

Students earn scholarships to study abroad

NORWALK – Cerritos College students Miguel Felix, Amy Perez, and Gurpreet Ubbu have been awarded the prestigious Benjamin A. Gilman International Scholarship, sponsored by the U.S. Department of State’s Bureau of Educational and Cultural Affairs to study or intern abroad during the summer 2016 academic term.

Felix received \$4,000 towards his study abroad program costs and will study religion and philosophy in Ladakh, India.

Ubbu received \$4,500 to study business and culture in Shanghai, China.

Perez, who received \$2,500, will participate in a forensic anthropology and archeological excavation in Limassol, Cyprus.

These three students join 1,150 American undergraduate students from 377 colleges and universities across the U.S. selected to receive Gilman Scholarship.

“In January, the Gilman Scholarship Program partnered with Cerritos College to provide a study abroad workshop for students,” said Timothy Juntilla, director, Scholars’ Honors Program at Cerritos College. “I am ecstatic that three of our students were awarded a Summer 2016 Gilman International Scholarship. This is the first step toward establishing and promoting study abroad opportunities for our students and, hopefully, we will expand our efforts and join other colleges and universities in the Generation Study Abroad initiative.”

The program aims to diversify the students who study and intern abroad and the countries and regions where they go. Students receiving a Federal Pell Grant from two- and four-year institutions who will be studying abroad or participating in a career-oriented international internship for academic credit are eligible to apply. Scholarship recipients have the opportunity to gain a better understanding of other cultures, countries, languages, and economies -- making them better prepared to assume leadership roles within government and the private sector.

Excelsior alumni picnic set for June 25

NORWALK – On Saturday, June 25, the Excelsior High School campus will once again come alive when Excelsior alumni return to their beloved campus for the Excelsior High School Alumni Picnic from 9 a.m. to 3 p.m.

This year’s theme will be “And The Music Played On!” Corinne Escobar Griffiths has been hard at work contacting former Excelsior band members from all class years... quite a task.

The Norwalk All City Band will get things started by performing at the opening ceremonies. Then the former Excelsior band members will join in.

On display in the cafeteria will be annuals, sports trophies, sweaters and other memorabilia from Excelsior’s past, donated by former Pilots and their families.

Food will be available from Frantone’s Pizza and The Taco Guy, along with kettle corn made fresh on campus.

The Class of 1956 will be celebrating their 60th class reunion at the picnic in the daytime, followed by a dinner at a local hotel in Cerritos. For further information contact Grant Hovey at (714) 745-9355.

The auditorium will be open for tours from 1-2 p.m. Come and see where we all yelled “Seniors Rise”.

There are major changes planned for the Excelsior campus in 2017. Plans are underway to demolish the Home Economics Building and the Flight Deck. This will be your last chance to see them before demolition as they are.

For further information, email excelsiorpilotspicnic@gmail.com or call Hilda Ambriz at (909) 984-2391.

Norwalk High gets \$25K for new commercial kitchen

By Christian Brown
Staff Writer

NORWALK – Lowe’s is awarding Norwalk High School with \$24,600 after culinary arts students and their teacher applied for a grant to upgrade classrooms and fund community service projects.

Already ranked among the top 24 SkillsUSA chapters in the country, Lowe’s agreed to sponsor upgrades to Norwalk High School’s culinary arts program, which is inspiring students to not only embrace cooking, but also use food as a community builder.

“Lowe’s is committed to strengthening the communities where we live and work,” said James Frison, director of community relations at Lowe’s. “We’re excited to partner with SkillsUSA and Norwalk High School to provide opportunities for students to apply their skills while giving back to their community.”

Tracy Horton teaches culinary arts at Norwalk High and serves as faculty advisor of the campus chapter of Skills USA, which is a non-profit partnership between schools and businesses to fund career and technical education.

Horton said the money will provide new appliances for her classroom as students await a brand new commercial kitchen that is currently in the works.

“We’re going to spend some money this summer buying new equipment

– a washer, dryer, refrigeration equipment and a three-compartment sink,” she said. “Once the new classroom is built, all of this will go there.”

The award comes after Horton’s students worked closely with Lowe’s last year, using \$2,000 in previous grant money to construct a mobile catering cart.

“We went back to Lowe’s on Veteran’s Day last year and fed veterans outside the store,” said Horton. “That partnership helped us with this grant, which will go towards more community service projects.”

A culinary teacher at Norwalk for nine years, Horton now has 130 students who take her classes each year. She believes maintaining programs like this is crucial to set students up for possible post-school careers.

“It’s hard because career and technical education takes a lot of money so sometimes it’s one of the first programs to get cut,” Horton said. “But it’s so important because our students need hands-on application to what they’re learning.”

Sixteen-year-old Shianne Horn was tentative about joining culinary arts, but she says the program is now the highlight of her day.

