

CRIME

Sheriff's investigating series of deadly gang shootings in Norwalk neighborhoods

By Raul Samaneigo and Christian Brown

NORWALK – The Los Angeles County Sheriff's Department has identified the man killed in an apparent gang shooting while driving his car in Norwalk early Wednesday morning.

Michael Pina, 47, of Norwalk was pronounced dead at scene of the shooting, which deputies say occurred at 3:45 a.m. on the 16500 block of Horst Avenue.

Sheriff's Homicide Detective Joe Mendoza said Pina was driving northbound in a black Volvo sedan when he was struck in his torso by multiple gunshots.

Pina's car came to rest at the intersection of Horst Avenue and 165th Street.

Mendoza was it is unknown whether the suspect was on foot or in a vehicle.

On Wednesday morning, new Norwalk Sheriff's Station Captain James Tatreau said "from all indications, it appears that this too was not a random shooting."



Tatreau said the homicide investigators are looking into the case as well as other recent shootings, including last week's murder of charity worker Matthew Glover.

Anyone with information on the case is urged to call the Sheriff's Homicide Bureau at (323) 890-

5500, or Crime Stoppers at (800) 222-TIPS.

As Sheriff's detectives investigate this most recent gang shooting, the department announced on Thursday that a man and woman were arrested as "persons of interesting connection with the Whittier-La Mirada shooting spree that left one Norwalk man dead last Saturday.

Alejandro Lazo, 21, and Reyna Gomez, 26, were arrested Saturday night by Whittier police in connection with a shooting at a Whittier-area hotel. Authorities at the time were unsure if they were linked to the earlier shootings.

The Whittier-La Mirada crime spree began with a carjacking about 2:15 p.m. last Saturday in Pico Rivera. By 4 p.m., Jose Sahagun, 33, of Norwalk, was shot at Santa Gertrudes Avenue and Alicante Road in La Mirada.

He was taken to UCI Medical Center in Orange, where he died at 4:51 p.m. Saturday, according to the Orange County coroner's office.

Additional shootings were reported in various locations in the area, with at least two other people injured, authorities said. Another shooting was reported around 8 p.m. in Santa Fe Springs.

Around 8:30 p.m., Whittier police responded to a report of a shooting at an area hotel and they arrested Lazo and Gomez in an allegedly stolen vehicle, authorities said. It was unclear if anyone was wounded in that shooting.

Sheriff's officials said at the time that Lazo and Gomez matched the description of the suspects in the earlier shootings, but they did not immediately link the couple to the crime spree.



Photo | City of Norwalk

Norwalk City Council adds new parking zones, seeks block development grants

By Alex Dominguez Staff Writer

NORWALK – It was an eventful evening on Tuesday for Norwalk City Council.

The council members spent a good amount of time during their meeting focused on the 12900-13000 blocks of Volunteer Avenue, where several residents have said that they've had an increasing amount of trouble dealing with court patrons taking up their parking spaces.

One resident, Armando Holgun, even suggested that it's not just trash that's an issue.

"They move our trashcans [so they can park], they leave trash in front of our yards," said Holgun, addressing the council. "We'll pick up our own trash, why do we have to pick up someone else's trash? I don't think that's fair."

It is believed that court patrons have occupied the neighborhood instead of paying the fee to park in the lot or structure provided.

Visitors to City Hall and court jurors get their parking tickets validated, however anyone else

has to pay a timed fee, maxing at \$16.00.

Tuesday brought an opportunity for council to consider the effectiveness of potentially installing a preferential parking zone in the neighborhood, which lies between Civic Center Drive and Dace Street.

However, many residents also came out opposed to the move, which would require them to pay a permit fee of \$6.25 and limit them to six parking permits – three permanent and three for guests.

One resident suggested that many in the neighborhood work, and are hardly impacted by court patrons because of it.

"We come home by 4:30," said resident Jennifer Hernandez. "By the time we come home most of these people are gone, so I find no inconvenience from that."

Ultimately, the council unanimously approved the installation in a 5-0 vote.

CDBG and HOME Grants

Council also unanimously voted to approve the Community Development Block Grant (CDGB)

and HOME 2017/18 Annual Action Plan and application for CDBG and HOME fiscal year 2017/18 in a 4-0 vote. HOME funds help establish housing investment partnerships.

Mayor Luigi Vernola excused himself from the item.

While nothing was changed Tuesday evening, the council – notably Vice Mayor Leonard Shryock and Councilmember Margarita Rios – seemed interested in changing the way funds would be distributed once funding was obtained.

Time constraints to submit the plans to the U.S. Department of Housing and Urban Development limited any action that could reasonably and effectively be taken, however.

"The CDBG grant actually funds a lot of great programs in our city," said Rios, before turning her attention to Job Training programs, which would receive \$20,000 under the proposed CDBG plan.

"It would have been nice to see if we would have been able to increase that by some additional funding..."

One change in funding did occur however, as in a separate agenda item Council unanimously voted to transfer \$64,000 in CDBG from Neighborhood Beautification Program to Housing Rehabilitation, and \$40,000 in HOME from Security Deposit Assistance Program to Home Improvement Program.

Spike in Shootings

During Tuesday's meeting, Vice Mayor Shryock called upon new LA County Sheriff's Captain Jim Tatreau to address the council concerning a recent spike in violent crimes.

"As you know, we've had a couple things pop up," said Tatreau.

Specifically, Tatreau spoke on the April 25 incident, where 50-year-old Matthew Glover was fatally shot in the 14400 block of Dinard Avenue while collecting donations for Care for the Children.

"I am very optimistic with that that we're on the right track on holding those responsible for that murder," said Tatreau. "That particular victim was not a random victim; he was specifically targeted by the people who did that."

Tatreau continued by saying that there were several options and resources that were being called in to Norwalk station, not only to aid in investigation but in enforcement as well.

Weekend at a Glance

Friday 75° ☁

Saturday 66° ☁

Sunday 65° ☁

THINGS TO DO



La Habra Citrus Fair

All weekend - La Habra Chamber of Commerce, 4-10 p.m.

Youth expos, rides, entertainment, food and merchandise vendors.



Ride & Stride

Sunday - City of Downey, 10 a.m.

Downey's version of CicLAvia, an open streets festival with food, music, vendors, and more.



Downey Street Faire

Sunday - Downey Avenue, 10 a.m.

New location this year: on Downey Avenue, between Phlox and Stewart & Gray.



Heritage Music & Arts Festival

Saturday and Sunday - Angel City Brewery, 12-8 p.m.

Free concerts, beer, and food vendors come to the Arts District in L.A.



Aladdin

Saturday - Griffith Park, 5:30 p.m.

Food trucks, live music and a screening of the classic Disney animated movie.

FROM OUR FACEBOOK

LA County Sheriff's conduct DUI checkpoint in Norwalk

Josh Forsythe: Take Uber or Lyft because it can save a life. However these checkpoints violate your 4th and 5th amendment right if you cared.

Richard Visperas Biley: They don't violate your rights, but yes, take a taxi.

Maze Gonzales: Nice job posting it, Norwalk Patriot. You get 0 stars.

Christopher Lira: So Bloomfield and Imperial per usual...?

Elaine Sanchez Chavarria: Why don't they look for the punks that shot that man painting the addresses on the curbs?

Join the conversation at: Facebook.com/NorwalkPatriot

Santa Fe Springs man accused of immigration scam that promised fake marriages to foreign nationals

SANTA FE SPRINGS – A Santa Fe Springs man who posed as an attorney as part of an elaborate immigration fraud scheme in which at least 87 foreign nationals – mostly Chinese citizens – paid tens of thousands of dollars to be "married" to United States citizens was sentenced on April 24 to two years in federal prison.

Jason Shiao, who also went by the name Zheng Yi Xiao, 67, who operated the Pasadena-based Jason (USA) International Law Corporation, was sentenced by United States District Judge Dale S. Fischer.

Shiao "assisted foreign nationals who were seeking to obtain lawful permanent resident status to remain in the United States by arranging fraudulent marriages for those foreign nationals to United States citizen spouses," according to documents filed by prosecutors in relation to April's sentencing.

Shiao was initially charged in this case in 2015, and in January he pleaded guilty to one count of conspiracy to commit visa fraud and marriage fraud.

As part of the scheme, Shiao falsely claimed to be an attorney, paid United States citizens thousands of dollars to participate in the scheme, introduced immigrants seeking benefits to American citizens to facilitate the sham marriages, instructed his clients to pose for wedding photographs, and told clients to lie to officials with U.S. Citizenship and Immigration Services (USCIS).

According to court documents, Chinese nationals paid up to \$50,000 to enter into sham marriages in the hopes of obtaining lawful permanent resident cards – often referred to as green cards – that would allow them to legally reside in the United States.

Shiao's daughter, Lynn Leung, 45, of Pasadena, also pleaded guilty to a conspiracy charge. Leung was sentenced last week by Judge Fischer to six months in prison.

A third defendant charged in the case – Shannon Mendoza, 50, of Pacoima – was transferred to the Eastern District of Pennsylvania, where



he is also being prosecuted for drug trafficking charges based on conduct allegedly committed while on pre-trial release in the immigration fraud case.

While Shiao and Leung served as brokers by arranging the sham marriages and filing immigration applications, Mendoza allegedly acted as a recruiter by finding U.S. citizens who were willing to enter into sham marriages in exchange for payments of up to \$15,000.

Court documents describe how the defendants went to considerable lengths to make the fake marriages appear real. According to Shiao's plea agreement, he and his daughter prepared documentation that was filed with USCIS to bolster the validity of the fraudulent marriages, including staged photographs of "wedding ceremonies" and bogus tax returns, life insurance policies, joint bank account information and apartment lease applications.

The investigation in this case began in September 2012 based on information provided by an anonymous caller who contacted U.S. Immigration and Customs Enforcement's Homeland Security Investigations.

Upcoming Events

BLUES MUSICAL REVUE: The Cerritos College Theatre Department will present the musical revue “It Ain’t Nothin’ But The Blues” this weekend, which tells the history and evolution of the Blues music, how it began from African beats and rhythms and what is now known as “traditionals.”

The musical, which is being hosted inside the Burnight Center Theatre, will feature some of the most famous and celebrated songs in the history of the blues movement.

Performances started Friday, April 28 and run until Sunday, May 7, 2 p.m. Tickets may be purchased online at www.cerritos.edu/theatre or in the box office one hour prior to each performance.

For more information on “It Ain’t Nothin’ But The Blues,” call (562) 467-5058.

COMMUNITY FORUMS: As part of efforts to engage with and listen to residents’ concerns, the Norwalk City Council will host a townhall meeting on Tuesday, may 9 at 6 p.m.

The open forum is being held inside the Multipurpose Room at New River Elementary School, located at 13432 Halcourt Ave.

Registration is not required. Light refreshments will be served. For more information, contact Public Affairs at (562) 929-5735 or publicaffairs@norwalkca.gov.

Inspiring women honored by Downey Soroptimist

DOWNEY – Several women were honored by Soroptimist International of Downey on April 27 during their Women of Distinction awards breakfast.

Author Philippe Skylar was honored with the Soroptimist Ruby Award for “women helping women.”

Skylar, who is a survivor of abuse, has co-authored “When Loving Him Hurts – Recovery from an Abusive Relationship and Affair” and “The Affair – Recovery from Illicit Sex, Lies, and Betrayal” and is an active advocate against abuse.

“Doing this book and working with abused women...I saw there was this deep need for so many women to heal and to understand what abuse is,” said Skylar upon accepting her award. “To finally eradicate domestic violence, the only way that is going to happen is to go to the cause... because of you Soroptimists, these women are not going to be forgotten.”

Young singer and philanthropist Eileen Garrido, 18, was honored with the Violet Richardson Award for her work with Children’s Hospital Los Angeles, Children’s Miracle Network and the formation of the Beating Hearts Foundation.

“Children’s causes are very near to my heart, quite literally,” said Garrido, who was born with a rare congenital heart defect and has already undergone three major surgeries for it in her lifetime. “My hope is that with similar views of health, fitness and philanthropy, one day we will eradicate rare diseases in children, and bring equality for women around the world.”

Soroptimists also honored four individuals – Beth Crawford, Catherine Page, Melissa B. Zarate-Galvan, and Giovanna “Giggy” Saab – as Women of Distinction.

Gordon Sodetani awarded Sister Cities scholarship

DOWNEY – Downey Sister-Cities Association (DSCA) is one of Downey’s oldest associations, started under President Dwight D. Eisenhower’s “people to people program.” Our organization works on learning about other cultures, customs, and furthering relationships to build bridges, not walls.



