12040 Foster Road, Norwalk, CA 90650 Friday, Sept. 9, 2016 Vol. 10 No. 32

#### JUDGE DENIES NORWALK PETITION TO REWORD SALES TAX MEASURE

By Christian Brown Editor

NORWALK - The petition filed against Measure M by multiple cities in the east and south portions of Los Angeles County was rejected on Tuesday as a judge ruled that there was no evidence the wording of the ballot proposal was confusing to voters.

Los Angeles Superior Court Judge Mary H. Strobel said Measure M is not an initiative and therefore does not require the ballot language that was requested by the cities of Norwalk, Carson, Commerce, Torrance, Santa Fe Springs, Ranchos Palos Verdes and Signal Hill.

City officials alleged several things against the measure including a complaint that Measure M spends money disproportionately on high dollar value projects in the more affluent western and northern regions of the county, while neglecting project needs in the southern region.

"It's not surprising that the public has concerns about Measure M's proposed spending priorities," said Norwalk Mayor Mike Mendez in a statement.

"We've been saying all along that key projects in our communities are taking a back seat to transportation projects in affluent parts of the County."

The petitioners also complained that the ballot language does not state that the proposed half-cent county sales tax increase is permanent.

Metro released a statement on Tuesday, praising the decision to toss out the petition.

By Mike Mendez

November ballot.

it does not.

right.

Mayor of Norwalk

that costs money, when you don't

know how much money it will cost?

[Tuesday], regarding Measure M,

the L.A. County Transportation

Authority's sales tax measure on the

official description of Measure M

that every voter will see - should

explain how the money will be

spent, which it does - and how

much money the tax will be, which

MTA is not legally obligated to put

the annual cost of Measure M in the

ballot label for Measure M, does not

prevent MTA from doing what is

community information on the

\$860 million annual cost of this new

legacy of Measure M is a permanent Measure M.

[Tuesday's] court ruling that the

The ballot label -- the short,

That was the question in court

"Metro is appreciative of the

**OPINION:** Tax measures should tell

How can you vote on something M would fund a wide range of

MTA should provide the picture of what Measure M will do,

transportation tax, and the fact the M is available at gatewaycog.org/

and when.

us how our money is being spent

court's ruling today. For the past three years and throughout the entire process, this has been a bottoms-up approach that included input from the public and our stakeholders in crafting a Measure to go before the voters of this region," the statement

"The tax is a new half-cent sales tax which is expected to generate a projected \$860 million per year.

"Also, once Measure R is set to expire in 2039, that half-cent sales tax would be replaced and combined with the new sales tax for a full cent that would continue until voters decide to end it."

The Gateway Cities Council of Governments last month released a community survey showing that voters too are concerned about Measure M's permanent tax increase.

Only 58% of those polled showed support for the measure, which needs a two-thirds vote to pass in November.

Almost two-thirds of those surveyed -- 63% -- were concerned that it would be nearly 40 years before all the traffic improvements are completed on the I-5, I-605, and I-710 freeways.

Another 55% of the respondents worried that the proposed light rail service from Downtown L.A. through Southeast L.A. to Orange County would get postponed for 25 years.

The Gateway Cities and and South bay Cities Councils of Government have adopted official resolutions in opposition to Measure M. That includes the cities of Norwalk, Paramount, Bellflower, Commerce, Compton, Torrance, Carson, El Segundo, and Gardena.

one cent increase in the sales tax.

We will also work to ensure that

voters know that while Measure

transportation projects, key projects

in our communities will not be

completed for decades, while

projects in more affluent parts of the

improvements on the 5, the 710, the

South Bay Curve - the previously

promised transit line from Artesia

and the Orange County line, to

downtown L.A. - the extension

of trolley service to Torrance - all

of these are decades away under

information regarding Measure M

how much this new sales tax will

cost each year, as well as a complete

before they make a decision.

Voters should be provided more

And that includes knowing

More information on Measure

Measure M's priorities.

That means long awaited

county get a higher priority.



Norwalk-La Mirada Unified board members and administrators join Benton Middle School teachers, staff and students during a ribbon-cutting ceremony on Aug. 24 for their brand new college and career center.

# Norwalk-La Mirada Unified middle school launches new College and Career Center

NORWALK - Benton Middle School opened a college and career center that will guide students in making decisions regarding their future, during an Aug. 24 ribbon-cutting ceremony at back to school night.

"It's never too early for our students to start planning and thinking about colleges and careers," Benton Principal Michael Gotto said. "This will give them a jumpstart to explore where their passions can take them."

Benton's college and career center will be open during break and lunch. The center features a tech area where students can take assessments that will match them with potential careers and universities. Resources for scholarships are available and an on-site counselor will help answer any questions. Benton plans to have professionals speak about their industries and provide an inside look into different careers for students.

"I am excited that our middle school students can get an early glimpse into their futures," Board of Education Huntington Park, Vernon, Whittier, President Karen Morrison said. "Students will be able to discover what careers will best suit their passions and strengths, and what they need to do to reach their goals."

> Benton is the third Norwalk-La Mirada Unified middle school to open a college and career center, following the opening of centers at Hutchinson and Corvallis middle schools in 2015-16.

> Superintendent Dr. Hasmik Danileian launched a program to open centers at every campus after a Corvallis Associated Student Body student asked why her school didn't have one.

> "Our students recognized the importance of having this valuable resource and voiced their needs to the District," Danielian said. "This center will give our students a boost in preparing for colleges and careers."

Los Coyotes, Los Alisos and Waite middle schools are next to open a college and career center.

# **Bob Arthur launches re-election camapign** for the Cerritos College board of trustees

NORWALK - Cerritos College Board of Trustee Robert "Bob" Arthur has announced his intent to run for re-election to continue representing the school on the Board of Trustees.

Arthur currently represents Trustee Area #1, which includes areas of the cities of Downey, Norwalk, Bell Gardens, and South

Arthur has already been active on the Cerritos Board since his first election in 1995, currently serving on his fifth term. During his 20 year tenure, Arthur has served as President of the Board four times.