“With this money, we can get a bigger kitchen for us and I think that’ll inspire more kids to join the class,” she said. “Cooking is so fun – why wouldn’t they want to join?”

Lowe’s is expected to present the Norwalk-La Mirada Unified School District with the \$24,600 grant later this month.

Bellflower Unified boosts graduation rate to 92.8 percent

BELLFLOWER – Bellflower Unified boosted graduation rates in 2014-15 to 92.8 percent and closed the achievement gap for Hispanic, Filipino and African-American students on the strength of strategic teacher collaboration, integrated classroom technology and a discipline system that reinforces positive behavior, officials announced.

Bellflower High School’s rates increased to 98.7 percent from 93.6 percent in 2013-14. Mayfair High School’s rates rose to 95.4 percent from an already strong 94.4 percent. Student subgroups surged similarly, with graduation rates for Hispanics climbing to 92.6 percent, Filipinos to 94.6 percent and African Americans to 92.4 percent.

Rates for socio-economically disadvantaged students jumped to 92.3 percent. Those for English learners leapt the most, to 88.5 percent from 78.6 percent.

“This strong performance stems directly from the diligence of our teachers, staff and administrators in implementing key District initiatives,” Superintendent Dr. Brian Jacobs said. “I’m proud of the team effort that helped our students achieve this success, and look forward to sustaining this positive progression due to the consistency of our instructional focus and practices.”

The rates are for a four-year cohort of students who enrolled in high school as freshmen in 2011-12. This is the sixth year California has used the method for measuring graduation rates, aided by a data system that tracks students when they switch schools, drop out or continue their education without graduating. The federal government now uses a similar four-year cohort model.

California’s overall graduation rate has risen dramatically since 2009-

10, peaking this year at 82.3 percent from a starting point of 74.7 percent. Bellflower Unified’s graduation performance has paralleled the state’s growth, climbing 9 percent over the same period.

Meanwhile, the District’s dropout rate declined in 2014-15 to 3.8 percent, with Bellflower High posting an all-time low rate of 0.8 percent and Mayfair High recording just 1.6 percent.

Dr. Jacobs credits Bellflower Unified’s improving performance to a series of District initiatives, including an effort to add digital tools to every classroom and train teachers on ways to strengthen lessons by integrating technology, and a more intentional focus on student engagement during lessons.

Teachers also work together to refine lesson plans, an effort driven in part by a growing compendium of student performance data from testing and other sources. At Bellflower Unified elementary schools, a secondary function of a new P.E. program is to free classroom teachers for weekly collaboration.

In addition, a discipline system called Positive Behavioral Interventions and Supports is helping improve campus climates so students can focus more effectively on instruction.

“This is a tremendous stride forward for Bellflower Unified,” Board of Education President Dr. Paul Helzer said. “It serves as a strong validation of the many changes we are making to improve every child’s opportunities for finding success at college and in their eventual careers.”

Downey veteran hoping to bring ‘millennial voice’ to Washington D.C.



Photo by Christian Brown

By Christian Brown
Staff Writer

DOWNEY – Roman Gonzalez likes accepting challenges – and just one glance at his resume will prove it.

While his friends and classmates marched off the high school graduation stage and headed straight to college, Gonzalez marched into uniform instead, serving two deployments in the U.S. Air Force.

Nearly 10 years later, Gonzalez, 27, is ready for a new assignment: U.S. congressman from the 40th district.

“It’s hard to get people to take you seriously when you’ve never run before,” Gonzalez said. “But this is something I’ve always wanted to do.”

Gonzalez is the only challenger to veteran congresswoman Lucille Roybal-Allard, who is up for reelection this November. Although the Downey

native recognizes the difficulty of running against a longtime incumbent – Roybal-Allard was first elected in 1993 – Gonzalez said he hopes to voice the concerns of millennials, a voting bloc he feels is fed up with the status quo.

“One family has been in office for 50 years. That’s not a government of the people,” he said in reference to Roybal-Allard’s predecessor, her father Rep. Edward Roybal, who served for 30 years representing large swaths of East L.A. and cities in Southeast L.A. County.

“Maybe people are happy with them or maybe people have just given up.”

If elected, Gonzalez said he wants to stop career politicians by pushing for term limits in Congress. It’s a proposal supported by nearly 75% of Americans, according to Gallup, and Gonzalez assures voters he will champion that reform as well as cuts to the salary of congressional representatives.

“Government is not a career,” he said. “As representatives, we should live like everyone else and lead by example.”

His platform also includes advocating for more fiscal responsibility in federal spending by promoting a culture of rewards for cost-saving measures.

“I’m also big on health,” said Gonzalez, who just graduated last week from Cal State Long Beach with a bachelor’s degree in health science. “Our district has a lot of problems with obesity and diabetes. I like what First Lady Michelle Obama started with her Let’s Move campaign. We need a program like that here.”