DSCA has many partners we work hand and hand with. Last year, we hosted the 2016 U.S./ Mexico Sister Cities National Convention, and this year we helped the city of Pico Rivera host the 2017 national convention.

At these conventions we give awards to cities that have done exceptional work in developing ways to further enhance relationships with other countries. We also provide scholarships to youths that exemplify excellence in academics and humanitarianism.

This year’s winner of the 2017 USMCSA humanitarian scholarship is Downey’s very own Gordon Sodetani.

He has proven that he gives himself back to his community. He is a youth counselor with the YMCA. He is a youth and government leader, and has many other achievements. He currently carries a 4.0 at Cal State Long Beach.

Gordon has been a youth member of Downey Sister Cities Association for more than three years and, God willing, will be attending our dual Sister-Cities visitation to Guadalajara, Jalisco and Fresnillo, Zacatacas, Mexico in August.

Gordon received the scholarship at a recent City Council meeting. He also shared the night with his mother, Martha Sodetani, who received the Mayor’s Healthy Heart Award.

Downey Sister Cities Association meets the third Wednesday of the month at Embassy Suites Downey at 6:30 p.m. We are currently looking for new members.

–Denise Juarez, Downey Sister Cities

CERRITOS COLLEGE
TALON MARKS

Women’s track and field win conference for fifth straight year

By Monique Nethington

NORWALK – Sophomore Amber Hart led a full Cerritos College sweep at the the South Coast Conference Track and Field Finals in the shot put event on Friday, April 28.

The women took the top-seven spots in the event accounting for 39 of the 341 total points for the day, and was only the beginning to the exceptional performance put on by the team.

In total, field events accounted for 65% of the teams’ total points– 221 points.

Hart grabbed the first win of the day placing first in the shot put with a distance of 12.95 meters.

She said, “I gave my best to put out good marks, and I still feel like there’s more I can do. I am glad I am able to do so in the next event.”

Moving on to the next event Juanita Webster added another stand out performance to her year nabbing the first place position in the long jump marking a distance 6.1 meters– 20 feet.

The distance would land her No.2 overall in the school’s record book just shy of the top-mark.

Webster said she wasn’t suprised when they told her about the record, and she wasn’t mad that she didn’t break it that day.

“Before I wasn’t even close to breaking it,” she said. “Now I know that I am near it and I can take it down and for it to be mine.”

Following Webster in the event was Lilian Ebanks (4th,) Michaela Banyi (5th,) Amani Briggs (6th,) Brandy Navarro (9th,) and Suyan Carcedo (10.)

Ebanks said, “It is amazing that we have such a good deep, talented team and have been able to accumulate so many powerful athletes that we can do [what we do.]”

She also competed in the triple jump finals earlier in the week, and placed second overall with a mark 11.28 meters following a first place

jump by teammate Jelani Minix who marked 11.29 meters.

Among other first place finishers in field events were Crystal Rodriguez in hammer throw marking a 48.49 meter throw. Mystasia Alexander came first in both the discus throw marking a



Lilian Eubanks (left center) prepares to hand off the second leg runner Breanna Curry (back right) during the women’s 4x100-meter relay event Friday at the South Coast Conference championship. The relay team would place first in the conference with a time of 46.57 seconds. Photo | Monique Nethington

distance of 41.61 meters and in the javelin with a 42.45 meter throw.

The running events kicked off with the 3000-meter steeplechase event where the Falcons were represented only by Gabrielle Mendoza. She would run a 13:30 minute earning her a seventh place finish and two team points.

Adding to the already completed first place finishes was the first running event, the 400-meter relay team.

During the race the team trailed behind Mt. SAC by just .3 of a second.

When the baton came to anchor Meka Story she was able make up the little ground that was needed to push the team into first place.

The team clocked a time of 46.57 seconds, less than .3 seconds in front of Mt. SAC whose time was clocked at 46.85 seconds.

Story believed that the team

could have competed better but said “We switched up the whole relay team, so to do that and still come in first I think is pretty good.”

Ebanks also competed on the relay team as the lead leg. Contrary to her teammate she said she believed the team performed

already current state championship status, while breaking 5500 total points in the process.

As for Story and Ebanks they would compete in the race, and finish. Story finished third overall with a time of 11.98 seconds, while Ebanks finished eighth with a time of 12.34 seconds.

Another member of the 400-meter relay team to earn a solo first place finish was Breanna Curry. She competed in the 400-meter open where she would clock a time 56.25 seconds just .1 second ahead of Kayla Gibson of Mt. SAC who finished second.

Following Curry, Cerritos had Kymberlynn Jackson finish fourth with a time of 58.17 seconds and Amanda Salgado taking the last scoring spot at eighth with a time of 60.84 seconds.

In the hurdle events Skylin Harbin once again had a record breaking performance. Her 63.33 second performance placed her first over in the 400-meter Intermediate Hurdle race, and third overall in the school’s record book for the event.

Leading the middle and long-distance runners was Rebecca Harris who placed third in both the 800-meter race and the 1500-meter race.

The team will now look forward to the Southern California Regional Championships, where they hope to move on to the state meet.

The team is currently the two-time reigning state champion and hope that this year they can go for a third.

Hart said, “Everybody here is hungry for it. Everybody here has been working hard, training and making sure they stay on task.”

Webster finished, “Everybody [on the team] has heart.”

This story was originally published in Talon Marks, the student-ran newspaper at Cerritos College. To read the original version, visit www.talonmarks.com/sports/2017/05/02/womens-track-and-field-win-conference-for-fifth-straight-year.

Venus Williams revisits Lynwood elementary school

LYNWOOD – On a bright, sunny day this spring, a shiny black Escalade pulled up front at Mark Twain Elementary School and out slid tennis star and Olympic gold medalist Venus Williams.

Williams, who attended first grade at the Lynwood Unified school, was revisiting her old stomping grounds as part of a California Lottery “Back to the Start” social media video campaign to bring celebrities back to their California campuses to surprise inspiring teachers and reminisce on their educational paths.

This is the campaign’s third and final video, which aired on May 1 in honor of National Teacher Appreciation Week on May 8-12.

The teacher: Judy Vellegas, now a kindergarten teacher who has taught at Twain for 34 years. Vellegas’ dedication to her students shines through and, as Williams said, leaves a lasting impact.

“I love teaching younger students because they are very honest with you – what you see is what you get,” Vellegas said. “Students contribute and learn more when they are having fun with their education. When we laugh about something we are learning, I know they understand it.”

But when Williams snuck into Vellegas’ classroom to surprise her, neither could contain their tears as they greeted each other for the first time in about 30 years.

“I loved being in school and watching you with the kids here reminded me of my memories here,” Williams told Vellegas after the emotional reunion. “You are so amazing and such a calming force that a lot of kids, including me, need in their life.”

The two spent time reminiscing about Williams’ quiet personality in first grade, her dad taking her to the tennis courts in Compton after school, and her unwavering desire to dominate in tether ball at recess.

“I used to have to look down to talk with you, now I have to look up!” Vellegas told Williams. “You are such a great role model for my students because if you can do it, they can. I want them to know anything is possible.”

The social media campaign is meant to raise awareness of the California Lottery’s financial support of public schools in California. The California Lottery divides \$1 billion annually among all California public schools.



“We want our students, especially our younger students, to see that role models like Venus Williams have come through Lynwood Unified and that they can be just as successful as her with hard work and dedication,” Lynwood Unified Superintendent Paul Gothold said. “I am grateful that she was able to take the time to come back to Lynwood.”

Lynwood Unified’s priority is to prepare all students for college and career and for alumni and former students to give back to their community, inspiring the next generation of students to do the same.

“It’s amazing whenever we have former students come back to our District to talk with our students,” Lynwood Unified Board President Alma-Delia Renteria said. “I am proud to see that our District is producing such successful individuals who are inspired to make a difference in the world.”

The California Lottery video on Williams’ visit to Mark Twain Elementary can be viewed at <http://bit.ly/2oPSZqF>.

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RICHARDSON: Give your old stuff to others -- not landfills

By Jill Richardson

My neighbor moved out this week. I learned that when I found a moving truck blocking my car and I couldn’t get out of the driveway. No matter — by the end of the day, the truck was gone.

In its place, however, was a queen-sized pillow-top mattress, a wooden dresser, and five tires sitting there on the curb.

Then it rained for four days straight.

The dresser and the mattress appeared to be in perfect condition when she placed them out there. She probably could’ve gotten \$100 for them if she’d sold them before she moved. But after four days of rain, who’d want them?

On the fifth day, the sun came out and I went for a walk. Another neighbor had three soggy couches on the curb, all apparently in good condition. At least, they had been before the rain.

Upset about the immense amount of waste now headed for the landfill, I told a friend about the furniture. She replied that her son had found an entire wardrobe of stylish clothing that others had tossed out, with much more going to the landfill.

Saving the planet can be hard to do. Who wants to deny yourself anything? And are you willing to spend extra money to lessen your impact?

I’ve always felt that the best place to look when trying to help the environment is at win-win solutions.

If energy-efficient appliances work well and they also save you money, that’s a win-win. If taking public transportation is more convenient than driving because you don’t have to bother with traffic and parking, great. If you enjoy eating organic food fresh from your local farm because it’s delicious, all the better.

Saving the planet is easiest when doing so benefits us in other ways, too. But the next easiest actions are those that require little effort and no sacrifice on our part.

Such as giving away things you don’t want anymore instead of sending them to the landfill.

In my neighbor’s case, all she had to do was post online that she had some stuff to give away. Somebody would’ve taken them off her hands within 24 hours. Then it wouldn’t have gone to the landfill. The same is true of the couches.

The local thrift store would’ve gladly taken the items too — and if she’d donated them, she could’ve gotten a tax deduction.

One can even find takers for items that aren’t in good condition. I’ve given away a broken DVD player to a man who thought he could fix it. You can also recycle broken electronics at stores like Best Buy and Staples.

Placing unwanted items on the curb for others to take isn’t necessarily a bad thing either. In good weather, and when there’s enough time for others to help themselves before trash collection carries everything off to the landfill, it can be a convenient solution.

All in all, giving away unwanted items instead of throwing them out is a relatively painless way to be environmentally friendly.

Saving the planet may be hard, but responsible spring cleaning doesn’t have to be.

OtherWords columnist Jill Richardson is the author of Recipe for America: Why Our Food System Is Broken and What We Can Do to Fix It.

A conservative mom’s message for Jimmy Kimmel on the state of health insurance

By Michelle Malkin

I feel your pain. But please use your brain.

On Monday, late-night TV comedian Jimmy Kimmel delivered an emotional monologue about his newborn son. His baby was born with a congenital heart defect that required emergency open-heart surgery.

Millions of American parents, myself included, have walked in Kimmel’s shoes. We’ve experienced the terrifying roller coaster of emotions -- panic, helplessness, anger, anxiety, relief, grief and unconditional love -- that comes with raising chronically ill kids. But Kimmel didn’t use his high-profile platform to educate the public about coping with rare diseases. Or to champion the nation’s best and brightest pediatric specialists and medical innovators.

The Tinseltown celebrity turned his personal plight into a political weapon, which his liberal friends were all too happy to wield. Top Democrats tweeted their praise for Kimmel’s advocacy of expanded government health care regulations:

“Well said, Jimmy,” Barack Obama gushed.

“Thanks @jimmykimmel for sharing your story & reminding us what’s at stake w/health care,” Hillary Clinton effused.

The Huffington Post piled on: “Jimmy Kimmel’s Humanity Underscores Heartlessness Of GOP’s Approach To The Poor.”

I don’t need lectures from Huffington Post and Hollywood elites about having a heart. Neither do the rest of America’s parents, whatever their political affiliations, who know what it’s like to stay up night after endless night with suffering children, wondering whether they would ever be able to

breathe normally again or see the light of the next day.

Kimmel doesn’t need more maudlin Twitter suck-uppery. He needs a healthy fact-check.

“Before 2014,” he claimed, “if you were born with congenital heart disease like my son was, there was a good chance you’d never be able to get health insurance because you had a pre-existing condition, you were born with a pre-existing condition.”

This is false. If parents had health insurance, the child would have been covered under the parents’ policy whether or not the child had a health problem.



Kimmel continued: “And if your parents didn’t have medical insurance, you might not live long enough to even get denied because of a pre-existing condition.”

