.

As part of the effort, seniors raise money by selling granola bars, research possible charities and lobby their peers before a vote on which charities will receive the donations. This year, nearly 250 seniors teamed up to sell granola bars for one dollar each, raising \$10,000 over three weeks.

Renteria's best friend, senior Jesse Lotts, asked Renteria to tell his story to show why Make-A-Wish Foundation should be one of the 10 charities this year.

"Make-A-Wish enriches the children's life experiences for them

meet my best friend without Make-

Other winners include organizations that provide support for people battling mental illness, suicide prevention efforts and veterans.

"I am so proud of the students who really took the time to understand the charity they chose and found an organization that gave the most back to the community," NLMUSD Board of Education President Karen Morrison said. "They are strengthening valuable social responsibility traits that they will carry for the rest of their lives."

Over the last four years, Norwalk High seniors have donated over \$45,000 to more than 40 charities. With the exception of guidance from their advisors, students run the Charity for Charities event.

"This has become a really wonderful tradition for our whole

#### High school seniors encouraged to apply for Young Legislators program

NORWALK - State Sen. Tony Mendoza is now accepting applications for his 2016-17 young legislators program.

The program provides high school seniors an opportunity to learn about California's government and legislative process by researching local issues, attending meetings with legislative staff, assisting constituents, and traveling to Sacramento for a mock legislative session in the State Capitol.

Applications are available on Mendoza's senate website or by calling his office at (562) 860-3202.

Deadline to submit an application is June 30.

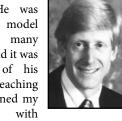
The Norwalk Patriot 02 Friday, May 13, 2016

#### Paging Dr. Frischer...

By Dr. Alan Frischer

when I was 15. He showed me the rules of the road and how to be a

safe and smart driver. He was my role model for so things, and it was because of his patient teaching that I gained my freedom the keys to the



this issue in reverse.

For most of us, there comes a time when it is appropriate for our aging parent to give up their car keys. The decision is likely to be a wrenching one. When is the right time to encourage, or even force them off the road? What might help to make the decision more clear? To make it even harder, this time often comes when they are already facing including: losses - health, loved ones, mobility, and now independence. For practical and emotional reasons, giving up driving is a transition that everyone involved wants to put off for as long as possible. It is no wonder that many adult children say that taking away the car keys was among the hardest things they ever had to do.

According to the AAA Foundation for Traffic Safety, the rate of accidents per mile of driving increases steadily after age 65. Still, age alone is not a predictor for poor posted speed limit driving skills. Older drivers actually cause fewer motorist and pedestrian deaths than drivers of any other age group. They are the most likely to wear seat belts, and less likely to drink and drive. They drive far fewer miles. Urging a family member to stop driving should only be motivated when you are convinced that they pose a danger behind the wheel.

especially:

·Vision impairment – As eyes age, less light reaches the retina,

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My father taught me to drive to cataracts, glaucoma, macular life - with your input and support. degeneration, etc.

> occur so gradually that it may take their car, and make it a far less a while to even notice. It affects the lonely and frightening prospect. ability to hear horns, screeching If you live nearby, make a regular tires, sirens, etc.

> diminish the ease of movement in to drive them to the activities they the neck, shoulders, arms, and feet.

·Prescription drug use - New prescriptions can compromise them to take a bus, taxi, Uber, driving ability and cause drowsiness, or to walk if possible. Help them family car. How tough it is, to face blurred vision, tremors, or other develop new hobbies or routines side effects.

·Alcohol and/or drug abuse -When combined with aging, the consequences can be even more serious. Alcohol, for example, stays in the body longer and tolerance declines. Many drugs, including prescription medications, interact badly with alcohol.

Be on the lookout for clues,

•Traffic tickets, accidents, or a drastic change in auto insurance

· Damage that appears on the

·Discrete reports from friends of poor driving

·Displays of tension or exhaustion during or after driving ·Complaints about getting lost ·Difficulty concentrating

·Reluctance to drive at night ·Difficulty seeing traffic lights Driving below (or above) the

·Slow reaction times ·Getting honked at

A driving discussion with parent should never be confrontational. It might begin with: "Mom/Dad, if or when you can no longer drive, how will you stay mobile?" If you have observed impaired driving, they have likely noticed it as well. Have a discussion about that traffic ticket or accident. Dr. Alan Frischer is former chief of Watch for changes in health, Let your parent discuss their concerns, and then be there to help them with solutions.

and there is increased susceptibility them take the lead in their own Ave., Suite 100, Downey, CA 90240.