The 40th congressional district stretches from South L.A. over to East L.A. and down through Downey and Bellflower. Albeit a reliably democratic area, Gonzalez is running independent of any party. He believes voters are fed up with party politics.

“If I ran as a Democrat or Republican, I’d have to push what the party wants – and not the right answer,” he said. “We have to compromises and work together. That’s what we have to do in the military.”

Scattered across the Facebook page of his campaign is the slogan “#BringThePowerBack.” Gonzalez hopes his campaign will empower people by shifting the focus to those disillusioned with the current process.

“I definitely want to change that and inspire others to get involved,” he said. “People asked me why I didn’t start small by running for city council. I’m always reaching for more. I’m always up for a challenge. Why not shoot for the top?”

Weekend at a Glance

Friday 73°

Saturday 73°

Sunday 73°

THINGS TO DO



Scottish Fest

All Weekend - Orange County Fairgrounds

The largest and oldest Scottish festival in Southern California.



Relay for Life BBQ

Friday - Norwalk Civic Center, 11 a.m. to 1 p.m.

\$5 barbecue lunch to benefit Norwalk Relay for Life.



Soulful Summer Concert

Saturday - Greek Theatre, 7 p.m.

Performances by WAR, Los Lonely Boys, Tierra and more.



Boots on the Beach

Saturday - Newport Dunes, 5 p.m.

Country music, dancing, dance lessons, beer tastings, BBQ and full bar.



L.A. Kiss

Saturday - Honda Center, 7 p.m.

Arena football action as the L.A. Kiss host the Portland Steel.



Fireworks Show

Sunday - Knott's Berry Farm, 9:45 p.m.

Fireworks show that will be visible from across the Southland.

TWEETS OF THE WEEK

@AE_MEDIA: Traffic lights out in front of Target in Norwalk on Firestone Blvd. Expect delays, people forget who has the right of way

@NBCLA: Norwalk bus evacuated after man claims he has a grenade, then he stripped

Follow us!
@DowneyPatriot

Paging Dr. Frischer...

By Dr. Alan Frischer

There is likely a bottle of apple cider vinegar in your pantry right now. It's a tasty ingredient for salad dressings, marinades, and homemade pickles.

Does it also bestow health benefits? Apple cider vinegar has a long history in health care. Hippocrates (who, even though he lived 2,500 years ago, is known

as the father of modern medicine) wrote of it as a treatment for various types of infections. It has been credited with curing ailments ranging from warts to the flu. My personal experience with apple cider vinegar dates back to my grandmother. If we were sick, she mixed it with water and honey, and boiled it on the

stove. We inhaled it through our nose, and I can certainly report that it cleared up my sinuses. Thank you, Grandma.

For thousands of years, vinegar has been used for weight loss. A 2005 study of only 12 people found that those who ate a piece of bread along with small amounts of white vinegar felt fuller and more satisfied than those who ate just the bread. In a Japanese study, 175 obese but healthy people of varying age and body mass index (BMI) consumed either vinegar or water daily for 12 weeks. Their diets were similar, and they kept food journals. Those who had vinegar lost slightly more weight...and gained it back after the study was over. The theory was that vinegar curbs appetite, or extends the feeling of being full.

Another touted use for small amounts of apple cider vinegar in the diet is to help lower blood sugar. The belief is that vinegar

blocks some of the digestion of starch, and therefore prevents it from raising the blood sugar. Several small studies have found that vinegar may indeed help to lower glucose levels, including a 2007 study with a mere 11 participants who suffered from type 2 diabetes. Regular intake of about two tablespoons resulted in a 4-6% decrease in blood sugar.

Apple cider vinegar also has been credited with antimicrobial qualities, and is traditionally used as a cleansing agent, with its high acidity inhibiting the growth of certain types of bacteria. I could not find studies to support this.

A 2006 study showed evidence that vinegar could lower cholesterol...in rats. There have been no studies to date using people.

Another study using rats found that vinegar could lower elevated blood pressure, and a large observational study found that people who regularly consumed oil and vinegar dressing on salads had lower rates of heart disease. However, it's not clear that the vinegar was the

reason.

A few laboratory studies have investigated whether vinegar can kill cancer cells or slow their growth. However, observational studies have been confusing. One found that consuming vinegar was associated with a decreased risk of esophageal cancer, while another associated it with an increased risk of bladder cancer.

When diluted with water, it has been used as a skin toner. Bathing in diluted apple cider vinegar, or using a cloth soaked in diluted vinegar, is said to reduce the effects of sunburn. A reported treatment for warts is to soak the wart in diluted vinegar. Note: always be careful to avoid getting vinegar near the eyes.