The term “pre-existing condition” is used to describe uninsured chronically ill people who apply for insurance coverage, not for a child in need of immediate care. Moreover, in the U.S., virtually all hospitals are legally obligated to provide emergency treatment to every patient who urgently requires emergency medical care regardless of the patient’s insurance status. This would include a newborn with an urgent heart condition. This requirement does not apply only to patients who enter an emergency room. It applies to all patients who set foot on a hospital’s property.

Kimmel then dramatically asserted: “If your baby is going to die, and it doesn’t have to, it shouldn’t matter how much money you make.”

I repeat: It does not matter if you are rich are poor or if you are uninsured. If your baby is in the hospital, he or she will receive emergency care no matter what.

“This isn’t football,” Kimmel implored. “There are no teams. We are the team, it’s the United States. Don’t let their partisan squabbles divide us on something every decent person wants.”

Kimmel implies that opposition to Obamacare-style insurance mandates is both un-American and indecent. Had he been less hysterical, he would have acknowledged that different health care systems have pros and cons -- and decent Americans can have legitimate differences of opinion on such matters. In the land of make-believe, it would be wonderful if everyone had free access to the same high-quality care Kimmel and his family did at Cedars-Sinai and Children’s Hospital Los Angeles.

In the real world, Obamacare plans have severely curtailed the number of doctors and hospitals that customers can use. Command-and-control regulations on guaranteed issue, community rating and pre-existing conditions favored by Kimmel and company are driving up costs for everyone. Limited access to specialists and long waits have become the increasing norm -- just like that other model of government-run health care, the Veterans Affairs system, where the despicable practice of “death by queuing” spiked under Obama.

Moving toward a nationalized health system might play well with an emotion-driven late-night comedy audience. But sober observers know it would mean undermining America’s superior access to cutting-edge diagnosis, innovative treatment, top specialists and surgeons, technology, and drugs.

Compassion without clear thinking is just a waste of Kleenex.

Michelle Malkin is a conservative blogger, syndicated columnist, Fox News Channel contributor, and author of Culture of Corruption.

Letters to the Editor

Have an opinion you’d like to share? Letters to the editor for this newspaper can be mailed to 12040 Foster Road, Norwalk, CA 90650, or e-mailed to christian@thenorwalkpatriot.com.

Letters may be edited for both space and grammar.

Stolen Norwalk mail

Dear Editor:

I live in the Downey “Triangle,” bordering Norwalk.

Over the last year, I have lost mail that I have sent from certain street mailboxes. It seems that someone is using a sticky substance on the pull down shelf of the mailbox. This causes your mail to stick on the shelf and your letter will not fall securely into the mailbox. If you are in a hurry, and do not check if your letters fell all the way in, the next person can pull your letters out.

I found this on the mailboxes on Cecilia Street and Fairford Street, mailbox on Studebaker Avenue near Firestone (next to Chucky Cheese) and Stater Bros. parking lot on Firestone and Orr and Day.

In speaking with the Norwalk Postmaster, he is aware of it, a crime that is very hard to prosecute, and gave me this advice:

1) Mail your letters only at the Post Office. 2) Check the pickup time on the street mailboxes and drop your letters in the mailbox as close to possible to pick up time. 3) Do not allow your letters to sit in the mailbox over night or over the weekend. Hope this stops -- and that the advice will help.

**Vincent Diaz
Downey**

HAMILTON: Seeing a president struggling to get back on track

By Lee H. Hamilton

I have significant differences with Donald Trump’s political stances, but I want him to enjoy a successful presidency. It’s good for neither the country nor the world when a U.S. president struggles or fails.

Yet I also believe that constructive criticism can help a president grow more capable. It’s in this spirit that I want to take a hard look at the Trump presidency so far.

President Trump’s personal and stylistic approaches may have served him in business and on the campaign trail, but are problematic in office. He has an unfortunate tendency to dodge blame for things that go wrong. He makes charges with no evidence to support them and refuses to admit he was wrong. He routinely over-inflates his achievements, as when he recently declared that “no administration has accomplished more in the first 90 days,” an assertion that no one familiar with FDR’s and other notable presidents’ first months in office would accept.

Crucially, he does not appear to know how to use or coordinate the levers of American power — economic, diplomatic and political. He appreciates military power, but lacks a coherent, comprehensive strategy and the clarity, consistency, and discipline required to apply one.

President Trump has also shown little evidence of the political skills necessary for success. He has been unable to build coalitions in Washington or rally public support around difficult-to-achieve policy goals. He shows little instinct for finding natural allies to help push legislation through. He shows no interest in inspiring and uniting Americans. And he has hurt himself with his bluster, tenuous relationship with the truth and flouting of the rules of ethics, transparency and conflicts of interest.

Throughout the campaign and his first weeks in office, he painted issues in easy-to-solve, black-and-white terms. Until, that is, he began to confront them as President. Recently, he has admitted that issue after issue is more complicated than he’d expected, which suggests that he had not considered them carefully before.

The President has made some solid choices, putting in place a measured, professional national security team in Defense Secretary James Mattis and National Security Advisor H.R. McMaster. But his policy rhetoric bears little relation to the reality of his accomplishments. We do not have universal, comprehensive health care at lower cost. Tax reform, immigration, cyber reform — it’s hard to find any meaningful progress on any of them.

Chances appear iffy for infrastructure investment in our states and communities that is not a boondoggle. Foreign policy seems to be guided by a team of generals who are competent

in their areas of expertise, but unlikely to come up with the comprehensive economic, diplomatic and political policies needed to resolve conflicts and build stable relations abroad.

Given the President’s erratic, impulsive leadership and dizzying string of policy changes, where will we find stability over the next few years? One source of hope is the President himself. His policy switches on China and Syria may have been abrupt, but they moved us in the right direction. He seems to be capable of learning — and reversing himself — on a broad range of policies. He appears willing to accept the sober, mainstream advice of his national security team.

Ordinarily, I’d include Congress in any list of institutions capable of stabilizing a presidency that could go off the rails, but it seems unable to help the President improve his policies.

Instead, other forces have stepped into that role. The courts — especially on immigration —have kept him within the bounds of the Constitution. State and local governments are stepping up to lead on a variety of issues, including climate change. The media have been crucial in highlighting problems

“Constructive criticism can help a president grow more capable.”

within the administration and the implications of its policies. And ordinary citizens have grown vocal in their opinions and active in trying to safeguard and improve their own corners of the world.

These are hopeful developments. But the Trump administration is still struggling to get on track, consumed with internal problems, at a time when we desperately need to move ahead on the serious problems we confront at home and abroad. My hope is that he can find his way to asserting the leadership the country and the world order need.

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

The Norwalk Patriot

STAFF

JENNIFER DEKAY
Publisher

CHRISTIAN BROWN
Editor

MICHAEL ROBINSON
Display Advertising

ALEX DOMINGUEZ
Contributor

LEEANN ROBERTS
Assistant Display Advertising

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Legal Notices

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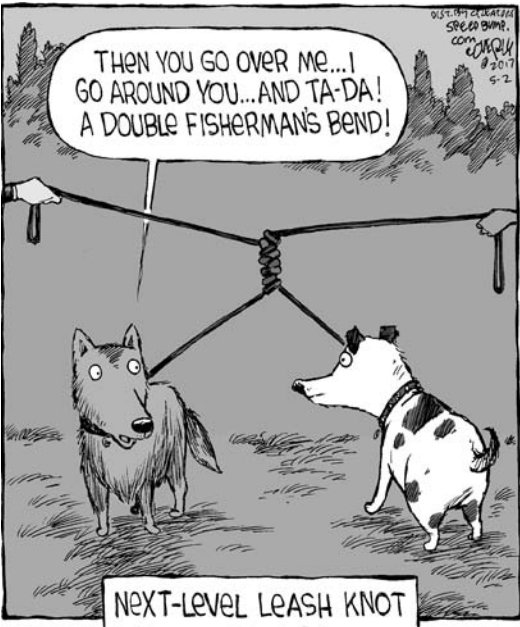
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SPEED BUMP



DAVE COVERLY



On This Day...

May 5, 1494: Christopher Columbus sighted Jamaica on his second trip to the Western Hemisphere. He named the island Santa Gloria.

1865: The Thirteenth Amendment was ratified, abolishing slavery in the U.S.

1966: Willie Mays broke the National League record for home runs when he hit his 512th.

2000: The final episode of teen sitcom “Boy Meets World” aired on ABC.

BIRTHDAYS: MSNBC news anchor Brian Williams (58); Guitarist Antony Santos (50); Actor Santiago Cabrera (39); “Love & Hip Hop” star Tahiry Jose (38); Singer-songwriter Craig David (36); TV actress Danielle Fishel (36); Vanessa Bryant, wife of NBA hall-of-famer Kobe Bryant (35); Movie actor Henry Cavill (34); Model Don Benjamin (30); Grammy Award winner Adele (29); R&B singer Chris Brown (28); YouTube star Brandon Tamasfieldt (22); Model Charlotte D'Alessio (19); and Nickelodeon star Kalama Epstein (17).



Vanessa Bryant

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CALENDAR OF EVENTS

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
12:00 p.m. - Rotary - Doubletree Hotel

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
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

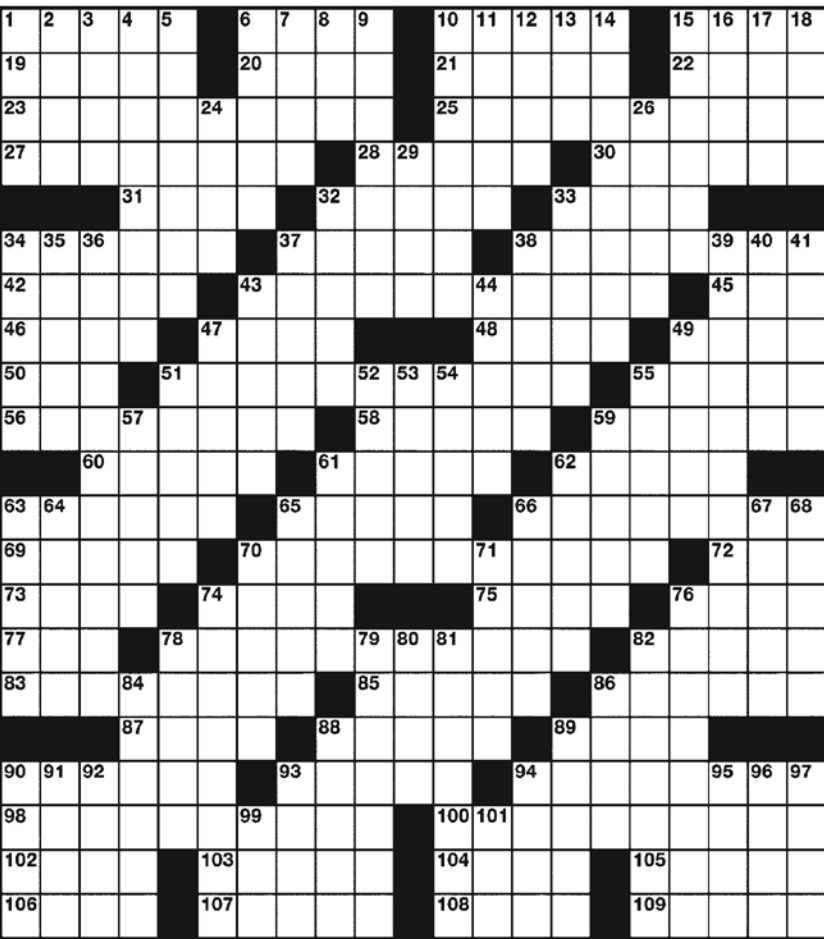
Edited by Stanley Newman (www.StanXwords.com)
CHARACTER BUILDING: Novel characters, to be precise
by S.N.