Arthur is also a member of the Cerritos College Foundation, and has been since 1993.

Prior to starting his work on the Cerritos Board in 1995, Arthur held several city and county positions, including being a member of the Executive Board of the Norwalk Chamber of Commerce, a member of the Board Los Angeles County Transportation Commission, member of the Board Los Angeles County MTA, Parks and Recreation Commissioner, and City of Norwalk Mayor and Council Member.

If reelected, one of Arthur's main goals is to embrace the advancement of technology, including free digital textbooks for all students.



"Cerritos College is one of very with what Dr. Jose Fierro proposed few - and I mean miniscule, you as Cerritos Complete last year...' can probably count them on one hand - community colleges across the nation that is participating in open educational resources, where a college will provide digital textbooks, software programs for students in selected class subject matter, free," said Arthur. "There are other major four year institutions across the country that provide digital textbooks to their students in every discipline, every class that is taught on their campus, Harvard being one of them. I would like to see that happen at Cerritos College. It's doable! It's something we can do. I think that should be one of our

Arthur also lists other goals, including continuing to support administration and faculty in its endeavors to increase student success and transfer rates, offering up-to-date technical and vocations programs and working closely with local businesses and industry to establish practical job training, and establishing permanent funding alternatives for the school.

For more information, visit BobArthurCerritosCollege.com.

The election will take place Nov.

initiatives as we're moving forward -Alex Dominguez, Contributor

## Cerritos College seeks applicants to fill vacancies on the Citizens' Bond Oversight Committee

NORWALK - The Cerritos Community College District is accepting applications to fill vacancies for the Citizens' Bond Oversight Committee. The Citizens' Bond Oversight Committee was established to oversee the expenditure of money for the construction, repair and modernization of campus projects. This committee ensures that the bond proceeds are expended only for the purposes set forth in Measure CC and Measure G and that no bond proceeds are used for teacher or administrative salaries or any other operating expenses.

There are three vacancies as follows: bona fide taxpayers' association, senior citizens' organization or support organization. All appointees must be 18 years of age or older. No members may be employees of the college, official of the District, or any vendor, contractor or consultant of the District.

The members will serve two-year terms. The legal process calls for solicitation of applications after which the College President will review the applications and make recommendations to the Cerritos Community College District Board of Trustees. The Board will make the final decision. Bond committee members are not compensated for their service.

Applications are available online at: http://cms.cerritos.edu/bond/bond-oversight-committee/ and must be completed and delivered by Friday, Oct. 14 to the Office of the President, located at 11110 Alondra Blvd. in Norwalk.

### Weekend at a Glance







**Library Meet & Greet** Saturday - Norwalk Library, 10 a.m. - 12 p.m.

L.A. County library director Skye Patrick discusses the future of the library.



**Norwalk Block Party** Saturday - Vista Verde Park, 3 -7 p.m. Enjoy live music by Soto Band, games and activities, face painting and food

for the entire family.



I Love Selena Saturday - Santa Fe Springs Swap Meet, 6 -11 pm

libre, and tacos. \$10 presale



Chicago Saturday - Glendale Central Park, 6 pm

Watch the Academy Award-winning film with live music, food trucks and vendors, \$13-21



Mike Epps Sunday - Ontario Improv Comedy Club,

The versatile comedian and actor brings his standup tour to Southern California.

#### FROM OUR FACEBOOK

Latino voters protest **Donald Trump's** immigration policies

Veronica Huidobro: Breaking out the piñatas to lure voters isn't going to work....

Valerie Prieto Marinez: Hopefully they are legal

registered voters!!

Josh Forsythe: They don't check that. The system is rigged and full of fraud.

Heriberto Villasenor: Stop spreading hate towards him.

Norma Livengood-Karraker: Whatever. Some of us are to busy working.



The Norwalk Patriot 02 Friday, Sept. 9, 2016

## **Shared Stories: My War Story in Manchuria**

Nobuyo Avery's father was a Japanese businessman who settled with his family in Manchuria in 1932. Nobuyo and her siblings have many pleasant childhood memories, until war came, bringing air-raid sirens and night bombings. Shared Stories is a weekly column featuring articles by participants in a writing class at the Norwalk Senior Center. Bonnie Mansell is the instructor for this free class offered through the Cerritos College Adult Education Program. Curated by Carol Kearns

#### By Nobuyo Avery

It was scorching hot and no breeze in Shenyang, Manchuria, in June, July and August. That's where my family lived from 1932 to 1946. Shenyang was the southern city of Manchuria, below Siberia.

When the burning sun heated up the asphalt in front of the apartment houses, people looked for shady areas to walk. There was neither air conditioner, electric fan, nor refrigerator.

Our family used to buy a large block of ice to keep in the house and made crushed ice to eat if we needed to. Oh yes,

Our parents bought for us the monthly passes to the swimming pool in the park. Five of us brothers and sisters walked with two next-door friends to the pool that was 30 minutes from the house.

For many years we took lunch and spent all day until closing time during the summer. Our oldest sister was not much older than 10, but she was the responsible babysitter and we obeyed her. Swimming and eating ice candy (also called ice-bar) were the best ways to cool off in those hot days.

Our father purchased a small camera, about the size of a child's palm. Although it was tiny, it took clear, beautiful black and white pictures. There were no colored photos in those days. We took many pictures around the house of each other and our friends.

To our regret, we lost all of those pictures and others with precious memories when we had to leave Manchuria that was Japanese territory until the end of the war. The continent belongs to China now.

One snapshot I recall is the picture of me sitting at the entrance of our family's air-raid shelter. During World War II, from 1941 to 1945, each family had to dig an adequate sized shelter in the back yard to hide in and keep safe during the time of enemy air-raid attacks. It was an uneasy feeling to sit inside there when the air-raid alarm came and to hear the loud enemy planes in the dark sky, usually at night hours.