VACATION AT HOM

This will make a difference in their ·Hearing difficulties - This can ability and willingness to give up routine of stopping by to see them, ·Flexibility - Aging may and include them in your life. Offer enjoy, to the market, etc. Include them in family outings. Encourage and interests that don't require driving, such as gardening, walking or swimming.

> If there's resistance, it might be time to enlist professional help. My family once hired a private driving instructor who evaluated an aging parent "off the record." She not only gave an objective professional opinion about their skills, but also included driving tips and advice. When the time comes, your loved one's doctor or member of the clergy may have powers of persuasion. When I'm consulted, weigh the risks and benefits for continued driving. I follow with an open and tactful discussion with the patient and their family, addressing options, and finally a negotiation for a workable plan. In the event where there is clear evidence of substantial driving impairment and a real threat to patient and public safety, I have an ethical duty to notify the DMV of any medical conditions that would impair driving. Ultimately, the DMV makes the final determination.

Through the years, I have found that a loving, cooperative approach between family and patient leads to the best outcome. Don't be afraid to tackle this difficult issue early, so that there is time to create a workable plan together.

staff and former chief of medicine at Downey Regional Medical Center. Write to him in care of this Honor their feelings and let newspaper at 8301 E. Florence

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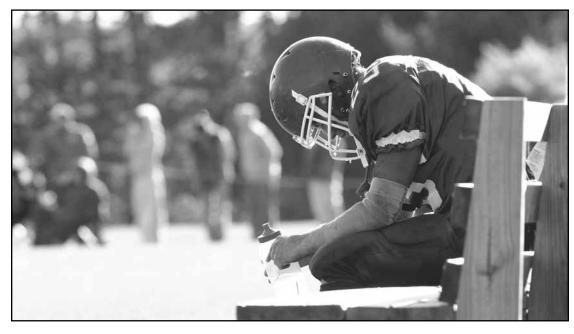
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## Study: NFL players not at increased risk of suicide

Retired National Football League (NFL) players are at no greater risk of suicide when compared with the general U.S. population, according to a new study by the Centers for Disease Control and Prevention (CDC).

The findings from CDC's National Institute for Occupational Safety and Health (NIOSH) appear in the May issue of the American Journal of Sports Medicine.

The NIOSH researchers calculated the suicide death rate for 3,439 retired NFL players who played at least five seasons between 1959 and 1988 and compared it with the suicide death rate for gender-, race-, and age-matched people from the general U.S. population.

They found that from 1979 to 2013, the rate of suicide among these former professional football players was less than half of what would be expected compared with the general U.S. population.

The NFL group experienced 12 suicide deaths compared with 25 that would be expected in a comparable gender/ race/age sector of the U.S. population.

"The issue of football players being at higher risk of suicide than the general population has been raised in the popular and scientific literature," said Douglas Trout, MD, Deputy Director of the Division of Surveillance, Hazard Evaluations and Field Studies at NIOSH. "In studying this particular cohort of professional football players, our researchers did not find this to be the case; more studies are needed before further conclusions can be reached."

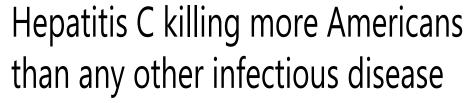
Based on previous information suggesting different risks for different positions, the researchers divided the players into two categories: speed positions such as quarterback, fullback, running back, and wide receiver; and nonspeed positions, which include all defensive and offensive linemen positions. Punters and kickers were excluded from the analysis because their positions generally did not involve contact that resulted in head injury.

Fifty-eight percent of the suicide deaths were white players and 42 percent were black players, virtually equal to their representation in the entire group (59 percent white, 41 percent African American). The rate of suicide, or "intentional self-harm," was significantly lower in former NFL speed-position players compared with the general U.S. population. The suicide rate for non-speed-position players was lower than that of the general population, but the difference was not mathematically significant. There were also significantly fewer overall deaths from cancer, heart disease, and assaults/homicides among the former NFL players than in the general population.

CDC conducted the study to learn more about whether football players, who are at a higher risk of concussions when compared with the general U.S. population, might also have a higher risk of suicide.

Although the study found no increase in risk of suicide, it does have several limitations. Records available to the researchers did not include information like environmental or genetic factors related to suicide risk or specific information about concussions among the players in the group studied.