- ACROSS
- 1 Sorcerer’s activity
 - 6 Gem from Australia
 - 10 Truncated wds.
 - 15 Okra portions
 - 19 State one’s views
 - 20 It means “billion”
 - 21 Misgivings
 - 22 Mysterious glow
 - 23 FLORAL NEWS (debuted 1904)
 - 25 AIRY DRAGON (debuted 1890)
 - 27 Soup selection
 - 28 Weightlifter’s sound
 - 30 Spots to perch
 - 31 Narrowly bests
 - 32 Thunderstorm sounds
 - 33 Engendered
 - 34 Bring charges against
 - 37 One-episode series star
 - 38 Indian Ocean nation
 - 42 Black waterbirds
 - 43 MOPY PARSNIP (debuted 1934)
 - 45 UK lexicon
 - 46 Leave yawning
 - 47 Weeps audibly
 - 48 Put up, as a painting
 - 49 Overstuff
 - 50 Telephone trio
 - 51 FLAGSHIP EGO (debuted 1873)
 - 55 Mythical hunter
 - 56 Release
 - 58 Limited-choice question
 - 59 Yucatán resort
 - 60 Frequent hangout
 - 61 Substantive
 - 62 Covert complication
 - 63 Hawthorne heroine
 - 65 Latino lover’s sentiment
 - 66 Steady leadership
 - 69 Had a tantrum
 - 70 TROPHY RATER (debuted 1997)
 - 72 2016 Olympics locale
 - 73 Certain long-term investments
 - 74 Prefix for scope
 - 75 Garden annoyance
 - 76 Lout
 - 77 Blanc of cartoon fame
 - 78 TURTLE BERTH (debuted 1936)
 - 82 Karate offshoot
 - 83 Readies produce for shipment, perhaps
 - 85 Went wrong
 - 86 Biblical excerpts
 - 87 Has bought
 - 88 Keep bothering
 - 89 Not very nice
 - 90 Make hard to read
 - 93 Sharpened, as skills
 - 94 Hallway
 - 98 PSYCHE BARK (debuted 1847)
 - 100 ABOVE MY ARM (debuted 1856)
 - 102 Peevishness
 - 103 Emphatic denial
 - 104 Underlying cause
 - 105 Mockery
 - 106 Moved on ice
 - 107 NL East player
 - 108 Brady Bunch trio
 - 109 Pet pests
- DOWN
- 1 Trims a lawn
 - 2 For one, informally
 - 3 Aquatic lung
 - 4 Boundless
 - 5 Winter favorites of many Red Sox fans
 - 6 Fire-breathing bosses
 - 7 Galileo’s hometown
 - 8 Era
 - 9 CIA headquarters
 - 10 Signify
 - 11 Timely benefits
 - 12 Composer Bacharach
 - 13 Baseball card letters
 - 14 In the leading role
 - 15 Far East temple
 - 16 Partially mine
 - 17 “Darn it!”
 - 18 Verbalizes
 - 24 Sched. listing
 - 26 December songs
 - 29 Hoarse voice
 - 32 Put a hex on
 - 33 Take along
 - 34 Some US missiles
 - 35 Nary a soul
 - 36 GOODLY HEART (debuted 1900)
 - 37 Hawthorne house feature
 - 38 Puck’s Beverly Hills eatery
 - 39 REAL ANCHORS (debuted 1933)
 - 40 Name on Speed posters
 - 41 Guy designing billboards
 - 43 Slightly wet
 - 44 Bogus
 - 47 Performed superbly
 - 49 Sure success
 - 51 Rather heavy British coin
 - 52 Annually
 - 53 Less than reputable
 - 54 Camera lens setting
 - 55 Post-office stamp
 - 57 Bowling center assignments
 - 59 Tended, with “for”
 - 61 Deserve to get
 - 62 More adorable
 - 63 Dress fussily
 - 64 More uncommon
 - 65 Wonderland pastries
 - 66 Cavalry ride
 - 67 Mythical weeper
 - 68 Bygone birds
 - 70 Shoemaker’s supply
 - 71 Big-eyed baby bird
 - 74 Checks with the office
 - 76 72 Across celebration
 - 78 Rambunctious
 - 79 Slow cooker
 - 80 Hankering
 - 81 They buy and sell
 - 82 Rip out
 - 84 Dreamed (up)
 - 86 Buy or sell
 - 88 Icelanders’ ancestors
 - 89 Defensive ditches
 - 90 Dwindles
 - 91 Actor __ Patrick Harris
 - 92 Middle of the third century
 - 93 American soccer great
 - 94 “Hurry it up!”
 - 95 Have the nerve
 - 96 Predatory dolphin
 - 97 Some sandwiches’ exteriors
 - 99 Hoedown seating
 - 101 Dairy sound

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

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- 59 Tended, with “for”
- 61 Deserve to get
- 62 More adorable
- 63 Dress fussily
- 64 More uncommon
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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.



Pickleball A Big Hit at Creating Connections Luncheon

Norwalk Recreation & Parks Services Department hosted the Norwalk Chamber for a Creating Connections Lunch on Tuesday, April 25th at the Norwalk Arts & Sports Complex. Attendees were promised an interactive experience at this lunch and that was exactly what the Chamber members and guests received. Taking a tour of the Arts & Sports Complex to find out all that the Recreation and Parks Department have to offer the business community was step one. Step two was to enter the gymnasium area and take a seat in the bleachers to observe a demonstration of the newest fitness craze, Pickleball. After watching City Staff play the game, our members were then invited to give it a try. And they did!! Many stepped onto the courts in their tennis shoes with paddles in hand and began to play. This game is much harder than it looks because the ball that you use while playing is a whiffel ball and that is much harder to get over the net than a traditional tennis ball. But it was a lot of fun to try and once you got the hang of it, many became instant pros! If you are interested in getting some exercise while having a great time, then you should try this team sport. It only takes two people to make a team and the City of Norwalk is taking signups right now for their new league which will start on Friday, May 19th. There are three levels of play that you can sign up for, beginning, intermediate and advanced so there is something for everyone. If you are interested in finding out more about this sport and other fitness opportunities you can contact the Recreation & Park Services at 562-929-5702.



New Team mates Philip Colon of Helpline Youth Counseling and Kristen Reyes of the Doubletree by Hilton, Whittier Los Angeles.



Getting ready to start a game of Pickleball are Board Member Lynda Fisher, Walmart and Steve Moua of Helpline Youth Counseling.



Enjoying learning about a new sport are Norwalk City Council Member Jennifer Perez and Sue Arthur, Norwalk Chamber Ambassador.



Norwalk Chamber President Francella Aguilar presents a new member plaque to Esmeralda Gallardo of West Grove Trophy.



Teri Bazen of Norwalk La Mirada Plumbing accepts a 54 year renewal plaque from President Francella Aguilar. Norwalk La Mirada Plumbing is the longest serving member of the Norwalk Chamber.



Holly Noble of Mary Kay Cosmetics receives her membership renewal plaque from President Francella Aguilar, Republic Services.



Learning about Pickleball are Norwalk Chamber President Francella Aguilar, Republic Services, Sal Ortiz of Norwalk Recreation & Park Services, Dora Sandoval, Little Lake City School Board Clerk, Alicia Cortes and Gail Hill of Shakey's Pizza Restaurant.



City of Norwalk Recreation and Park Services Staff hosted the Norwalk Chamber for a BBQ lunch after taking a tour of the Arts & Sports Complex.

MESSAGE FROM THE PRESIDENT



Your Norwalk Chamber is getting connected every month with different events designed to bring resources and information to your business. This month we offer you the opportunity to get connected with five other local Chambers at CAPC, Inc's Annual Kaleidoscope 6 Chamber Mixer. Join our Norwalk Chamber on Thursday May 11th at the Doubletree Hotel here in Norwalk from 4pm to 7pm and be sure and wear your RED to show your support for the Norwalk Chamber.

Ribbon Cuttings are another way that your Norwalk Chamber connects you with other business and community leaders. Join us on Wednesday, May 17th at 10am while we cut the ribbon for Active Pest Control in their new location here in Norwalk. Address is 12217 Rosecrans Ave. If your business is recently opened or newly remodeled and you want to let the Norwalk community know, contact our Chamber office at 562-864-7785 to set up your own Ribbon Cutting event.

We end the month with our 2nd Leadership Series Breakfast. May 31st at the Norwalk Arts & Sports Complex with networking at 7:30am and breakfast and workshop at 8am. Come hear about HR Law updates that can affect your business moving into the future. Our speaker will be Ann Smith, partner at Atkinson, Andelson, Loya, Ruud & Romo.

And as we head towards the summer months, it's time to get prepared for the heat. While we want your business to "Heat Up" we don't want your employees to overheat! Keep your employees safe by being aware of heat illness regulations here in California. If you have outside workers you should know that shade is now required to be available or provided when temperatures exceed 80 degrees Fahrenheit. And there are even stricter regulations as the temperature goes higher. To find out more about your responsibilities as an employer visit <http://bit.ly/1F2iZRd> and see what updates have been put into law to protect you and your employees from the upcoming summer heat.

Sincerely,

Francella Aguilar
Republic Services
2016-17 President
Norwalk Chamber of Commerce

Norwalk Chamber of Commerce
12040 Foster Road, Norwalk, CA 90650

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12040 Foster Road,
Norwalk, CA 90650
Phone: 562.864.7785
FAX: 562.864.8539
Monday - Friday 9am - 5pm
www.norwalkchamber.com
info@norwalkchamber.com

Facebook:
http://on.fb.me/oB5EUM

**PRESIDENT
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**EXECUTIVE DIRECTOR
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CAREN SPILSBURY**

**STAFF WRITER
JOSE ORTEGA**

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**CALENDAR
OF EVENTS**

May 7th
Relay for Life Quartermania
Knights of Columbus Hall
12138 Front Street
Norwalk, CA 90650
Cost \$15 includes meal

May 11th
**CAPC, Inc. Annual 6 Chamber
Mixer & Fundraiser**
Doubletree Hotel Norwalk
13111 Sycamore Drive
Norwalk, CA 90650
4pm to 7pm

May 13th
Annual Letter Carriers Food Drive
Leave Non-Perishable Items by
your Mail Box

May 17th
Ribbon Cutting
Active Pest Control
12217 Rosecrans Avenue
Norwalk, CA 90650
10am

May 31st
Leadership Series Breakfast
Norwalk Arts & Sports Complex
13200 Clarkdale Avenue
Norwalk, CA 90650
7:30 for Networking

July 26th
Business Expo & Health Fair
City Hall Lawn
4pm to 7pm

October 5th
3rd Annual Oktoberfest
So-Cal Pizza
5pm to 9pm



Starbucks located at Firestone and the 605 is given their membership renewal plaque.



NEW AND RENEWING MEMBERS

Renewing Members

The following companies and individuals renewed their membership with the Norwalk Chamber of Commerce and the services we provide are made possible by their support.

54 Years
Norwalk La Mirada Plumbing & HVAC
Don Skala
(562) 868-7777
www.laplumber.com

42 Years
Vernola's Tow Service
Lisa Vernola
(562) 864-5800

28 Years
Norwalk Florist/Flowers by Allen
Gary Murphy
(562) 863-4478
www.floristnorwalk.com

25 Years
General Alarm Service
Bill E. McDonald
(562) 602-2000
www.generalalarmservice.com

18 Years
John's Sweeper Service
John Ozonian
(562) 860-0604
info@nes-sweeping.com

El Taco Locco
Delia Castro
(562) 929-0071

6 Years
Department of Rehabilitation
Patt Kadrlik
(562) 864-8521
Patt.kadrlik@dor.ca.gov

5 Years
All American Trophy
Paul Purdum
(323) 725-1962
aatrophy@sbcglobal.net

4 Years
North Walk Villa Convalescent Hospital
Pamela Junge
(562) 921-6624
www.lcca.com

3 Years
QM Fundraising
Trisha Gutierrez
(626) 641-1735
tgutz216@gmail.com

2 Years
Brandywine Homes
16580 Aston St.
Irvine CA 92606
(949) 296-2400
www.brandywinehomes.com

New Members

Davita – Firestone
Carlos Jacobs
11913 Firestone Boulevard
Norwalk CA 90650
562-863-2127

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MEMBERSHIP ROUND UP



Little Lake City School District receives their membership plaque. Pictured here (l to r) are Manuel Correa, Maria Soto, Trisha Gutierrez of QM Fundraising and Ambassador Sue Arthur.



Pictured here are Board Member Trisha Gutierrez and Ambassador Sue Arthur delivering a renewal plaque to Jazmin Munoz of Money Mart.



Board Members Gordon Stefenhagen and Trisha Gutierrez are giving a 31 year membership plaque to Dr. Paul Crismon. His staff are accepting the plaque.



Bill Sanning of Norwalk Vacuum & Sewing is given his renewal plaque by Chamber Board Members and Ambassadors.



Noe Reyes and Vanessa Gallegos of Fit Nation Gym accept the membership renewal plaque from Trisha Gutierrez and Sue Arthur.



Sue and Trisha are delivering a membership renewal plaque to China Bowl Express & Young Hawaiian BBQ.



Enjoying the food at Burger Basket and delivering the membership renewal are: Board Member Gordon Stefenhagen, Norwalk Realty, Ambassador Sue Arthur, Xochilt Cuevas of Burger Basket and Board Member Trisha Gutierrez, Tupperware.