I heard that in Tokyo there were 300 B29s covering the sky at one time and they began dropping the bombs. I did not know this until years later. The capital of Japan turned into an opened, burned field. I never saw that many in Shenyang, but the air-raids were frightening.

Two months before the end of the war we moved to a larger house temporarily. (I say temporarily because we had to move back to the old apartment house in August. I hope to write about that incident another time.)

The owner of the house must have foreseen the future outcome of the war, and had returned to Japan and asked us to be in charge of the building, an empty pharmacy store with residential areas.

There were many rooms that we dreamed to have all those years, and one large room upstairs had a ping pong table. We had a lot of fun playing ping pong that summer.

Another advantage of the house was a large basement so cool in summer and large enough to be an air-raid shelter for more than a family of seven.

One night the dreadful, loud alarm came while we were fast asleep. Quickly dressing in the comfortable clothes we had prepared by our bedsides, and protecting our heads with cotton bonnets, we had to run to the basement in the dark.

As I was going to stand, I realized that there was no strength in either my hips or legs. I could not stand up. I could

barely crawl like a baby. I was paralyzed with terror. My older sister was yelling, "What's the matter with you? You should run! Hurry!"

"I cannot stand up," I cried.

it kept the food cold, especially watermelons!

With hands and knees, I was able to reach the basement shelter where everyone was waiting. What a relief! My legs were fine after the fear left my mind. As the war approached the end, we had more frequent frightening sirens. No serious destruction, however, where we lived in Hoten, Manchuria.

As World War II ended, the Chinese entered Manchuria and took control. The Chinese authorities warned us not to take any pictures or cameras when they asked us to return to Japan.

Our precious items were left behind in the old house with the rest of the furniture, clothes and many other belongings, except for the few things that we could carry in a rucksack, when we departed from the dear old home place in July 1946.

# School board considers bond measure to renovate schools approves CDBG SUBSCRIPTION

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

## 12040 Foster Road, Norwalk, CA 90650

Name:	
Address:	
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# **Commentary**: Rejoice, Talia's Coffee is returning to Norwalk strip mall

By Raul Samaniego Contributer

NORWALK - Wow! The streak is broken. After six years, two cities and four coffee shops, the streak is broken.

What streak you may ask? It seems that every time I've put my roots down and claimed a café for my hangout, sooner or later they

I kid you not. In 2009, I

returned to school at San Diego City College, San Diego State University, and the University of California San Diego; all three simultaneously.

Why I chose to do that is coffee shops.

As I entered San Diego in the summer of 2009, I found this little coffee shop across the street from the downtown campus at the intersection of Broadway and the Trolley station.

Community college students were its main customer base. I was a 48-year old returning freshman to college and Café Ficka was my new headquarters.

The manager/owner of Ficka was Ivan Kwok. He was a cheerful guy who gave his all for his

Unfortunately, when the effects of the "Great Recession" resulted in no classes being offered for the summer of 2010, the financial challenge was too much with no student support for three months.

In 2011, I returned here to Norwalk and found my niche at the Green-monikered national coffee house in the Norwalk

At the time I found the comfortable independent Talia's Café across from the Superior Courthouse at Civic Center and Norwalk Boulevard

Within a year, both were closed and I was in the hunt for another place to call my coffee house.

Enter, Leche Cafe, a huge



coffee shop and book store located on Firestone Boulevard. It had everything the coffee doctor ordered.

They were big enough for definitely another story, but for lunch and dinner and small now, let's talk coffee, or rather, enough for morning brew. It was heaven on earth.

> After a year and a half of coffee in porcelain mugs, they too closed their doors with the reason being their lease was not renewed.

> > What was I to do?

I relegated myself to making coffee at home again leaving my visits to the national shop for emailing my stories once a week.

Three weeks ago, a friend texted me and said that Talia's was reopening. I tried reaching him again for details, but he has yet to respond.

Finally, I looked up the number to their location in Whittier and asked if it was true that they were indeed returning to the city of Norwalk.

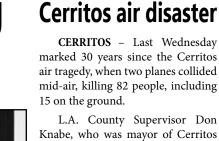
The voice on the phone confirmed that they were moving back to the exact same spot they left over two years ago.

After sitting here on my living room couch writing pieces, I now will soon be able to relax at one of my favorite coffee shops, Talia's.

In the mean time, I will have

to shop for a cushion for my, eh, disposition for I am wearing down this spot on the left side of my

WOW! The streak is broken. Welcome back Talia's. "It's so nice to see you back where you belong."



L.A. County Supervisor Don Knabe, who was mayor of Cerritos at the time, posted his memories on Instagram and recounted a recent visit to the crash site.

**Don Knabe shares** 

memories of 1986

"On a cloudless afternoon in 1986, a small airplane collided with an Aero Mexico DC-9 in the skies above Cerritos. Death and destruction rained down on our city, devastating a community that is still feeling the effects to this day. I was Mayor of Cerritos at the time, and there is no manual you can turn to for advice on what to do when a passenger plane goes down in your city or how to help your community and neighbors begin to recover.

"I went to the crash site the other day. "It was my first visit to the neighborhood at Carmenita Road and 183rd street in a number of years. Some of the neighbors who survived the air crash on the ground still live there. Others decided the memories were too painful to stay.

"As I turned the corner onto Holmes Avenue, my heart skipped a beat, and it was suddenly hard to breathe as a rush of raw emotions came roaring back. I could smell the burning jet fuel again. I could see the rubble and remains of exploded houses again. I could feel the immense loss of our friends and neighbors and the feeling of hopelessness again.



"Out of that darkness and despair, there ultimately was some good that came from that day. Air traffic monitoring over our skies changed forever with new transponders that allow aircraft of all sizes to talk to each other, ensuring a similar air disaster would not happen again. And now, in the event of a disaster, our mental health teams will rapidly deploy to begin immediate crisis counseling for victims, as well as first responders who may suffer post-traumatic stress from their experiences.