Apple cider vinegar does have its downsides. The most obvious disadvantage is its taste – it's not appealing to drink or to add to food in large quantities. It is highly acidic. While in moderate amounts the acetic acid in apple cider vinegar may act as a useful antiseptic, too much can actually cause damage. Undiluted, it can wear away tooth

enamel, or burn gums and tissues in the esophagus. Those who are particularly sensitive might even experience burns on the skin. Over-consumption of apple cider vinegar could lead to a reduction in potassium, a critical electrolyte that affects hydration and the nervous system. Long-term use of apple cider vinegar can lead to loss of bone density.

My bottom line? I can personally vouch for my grandmother's claim that it clears the sinuses. However, the many, many other claims simply have not undergone enough serious scientific evaluation to convince me to recommend it. However, keeping in mind the caveats listed above, the downside risks are minimal – feel free to use it as you see fit!

Dr. Alan Frischer is former chief of staff and former chief of medicine at Downey Regional Medical Center. Write to him in care of this newspaper at 8301 E. Florence Ave., Suite 100, Downey, CA 90240.

BLANCA PACHECO
Attorney At Law

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

CALL TODAY! 562-861-6001
www.blancapacheco.esq.com
8137 3rd St., 3rd Floor Downey, CA 90241 • (562) 861-6001



Hablo Español
Bar # 225243

**TITAN**
TRANSPORTATION INC.

PUBLIC AUCTION
10 A.M. - SUN., MAY 29, 2016

■ 2004 Honda Accord	■ 1997 Ford F150
■ 1999 Chevrolet Suburban	■ 1995 Ford Aerostar
■ 1999 Chevrolet Suburban	■ 1996 BMW 318
■ 1996 Toyota Corolla	■ 1998 Mazda 626
■ 2006 Ford Crown Vic	■ 2005 Ford Focus
■ 1990 Honda Accord	■ 1997 Chevy Astro
■ 1991 Buick Regal	■ 2002 Toyota Corolla
■ 2001 Mercedes Benz ML	■ 1999 Nissan Maxima
■ 2004 Ford Escape	■ 1999 Dodge Durango

Inspection 15 minutes prior to Auction
There will be a \$100 Bidding Fee to bid in auction.
Fee will be refunded if no bid is won
Titan Transportation, Inc
8282 Phlox Street, Downey, CA 90241 (562) 923-3136

CDC confirms: Swimming pools, hot tubs are human bacteria vats

Every year, serious health and safety violations force thousands of public pools, hot tubs, and water playgrounds to close, according to a report published in CDC's Morbidity and Mortality Weekly Report. But there's a lot you can do to protect yourself and your family.

Swimming is a great way to exercise and spend time with family and friends but, as with any form of exercise, there are risks. Inspections of public pools and other aquatic venues enforce standards that can prevent illness, drowning, and pool-chemical-associated injuries such as poisoning or burns.

"No one should get sick or hurt when visiting a public pool, hot tub, or water playground," said Beth Bell, M.D., M.P.H., director of CDC's National Center for Emerging and Zoonotic Infectious Diseases.

Inspection data were collected in 2013 in the five states with the most public pools and hot tubs: Arizona, California, Florida, New York and Texas. Researchers reviewed data on 84,187 routine inspections of 48,632 public aquatic venues, including pools, hot tubs, water playgrounds and other places where people swim in treated water.

Among the key findings:

- Most inspections of public aquatic venues (almost 80 percent) identified at least one violation.
- 1 in 8 inspections resulted in immediate closure because of serious health and safety violations.
- 1 in 5 kiddie/wading pools were closed—the highest proportion of closures among all inspected venues.
- The most common violations reported were related to improper pH (15 percent), safety equipment (13 percent), and disinfectant concentration (12 percent).

The Norwalk Patriot



Visit us on Facebook for exclusive photos!

 www.facebook.com/norwalkpatriot





Downey High mourns death of student

DOWNEY – Downey High School and its students would like to commemorate the loss of a fellow student, Jesus (David) Santos, this past weekend.

David was a remarkable student, friend, athlete, son and brother. He could light up an entire room with his beaming smile or by cracking a joke, sending the entire room into endless laughter. As a student, David excelled and had an accumulative GPA of 4.53.

He will be remembered as a bright and diligent student who blessed his classmates and his teachers with his presence. A talented athlete and dedicated student respected by peers and teachers alike, he worked diligently to achieve in the classroom. His grades demonstrate both his intelligence and work ethic.

David engaged in the classroom because he loved people and he loved learning. His thoughtful questions demonstrated a deep engagement with the material.

However, David will be treasured not only for his achievements, but for the kind of person he was. His humor and enthusiasm brought laughter and life to the classroom. When his classmates needed encouragement, he was the first to offer an enthusiastic cheer from the back of the classroom.

We were immensely blessed to have his quick witted hilarious enthusiasm in our lives, and his absence will be deeply felt.