St. Linus Catholic School is given their membership renewal plaque. Pictured here are (l to f) Trisha Gutierrez, QM Fundraising, Lisa Sinni, School Secretary, Mrs. Thu Do and Ambassador Sue Arthur.



St. John of God Catholic Church receives their membership renewal plaque.

www.norwalkchamber.com

Women in Business



Norwalk & Downey Women in Business Members at their April Lunch

Organizing your Space and de cluttering was the message for the April Women in Business Luncheon. Diana Carlos of Uniquely Enhanced Spaces shared with those who attended some very sound daily practices that you should do to keep organized and be more efficient in your work space. Using time management tools such as your daily planner or a to-do list, keep your desk clean and clutter free by using file drawers and a paper processing system, and have a maintenance schedule for paperwork so that you can keep your system moving. Be aware of time traps that can unravel your day such as social media or online research. You can do a time map exercise by writing down what you do with your time hour by hour for a few weeks. Be honest about how you are spending your time and realize that the only way to increase productivity is to change your habits. Once you have identified your time traps, set a goal to help manage them. Set specific times to check your emails, do social media marketing or research. Stay within the time constraints you have set and within 6 weeks you will have developed a new schedule and feel less stressed as you are better managing your time. We thank Diana Carlos for sharing her expertise with our Women in Business members.

MEMBERS IN THE NEWS

Health & Wellness Complex Groundbreaking



Cerritos College Board of Trustees, Department Heads and College President Dr. Jose Fierro are breaking the ground on the new complex.

Cerritos College and the community gathered on April 5, 2017 for the groundbreaking of the new Health and Wellness Complex, set to be completed in 2020. The construction of the complex will be completed through two phases. The Physical Education, Fitness, Dance and Hall of Fame buildings will be constructed in Phase 1, with The Student Health Services and Athletic Team Room buildings being completed in the final phase. According to Cerritos College, Campus Connection, "The approximately \$51-million project is funded by Measure G Bond dollars and will be located immediately south of Falcon Gymnasium, along the western edge of the campus' athletic precinct. The 76,000-gross-square-foot facility will centralize functions including fitness labs, cardio workout rooms, training rooms, multi-purpose studios, offices, and the Student Health Center." Cerritos College has continuously shown the community that their tax money is being put to use. With the support of the community Cerritos College has been able to provide current and future students with state of the art facilities. The future of Cerritos and students has never looked brighter. **Article By: Jose Ortega**

Career Exploration Night

The first ever Career Exploration Night in partnership with the Norwalk – La Mirada Unified School District, City Of Norwalk, and the Norwalk Education Alliance brought the community out in full force. The event provided resources for students and parents to gain information for future career paths and opportunities. In addition to the information booths, we had the privilege to have Leonard Shryock (Vice Mayor, City of Norwalk), Reggie Berry (NFL Players Association), and Bob Arthur (Retired Cerritos College Trustee) as the panel for the Essential Skills for Employment workshop. In response to how an individual can be seen as a fit to an organization or business, Bob Arthur said, "It is not so much about having the 4.0 GPA's, but more about the experiences the person goes through and how they come out of those experiences that make a person fit for a job." Reggie Berry added, "The one thing each individual can control is showing up and keeping your word. What we say about in the program I run, Goals for Life, we always say is keep your word. Integrity is one of the soft skills, if you keep your word that's how you reach your goals." Vice Mayor Leonard Shryock said, "Your success is dependent on your daily agenda. Whatever you do on a daily basis that's what you'll get good at. If you want to be a writer, you have to write every day. Once you get into something you really love, you have to take a step back and fill in the gaps on how to move that organization forward. You then look for training opportunities and make yourself indispensable." By creating this type of mind set of learning from your experiences, keeping your integrity, and making yourself indispensable you can accomplish anything. The industry sectors represented in the event consisted of: Health Professions, Hospitality, Education, Transportation, Advanced Manufacturing, Engineering & Architecture, Energy & Utilities, Fashion & Retail, Arts, Business & Entrepreneurship Finance, Arts, Media & Entertainment, and Public & Legal Services. The Norwalk Education Alliance is represented by the City of Norwalk, Norwalk Chamber of Commerce, Cerritos College, Little Lake School District, Southeast Los Angeles County Development Board (SELACO WDB), Small Business Development Center (SBDC), and Santa Fe High School. The Career Exploration Night would not have been made possible without the help of the businesses, workshop presenters, public & private organizations, student volunteers and career exploration planning committee. **Article By: Jose Ortega**



Representing Assembly Member Ian Calderon at the Career Paths Expo is Albert Ruiz.



Teacher's Association of Norwalk La Mirada (TANLA) President Clay Walker is pictured with Norwalk Chamber Executive Director Caren Spilsbury.



Dr. John Larcabal of Norwalk Family Optometry attended the Career Paths Expo and shared with attendees how to follow a career in Optometry.



NTMA Machinist School is represented by Campus Director Gina Marinello.



Getting ready to explore the Career Paths Expo by enjoying the dinner that was provided by Norwalk High School Culinary Arts. Pictured here are Irene Manzo, Francella Aguilar, Toni Grijalva, Vice Mayor Leonard Shryock, Suzanne Ortega and Kathy Hogue.



Patt Kadrlik of the Department of Rehabilitation provided information about changing careers to attendees.

MESSAGE FROM THE EXECUTIVE DIRECTOR

“Every little bit helps,” how many of you have heard this saying before? I have found that to be especially true in my new position as Executive Director. Whether it is an Ambassador stepping in to work the check in table at an event or our Intern, Jose Ortega, creating email blasts and social media updates, every little bit helps. When we connect with you, our Chamber Members, to find out what we can do to support your business every little bit will help. This is why we are conducting our membership survey both over the phone and through email. We are asking that when you receive the survey request by email, that you will take the time to fill it out and send it back to the Norwalk Chamber. With your input you can help guide the direction our Chamber takes in providing member services and business support. Speaking of support, our next Leadership Series breakfast takes place on Wednesday, May 31st at the Norwalk Arts & Sports Complex. You will be hearing from an industry leader on HR Laws in California. Each year there are many changes and additions to current laws, so staying up to date on HR issues is extremely important, especially to our small businesses that may not have the resources to staff an HR department. We hope you will join us for breakfast, networking and the workshop.

Looking forward to seeing you at an upcoming Chamber event or out in the Norwalk community!

Sincerely,

Caren Spilsbury
Executive Director/Editor
Norwalk Chamber of Commerce

CalChamber Releases 2017 Job Killer List

The California Chamber of Commerce this week released its annual list of job killer bills to call attention to the negative impact that 23 proposed measures would have on California’s job climate and economic recovery if they were to become law. Earlier this year, CalChamber identified several job killer bills that were moving through the legislative process; those bills are included below. CalChamber will periodically release job killer watch updates as legislation changes. Readers are encouraged to track the current status of the job killer bills on www.cajobkillers.com or by following @CAJobKillers on Twitter. “Economic growth and job creation are the keys to making California a great place to live, work and do business. The bills on this year’s job killer list are a threat to our state’s future prosperity and our quality of life,” said CalChamber President and CEO Allan Zaremborg. “The goal of the job killer list is to remind California policymakers to keep their focus on the paramount issue affecting their constituents—job creation and prosperity for all.”

The 2017 list of job killer bills follows:

Affordable Housing Barriers

SB 224 (Jackson; D-Santa Barbara) **Barrier to Housing and Economic Development.** Creates a significant hurdle to brownfield and urban redevelopment, infill housing, and economic development by requiring all projects to mitigate not only the impacts of the project itself, but also the impacts of other historical activities for which the applicant has no legal liability and over which it had no control.

Arbitration Discrimination

SB 33 (Dodd; D-Napa) **Discrimination Against Arbitration Agreements.** Unfairly discriminates against arbitration agreements contained in consumer contracts for goods or services with a financial institution, as broadly defined, which is likely preempted by the Federal Arbitration Act and will lead to confusion and unnecessary litigation.

SB 538 (Monning; D-Carmel) **Arbitration Discrimination.** Unfairly discriminates against arbitration agreements by prohibiting arbitration between a hospital and a health care plan or contracting agent, leading to confusion and litigation over preemption by the Federal Arbitration Act.

Economic Development Barriers

AB 421 (Santiago; D-Los Angeles) **Extends Superfund Liability to Emissions into the Air.** Imposes statutory liability on businesses and individuals for clean-up recovery costs associated with deposits or redeposits of certain substances that were emitted into the air under a statutory scheme that places the burden of proof on the defendant.

AB 1645 (Muratsuchi; D-Torrance) **Gas Price Increase.** Jeopardizes the production of California-based fuel by banning the use of hydrogen fluoride and hydrofluoric acid at refineries that use more than 250 gallons and are located within two miles of a residence, notwithstanding the fact that there are significant safety regulations in place at the local, state and federal levels.

Increased Labor Costs

AB 5 (Gonzalez Fletcher; D-San Diego and Kalra; D-San Jose) **Unfair Scheduling Mandate.** Burdens small and large employers with a scheduling mandate that requires employers to offer additional hours of work to employees before hiring a new employee or contractor and exposes employers to multiple threats of costly litigation for technical violations that do not cause an employee any harm.

SB 562 (Lara; D-Bell Gardens) **Government-Run Health Care.** Creates a new single-payer government-run, multibillion-dollar health care system financed by an unspecified and undeveloped “revenue plan” which will penalize responsible employers and individuals and result in significant new taxes on all Californians and California businesses.

AB 1209 (Gonzalez Fletcher; D-San Diego) **Public Shaming of California Employers.** Imposes a mandate on California employers to collect data on the mean and median salaries paid to men and women under the same job title or description without also considering any bona fide reason for differences in compensation, to publicly shame California employers and expose them to costly litigation for alleged wage disparity where no violation of the equal pay law exists.

SB 63 (Jackson; D-Santa Barbara) **Imposes New Maternity and Paternity Leave Mandate.** Unduly burdens and increases costs of small employers with as few as 20 employees by requiring 12 weeks of protected employee leave for child bonding and exposes them to the threat of costly litigation.

Increased Unnecessary Litigation Costs

SB 49 (de León; D-Los Angeles) **Creates Uncertainty and Increases Potential Litigation Regarding Environmental Standards.** Creates uncertainty for businesses with respect to the federal environmental standards proposed to be incorporated into California law if backsliding occurs at the federal level in the future, and increases the potential for costly litigation by creating private rights of action under California law when certain events occur.

SB 300 (Monning; D-Carmel) **Lawsuit Exposure.** Increases frivolous liability claims and exposes beverage manufacturers and food retailers to fines and penalties by mandating state-only labeling requirements for sugar-sweetened drinks.

Tax Increases

AB 43 (Thurmond; D-Richmond) **Targeted Tax on Contractors.** Unfairly targets one category of taxpayers to fund a benefit for all of the state by imposing a tax on contractors for the privilege of doing business with the Department of Corrections and Rehabilitation, and requires the contractor to absorb the cost while maintaining a price of lowest responsible bidder.

AB 479 (Gonzalez Fletcher; D-San Diego and C. Garcia; D-Bell Gardens) **Targeted Tax on Alcohol.** Unfairly imposes an additional targeted excise tax on manufacturers, importers, and wholesalers of distilled spirits and a floor tax, that will increase their costs and force them to reduce in other areas, including labor.

AB 1003 (Bloom; D-Santa Monica) **Targeted Tax on Sweetened Beverages.** Unfairly imposes a targeted excise tax on distributors of sweetened beverages to fund health-related programs for all, which will force distributors to reduce costs through higher prices to consumers or limiting their workforce.

AB 1356 (Eggman; D-Stockton) **Targeted Tax on High Earners.** Unfairly increases the personal income tax rate to 14.3%, the highest in the country, on one category of taxpayers (including sole proprietors), who already pay over half of the income tax revenue to the general fund, forcing them to mitigate costs through means including reducing workforce, in order to fund higher education that will benefit all of California.

AB 1512 (McCarty; D-Sacramento) **Targeted Tax on Opioids.** Unfairly imposes an excise tax on opioid distributors in California, which will increase their costs and force them to adopt measures that include reducing workforce and increasing drug prices for ill patients who need these medications the most, in order to fund drug prevention and rehabilitation programs that will benefit all of California.

ACA 4 (Aguilar-Curry; D-Winters) **Lowers Vote Requirement for New Tax Increases.** Adds complexity and uncertainty to the current tax structure and pressure to increase taxes on real property by giving local governments new authority to enact special taxes, including parcel taxes, to fund construction, reconstruction, rehabilitation, or replacement of public infrastructure or affordable housing, or the acquisition or lease of real property for public infrastructure or affordable housing, and lowering the vote threshold to impose such new taxes from two-thirds to 55%.