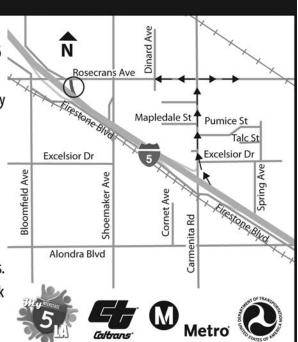
"Thirty years later, I still remember the sense of unity and togetherness that came in the aftermath. In the days after the air crash, the shelters we set up for people who lost their homes sat virtually empty. The residents of Cerritos opened up their homes and made sure everyone had a place to go where they could sleep, eat and mourn. Friends helped friends, families helped complete strangers."



## I-5 / ROSECRANS OFF-RAMP CLOSURE

Beginning Friday night, September 16, 2016 at 9 p.m. crews will close the northbound I-5 Rosecrans Avenue off-ramp for approximately three to four months to reconstruct and realign the ramp in order to accommodate the newly widened freeway.

The closure area is circled on the map and the detour route is shown with arrows. Detour signs will be posted to direct motorists. The northbound Carmenita Road and Norwalk Avenue off-ramps will remain open.



**MORE INFORMATION:** 



(855) 454-6335

# Instead of ranting about CEO pay, offer a solution

By Sarah Anderson

Politicians love to beat up on overpaid CEOs.

In the wake of the 2008 financial crash, Republican presidential candidate John McCain lashed out at executives of bailed-out banks, calling for their pay to be cut to the salary level of the President of the United States, \$400,000

President Barack Obama has been even tougher, once telling CBS's "60 Minutes" that he "did not run for office to be helping out a bunch of fat cat tough about CEO pay on the campaign trail: Bill Clinton. bankers on Wall Street."

"joke" and a "disgrace" — the result of company boards stacked with cronies.

For her part, Hillary Clinton has said it "just doesn't make sense" that big company CEOs make 300 times more than workers, especially when the gaps in other countries are so much narrower.

Clearly, the outrage over out-of-control CEO pay runs across the political spectrum. What else do these leading politicians have in common? A lack of

Since losing his presidential race, Sen. McCain hasn't supported any tough CEO pay reforms. Trump, for all his bluster about the problem, hasn't put forward any solutions either.

Obama did support several executive pay reforms that were included in the 2010 Dodd-Frank financial reform bill. Some of these have been implemented, including "say on pay," which gives shareholders a vote on correct her husband's policy mistake. So far, though, she's only said she wants executive pay packages. But the impact is limited because the votes aren't binding on corporate managers.

companies to report the ratio between CEO and median worker pay, starting in 2018. But the Obama administration hasn't supported proposals to put real teeth in this reform by linking it to tax and procurement policies.

#### Napolitano: Hahn won't accept any debates with me

LONG BEACH – Steve Napolitano, an L.A. County Board of Supervisors candidate in the Fourth Distrist, has asked his rival Rep. Janice Hahn to stop avoiding debates.

Several media outlets and community groups across the district are waiting for Janice Hahn to accept their invitation so debates can go on. So far, Napolitano's campaign says Janice Hahn is silent on accepting any invitation.

"The residents and business owners of the 4th District deserve to hear from both candidates on the same stage about their views on leading the district before they vote this November. I'm willing and ready," said Napolitano, who has the endorsement of outgoing Supervisor Don Knabe.

"If Janice Hahn is unwilling to make her views known to the residents of this district she should just stay in Congress where she can continue to avoid addressing the issues that matter to the people of the 4th District. This is a

According to Napolitano, both candidates were invited to debate on September 21 by the Long Beach Community Foundation, on Oct. 12 by the League of Women Voters, on Oct. 14 by the Long Beach Commercial Real Estate Council, and there's an open invitation still waiting from NBC's political reporter Conan Nolan.

"It's an opportunity to lead the 4th District and LA County into the future," Napolitano said. "This is a decisive opportunity to debate the many important issues from public safety to the environment, from job creation to addressing homelessness and from education to transportation, that face our district and its people.

"Where's Janice Hahn?"

If companies with low pay gaps were rewarded with lower tax rates or preferential treatment in government contracting, we'd see some real change.

And one of the most important Dodd-Frank provisions, a ban on Wall Street bonuses that encourage inappropriate risk, still hasn't been implemented. In fact, thanks to a perverse loophole in the tax code, taxpayers are actually subsidizing these bonuses.

In 1993, he pushed Congress to cap the deductibility of pay at \$1 million. This election season, Donald Trump said huge CEO paychecks were a Companies could still pay their CEOs as much as they liked, but anything above \$1 million wouldn't be deductible. It was a good plan — until Clinton agreed to insert a huge loophole for so-called "performance-based" pay.

> This meant that the more companies doled out in stock options and other bonuses, the less they paid in taxes. The loophole applies to all companies, but it's been particularly problematic in the financial industry.

> A report I co-authored for the Institute for Policy Studies found that the top 20 U.S. banks paid out more than \$2 billion in fully deductible performance bonuses to their top five executives over the past four years. This translates into a taxpayer subsidy of \$1.7 million, per executive, per year.

> Beyond the lost revenue, this loophole also perpetuates the reckless Wall Street bonus culture that caused the financial crash in the first place.

> If elected president, Hillary Clinton would have an opportunity to to "reform" this loophole, without explicitly calling for its closure.

If our leaders want to be taken seriously when they rant about runaway The Dodd-Frank law also includes an important new rule that'll require CEO pay, they need to embrace solutions that'll have a real impact — rather than just spewing rhetoric to score populist political points.

> Sarah Anderson directs the Global Economy Project and co-edits Inequality.org at the Institute for Policy Studies





Rep. Janice Hahn and Steve Napolitano are both vying to replace outgoing **Supervisor Don Knabe in the Fourth District.** 

#### Bicycle transit

Dear Editor:

I'm a big fan of public transit...always have been! I'm very grateful that I can now take the Expo Line into Culver City for work.