Beyond the classroom he was admired by his friends and teammates for his caring and selfless nature. David served as a pillar for his friends and provided support for those who needed him. He was also part of the Downey High School soccer team and Downey AYSO traveling team. His outstanding soccer skills were translucent and his teammates recall him being a star.

Most important, David was family oriented and enjoyed spending time with his siblings Luis, Pablo and Carla and especially his beloved parents. As a son, brother and friend, David was both compassionate and witty – quick to make others laugh.

Yet, he made others comfortable because he genuinely cared for them and gave from his true self.

Shared Stories: My family of veterans

As we celebrate this Memorial Day, we also salute the men and women who have served our country so unselfishly. Dora Silvers grew up in New Jersey, not far from New York City. After World War II, she and her husband settled in Norwalk where they raised five children. In this piece she recalls her family's military contributions and her wish for peace. Shared Stories is a weekly column featuring articles from a writing class held every Thursday at the Norwalk Senior Center. Curated by Carol Kearns

By Dora Silvers

My father came from Russia in 1914. His uncle sponsored him. He drove a horse and wagon to West Point and continued on to his uncle's cleaning establishment in Newburg, New York. He met a lot of generals, and they encouraged him to enlist in the army in 1917. That was World War I.

My father went to Cooks and Bakers School and took a crash course in French. He was sent to France where he was injured in the leg and had shell shock from the mustard gas.

My father was a great cook. My mother had six children, and whenever she went to the hospital to deliver a baby, she had to stay there for eight days, so Papa did the cooking. He made my favorite hamburger with lots of fried onions, no buns. This was before McDonald's.

My brother Jay enlisted in the army during World War II. He also went to Cooks and Bakers School. Jay was on a hospital ship that went to Germany. When he arrived, he was summoned by an officer and asked, "Why are you still here? I sent you back to the States as you completed too many reconnaissance missions."

Cerritos College holds commencement ceremony

NORWALK – Cerritos College honored its graduates during its 58th annual commencement ceremony on Friday, May 20.

Members of the Cerritos College Board of Trustees and administration presented degrees and certificates earned during the 2015-2016 academic year. More than 2,800 students received degrees and certificates, making the largest graduating class in the Cerritos College history. California State Assembly Speaker Anthony Rendon and Cerritos College alumni, served as the commencement speaker.

Students graduating and transferring will be transitioning to some of the nation's top colleges and universities, including Biola University, University of La Verne, Loyola Marymount University, University of Maine, Stanford, USC, Whittier College, UC Berkeley, UCLA, among other notable schools.

Among the students receiving associate degrees and skills certificates are Jalcia Powell, 38, and her son Luis, 20. Jalcia, a high school dropout, is a survivor.

At 17, she had her son Luis, and later in life escaped an abusive relationship, overcame the imprisonment and murder of her son Luis' father, and bounced back after an employment layoff.

Jalcia is transferring to California State University, Dominguez Hills as a communication major. Luis, a scholar athlete, is transferring to Biola University on a full basketball scholarship to study biology.

Jalcia plans to gain experience in sports marketing and publicity, and one day create an organization that helps young disadvantaged athletes obtain scholarships and manage their life.

Jay replied, "That must be my cousin. He's over six feet tall and has dark hair. I am only 5 feet 8 inches and have blond hair."

After looking up some records, the officer apologized and excused Jay. They both had the same name, Jack Phillip Edelman. Jay found out that his cousin was on the tailgate of a plane and took pictures over Germany that helped us win the war.

My brother Jay became a chef in a hotel in Atlantic City. Then he opened his own business.

My brother Sam enlisted in the army in 1952, and was sent to the Philippines. He was my baby brother, the youngest of six children. When he came home, he had a bakery and deli.

My husband Jack enlisted in the Navy in 1944. He was on an oil tanker that went to North Africa, England and Scotland. After he came home in 1948, he went to Refrigerator and Air Conditioning School. Jack and I were married in 1949, and we moved to California.

My son Mitchell enlisted in the Marines in 1967. He went to Vietnam and died under fire in 1968. I miss Mitchell. He was my firstborn and a wonderful son. In the summer he would help the neighborhood boys get fishing rods ready, and then take them to the lake in Whittier to go fishing.

Now, I want all of our troops overseas to come home. No more wars, just peace.

The Norwalk Patriot

STAFF

JENNIFER DEKAY
Publisher

MICHAEL ROBINSON
Display Advertising

LEEANN ROBERTS
Assistant Display Advertising

LINDA LARSON
Classified Advertising

JULIE LEDESMA
Legal Notices

JONATHAN FOX
Production

CHRISTIAN BROWN
Editor

ALEX DOMINGUEZ
Contributor

MARK FETTER
Contributor

CAROL KEARNS
Contributor

LORINE PARKS
Contributor

GREG WASKUL
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

The Norwalk Patriot
NEWSPAPER

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

SHARED STORIES: THE TIES THAT BIND

An Inflatable Idea

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

By Yolanda Adde

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

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

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

It was difficult to contain my excitement. I was relieved when Carla opened the door instead of her mother. We had a puzzled look on her face when she asked, "Jane are you alright? You look kinda weird."