ACA 11 (Caballero; D-Salinas) **Targeted Retail Industry Tax Increase.** Exposes the retail industry to increased taxes by imposing a quarter-cent sales tax increase to fund affordable housing and homeless shelters, without creating greatly needed market rate housing.

SB 567 (Lara; D-Bell Gardens) **Multiple Tax Increases on California Employers.** Proposes multiple tax increases on California employers, including eliminating the water’s edge election and requiring payment of capital gains on the inheritance of a family business, when California already has the highest personal income tax and sales tax rates in the country, as well as one of the highest corporate tax rates, which will discourage job growth in California.

SCA 6 (Wiener; D-San Francisco) **Lowers Vote Requirement for Tax Increases.** Adds complexity and uncertainty to the current tax structure and pressure to increase taxes on commercial, industrial and residential property owners by giving local governments new authority to enact special taxes, including parcel taxes, by lowering the

vote threshold from two-thirds to 55%.

Job Killers Stopped

Two previously identified job killers were amended and the job killer status was removed, as noted below:

AB 199 (Chu; D-San Jose) **Prevailing Wage on All Development Projects.** Increases housing costs and discourages development by imposing prevailing wage on all development projects (private and public). *With April 6 amendments, opposition and job killer tag removed.*

SB 62 (Jackson; D-Santa Barbara) **Significant Expansion of California Family Rights Act.** Increases costs, risk of litigation and creates less conformity with federal law by expanding the family members for whom leave may be taken, which will provide a potential 24-week protected leave of absence for employers to administer. *Gutted and amended March 20 to a different subject. Job killer and oppose tag removed.*



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GOVERNMENT

CITY OF NORWALK SUMMARY
ORDINANCE NO. 17-1691
The Norwalk City Council, at a meeting held on May 2, 2017, introduced Ordinance No. 17-1691, Zone Change No. 356 to change the zone of the property located at 11739 Potter Street (Assessor's Parcel Number 8074-021-049) from Restricted Commercial (C-1) to Single-Family Residential (R-1) zone to create consistency between the zone and the existing land use to eliminate the non-conforming status of the property.

The full text of Ordinance No. 17-1691 is available for review in the Office of the City Clerk during regular business hours.

Theresa Devoy, CMC, City Clerk
May 5, 2017

The Norwalk Patriot
5/5/17

CITY OF NORWALK SUMMARY

ORDINANCE NO. 17-1690
The Norwalk City Council, at a meeting held May 2, 2017, adopted, by the following roll call vote, **Ordinance No. 17-1690, AN ORDINANCE OF THE CITY OF NORWALK AMENDING TITLE 17 OF THE NORWALK MUNICIPAL CODE TO AMEND REGULATIONS FOR THE PROFESSIONAL/OFFICE ZONE**, approving Text Amendment No. 314, which will amend the Norwalk Municipal Code Chapter 17.06 Commercial Zones, Article V., Professional/Office Zone, in its entirety to alter permitted uses and development standards within the zone:

AYES: Councilmembers Ayala and Rios, Vice Mayor Shryock, and Mayor Vernola
NOES: None
ABSTAIN: Councilmember Perez

The full text of Ordinance No. 17-1690 is available for review in the Office of the City Clerk during regular business hours.

Theresa Devoy, CMC, City Clerk
May 5, 2017

The Norwalk Patriot
5/5/17

NOTICES

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES ORDER TO SHOW CAUSE FOR CHANGE OF NAME CASE NUMBER: VSO30296

TO ALL INTERESTED PERSONS: Petitioner Miguel V. Lopez filed a petition with this court for a decree changing names as follows: Present name (1) Maya Nena Terrazas to Proposed name (1) Maya Nena Lopez Present name (2) Davanee Monae Terrazas to Proposed name (2) Davanee Monae Lopez THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

NOTICE OF HEARING
Date: June 21, 2017, Time: 1:30 pm, Department: C
The address of the court is 12720 Norwalk Blvd. Norwalk, California 90650
A copy of this Order to Show Cause shall be published at least once a week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in the county, THE NORWALK PATRIOT April 14, 2017
Judge Margaret M. Bernal
Judge Of The Superior Court
Petitioner or Attorney, In Pro Per Miguel V. Lopez, In Pro Per 14609 Domart Ave. Norwalk, CA 90650 (562) 868-7309 mlo208@yahoo.com

The Norwalk Patriot
4/21/17, 4/28/17, 5/5/17, 5/12/17

PROBATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF PAUL TORENA Case No. 17STPB03017

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of PAUL TORENA

A PETITION FOR PROBATE has been filed by Tracy M. Vander Meer in the Superior Court of California, County of LOS ANGELES

THE PETITION FOR PROBATE requests that Tracy M. Vander Meer 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 May 10, 2017 at 8:30 AM in Dept. No. 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.

Petitioner: Tracy M. Vander Meer TRACY M VANDER MEER 2912 DAHLGREEN RD RALEIGH NC 27615

CN936166
The Norwalk Patriot
4/21/17, 4/28/17, 5/5/17

TRUSTEE SALES

T.S. No.: 9551-2826 TSG Order No.: 8559797 A.P.N.: 8047-007-050 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 01/31/2007. 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. 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 02/07/2007 as Document No.: 20070264752, of Official Records in the office of the Recorder of Los Angeles County, California, executed by: DAVID KIM, A MARRIED 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 savings and loan 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 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: 05/23/2017 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: 12828 SYCAMORE VILLAGE DR, NORWALK, CA 90650 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 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: \$339,523.19 (Estimated) as of 04/14/2017. 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. 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 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, 916-939-0772 for information 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.# 9551-2826. 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. 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 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, Nicole Rodriguez, 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. NPP0306193 To: NORWALK PATRIOT 04/28/2017,

05/05/2017, 05/12/2017

The Norwalk Patriot
4/28/17, 5/5/17, 5/12/17

NOTICE OF TRUSTEE'S SALE TS No. CA-16-745036-CL Order No.: 160264664-CA-VOI NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED TO THE COPY PROVIDED TO THE MORTGAGOR OR TRUSTOR (Pursuant to Cal. Civ. Code 2923.3) YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 4/20/2005, 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. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state, will be held by duly appointed trustee. 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. **BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE.** The purported property address is: **15007 FLATBUSH AVE, Norwalk, CA 90650-5321** Assessor's Parcel No.: **8076-017-014** **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. 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 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 **916-939-0772** for information regarding the trustee's sale or visit this Internet Web site **http://www.qualityloan.com**, using the file number assigned to this foreclosure by the Trustee: **CA-16-745036-CL**. 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. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. 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. If the sale is set aside for any reason, including if the Trustee is unable to convey title, the Purchaser at the sale shall be entitled only to a return of the monies paid to the Trustee. This shall be the Purchaser's sole and exclusive remedy. The purchaser shall have no further recourse against the Trustor, the Trustee, the Beneficiary, the Beneficiary's Agent, or the Beneficiary's Attorney. If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the note holders right's against the real property only. **QUALITY MAY BE CONSIDERED A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE**

USED FOR THAT PURPOSE. Date: **Quality Loan Service Corporation 411 Ivy Street San Diego, CA 92101 619-645-7711 For NON SALE information only Sale Line: 916-939-0772 Or Login to: http://www.qualityloan.com Reinstatement Line: (866) 645-7711 Ext 5318** Quality Loan Service Corp. TS No.: **CA-16-745036-CL** IDSPub #0125920 5/5/2017 5/12/2017 5/19/2017

The Norwalk Patriot
5/5/17, 5/12/17, 5/19/17

T.S. No. 029034-CA APN: 8046-018-022 NOTICE OF TRUSTEE'S SALE IMPORTANT NOTICE TO PROPERTY OWNER: YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 1/19/2007. 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 ON 5/31/2017 AT 10:30 AM, CLEAR RECON CORP., as duly appointed trustee under and pursuant to Deed of Trust recorded 1/24/2007, as Instrument No. 20070149295, of Official Records in the office of the County Recorder of Los Angeles County, State of CALIFORNIA executed by: DONNA MARIE JOHNSON-BANKS AND JOHN H BANKS, JR WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK DRAWN ON A STATE OR NATIONAL BANK, 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. BEHIND THE FOUNTAIN LOCATED IN CIVIC CENTER PLAZA, 400 CIVIC CENTER PLAZA, POMONA, CA 91766 all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as: MORE FULLY DESCRIBED ON SAID DEED OF TRUST The street address and other common designation, if any, of the real property described above is purported to be: 12748 HOBACK ST NORWALK, CALIFORNIA 90650 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 held, but without covenant or warranty, express or implied, regarding title, possession, condition, or encumbrances, including fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to pay the remaining principal sums of the note(s) secured by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is: \$651,172.01 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. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located. 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. 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 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 (844) 477-7869 or visit this Internet Web site WWW.STOXPOSTING.COM, using the file number assigned to this case 029034-CA. 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. FOR SALES INFORMATION: (844) 477-7869 CLEAR RECON CORP. 4375 Jutland Drive Suite 200 San Diego, California 92117

The Norwalk Patriot
5/5/17, 5/12/17, 5/19/17

NOTICE OF TRUSTEE'S SALE Trustee Sale No. 129474-11 Loan No. 0181773 Title Order No. 170027152 APN 8049-003-003 TRA No.: YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 05/11/2005. 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 PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On 05/26/2017 at 10:00AM, MORTGAGE LENDER SERVICES, INC. as the duly appointed Trustee under and pursuant to Deed of Trust Recorded on 05/18/2005 as Document No. 051167594 of official records in the Office of the Recorder of LOS ANGELES County, California, executed by: RICHARD LOZANO AND JULIE LOZANO, as Trustor, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable at time of sale in lawful money of the United States, 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 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). Place of sale: Behind the fountain located in Civic Center Plaza, 400 Civic Center Plaza, Pomona CA 91766, all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County, California describing the land therein: LOT 41 OF TRACT NO. 17581, IN THE CITY OF NORWALK, COUNTY OF LOS ANGELES, STATE OF CALIFORNIA, AS PER MAP RECORDED IN BOOK 426 PAGES 11 AND 12 OF MAPS, IN THE OFFICE OF THE COUNTY RECORDER OF SAID COUNTY. The property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is purported to be: 12612 GRAYSTONE AVENUE, NORWALK, CA 90650. 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, 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 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: \$279,976.03 (Estimated). Accrued interest and additional advances, if any, will increase this figure prior to sale. The Beneficiary may elect to bid less than the full credit bid. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located and more than three months have elapsed since such recordation. 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. 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 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 (818) 939-0772 or visit this Internet Web site www.nationwideposting.com, using the file number assigned to this case 129474-11. 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. Date: 04/24/2017 MORTGAGE LENDER SERVICES, INC. 11707 Fair Oaks Blvd., Ste 202 Fair Oaks, CA 95628 (916) 962-3453 Sale Information Line: (916) 939-0772 or www.nationwideposting.com TARA CAMPBELL, ASSISTANT VICE PRESIDENT MORTGAGE LENDER SERVICES, INC. MAY BE A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. NPP0306748 To: NORWALK PATRIOT PUB. 05/05/2017, 05/12/2017, 05/19/2017

The Norwalk Patriot
5/5/17, 5/12/17, 5/19/17

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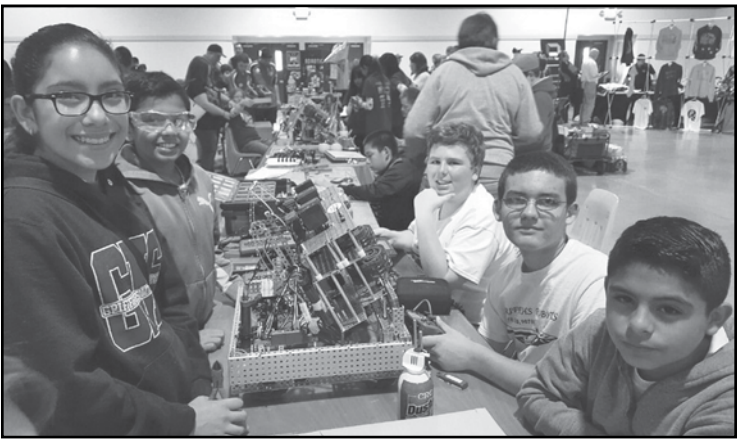
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Griffiths Middle School named California Gold Ribbon campus



DOWNEY – Griffiths Middle School has been named a California Gold Ribbon School, one of only 275 middle and high schools in the entire state to earn the designation, state superintendent of public instruction Tom Torlakson announced.