For the purposes of expediency and convenience, I take my bike with me at all times during my routes around town.

It is getting increasingly problematic taking my bike onto the Expo The creator of this loophole is another presidential candidate who talked Line. The designated locations for bikes are lacking in both space and

> There is no place to secure the bike causing me to have to awkwardly hold the bike upright while trying to keep myself steady. This often makes the people around me uncomfortable. Designated trains for bikes are inadequately marked leaving me to

> scramble to find one. I often just board on any car, afraid that I might The other problem is that there are often not enough cars to meet

> the service demands, especially if a train is running 10 to 15 minutes

Is it possible to retrofit all LA Metro lines in a similar way to what the Metro Transit Light Rail does in Minneapolis/St. Paul?

I think it is also necessary to put 3-slotted bike racks on all buses. I've had to miss a bus and witnessed many others have to wait for the next bus because the 2-slotted rack was full.

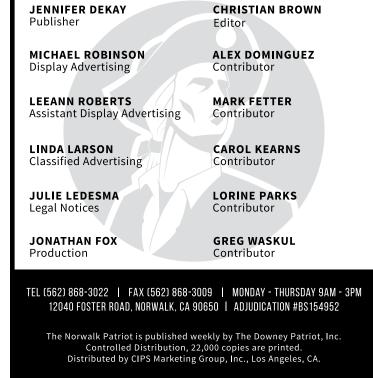
I would be happy to volunteer my time to facilitate in a much-needed solution and look for others to help.

The Norwalk Patriot staff

**Lacey Johnson** 

**Downey** 





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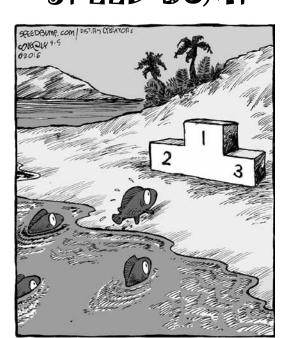
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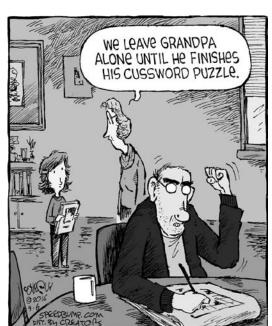
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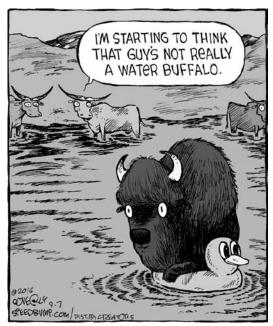
Friday, Sept. 9, 2016 The Norwalk Patriot

## SPEED BUMP





DAVE COVERLY









#### On This Day...

September 9, 1776: The second Continental Congress officially made the term "United States", replacing the previous term "United Colonies."

1926: The National Broadcasting Company (NBC) was created by the Radio Corporation of America (RCA).

1998: Four tourists who had paid \$32,500 each were taken in submarine to view the wreckage of the Titanic. The ship is 2 miles below the Atlantic off Newfoundland.

BIRTHDAYS: Movie actor Hugh Grant (56); TV actress Constance Marie (51); Film star and comedian Adam Sandler (50); Model Rachel Hunter (47); "Modern Family" star Eric Stonestreet (45); Jazz/pop singer Michael Buble (41); Actress Michelle Williams (36); Croatian soccer player Luka Modric (31); Skateboarder Sean Malto (27): and Country singer Hunter Haves (25).

To Advertise in

## The Norwalk **Patriot**

Please Call Michael Robinson

(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

#### **SATURDAY, SEPTEMBER 10**

10:00 a.m. - 12:00 p.m. - Library Meet & Greet - Norwalk Library 3:00 p.m. - 7:00 p.m. - Norwalk Block Party - Vista Verde Park

#### **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

9/4/16

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#### THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com) SEE YOU IN SEPTEMBER: Fourteen times today by S.N.

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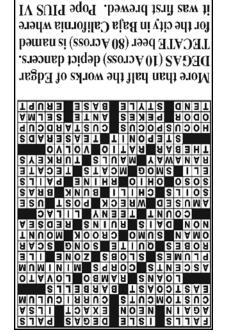
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You can contact puzzle editor Stanley Newman at his e-mail address: StanXwords@aol.com. Or write him at P.O. Box 69, Massapequa Park, NY 11762, Please send a self-addressed, stamped envelope if you'd like a reply.

among the longest reigns in papal

(15 Down) served from 1775 to 1799,

history.



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

# Legals/Classifieds

# LEGALS

#### **PROBATE**

NOTICE OF PETITION TO ADMINISTER ESTATE OF: GILBERT LOPEZ CASE NO. 16STPB03926

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of GILBERT LOPEZ.

A PETITION FOR PROBATE has been filed by LAUREN LOPEZ in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that LAUREN LOPEZ be appointed as

personal representative to administer the estate of the decedent.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act . (This authority

will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held in

this court as follows: 10/05/16 at 8:30AM in Dept. 79 located at 111 N. HILL ST., LOS ANGELES, CA 90012

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by

your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

COUR CIERK.
Attorney for Petitioner
LINDA M. VARGA - SBN 149988
HENRY J. MORAVEC - SBN 149989
2233 HUNTINGTON DRIVE, #17
SAN MARINO CA 91108 9/9, 9/16, 9/23/16 CNS-2922796#

THE NORWALK PATRIOT

The Norwalk Patriot 9/9/16, 9/16/16, 9/23/16

# NOTICE OF PETITION TO ADMINISTER ESTATE OF HILL, WANDA LEE Case No. 16STPB03368 To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate

otherwise be interested in the will or estate, or both of HILL WANDALEE A PETITION FOR PROBATE has been filed by Marilyn J. Mosley in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests

that Marilyn J. Mosley be appointed as personal representative to administer the estate of the decedent. THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived action or concerted to the personal waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not

grant the authority. A HEARING on the petition will be held on Sept. 23, 2016 at 8:30 AM in Dept. No. 99 located at 111 N. Hill St., Los Angeles,

YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.
IF YOU ARE A CREDITOR or a contingent

creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the

Attorney for petitioner: JAY D. FULLMAN, ESQ. SBN 93955 JAY D FULLMAN A PROFESSIONAL CORPORATION 800 S BEACH BLVD

LA HABRA CA 90631 CN928147 BSC213934 Aug 26, Sep 2,9, 2016

CN928147 The Norwalk Patriot 8/26/16, 9/2/16, 9/9/16

## NOTICE OF PETITION TO ADMINISTER ESTATE OF FIMBRES, LINDA

Tase No. 16STPB02942

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of FIMBRES, LINDA A PETITION FOR PROBATE has been filed

by Veronica Rubio in the Superior Court of California, County of LOS ANGELES.
THE PETITION FOR PROBATE requests that Veronica Rubio be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not

grant the authority.

A HEARING on the petition will be held

on Sept. 26, 2016 at 8:30 AM in Dept. No. 99 located at 111 N. Hill St., Los Angeles, CA 90012.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent

creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a eneral personal representative, as defined section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the

Attorney for petitioner: TEDDIE J RANDALL ESQ SBN 91433 RANDALL & ASSOCI-ATES 3681 CRENSHAW BLVD LOS ANGELES CA 90016-4849

CN928668 FIMBRES Sep 9,16,23 2016

CN928668 The Norwalk Patriot 9/9/16, 9/16/16, 9/23/16

#### TRUSTEE SALES

T.S. No. 16-41397 APN: 8056-009-015 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 12/13/2011. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER

SHOULD CONTACT A LAWYER.

A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount

may be greater on the day of sale.
Trustor: SILVESTRE GARAY, A MARRIED
MAN AS HIS SOLE AND SEPARATE

PROPERTY
Duly Appointed Trustee: LAW OFFICES
OF LES ZIEVE Deed of Trust recorded 12/27/2011 as Instrument No. 20111756669 in book , page of Official Records in in book , page of Official Records in the office of the Recorder of Los Angeles

County, California,
Date of Sale: 9/26/2016 at 11:00 AM
Place of Sale: B E H I N D T H E
FOUNTAIN LOCATED IN CIVIC CENTER
PLAZA, 400 CIVIC CENTER PLAZA,
POMONA, CA 91766 Estimated amount of unpaid balance and

other charges: \$231,880.00 Note: Because the Beneficiary reserves the right to bid less than the total debt owed, it is possible that at the time of the sale the opening bid may be less than the total

Street Address or other common designation of real property:
12361 FIRESTONE BOULEVARD

Described as follows: LOT 6 OF TRACT NO. 15206, IN THE CITY OF NORWALK, COUNTY OF LOS ANGELES, STATE OF CALIFORNIA, AS PER MAP RECORDED IN BOOK 355, PAGES 15 TO 17 INCLUSIVE OF MAPS, IN THE OFFICE OF THE COUNTY RECORDER OF SAID COUNTY. EXCEPT THEREFROM THE OIL, GAS, MINERALS, AND OTHER HYDROCARBON SUBSTANCES LYING BELOW THE SURFACE OF SAID LAND, AS PROVIDED IN DEEDS OF RECORD. IN DEEDS OF RECORD

IN DEEDS OF RECORD.

A.P.N #.: 8056-009-015 The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale.
NOTICE TO POTENTIAL BIDDERS: If you

are considering bidding on this property lien, you should understand that there are risks nvolved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property.
You should also be aware that the lien being auctioned off may be a junior lien. If you are auctioned of may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust

on the property.

NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (888) 632-4482 or visit this Internet Web site www.realtybid.com, using the file number assigned to this case 16-41397. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale

Dated: 8/30/2016 LAW OFFICES OF LES ZIEVE,

as Trustee 30 Corporate Park, Suite 450 Irvine, CA 92606

For Non-Automated Sale Information, call: (714) 848-7920 For Sale Information: (888) 632-4482

www.realtybid.com

Ashley Walker, Trustee Sale Officer
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OBTAINED WILL BE USED FOR THAT
PURPOSE. EPP 19537 9/2, 9/9, 9/16/16

The Norwalk Patriot 9/2/16, 9/9/16, 9/16/16

T.S. No.: 9987-0843 TSG Order No.: 160161576-CA-VOI A.P.N.: 8052-014-029

NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 03/21/2008. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. NBS Default Services, LLC, as the duly appointed Trustee, under and pursuant to the power of sale contained in that certain Deed of Trust Recorded 03/28/2008 as Document No.: 20080537541, of Official Records in the office of the Recorder of Los Angeles County, California, executed by ERIC MYTYS, AN UNMARRIED MAN, as Trustor, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable in full at time of sale by cash, a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state). All right, title and interest conveyed to and new hold by it under said Dead of to and now held by it under said Deed of Trust in the property situated in said County and state, and as more fully described in the above referenced Deed of Trust. Sale Date & Time: 10/03/2016 at 10:00 AM Sale Date & Time: 10/03/2016 at 10:00 AM Sale Location: Behind the fountain located in Civic Center Plaza, 400 Civic Center Plaza, Pomona CA The street address and other common designation, if any, of the real property described above is purported to be: 13423 DOMART AVE, NORWALK, CA 90650-3420 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made in an "AS IS" condition, but without covenant or warranty, expressed or implied, regarding title, possession, or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to-wit: \$250,514.29 (Estimated) as of 09/16/2016. Accrued interest and additional advances, if any, will increase this figure prior to sale. It is possible that at the time of sale the opening bid may be less than the total indebtedness due. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call, 916-939-0772 for information