NIOSH first began to study the deaths of retired NFL players in 1994 after a request from the NFL Players Association. NIOSH has published two other studies for this group about death from cardiovascular disease and from neurodegenerative disease. This latest study adds to the current discussion about the relationship between playing football and suicide risk, but does not resolve the issue of whether suicide is more common among former football players.



Deaths associated with hepatitis C reached an all-time high of 19,659 in 2014, according to new surveillance data released this week by the Centers for Disease Control and Prevention (CDC)

A second CDC study, published online today in Clinical Infectious Diseases, shows that annual hepatitis C-related mortality in 2013 surpassed the total combined number of deaths from 60 other infectious diseases reported to CDC, including HIV, pneumococcal disease, and tuberculosis. Further, both studies use data from death certificates, which often underreport hepatitis C, so there likely were even more hepatitis C-related deaths than these numbers suggest.

The greatest hepatitis C burden falls on baby boomers - those born from 1945 to 1965 - many of whom have unknowingly been living with the infection for many years. According to a study published in The Lancet Infectious Diseases earlier this year, many baby boomers were infected during medical procedures in the years after World War II, when injection and blood transfusion technologies were not as safe as they are today. Without diagnosis and treatment, they increasingly develop liver cancer and other life-threatening hepatitis C-related diseases, and they may unknowingly transmit the disease to others.

"Why are so many Americans dying of this preventable, curable disease?" asked Jonathan Mermin, M.D., director of CDC's National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention. "Once hepatitis C testing and treatment are as routine as they are for high cholesterol and colon cancer, we will see people living the long, healthy lives they deserve."

The surveillance data released today also point to a new wave of hepatitis C infections among people who inject drugs. Acute cases of hepatitis C infection have more than doubled since 2010, increasing to 2,194 reported cases in 2014. The new cases were predominantly among young, white individuals with a history of injection drug use, living in rural and suburban areas of the Midwest and Eastern United States.

"Because hepatitis C often has few noticeable symptoms, the number of new cases is likely much higher than what is reported. Due to limited screening and underreporting, we estimate the number of new infections is closer to 30,000 per year," said John W. Ward, M.D., director of CDC's Division of Viral Hepatitis. "We must act now to diagnose and treat hidden infections before they become deadly and to prevent new infections."

Addressing viral hepatitis risk among people who inject drugs is an important public health priority and a key concern for CDC. CDC recommends that comprehensive prevention programs be implemented to avert drug-related hepatitis C transmission. These prevention programs should include regular testing for hepatitis C (as well as hepatitis B and HIV); rapid links to medical care for people who test positive; and access to substance abuse treatment, sterile injection equipment, and other services.

About 3.5 million Americans are currently living with hepatitis C and roughly half are unaware of their infection. CDC and the U.S. Preventive Services Task Force recommend one-time hepatitis C testing for everyone born from 1945 to 1965 and regular testing for others at high risk. Once diagnosed, patients can take advantage of new, highly effective treatments that can cure the vast majority of infections in two to three months and take other steps to protect their health.

CDC is committed to helping communities use all effective tools to stop the spread of hepatitis C and reduce deaths associated with the disease. Through collaborative efforts, we can help reduce the rise in new infections and reverse trends in hepatitis C-related mortality, ultimately ensuring that far fewer people die of this disease.



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The Norwalk Patriot 03 Friday, May 13, 2016

## Whittier, Santa Fe and Pioneer high schools have new principals



Craig Campbell, assistant principal of curriculum and instruction at Santa Fe High School, will helm the Santa Fe Chiefs as school principal. Campbell is a 1997 graduate of Santa Fe.

upon which our teachers and

students can continue to grow and

thrive," Superintendent Sandra

Thorstenson said. "I have great

confidence that Lilia, Craig and

Tim will continue to lead their

respective high schools on a path to

success and have the full support of

entire education career at Pioneer

High School. She was previously

a special education teacher at

Roosevelt High School in the Los

Angeles Unified School District

for two years before becoming

1997. She took on such roles as

an Advancement Via Individual

teacher and GATE/Advanced

Determination

Placement coordinator.

(AVID)senior

Bozigian has spent nearly her

the community in doing so."

WHITTIER - A The Whittier leadership throughout their careers Union High School District Board at Whittier Union, contributing of Trustees has appointed three to our phenomenal increase in veteran District educators as achievement and supporting the principals of Pioneer, Santa Fe and District's culture of collaboration Whittier high schools.

