

Shared Stories: The Ties That Bind

Daniela Kanz thought a unique form of underwater massage would help her aching back. The clothing-optional rural retreat also nurtured her soul. 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

“A Retreat for the Body and Soul” by Daniela Kanz

My aching back has troubled me for years. When I learned that Wassertanzen (water dance in German), and/or Watsu, might prove therapeutic, my curiosity was peaked. I searched the internet and learned this bodywork in warm water combines Shiatsu massage and muscle stretching. The water dance is done under the water with the receiver of the treatment wearing a nose-clip.

One Friday morning at 7:30 am, we were off to Napa and the Wine Train. We had some difficulty finding our way as my co-pilot (I was driving) led me astray. We switched drivers, asked directions, and finally ended up on the right road again. We went over a toll bridge twice that we didn't need to go on.

The wine train in Napa was just as I envisioned. We had a fancy dinner in a car decorated as an old fashioned dining car. The service and food were good and it was fun. I think I would enjoy going during the day and being in the 'dome car.'

Then we were off to Harbin Hot Springs outside of Middletown. This is where Harold Dull developed the Watsu body therapy.

The hilly terrain and the stairs I climbed to our room presented some difficulty, but it was well worth the effort. After settling in, we put our bathing suits on and were off to check out the pools. We seemed quite out of place since we were the only ones there with swim suits on.

Harbin is a clothing optional retreat. When we finally gathered up the courage to slip out of our bathing suits and slip into the pool, we were struck by how no one paid any attention, and there were no sexual overtones. Most guests wore sarongs out of the water - unless they were sunbathing. I was surprised to see a few children there as well.

Loud voices are discouraged. There are several pools - one with lanes for doing laps, and a smaller heart-shaped pool with warm water and a low-normal voice range permitted.

Another larger warm water pool has an adjoining smaller, hot covered pool that serves as a sanctuary. The warm pool requests you to 'whisper' and silence is required at the hot pool.

A cold pool is a few steps up from the hot pool. There is beautiful foliage surrounding the area and decks provide a place for sunbathing or stargazing.

I met Michael (my 'giver' - and I was the 'receiver') at the massage hut where he explained how he liked to begin with a prayer to Mother Earth and Father Moon. He asked me a few questions and I told him my experiences with watsu in Palm Springs.

I relayed that I wanted a watsu as well as the wassertanzen, especially after watching another couple in the warm pool earlier in the day. Michael told me we would meet at the small heart shaped pool.

When we were in the water, he asked me to get my hair wet and to hold my nose as I went under the water. I went under the water and he remarked "but you didn't hold your nose!" I learned that when I took water ballet.

Michael stated I was ready for wassertanzen and had me try the nose clip. He told me he would slip the nose clip on my nose during the session so I could have an initiation to wassertanzen.

The 60 minutes went swiftly. The sensations were different from my previous experience. In my first session, I felt like an embryo with the feeling of well-being and nurturing of a mother's love. The new sensation I felt when I was completely submerged was that I was playing with the dolphins and whales.

There are no clocks or radios at Harbin, so after dinner we were in bed by approximately 8:30 p.m.

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Norwalk City Council moves slowly through 2017-18 budget

By Alex Dominguez
Staff Writer

NORWALK – Norwalk City Council is still attempting to decide on a budget plan for the next year.

City Council first attempted to tackle the upcoming budget last month on May 22 when they were presented with a general overview of a budget plan for fiscal years 2017-18 and 2018-19.

However council members debated on whether to stick with a two-year plan or return to an annual budget, ultimately deciding to discuss the issue further before voting on and approving anything.

The Council met again on Tuesday, May 30, however they took a more meticulous approach than their prior meeting.

This time, Council and staff went department by department, and page by page of the over 500-page budget document.

According to City Manager Mike Egan, Mayor Luigi Vernola requested the more in-depth review for the benefit of the council's three newest council members Margarita Rios, Tony Ayala, and Jennifer

Perez.

Two more meetings are scheduled for June 12 and 13, where City Council and staff will continue reviewing the budget before coming to a decision.

Norwalk's council has until June 30 to approve a budget plan.

NORWALK – A bill to repeal the tax charged on menstrual health products stalled last week in the Assembly Appropriations Committee with Chairwoman Gonzalez-Fletcher holding it on suspense.

The bill was the second attempt by Assemblywoman Cristina Garcia (D-Bell Gardens) to create a gender neutral tax code.

Last year, the bill passed through the legislature nearly unanimously only to be vetoed by Gov. Jerry Brown who cited a resulting loss of funds if the tax is removed.

"It's disappointing that the Chairwoman didn't prioritize moving California towards a gender neutral tax code in California," said Garcia, who is also chair of the Legislative Women's Caucus.

"It's yet another year women will be taxed for their biology on basic



Photos | Carol Kearns

After 63 years, Downey's Moravian church prepares for its final service

By Carol Kearns
Contributor

DOWNEY – As congregants lingered after Sunday service to chat with friends and thank the visiting pastor, a group of trombone players quickly began setting up music stands in the sanctuary of the church and warming up with their bell-toned instruments.

The Moravian Trombone Choir was rehearsing for its participation in the closing service of the Downey Moravian Church on June 4. Music is a strong tradition in this Christian church whose heritage predates Martin Luther and the Reformation.

After 63 years, the congregation of this Downey church, with its distinctive belfry, has shrunk to the point where it can no longer maintain the facilities. The property is up for sale.