regarding the trustee's sale or visit this regarding the trustee's sale or visit this Internet Web site, www.nationwideposting. com, for information regarding the sale of this property, using the file number assigned to this case, T.S.# 9987-0843. Information in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the internet Web site. The best way to verify postponement information is to attend the scheduled sale. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee and the successful bidder shall have no further recourse. NBS Default Services, LLC 301 E. Ocean Blvd. Suite Services, LLC 301 E. Ocean Blvd. Sulle 1720 Long Beach, CA 90802 800-766-7751 For Trustee Sale Information Log On To: www.nationwideposting.com or Call: 916-939-0772. NBS Default Services, LLC, Kim Coker, Foreclosure Associate This communication is an attempt to collect a debt and any information obtained will be used for that purpose. However, if you have received a discharge of the debt referenced herein in a bankruptcy proceeding, this is not an attempt to impose personal liability upon you for payment of that debt. In the event you have received a bankruptcy discharge, any action to enforce the debt will be taken against the property only. NPP0290252
To: NORWALK PATRIOT 09/09/2016, 09/16/2016, 09/23/2016

The Norwalk Patriot

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The Norwalk Patriot Friday, Sept. 9, 2016

## 'Hack-a-thon' inspires student developers

**By Alex Dominguez** Contributor

DOWNEY -Several kids participated in a virtual reality "hack-a-thon" over the weekend, hosted by the Columbia Memorial Space Center.

The hack-a-thon event took place over Saturday and Sunday in Northern and Southern California. The event's Southern California activities completely took over Downey's popular science museum.

"This is the first ever 'We are Code' Hack-a-thon," said Stephen Vann Heflin, Programs Director at Dhat Stone High Tech Learning Academy. "...the purpose of this is to develop an app, or a website, or a video game to help the community....it's to introduce intercity kids - black and brown kids - to coding because we represent less than one percent of the tech community, and more jobs are being formed in the tech community than anything else.

"We start them young, give them the resources, and plant that idea, and watch it grow."

This was the first ever virtual reality hack-a-thon between the Bay Area and Southern California.

Kids who attended the event were split into teams and tasked to create some kind of technology that would benefit their community. While each team worked, they were treated to the guidance of mentors and coaches who are experts in the field, as well as accessible workshop

There were also keynote speakers who addressed the participants at the beginning of the day.

CMSC President Ben Dickow expressed that events like the hacka-thon reinforced the space center's

"I've said this a million times, but our mission is to ignite a community of critical and creative thinkers. Stuff like this is very much about that," said Dickow. "...They're all working in teams, they don't know each other, but they're coming together pretty cool."

Enforcement Pathway in honor of Ricky Galvez.

Morris, and Downey Police Chief Carl Charles.

officers, Galvez's family, and several community members.

only honored the late Galvez, but all of Downey's officers.

"The day that Ricardo Galvez passed, the students here started a Twitter

campaign to get everybody to wear black the next day; all the students. To

show you how influential he was and what support the students have for

the Downey Police – I have never seen so many students wear black [than]

on that day...," said Houts, who briefly spoke on the impact that the Law

During his speech, Morris noted that the renaming of the Pathway not

"We were all able to sleep better when we are protected by people of

strong character and moral fiber, who determine to serve us by putting

Enforcement Pathway CTE program has had on the Viking community.

# Lynwood Unified alums share life, college lessons at 17th annual alumni conference

LYNWOOD - About 30 Firebaugh High and Lynwood High alumni shared their experiences in applying to college, getting through university courses and finding jobs after graduation with nearly 225 Lynwood Unified high school students and their parents during the 17th annual Alumni Conference on Aug. 27.

Lynwood High School hosted this year's conference, themed Rewriting Your Future, to help students and parents learn about applying for and navigating through higher education opportunities. The alumni led a slate of workshops that included major and career exploration, getting involved on a college campus, building relationships with teachers and mentors, financial aid and writing personal statements for University of California applications.

"Lynwood Unified has a network of alumni who are passionate about mentoring the next generation of students," Superintendent Paul Gothold said. "I'm tremendously grateful that these young professionals donate their time and talents to help guide our students in this important chapter of their lives."

Following the workshops, more than 25 colleges, including almost all California State University and University of California campuses, were represented by alumni during a college fair that gave students an inside look into life as a college student and planning for ventures beyond college. The fair also served as a way for students to determine



Lynwood Unified high school students and their parents sign in and receive name badges before the start of the 17th annual Alumni Conference on Aug. 27, when Lynwood alumni shared their experiences in applying to college, getting through university courses and finding jobs after graduation.

the qualifications they would need for entrance into their preferred

Lynwood High Activities Director Gabriela Camacho, who is also a Lynwood Unified alumna. helped start the conference 17 years ago and was happy to see students excited to ask alumni lots of questions at this year's event.

"It's one of my favorite things to are giving back to their community and school," Camacho said. "I'm glad it's gone on for this long and I know it will continue to grow every

Lynwood Unified Board President Alma-Delia Renteria said district alumni play an important educational role, acting as role models for current high schoolers.

"It makes me so proud to see our students and alumni meet and learn from each other at another successful conference," Renteria

"Our alumni are very important see during the year because alumni to our District and I want them to know they always have a home in Lynwood Unified, and we hope they continue to come back and serve their community like they did

# 'Life in Print' art and poetry exhibit coming to Norwalk

NORWALK — Artists Hannah R. Matus and Alyssa J. Wynne will showcase art and poetry during the "Life in Print" exhibit at the Mary Paxon Art Gallery, located at 13200 Clarkdale Ave. in Norwalk. The public is invited to attend the opening reception on Saturday, Sept. 24 from 5 to 8 p.m.

"Life in Print" is intended to give a voice to those who have been silenced all their lives through Matus's art and Wynne's poetry. Together the duo will display approximately 25 mixed media pieces that will shine light on the dark moments in American history and culture, such as the social perspectives on mental health, modeled minorities, women's suffrage, and police brutality.