Pioneer High's new principal will be Lilia Bozigian, who serves as the school's assistant principal of guidance and counseling. Santa Fe High will be led by Craig Campbell, the school's assistant principal of curriculum and instruction. Whittier High will be helmed by Timothy Liggett, now the assistant principal of curriculum and instruction.

Bozigian and Campbell will replace principals Monica Oviedo and Kevin Jamero, respectively; the latter have been appointed assistant superintendents of Whittier Union. Liggett will replace Principal Lori Eshilian, who is retiring in June. All roles will go into effect July 1.

"Each of these educators has demonstrated their strong

She became assistant principal of curriculum and instruction in 2007 before shifting in 2011 to assistant principal of guidance and counseling. She earned her bachelor's degree in English from Cal State Los Angeles and master's degree in educational leadership from Cal State Fullerton.

"I began my career at Pioneer High School almost 20 years ago and made it my goal to provide a highquality education to students, instill in them Titan pride and inspire them to reach for greatness every day," Bozigian said. "I am incredibly grateful to the Board of Trustees and the District administrative team for having the confidence in me to lead a school that is like my second home."

Campbell, who graduated from Santa Fe High School in 1997, has dedicated his entire education career to students at his alma mater. He began as an athletic coach, science and math teacher in 2002 and served as the special education department chair at Santa Fe for two years starting in 2008. He became dean of students in 2010 and advanced in 2011 to assistant principal of guidance and counseling. He has been assistant principal of curriculum and instruction since last year.

Campbell earned his bachelor's degree in exercise and sports science from Iowa State University and a master's degree in educational leadership from Cal Poly Pomona.

"It is an honor to serve as an English teacher at Pioneer in Principal at Santa Fe High School, where I gained an education that inspired me to pursue a career that would allow me to encourage students to pursue their dreams of making a difference," Campbell said. "I am humbled by the opportunity.

I am thankful to the Board and District administrative team for their confidence, and I hope to make the Santa Fe community

Liggett was a math and science teacher in Pasadena Unified and a physics teacher at Venice High School in Los Angeles Unified before beginning his tenure as a teacher and administrator in Whittier Union in 2005.

Liggett has served as a physics teacher and science department chair at Whittier High School, as dean of students at California High School and, since 2012, as assistant principal of curriculum and instruction at Whittier High. He earned his bachelor's degree in physics from Harvey Mudd College and a master's degree in secondary education from Loyola Marymount University.

"I look forward to continuing Whittier High School's ongoing legacy of ensuring that our students receive an amazing education that will lead to an abundance of post-secondary opportunities," Liggett said. "I want to thank the community and the Board of Trustees for their support."

inclusive selection process of each principal involved interviews with a large school community panel composed of faculty, staff, student and parent representatives. Teacher and classified employee association presidents, school administrators and cabinet members also took part in interviewing final candidates.

The new principals will be recognized during the Whittier Union Board of Trustees meeting at 7 p.m. Tuesday, June 7.



The Cerritos City Council recently held a ribbon cutting ceremony to commemorate new playground improvements at Liberty Park. The playground received new climbers, interactive elements, slides and swings. New playground surfacing also was installed. A color palette of various shades of blue was selected for the playground.

"This beautiful upgraded playground is just one of several park improvement projects currently under way," said Cerritos Mayor George Ray. "We hope that the community will enjoy this new playground and all it has to offer."

Liberty Park is located at 19211 Studebaker Road in Cerritos. Its amenities include a fitness studio, six tennis courts, softball diamond, jogging track, exercise stations, indoor racquetball courts, pickleball courts, disc golf course, sand volleyball courts, and community center.