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

"You found money?"

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

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

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

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

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

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

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

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

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

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

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

"I can be one of us if it's not going to be a wolf. I will not be a plain Jane. Can you imagine the look on Mr. A's face when she sees the new glamorous Me wearing my secret weapon?"

"Mr. A is such a stuck-up witch with a capital 'B' since she got all the boys' attention after padding her 'training bra'."

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

"Like how?" she asked me.

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

"Oh Jane, you can already walk like Marilyn, but I bet that you will do it even better when you are wearing 'The Self'."

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

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

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

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

"Jane? Oh, Jane? You're not so bad. He is tall and a bit mature."

"Jane? Oh, Jane? You're not so bad. He is tall and a bit mature."

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

CERRITOS LIBRARY INVESTS IN TECH FOR TEENS

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

By Christian Brown
Staff Writer

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

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

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

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

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

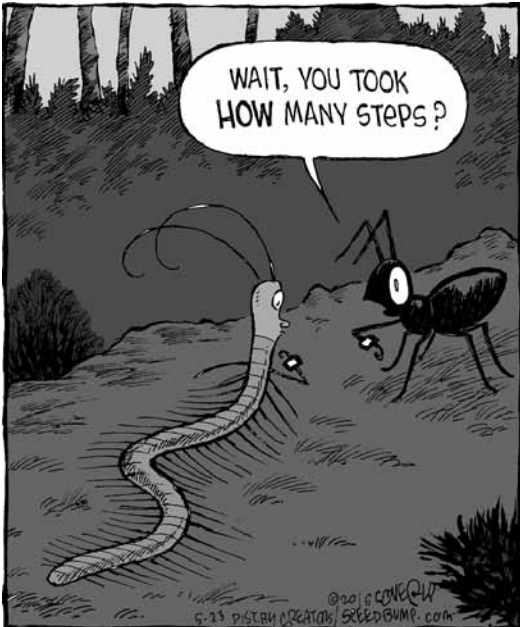
Rima Anjari practices on one of Cerritos Library's three new 65-inch touch screen monitors.

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

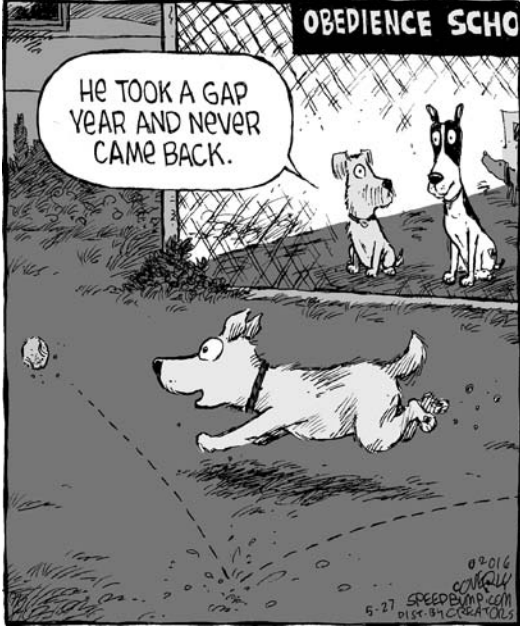
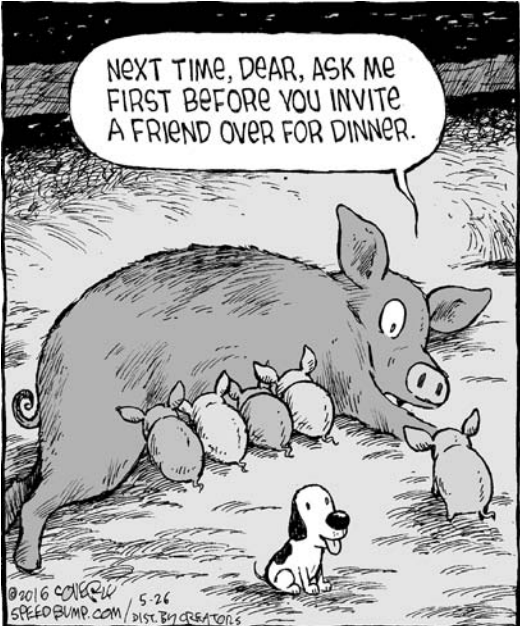
Similarly, junior Alex Flores said, "It's a great place to study and do projects, take

At a cost of more than \$290,000, the teen studio, which will be approximately 70 people, will be a teenage library cardholders benefit from a more open place to do research."

SPEED BUMP



DAVE COVERLY



On This Day...