"Life in Print" opens on Tuesday, Sept. 13, and closes on Saturday, Oct. 1. Matus's and Wynne's mediums include screen printing, calligraphy and spray paint on wood. The opening reception will feature refreshments, live entertainment and merchandise available for purchase.

Matus attends Fullerton College and has created art since the age of five. She previously worked with Hurley because of STEM, and I think that's and currently works as an art instructor. Wynne has written seriously for the past six years and was published in the literary magazine of her alumnus, La Salle University.

# Dr. Frischer...

By Dr. Alan Frischer

In 1747, a British Royal Navy surgeon conducted the first recorded controlled experiment. He proved that vitamin C prevented scurvy. Scurvy is now rare, but it was once myocardial infarction, stroke, or common among sailors, pirates, and others who spent long periods of time onboard ships. When a voyage outlasted the fruit and vegetable supplies, the lack of vitamin C led to scurvy.

Vitamin C, also known as ascorbic acid, is water-soluble, which means that leftover amounts exit the body through the urine. Therefore, we need an ongoing supply in our diet for normal growth and development. Signs of vitamin C deficiency include fatigue, muscle weakness, joint and muscle aches, bleeding gums, leg rashes, and eventually scurvy.

Most experts recommend getting vitamin C from a diet that is high in fruits and vegetables, rather than from taking supplements. Good sources include citrus fruit (lemon, lime, orange, grapefruit), apple, melon, mango, berries, papaya, kiwi, watermelon, tomato, asparagus, broccoli, cabbage, cauliflower, dark leafy greens (kale, spinach), peppers (especially red), potato, and fortified food (bread, grain, cereal).

Why do people take vitamin C supplements? There is quite an unbelievable list of reasons. It has been used to prevent and treat the common cold. It is also used to treat gum disease, skin infections, HIV, stomach ulcers, tuberculosis, dysentery, bladder and prostate infections. It is also used to treat depression, Alzheimer and other dementias, stress, fatigue, ADD and ADHD, heart and arterial diseases, hypertension and high cholesterol, glaucoma, prevention of cataracts and gallstones, treatment of constipation, Lyme disease, heat stroke, hay fever, asthma, cystic fibrosis, infertility, diabetes, chronic fatigue, arthritis, cancer and osteoporosis. Finally, it has been touted to improve physical endurance, slow the process of aging, and help with the symptoms of withdrawal.

But what has Vitamin C actually been scientifically proven effective for? It's truly amazing how much research has gone into this question.

We can certainly agree that it does prevent scurvy. However, further studies of potential health benefits have provided conflicting results:

- It does not appear to have any effect in the treatment of rheumatoid arthritis.
- There is no clear evidence that vitamin C supplements help to prevent cardiovascular disease.
- There is no evidence that supplements reduce the risk of cardiovascular mortality. (One analysis found that it might reduce the risk of stroke.)
- The use of high-dose IV vitamin C is not recommended as an
- Studies failed to find support for the prevention of breast cancer, but it might be associated with increased survival in those already diagnosed.
- There is weak evidence that vitamin C might protect against lung
- Taking vitamin C has no effect on the risk of prostate cancer.
- There are mixed or weak results regarding a link between vitamin C supplements on the risk of colorectal
- Studies examining the effects of vitamin C on the risk of Alzheimer's disease have been conflicting. Maintaining a healthy dietary intake is probably more important than taking supplements.
- No significant effects were found on preventing or slowing agerelated cataracts.
- Some research has shown that vitamin C may improve the absorption of dietary iron, and therefore help in treating anemia. Research is ongoing.
- Vitamin C supplements appear to have no effect on overall mortality.

Finally, the effect of vitamin C on the common cold has been extensively researched. Surprisingly, it has not been shown effective in the prevention of the common cold (with one exception: when exercising vigorously in cold environments). Taking vitamin C supplements does not reduce the incidence or severity of the common cold in the general population, though it may reduce the cold's duration.

Are there any risks associated with too much vitamin C? When obtained from food sources and supplements in the recommended sages, vitamin C is regarded as safe. For most healthy individuals, the body can only hold and use about 250mg of vitamin C each day. At times of illness, during recovery from injury, or under conditions of increased oxidative stress (including smoking), the body can use greater amounts. Very high doses of vitamin C (greater than 2,000 mg/day) may contribute to kidney stones, as well as cause severe diarrhea, nausea, and gastritis.

The vast majority of uses for vitamin C are based on tradition and hearsay, or on marketing, rather than on hard scientific data. Many studies have been poorly conducted, and more and better research would be needed before I would recommend supplements for my patients.

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. Rotary Club sponsors shopping sprees for Bellflower

**BELLFLOWER** – Fifty-five students from Bellflower Unified School District will enjoy \$100 back-to-school shopping sprees on Saturday, Sept. 10, 7 a.m. at Kmart's Bellflower store courtesy of the Rotary Club of Bellflower.

**Unified students** 

The Rotary Club of Bellflower sponsors the annual shopping trip for school clothing and shoes. The group works with Caring Connections, a nonprofit organization dedicated to helping meet the needs of students and families in the Bellflower Unified School District.

Students in grades one through six are chosen by family support staff at elementary schools based on income status and family needs.



Warren and Downey high schools honored fallen Downey police officer Ricky Galvez by renaming portions of their campus in his memory.

on the uniform and wearing a badge, and keeping evil away from our property and our person," said Morris. "It takes a very special person to dedicate themselves to that kind of service, and so often we don't get a chance to say thank you or offer our words of appreciation.

"So what we're doing today and what we did at Warren the other day

is to honor the service of one of our police officers, but in reality we're honoring all the officers of Downey, because they're special people..."

also commented that although Galvez was not a "Downey-ite" in the traditional sense, his service made him part of the community.

"He worked in Downey, and because of that he's one of us. He's a Downey-ite," said Morris.

A plaque was unveiled by Morris and Galvez's mother at the end of the ceremony, which will soon be installed on the building that houses the Law Enforcement Pathway.

-Alex Dominguez, Contributor

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