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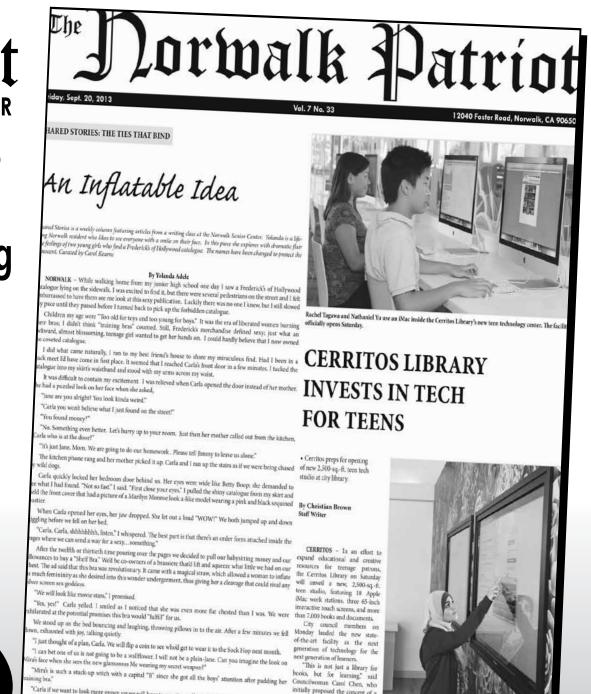
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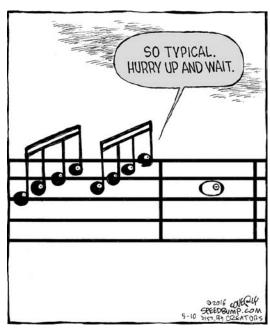


The Norwalk Patriot Friday, May 13, 2016

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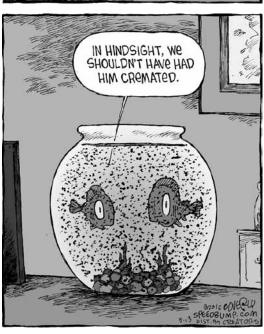


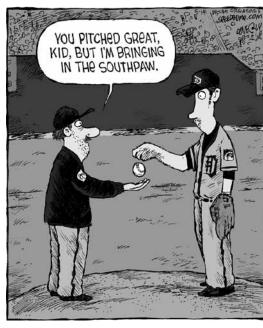
## DAVE COVERLY











#### On This Day...

May 13, 1917: Three peasant children near Fatima, Portugal, reported seeing a vision of the Virgin Mary. 1985: Philadelphia police dropped an explosive onto the headquarters of the radical group MOVE; 11 people died in

2003: The government unveiled a new version of the \$20 bill.

Birthdays: R&B singer Stevie Wonder (66), former presidential candidate John Kasich (64), basketball player Dennis Rodman (55), TV show host Stephen Colbert (52), pop singer Darius Rucker (50), actor Robert Pattinson (30) and actress Lena Dunham (30).

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### CALENDAR OF EVENTS

#### **SATURDAY, MAY 14**

6 p.m. - Brush Strokes & Beverages - Norwalk Cultural Arts 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

5/8/16

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#### THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com) THEY'RE AT WORK: All around the office by Gail Grabowski

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All Things Considered in 2015.

Down) became one of the hosts of



## Those who know Congress best are shaking their heads

By Lee H. Hamilton

I had the good fortune last week to spend some time in Washington, D.C. with about a dozen former members of Congress. As you'd expect, we got to talking about the current Congress. Very quickly it turned out that the same question was troubling all of us: Why is it held in such low public esteem?

We represented both parties and a variety of eras, and had a range of experience under our belts. But we all found ourselves chagrined by what we've been witnessing. You have to understand that most former members of Congress believe deeply in the value of the institution for American representative government. We might take opposite sides of particular policy debates, but on one point we all agree: we want the institution itself to succeed and thrive. These days, it's doing neither.

For starters, we were hard-pressed to come up with any real accomplishments for this Congress. It did pass a revision to No Child Left Behind, and a controversial expansion of cyber-surveillance capabilities - which it slipped into a must-pass budget bill. It also took the entirely uncontroversial step of broadening sanctions on North Korea. But that's

In the country at large, people are fretting about control of our borders, stagnant wages, college expenses, the cost of health care, the opioid addiction crisis, the spread of ISIS, the strengthening effects of climate change. The administration is trying to keep the Zika virus from gaining a foothold in this country, and congressional inaction has already caused Puerto Rico to default

airline passengers to longer and longer waits as the TSA struggles. Yet on congressional authority — especially control of the federal budget — to prod Capitol Hill, no one seems particularly concerned. Instead, its members left or check executive action.

This may be unfair, but I can't help but think about my first year in Congress. We enacted 810 bills, including the passage of Medicare and Medicaid, the Voting Rights Act of 1965, the Elementary and Secondary Education Act, the Water Quality Act, and setting up the Departments of Transportation and of Housing and Urban Development. Not every year was like that, but the contrast is inescapable. Among the group of people I was with last week — people who watch Congress closely — there was unanimity: this will go out as one of the least productive years in congressional history.