May 27, 1647: Alse Young became the first person executed as a witch in America when she was hanged in Hartford, Conn.
1937: The Golden Gate Bridge connecting San Francisco and Marin County, Calif., opened.
1995: Actor Christopher Reeve was paralyzed when he was thrown from his horse during a jumping event.
Birthdays: Actor Louis Gossett Jr. (80), actor Todd Bridges (51), comedic actor Jack McBrayer (43), celebrity chef Jamie Oliver (41) and rapper Andre 3000 (41).

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

FRIDAY, MAY 27

11 a.m. - 1 p.m. - Relay for Life BBQ - Norwalk Civic Center

MONDAYS

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

TUESDAYS

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

WEDNESDAYS

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

THURSDAYS

1:00 p.m. - Adult color club "Color Us Happy" - Norwalk Library
7:00 p.m. - Boy Scouts Troop 924 - Norwalk United Methodist Church
2nd, 7:30 p.m. - Golden Trowel -Norwalk Masonic Lodge
3rd, 8:00 p.m. - American Legion Post No. 359 - 11986 Front St.

SATURDAYS

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

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)
BETWEEN THE LINES: Not quite as subtle as it sounds
by Mark McClain

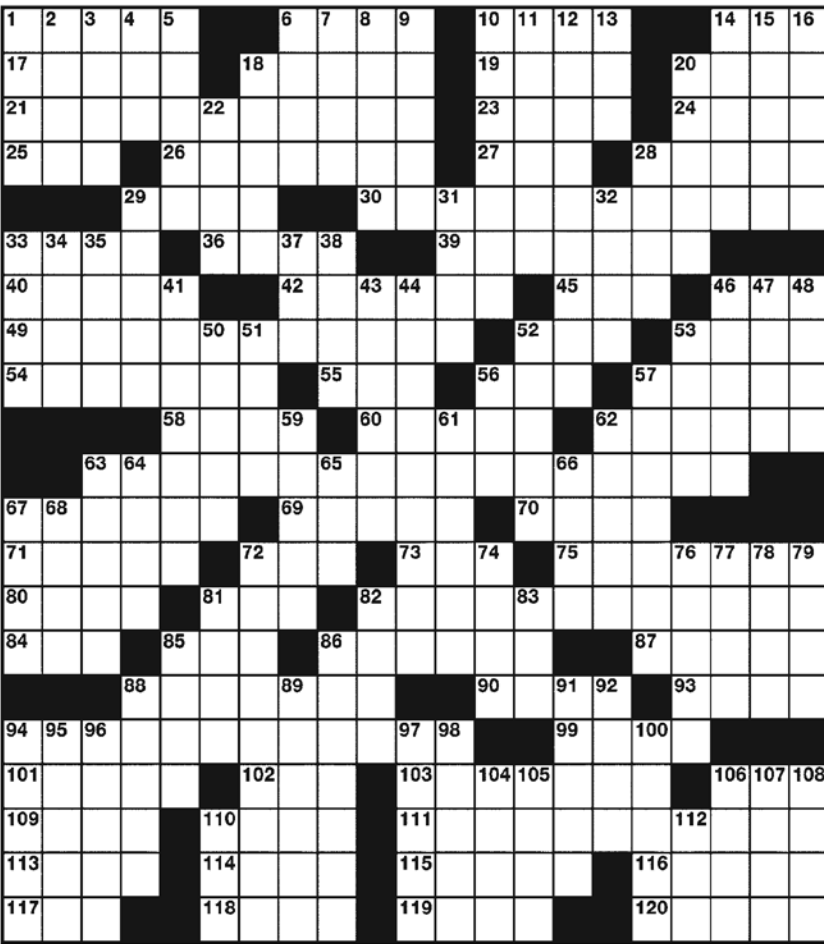
- ACROSS**
- 1 Share a view
 - 6 Dog Chow alternative
 - 10 Medicine given
 - 14 *Silent Spring* subject
 - 17 Move quietly
 - 18 Have ___ (plop down)
 - 19 Erstwhile pairs
 - 20 Informal concurrence
 - 21 Timidity
 - 23 Top seeds' rewards
 - 24 Part below mezzo
 - 25 Merkel conjunction
 - 26 More uncouth
 - 27 Kick in
 - 28 Dull discomfort
 - 29 Fitted with footwear
 - 30 Isaac Newton's birthplace
 - 33 Weather system
 - 36 Sudden inhalation
 - 39 Not lawful
 - 40 1940s computer
 - 42 Bit of a scrap
 - 45 Petty peeve
 - 46 Crunch beneficiaries
 - 49 Very common American tree
 - 52 What's bound in bks.
 - 53 Spent frivolously
 - 54 Early arrival, for short
 - 55 Doc bloc
 - 56 Furnace fuel
 - 57 Humana competitor
 - 58 Years in Nero's reign
 - 60 Novelist Shaw
 - 62 Contemptible
 - 63 1965 Dylan tune
 - 67 Pollen producer
 - 69 Go down in deference
 - 70 Go up in spirits
 - 71 Peninsular Mideast nation
 - 72 What may twice follow "fiddle"
 - 73 BMW seller
 - 75 Holes up
 - 80 Bend, as a joint
 - 81 Bovine mouthful
 - 82 Highly convoluted
 - 84 Hinton novel set in Oklahoma
 - 85 Resistance measure
 - 86 French cake
 - 87 Showed sudden surprise
 - 88 "Marines' Hymn" locale
 - 90 Cozy place
 - 93 Key __, FL
 - 94 First woman CEO of a Fortune 500 company
 - 99 Mickelson of golf
 - 101 Baloney
 - 102 Just released
 - 103 Vigilant
 - 106 Get-up-and-go
 - 109 Missing GI
 - 110 Fire-breathing boss
 - 111 Healthy Choice rival
 - 113 OT prophet
 - 114 Ill-mannered person
 - 115 Take for __ (deceive)