Griffiths received this award “as a direct reflection of the dedication, hard work and vision of their educational community,” DUSD officials said. They were also selected for demonstrating exemplary achievements in implementing state standards in priority program areas.

“These terrific schools are leading the way in embracing our new rigorous academic standards and showing others how to help students succeed on their way to 21st Century careers and college,” stated Torlakson.

Schools applied for the award based on a model program or practice their school has adopted that includes standards-based activities, projects, strategies, and practices that can be replicated by other local educational agencies, Torlakson said in a news release.

Griffiths Middle School applied as a result of their principles of 21st Century Learning, which is a top priority in the school’s culture. Critical thinking is emphasized through rigorous, relevant, and technology-rich learning opportunities that support student achievement on internal and external measures.

Technology is integrated at Griffiths through the 21st Century

Learning Community (CLC) grant. All teachers in the CLC receive ongoing Professional Development and coaching on technology integration within their respective subject area(s). The rigorous, research-based core course curricula at Griffiths is aligned with state and national standards, as well as district-adopted instructional initiatives and include strategies for thinking and learning.

The focus of the California Gold Ribbon Schools Award is to recognize California schools that have made tremendous gains in implementing the academic content and performance standards adopted by the State Board of Education for all students, including English learners.

These include, but are not

limited to, the Common Core State Standards for English Language Arts, California English Language Development Standards, Common Core State Standards for Mathematics and Next Generation Science Standards.

A ceremony will be held May 15 to recognize Gold Ribbon schools. Separated regionally, this event will honor the 2017 Gold Ribbon Secondary Schools along with the Exemplary Program recipients, Title 1-Academic Achieving Schools, 2017 Green Ribbon Schools, 2017 Civic Learning Award Schools and the National Blue Ribbon Honorees from 2016.

The California Gold Ribbon Schools Award was created to have a program focused on honoring schools while the California Distinguished Schools Program is on hiatus.

This interim is due to the period of time required for California to transition to new assessment and accountability systems.

This new award, which began in 2014, recognized elementary schools last year where Downey Unified’s Old River Elementary School was selected. Downey Unified has had at least one school selected for this award each year.

L.A. County libraries waiving fines in May to encourage return of overdue books

NORWALK – L.A. County Library in Norwalk will be waiving fines next month as part of a one-month amnesty period for customers returning overdue books and materials.

The library system will also waive accumulated overdue fines on already-returned materials.

The last fine forgiveness program was implemented in 2008 and yielded over 100,000 returned materials. In addition to fostering goodwill in local communities, the program has the added benefit of allowing the Library to recover valuable materials which may not otherwise be returned for use by other customers, library officials said.

All materials may be returned with the exception of damaged or un-useable items. The LA County Library will also be permanently eliminating its \$10 processing fee, which was previously charged to patrons for every lost item in addition to the cost of the item.

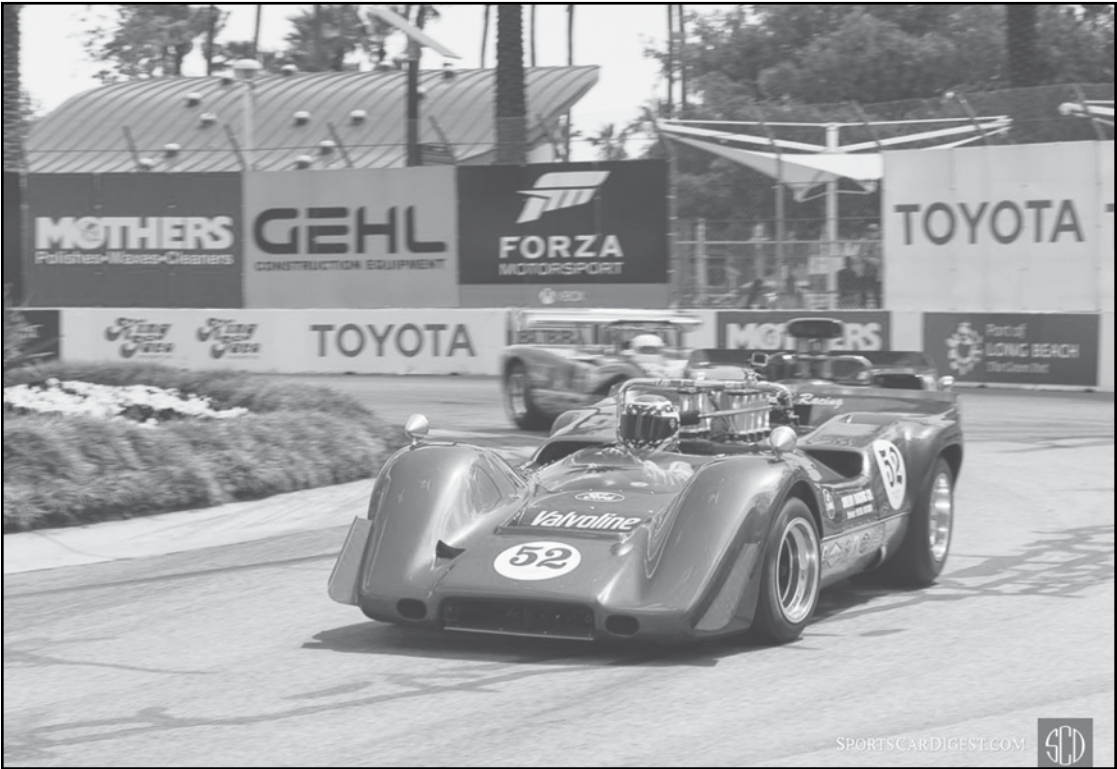


Photo courtesy Sports Car Digest

A Dream Fulfilled

DOWNEY – A former Downey mayor and retired Superior Court Judge was able to fulfill his dream of participating in the Long Beach Grand Prix.

Before he got his opportunity just a few weeks ago, 76-year-old Joseph Di Loreto says that he watched the annual Long Beach racing event for 16 years from his Superior Court chamber window. Already an avid racer, a desire to race in the Long Beach Grand Prix was instilled in him.

“I always wanted to race in it because I’ve been racing vintage cars for 40 years,” said Di Loreto.

He got his opportunity this year when a vintage Can-Am race was inserted into the Grand Prix event in lieu of a celebrity race.

Di Loreto raced his 1968 McLaren M6B, unique in that he has restored it to originality as opposed to something more modern or powerful.

“When I did the restoration of the car, we decided to put the right motor back in it, even though we were 300 horsepower lacking,” said Di Loreto. “The car is authentically perfect; that’s what I wanted.”

Di Loreto says he started the race in the 16th position and finished around 10th. Though he may not have won, he seems more than satisfied.

“It was great! Are you kidding? How many people get to race in the Long Beach Grand Prix,” said Di Loreto. “It was wonderful. It was the thrill of a lifetime for me.”

Alex Dominguez, staff writer

Rio Hondo College offering free tuition to select 2017 high school graduates

WHITTIER – Rio Hondo College will offer free first-year tuition and priority registration to 2017 graduates from three area public school districts and district area private schools as part of the Rio Hondo College Promise, which deepens a host of support programs that drive student success.

The roots of the Rio Hondo College Promise stretch to 2011, when the College created its El Monte Pledge – which helped students from El Monte and South El Monte pursue higher education goals. That initiative included priority registration and assistance with four-year college transfers.

The new effort builds on other innovative Rio Hondo College programs as well, such as a summer bridge academy that helps orient students to the challenges of higher education, counseling, tutoring and other academic support initiatives that have become a hallmark of the College.

College officials presented the program at two events on Thursday, May 4 at 9 a.m. VIP reception for elected officials, school administrators and representatives of university partners and a 10 a.m. presentation to 200 high school students from Whittier Union, El Monte Union and El Rancho Unified school districts, the three area public districts.

“The Rio Hondo College Promise captures the heart of our pledge to ensure members of our community have the ability to pursue their higher education dreams,” Superintendent/President Teresa Dreyfuss. “It’s a promise that’s never been more important.”

Rio Hondo College has long been at the forefront of providing innovative student support. Its El Monte Pledge led to the creation of the El Monte Promise Foundation, which helps create a guided path from cradle to college for area students.

Rio Hondo College also provides more than 20 degrees that guarantee transfer to California State University campuses, partners with UC Irvine to ease student transfers and offers a Pathway to Law School Program that guides students from Rio Hondo College to four-year institutions and then to law school.

The College even has a four-year Bachelor of Science program in automotive technology as part of an historic state program.

The College is also developing programs to help students who struggle with basic skills. A trio of grants totaling more than \$6 million are funding efforts to create stronger pathways through math and English language arts classes, as well as boost capacity for providing support programs.

Such programs can provide critical support for community college students, many of whom arrive without strong academic backgrounds and who often juggle family responsibilities, work and schooling.

As part of those efforts, the College has expanded a math academy offered through its summer bridge program – a tool that can help students leapfrog in skill levels. The academy is offered free to Rio Hondo College Promise students, who also benefit from priority registration for classes.

“It’s no secret that the dream of college has become harder and harder for our neediest community members to achieve,” Board of Trustees President Norma Edith Garcia said. “Tuition has skyrocketed at the University of California and Cal State systems, and private school tuitions are through the roof.”

Garcia said the availability of low-cost, local, open-access community colleges is crucial to strengthening the region’s economy.

“Ensuring that students have the access and means to pay for college is fulfilling the American Dream and widening the doors of opportunity for all,” she said. “This is the role of Rio Hondo College – and one we are delivering on through our new Rio Hondo College Promise.”



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Council approves CDBG spending plan

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The 2011 earthquake in Japan prompted Kay Okino to reflect on another time of great devastation to her father's ancestral home - the bombing of Hiroshima - and a story of survival.

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

“Devastation” by Kay Okino

On March 11 2011, there was a devastating earthquake and tsunami in Japan that brought great destruction, one that left tens of thousands dead or missing and 350,000 people homeless.

Great damage was done to the country's nuclear plants, which are, to this day, not able to control the seeping radiation that is causing havoc to Japan, and if not controlled, to the rest of the world.

In 1945, the first atomic bomb was dropped on Hiroshima, Japan, by the United States, which ended World War II, thus eliminating further casualties of U.S. soldiers and of Japanese too.

Hiroshima is my father's ancestral home.

In the fall of 1989 I visited Japan for the first time. There I visited the Atom Bomb Museum and looked at the eerie pictures and things that had melted into the concrete.

There stood the Gambaku Dome, translated Atomic Dome, the only physical structure that survived the atomic attack. Looking at it and visiting there were sad experiences for me.

My uncle, my father's brother, lived very close to the area, only about ten minutes ride on the train.

When the bomb hit, all the able-bodied men rushed to the area to help. Even amidst terrible destruction and misery, beautiful acts of human kindness emerged, bringing hope to this troubled world.

I never forgot the story my uncle told me about when the bomb fell. He said, “I rushed to the city to help. There was destruction all over. Amidst the rubble, I found a little girl – three or four years old – crying on the beach for her parents.

"I looked all over for her parents, but couldn't find them. Everyone was homeless. The city was destroyed. There was nowhere to take her, so I brought her home."

He had four children of his own. Food and other necessities were scarce, but he raised the girl as his own until her father was found some years later, and they were reunited.

At the time I visited, the girl had already married and was living in Tokyo quite away from Hiroshima. I asked my uncle, "Does she remember you?"

He answered, "Yes, she has never forgotten and comes to visit me from time to time."

In 1999, ten years later, I visited Japan again. Sadly, my uncle was gone. I visited his grave which was located at the edge of his property next to a forest.

He told me something I had completely forgotten. After the war, he said, “You sent me a box of old clothing. In it were a sweater and gloves. The winter was cold. Those things helped me so much.”

I believe that because of this we became very good friends. Unfortunately, our friendship came very late. My uncle's name was Yoshima Uyenô.

NORWALK – Faculty and staff at Cerritos College were selected for the prestigious 2016 John & Suanne Roueche Excellence Award by the League for Innovation in Community Colleges.

The awardees include Dr. Bob Livingston, professor, business administration, Yvette Tafoya, EOPS assistant director, and Andrea Wittig, executive assistant to the president.

The annual, national award annually celebrates outstanding contributions and leadership by community college faculty and staff.