Worse, members show little interest in making Congress more productive. Our little group all remembered times when we or our colleagues pushed reform efforts to make the institution work better — and were struck that current members aren't doing so. Most Americans belong to some group or another that's trying to accomplish change for the better and improve itself at the same time. Why would Congress be an outlier? But it is.

Some of the observations we shared last week are old hat. Congress is excessively partisan, with too many of its members highly distrustful of Environmental Affairs. He was a member of the U.S. House of Representatives the other party and inclined to blame it for Capitol Hill's ailments. As an institution, it seems incapable of ridding itself of the bad habits it's gotten into: the reliance on omnibus bills and continuing resolutions; timidity

on one set of obligations, with a much bigger default looming - and doomed in the face of presidential power; a marked reluctance to use the levers of

Yet none of us believe this is irreversible. We are all convinced that strong leadership in Congress could make an immense difference. In the past, effective legislators on both sides of the aisle — as committee chairs and as caucus leaders — have left behind them a legacy of great accomplishment. Democrat Emanuel Celler of New York and Republican William McCullough of Ohio joined forces to craft the Civil Rights Act of 1964; Democrat Wilbur Mills of Arkansas and Republican John Byrnes of Wisconsin together helped shape Medicare.

I won't waste your time with a list of consummate legislators who were able to get things done. The point is simple: it may be a different time and legislative environment from 50 years ago, but strong leadership can make Congress work. On that, my former colleagues and I, Republicans and Democrats, found ourselves in full agreement.

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

## Let's take decisive action on opiod abuse

By Rep. Paul Ryan

Right now, people need our help.

Right now, thousands in Wisconsin and across America are struggling with opioid abuse. And that's why stopping this epidemic is a top priority in the House of Representatives.

The scope of the epidemic has expanded dramatically. Between 2004 and 2012, the proportion of deaths related to opioids increased by approximately 38%. About 4.3% of Wisconsin adults reported using heroin or other opioids in 2013, which was a marked increase from a decade earlier. In fact, every 25 minutes, a baby is born in America with drug withdrawal symptoms.

Prescription painkillers and heroin are the primary driving forces behind this epidemic. According to the federal Centers for Disease Control and

Prevention, in 2014, 45% of people who used heroin reported that they were communities. also addicted to prescription pain killers.

Many states, including Wisconsin, have stepped up to the challenge. They've passed legislation to help combat opioid addition and abuse. But now it's time for action on the national level.

This week, the House will pass a package of bills to curb opioid abuse, addiction, and deaths. One important piece of legislation is the Comprehensive Opioid Abuse Reduction Act, introduced by my friend, colleague, and fellow Wisconsinite, U.S. Rep. Jim Sensenbrenner (R-Menonomee Falls). His bill creates a comprehensive opioid abuse reduction program at the Department of Justice. This program will direct federal resources to the opioid abuse problem, and gives states the flexibility to attack opioid abuse issues in their

Other bills the House is considering this week will help local officials on the front lines of this fight. They will ensure federal dollars are going to programs with positive, evidence-based outcomes. They will also care for expecting mothers and their children, review how pain medication is prescribed, and help qualified veterans become emergency medical technicians to fight this crisis on the ground.

The Senate has passed bipartisan legislation by a vote to 94 to 1, and now the House is following suit. We can win this fight. Now let's get the job done. Rep. Paul Ryan is Speaker of the House of Representatives.

## GOP is running a two-pronged assault on women

By Martha Burk

We heard a lot about the "war on women" during the 2012 election cycle — mostly over Republican attacks on abortion rights and birth

While the phrase has faded in this election year go-round, the war on women has not. The only change is that now we're fighting on two fronts - reproductive rights and economic survival.

To a man, the three Republicans still in the nomination race oppose abortion rights.

No surprise there. But Ted Cruz has upped the ante and come out against exceptions for rape and incest. John Kasich would allow the exceptions, but says there's no point in talking to him about choice.

The formerly pro-choice Trump

but blurted out recently what others white-tablecloth restaurants. They're undoubtedly believe but are too working in low-level hash houses dishonest to say out loud - that and places like Denny's and Red the government should punish the women who have abortions. And probably the girls, too.

While reproductive rights are and benefits is no less so.

After all, adult women are by far the majority of those working for the federal minimum wage. It's parked at \$7.25 per hour because the feds haven't raised it since 2009.

The legal base pay for tipped workers lags even further behind it's been a measly \$2.13 since 1991.