 - 116 Sounds a few minutes into *The Wizard of Oz*
 - 117 Mule's father
 - 118 Rustic retreats
 - 119 Off-limits thing
 - 120 Low poker pair
 - DOWN**
 - 1 Rights org.
 - 2 Family nickname
 - 3 Rubber stamp abbr.
 - 4 Cartoon scream
 - 5 Geologist's time span
 - 6 Snakes in hieroglyphics
 - 7 Luau accessories
 - 8 Assembly of experts
 - 9 SNL vet Cheri
 - 10 Epic failure
 - 11 Venerable detergent
 - 12 New plants
 - 13 Pothook shape
 - 14 India's capital territory
 - 15 Rubber stamp on a roller
 - 16 Ones over yonder
 - 18 Roasted, in taquerias
 - 20 America's Cup contender
 - 22 Green hopper
 - 28 "Odd __ may seem..."
 - 29 Petroleum source
 - 31 Giza's river
 - 32 Long-running CBS drama
 - 33 Pitch in
 - 34 " __ out?" (poker query)
 - 35 Heckle
 - 37 Setting a few minutes into *The Wizard of Oz*
 - 38 Future butterfly
 - 41 Loan guarantor
 - 43 Colorful comparison
 - 44 Threatened audibly
 - 46 Oxygen producers
 - 47 German auto pioneer
 - 48 Move to the music, maybe
 - 50 Dish towel fabric
 - 51 Filmmaker Dunham
 - 52 Sharp discomfort
 - 53 "*Muy __, gracias*"
 - 56 Martini element
 - 57 Certs competitor
 - 59 Bummed out
 - 61 Is in one's future
 - 62 Discoloration
 - 63 Glove material
 - 64 Film format awarded an Oscar
 - 65 Small bill
 - 66 Arias, for instance
 - 67 Realty stat.
 - 68 Chaucer selection
 - 72 Lambasting
 - 74 See 97 Down
 - 76 Shoulder covering
 - 77 Lo-cal
 - 78 Arduous task
 - 79 Shed a tear
 - 81 Potted "pet"
 - 82 Hideaway
 - 83 Repent of
 - 85 Airport near Paris
 - 86 Looks angry
 - 88 Type of lymphocyte
 - 89 Shakespearean king
 - 91 Maneuvering room
 - 92 NO __ TRAFFIC
 - 94 Tibet's capital
 - 95 Great Plains natives
 - 96 Shoots (by)
 - 97 With 74 Down, baseball's strikeout king
 - 98 Hot month in Paraguay
 - 100 __-proof (easy to operate)
 - 104 Stock rise
 - 105 Invalidate
 - 106 Green creeper
 - 107 Very dark
 - 108 Muddle
 - 110 __-Wan Kenobi
 - 112 Round Table title

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

CREATORS SYNDICATE © 2016 STANLEY NEWMAN

WWW.STANXWORDS.COM

5/22/16



- 66 Arias, for instance
67 Realty stat.
68 Chaucer selection
72 Lambasting
74 See 97 Down
76 Shoulder covering
77 Lo-cal
78 Arduous task
79 Shed a tear
81 Potted "pet"
82 Hideaway
83 Repent of
85 Airport near Paris
86 Looks angry
88 Type of lymphocyte
89 Shakespearean king
91 Maneuvering room
92 NO __ TRAFFIC
94 Tibet's capital
95 Great Plains natives
96 Shoots (by)
97 With 74 Down, baseball's strikeout king
98 Hot month in Paraguay
100 __-proof (easy to operate)
104 Stock rise
105 Invalidate
106 Green creeper
107 Very dark
108 Muddle
110 __-Wan Kenobi
112 Round Table title

ADVERTISING POLICY

The Norwalk Patriot reserves the right to censor, reclassify, revise or reject any ad. The Norwalk Patriot is not responsible 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.