Dr. Livingston was recognized for his leadership in developing an Open Education Resources (OER) project in 2008 to reduce textbook costs for students. The Business Administration Department successfully expanded the College's OER coursework to 3,200 students each semester at a savings of over \$300,000. More than 80% of the students taking courses in the Business Administration Department save an average of about \$100 per course, saving students over \$1 million per year. The College has a goal of saving that amount per semester in the future. The project received the Online Learning Consortium's Digital Learning Innovation Award in 2016.

Ms. Tafoya was honored for her leadership in providing support to former foster youth to ensure their successful transition from foster care to independent living, and improve college access for current and former foster youth. She established the College's Leaders Involved in Creating Change (LINC) program that provides support and resources to foster youth to be successful in college and beyond. The College currently supports approximately 90 foster care youth in the LINC program.

Ms. Wittig was selected for her contribution to the College's new Accelerated Instruction in Math and English (AIME) program, which



closes the academic attainment gap to help students complete their remedial, college-level math and English courses faster. The program allows students to move from their basic skills courses to transfer/college level math and English in one academic year by instilling good study skills in students.

The League for Innovation in the Community College is an international nonprofit organization with a mission to cultivate innovation in the community college environment.

Lynwood's 'Decision Day' inspires higher education

WHITTIER – More than 700 students packed into Lynwood High School's gymnasium on April 26 to watch the upperclassmen commit to their future endeavors during the school's second Decision Day, part of former First Lady Michelle Obama's College Signing Day initiative to encourage all students to attend college.

Connecting with the hashtag #ReachHigher, 477 Lynwood High seniors signed a Decision Day poster, showing their intent to pursue their college or university plans, and hoping to motivate all students to strive toward college goals.

“This is important for us, because it creates a more formal departure from high school and gets us excited about what’s next,” said Lynwood High senior Angel Gomez, who will be attending UCLA in the fall on a full-ride scholarship. “I hope the freshmen watching this are inspired to announce in front of the school where they will be going to college four years from now.”

Seniors took the stage one at a time to announce the college they will attend and their desired major, then grabbed a pen and signed their name upon the official Decision Day 2017 poster on stage.

“I am very impressed each year with the number of students committing to their colleges and major of study while they are still in our high schools,” Lynwood Unified Superintendent Paul Gothold said. “This shows us that Lynwood Unified’s motto of equity and access for all is working, and our students know they are all capable of pursuing their dreams.”

Obama rolled out the Reach Higher campaign on May 1, 2014, to inspire every student to pursue and complete a postsecondary degree, whether at a traditional four-year college, two-year community college or through an industry-recognized training program.

As part of this campaign, Obama encouraged communities across the country to host their own College Signing Day events in 2016 to show their support for this call to action.

"It is so exciting to see students in Lynwood Unified take that next step toward their future," Lynwood Unified Board President Alma-Delia Renteria said. "I am honored to be part of a District that is so dedicated to ensuring all students are prepared and determined to go to college."

Lynwood Unified's Firebaugh High will host its College Signing Day on May 18.

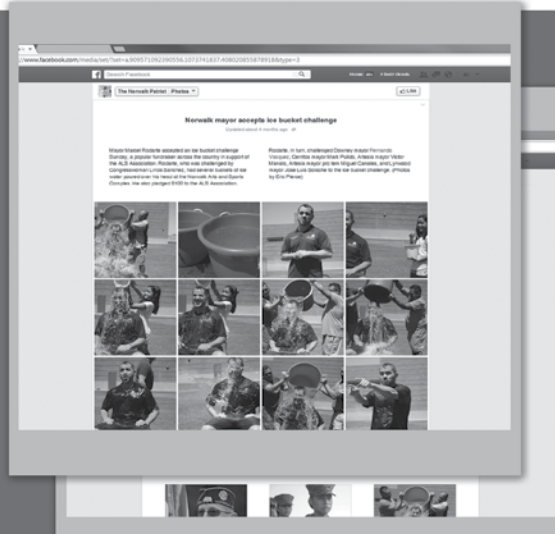
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Alternative Medicine: Can we use the human energy field to improve health?

By Marcela Arrieta

Did you know that all living things have an invisible source of energy? Throughout history, tradition, culture and religion it is referred to as Life Force, Chi, Prana, Mana or divine energy. The difference: only the spelling.

Our bodies are an intricate and complex manufacturing and production powerhouse. It's composed of many systems that serve very important functions. In the same fashion the chakras and the aura serve a purpose.

The word Chakra derives from the Sanskrit word meaning "wheel". To help us put things into perspective let's use the breathing as an example. We mammals breathe in oxygen that nourishes our cells. It's distributed by an intricate circulatory system. The same system manages the retrieval of the cells byproduct, which we exhale as carbon dioxide. In this same fashion the chakras draw in an invisible source of energy from the earth, air, water, solar elements. Basically our environment. That is part of the reason why when in a toxic environment we tend to feel drained.

The question asked the most (I know because I asked it many times) is: Is this quackery, new age stuff, and or woo junk? Tell me this – is oxygen real? "YES duh" this was my answer. Are you sure? Oxygen is not visible to the human eye, so how do we know it exists?

Try this mini experiment but not while driving:

■Exhale...exhale....exhale... exhale... Can we as a human being survive solely on exhaling?

Next:

■Inhale...inhale....inhale... inhale... Can we as a human being survive solely on inhaling?

The answer is "No" to both. Oxygen like this invisible energy exists and is very real. Both measurable yet invisible to the human eye. The million dollar question you should be asking is: How do we quantify or measure this source of energy. Same as anything else study and educate yourself. Make your conclusion based off of intelligent analysis. Empty the cup of knowledge and fill it with something new and exciting!

I highly recommend the following book: "The Chakras and their Functions" by Master Choa Kok Sui. This book tremendously helped fill my cup after I reluctantly emptied it. Something new in uncharted territory can be scary yet empowering.

Now, let's talk briefly about the aura. It serves as a protective energy field that surrounds the physical body and its components. Just picture an egg. What is the yolk and chalazae (white stuff) if not for the protective shell? Complete chaos, there would be no egg. What would our internal organs, skeletal, nervous,

circulatory system be without our body's protective skins? Chaos and disarray, right?

The aura is part of our energy body system. It is also referred to as the bioplasmic body, meaning a living energy body made up of invisible subtle matter. It absorbs, distributes, and energizes the whole physical body with Life Force.

Here's a simple exercise that helps sensitize the chakras of the palms of your hands. Sit in a comfortable place; do not practice while driving or operating sensitive machinery.

- Put your palms together. As if clapping or in prayer position.
- Gently inhale and exhale.
- Visualize a bright white ball in-between your palms.
- Slowly move your hands apart, all while maintaining the rhythm of your gentle breathing.
- Visualize the white ball getting bigger and brighter by the second.
- Continue to slowly move your hands out.
- Repeat this exercise as often as you'd like.

Marcela Arrieta is an alternative modality practitioner with over five years of experience in this field. She is also an entrepreneur who resides in Downey. She can be reached at m_arrieta@yahoo.com.



Rep. Lucille Roybal-Allard presents a certificate of congressional recognition to the Downey Association of Realtors in celebration of their 70th anniversary.

Roybal-Allard (center) is pictured with DAOR president Mario Acevedo (right) and immediate past president Carrie Uva.



The cast takes a bow opening night of Defying Gravity at the Columbia Memorial Space Center. Performances continue this Friday and Saturday, ticket information at columbiaspacescience.org.

From left: Forrest Hartl, Zach Johnson-Dunlop, Bianca Meiloaica, Kerry Wieder as the teacher-in-space, Jaime Soria, Daniel Houston-Davila, Peggy Painton. Photo | Oscar Dominguez, Moving Still Pictures



Rep. Linda Sánchez joins Democrats in push for LGBTQ Equality Act

WASHINGTON, D.C. – Rep. Linda Sánchez (D-CA), vice chair of the House Democratic Caucus, joined 192 members of the House of Representatives to introduce the Equality Act of 2017. This legislation amends the Civil Rights Act of 1964 to add non-discriminatory protections for LGBTQ people based on sexual orientation and gender identity.

"It is unacceptable that the law today still treats LGBTQ people as second class citizens," said Sánchez. "Everyone, regardless of their sexual orientation or gender identity, must be protected and treated equally under the law. The Equality Act of 2017 will ensure that the laws of our country provide LGBTQ Americans the same protections we all enjoy.

"Respecting our brothers and sisters should not be a partisan issue. Ensuring every person in this country is treated fairly and justly should not be a partisan issue. I hope my Republican colleagues will step up and support this important bill."

As of now, 29 states do not provide protections for LGBTQ Americans. Because of this, LGBTQ people can be fired, evicted, or denied a loan because of their sexual orientation and gender identity.

CBEE names seven NLMUSD schools to 2016 honor roll

NORWALK – Seven Norwalk-La Mirada Unified schools were named to the Campaign for Business & Education Excellence 2016 Honor Roll for higher-performing schools that narrow achievement gaps between student populations, while one school was also named to the Science Technology Engineering and Math Honor Roll for excelling in math and science.

Arlie F. Hutchinson Middle, Los Coyotes Middle, Escalona Elementary, Foster Road Elementary, Gardenhill Elementary, La Pluma Elementary and Eastwood Elementary schools were honored as Star Schools, a category for higher-performing schools with substantial populations of socioeconomically disadvantaged students.

Gardenhill Elementary also received recognition as a STEM School for posting a 62 percent proficiency rate in math and an 82 percent achievement rate in science.

"Congratulations to all of our schools for being recognized as some of the most higher-performing schools across the state," NLMUSD Board President Sean Reagan said. "These schools are an example of the rigorous academic environment our students are immersed in every day."

Six out of seven Norwalk-La Mirada Unified Honor Roll Schools showed strong improvements in English language arts for Hispanic students, topping last year's scores by 10 percent. Norwalk-La Mirada Unified's Star and STEM schools also outperformed schools with similar demographics for English language arts and math in multiple student subgroups.

"We have high academic expectations and provide opportunities for our students to thrive throughout all of our schools," NLMUSD Superintendent Dr. Hasmik Danielian said.

"I am very proud of the hard work our administrators, teachers and staff dedicate toward supporting student success."

The Honor Roll is created for the CBEE by the Educational Results Partnership (ERP), which analyzes measures taken from California Department of Education data, including performance on state math, English language arts and science standardized tests.

ERP looks at the equity among students with differing ethnic backgrounds and socioeconomic status.

Norwalk hosts annual home beautification contest

NORWALK – The city of Norwalk Community Promotion Commission is currently accepting applications for the 2017 Home & Business Beautification Contest. The annual competition, open to all single and multi-family residences and businesses in Norwalk, celebrates the efforts of our community members to keep their homes and businesses well-maintained and attractive.

Properties will be judged in four categories:

- Home Beautiful
- Multi-Family Dwelling
- Home Improvement
- Business Appeal

Participants may only enter in one category. Applications are available online at norwalk.org/i-want-to/enter-HBBC or may be picked up at any city facility.

Deadline for application submission is May 31 with the judging period taking place through the end of June.

Winners will receive recognition at a future City Council meeting.

For more information, please call (562) 929-5735.

Six chambers of commerce to participate in 2017 Kaleidoscope fundraiser in Norwalk

NORWALK – Kaleidoscope 2017 will bring six chambers of commerce together for one networking event at the DoubleTree by Hilton in Norwalk on Thursday, May 11.

The cities of Cerritos, La Habra, Norwalk, Pico Rivera, Santa Fe Springs & Whittier will attend to represent their cities and support

CAPC by wearing a city designated color; Cerritos- purple, La Habra- Yellow, Norwalk- Green, Pico Rivera- Blue, Santa Fe Springs- Red and Whittier- Orange.

Mixer attendees will shop hundreds of Silent Auction items, eat hor'devours from local eateries, and participate in Chamber Games between all six chambers.

CAPC supporter and Whittier Chamber board member Scott Radcliffe said "Kaleidoscope is an outstanding event for checking out the local Chambers of Commerce, touching base with chamber staff and learning more about what they do all while networking with your peers.

"Best of all, the proceeds benefit a fine organization and the work they do for all of our cities," he said.

Chamber members are encouraged to attend this event, supporting CAPC by donating or purchasing a Silent Auction item, and participating as a sponsor or food vendor.

CAPC Inc. is a 501(c)(3) organization that empowers individuals with disabilities and works with them to gain employment, assisted living arrangements, and connects them to the community by providing access to transportation, improve their communication and help them pursue higher education and strong relationships.

To participate in this year's event contact fundraising@capcinc.org or (562) 693-8826 or visit www.capcinc.org.

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