Women make up 70 percent of tipped servers, and most of them

A Census report last year showed that the poverty risk for women spikes once they enter the workforce. fundamental to women's well-being For women with kids, the poverty and autonomy, the right to fair pay rate is almost double that of men in the 25-34 age range - prime

> Some experts say the growing gap may be partly due to continuing high unemployment rates among single mothers. Could be - but I'm betting a bigger factor is the poverty-level minimum wage, which disproportionally affects women of

> > Every presidential candidate has

is now not only against abortion, don't work in those high-dollar, weighed in on the minimum wage. outdone on the contradiction front, raise wages as long as they control enough — \$12 for her, \$15 for him - Cruz says \$0 is the right number. He'd do away with the federal minimum altogether, having deemed they want. it a "bad policy."

While Hillary Clinton and Bernie Kasich says it's "very important that Congress. And pushing back on Sanders argue over how much is we don't raise the minimum wage willy-nilly," but then adds that Uncle Sam ought to let the 50 states set 50 different minimums if that's what

All this adds up to a multi-In typical Trump fashion, the pronged attack on low-wage working GOP front-runner has said America women, who are the least able to fight needs "good paying jobs," while back. They're trapped by the ironclad declaring a preference for leaving partisanship on Capitol Hill, where the minimum at \$7.25. Not to be Republicans have promised not to

those abortion restrictions states have been rolling out? Forget it.

Between Congress and the nutcase wing of the GOP calling the shots in the presidential race, the war on women promises to be a long one indeed.

Martha Burk is the director of the Corporate Accountability Project for the National Council of Women's Organizations.

## Got a Beef? An Opposing View? Want to Say a Few Words of Praise? EDITORI **DROP US A LETTER**

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The Norwalk Patriot Friday, May 13, 2016

## Women's Club awards its college scholarships



Norwalk Women's Club Scholarship recipients (Left to right): Brandon Childers (Cerritos College), Kristie Carbajal (Santa Fe HS), Mayra Hernandez John Glenn HS), Ashley Hernandez (Norwalk HS)

By Raul Samaniego Contributor

**NORWALK** – The Norwalk Women's Club presented their recipients of their 2016 College Scholarship awards Wednesday May 11 at their monthly meeting held at the Masons Temple on Rosecrans Avenue.

Four students with plans to attend four year universities included three high school and one community college recipient.

One is a future teacher, another wishes to be a Pediatrician Nurse, the third has her eye on attending Azusa Pacific University some day and working with children. One returned from war and his goal is to study

After their regularly scheduled meeting, lunch was provided and then the recipients were announced.

#### NORWALK HIGH SCHOOL

With her 4.0 grade point average, Ashley Hernandez will be joining the 49'rs of California State University, Long Beach. Ms. Hernandez will be studying the Liberal Arts in her goal of becoming an Elementary Teacher.

"I've always loved working with children," Ashley said at the lunch

In addition to exceeding in academics, Ashley is in the Lancer Band playing both the flute and piccolo. She doesn't know if she will continue her music career while at the Shoreline Village campus.

School Counselor, Sonja Perez stated high praise for the young Norwalkian in her excellence in preparing for her college career.

#### JOHN GLENN HIGH SCHOOL

With enough siblings to start their own baseball or softball team ("Nine brothers and sisters), Mayra Hernandez (No relation to Ashley Hernandez), heads over into the Pomona Valley to attend California Polytechnic University.

Living with her older sister, Mayra aspires to work with children and continue her education.

"I want to go to Azusa Pacific University," exclaimed Mayra as she thanked the women's Club audience.

While at John Glenn, Mayra participated in the ACE Program or Academy For Careers in Education.

She too, wishes for a career working with Children.

#### SANTA FE HIGH SCHOOL

specifically, Biology.

While technically not in Norwalk, many Santa Fe Chiefs call Norwalk home. Kristie Carbajal is just such a student.

Accepted at California State University, Fullerton, Kristie has set her goal on becoming a Pediatric Nurse.

Makes sense since her favorite subject in school is science; more

"I've dissected a cow's eye, sheep's brain and heart," shared Ms. Carbajal describing her like for the science.

Sitting right next to her daughter, her mother, Maria, described her daughter as a good student and daughter.

When asked about a time she wasn't so "Good," the matriarch went straight to Prom night.

"She came home...at 1:30 AM."

As any good parent, the elder Carbajal was waiting up for her daughter to return from the "Night at the museum" themed Prom held where else, the Los Angeles Museum of Natural History.

All was forgiven. Both were obviously affected by the emotion of female students to pursue careers in the hands-on activities showed how the event unable to speak for a few moments when asked to convey the

Playing second base on the school softball team, gives the senior a well rounded extracurricular regiment in addition to the seven classes she is taking this semester.

#### CERRITOS COLLEGE/USMC

Reflecting on how his combat tour in Afghanistan gave him a "New world view," Cerritos Sophomore and Marine, Brandon Childers spoke about his decision to switch his major from Business to Psychology.

Sitting in an open door of a helicopter as a machine gunner, could give anyone a different view of the world.

Attending Cerritos College and working as an English Tutor, Brandon shared his motivation studying Psychology as a strong motivation to increase his personal knowledge.

"My first paper I turned into Professor Gaik's Writing class got a 50," Brandon said of his experience at his first try at written expression.

"I went to see Dr. Gaik and after our discussion, I never got below a 90 on future papers!"

Presenting the award for the Marine Veteran was Norwalk Council hope to see it grow." Member Leonard Shryock.

Presiding over the festivities, Norwalk Woman's Club President Lynwood and Firebaugh high schools Betty Lou Larsen affirmed the accolades and praise that the scholarship recipients earned and humbly accepted.

The Norwalk Women's Club members participate in many volunteer programs including the Friends of the Library, collecting clothing for a domestic violence shelter, other fund raising activities and of course, the awarding of the \$500 dollar college scholarships each student received.



Firebaugh High juniors Giselle Villanueva and Kelly Gonzalez get in the spirit during Lynwood Unified's inaugural Girl STEM Conference, held on April 20 at Lynwood's

## In Lynwood, STEM isn't just for the boys

LYNWOOD - Seeking to inspire teacher Kristen Symer said she hoped science, technology, engineering and mathematics (STEM), the Lynwood Unified School District held its inaugural Girl STEM Conference at Lynwood's Bateman Hall on April 20.

The conference, attended by more than 150 female LUSD elementary-, our engineering class. All the rest of middle- and high-school students, the students are boys," said Symer as featured motivational speakers and videos, workshops and hands-on activities assisted by Lynwood and Firebaugh high students in biomedical and engineering career programs.

"The goal of the Girl STEM conference is to educate our female students on the wide range of STEM auditing firm Ernst & Young cybercourses available to them through our PLTW (Project Lead The Way) programs and introduce them to successful women in STEM," LUSD Superintendent Paul Gothold said. "This is a tremendous event and we

Tables with PLTW students from displayed 3-D printers, fingerprint scanners, solar-powered car chargers, heart monitors, puzzle cubes and a Rube Goldberg machine designed three female Lynwood High engineering students.

Lynwood High engineering

fun and rewarding high school STEM courses can be. Lynwood Unified partners with Project Lead The Way the nation's leading designer of STEM curriculum – to provide the courses.

"These are the only three girls in her students demonstrated a complex machine to LUSD elementary school students. "By taking STEM courses, girls can excel academically, apply to prestigious universities and qualify for higher paying jobs."

Stephanie Aceves, who works for security division, gave a keynote address describing how her ability to write computer code as a USC student led to a career as a "white hat" hacker, who attempts to penetrate EY clients' security systems to expose weaknesses and prevent potential catastrophic break-ins by cyber criminals.

"I love my job!" Aceves said. "I want to challenge you today, as you go through your workshops, to imagine yourself being in these positions, working jobs that can transform your life, that are fun and exciting."

Jeri Lynn Metzger, an operational engineer for Northrop Grumman, and Cathalina Juarez, a workforce development manager for NASA/JPL, also addressed the Girl STEM students.

After the introductory session, students broke out into groups and attended workshops that discussed the importance of networking, how to obtain money for school scholarships and the struggles women face in college and careers. Four members of the Society of Women Engineers USC talked to high school students about the immediacy of pursuing STEM

"This is a dream come true for me," LUSD Board President Alma-Delia Renteria said. "We are committed to eliminating the gender gap, empowering women to step and take control of their future."

Outside the conference, students lined up to take pictures posing as "Rosie the Riveter," the iconic figure representing American female wartime production workers. The imagery proved effective to Firebaugh High juniors Kelly Gonzalez and Giselle Villanueva.

"Gender roles shouldn't matter," Gonzalez said.

"Women are strong. We can do it!"



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