"On our own tithing," says office manager Megan Smock, "we could not keep the buildings open." Smock estimates the congregation at about 100 on paper. Only 26 attended services last Sunday.

Even with renting space to three other churches, four AA groups, and a few community-based groups, the situation was not encouraging.

Unable to support a pastor, they became a lay-led church when Rev. Christie Melby-Gibbons departed in 2014. Retired ministers, such as Rev. Dr. David Tomlinson (Episcopalian), were serving at the pulpit on Sunday mornings.

"We realized that we were just being property managers," says Smock. In September of last

year, the congregation requested permission to close.

"It's emotional," says Emily Niemeyer, a teacher at Warren High School. "I was raised in the church, baptized here, married here. I taught Sunday school and Vacation Bible School."

Like so many thousands of people, Niemeyer's grandparents moved to California during the explosive population growth of the 1950's. Family lore has it that founding pastor of the newly dedicated church came to the door with flowers when he heard the family was expecting a new baby. Niemeyer's family has been active

was established in 1741. The name Moravian indicates the church's heritage from Bohemia, which is now the present-day Czech Republic.

Dedicated in 1954, the Downey site was followed by churches in Banning, on the Morongo reservation, Covina, Yorba Linda, and Arizona. Smock and her family had joined the Yorba Linda congregation when it opened in 1994.

But the Moravian denomination has had difficulty maintaining its western presence. With the coming closure of the Downey parish, only the Morongo church will remain



in the church ever since.

Joan Fry, who has lived in Downey for over 50 years, describes a similar introduction to the church. Arriving in 1965, Fry and her husband found the church "friendly and family-oriented."

Downey was the site of the first Moravian church established west of the Mississippi. Its U.S. headquarters are in Bethlehem, Pennsylvania, where a settlement

open for members in California.

Smock describes the Moravian church as a "mission" church, and this may be a clue to its shrinking presence in the western United States.

"We're not good at proselytizing," says Smock. "It is through service to other people that we demonstrate our relationship

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Weekend at a Glance

Friday	84°	
Saturday	82°	
Sunday	82°	

THINGS TO DO



Greek Festival

All Weekend - St. George Greek Church

The Downey Greek Festival returns this weekend. Hours: 4-11 pm Friday, 11 am to 10 pm Saturday and Sunday



Kids and Cops Golfing

Saturday - Golf N' Stuff Family & Fun Center, 10 a.m.

Kids ages 8-17 are invited to join local Sheriff's Department and Public Safety personnel for a morning of mini golf.



Newport Beach Jazz Festival

All weekend - Hyatt Regency Newport Beach, 10 a.m.-8 p.m.

The O'Jays and Vanessa Williams join a line up of artists for three days of music and food.



Classic Car Show

Saturday - Uptown Whittier 10 a.m. - 4 p.m.

Over 400 vintage and classic cars will be on display along 10-12 blocks of city streets.

FROM OUR FACEBOOK

12 arrested in FBI raid of credit card skimming ring involving local gangs

Nedra Leggett: Im not surprised. I grew up here. Many years ago same stuff. Just new ways to victimize people.

Vivica Mamoali'i Ortiz: Assholes.

Laura Olivas: Crazy....

Robert Garcia: That's good. Nobody likes either of those idiots in both gangs. Neither have respect. Thanks for sharing the good news.

Apollonia Vader: Omg no!

Claudia Solis: I'm speechless.

Matthew Cowan: This is crazy my girlfriend does work for the Ogden's on their dogs and cats...

Martin Marquez: I saw the police in the morning by the new 7-11 on Rosecrans.

Join the conversation at: [Facebook.com/NorwalkPatriot](https://www.facebook.com/NorwalkPatriot)

Upcoming Events

AWARDS BANQUET: The Norwalk Community Coordinating Council is hosting its annual awards banquet on Sunday, June 4, 1-3 p.m. at the Norwalk Arts & Sports Complex.

Local residents are invited to help the organization recognize outstanding individuals who are making a difference in the Norwalk community.

Attendees are asked to dress in their favorite sports team attire as awards are handed out for Keystone service, Citizen of the Year, and Youth of the Year as well as the Helen Brown Memorial scholarship and other high school scholarships.

The luncheon is \$20. For more information or to purchase tickets, call Gordon Stefenhagen at (562) 400-8188 or visit www.nccconline.us.

NORWALK RELAY FOR LIFE: The Relay For Life of Norwalk is returning this summer on June 24 and 25 to help raise money and awareness for cancer prevention, early detection, treatment and patient support.



Relay For Life brings together millions of people nationwide to raise funds to help prevent cancer and diminish suffering from the disease.

For more information, call (562) 354-1468 or e-mail Nancy. Gutzmer at cancer.org.

MARY POPPINS: Musical Theatre West is bringing Mary Poppins to the Carpenter Performing Arts Center from July 7-23.

Based on the books by P.L. Travers and the classic Walt Disney film, Disney and Cameron Mackintosh's production features the original Sherman Brothers score, including the songs "A Spoonful of Sugar," "Jolly Holiday," "Let's Go Fly a Kite," "Step in Time," and "Chim Chim Cher-ee," as well as new musical additions, by George Stiles and Anthony Drewe.

Tickets are now on sale on Musical Theatre West's website, at the MTW ticket office, or by calling (562) 856-1999, ext. 4. Tickets start at \$20.

LONG BEACH PLAY: "Crimes of the Heart," the Pulitzer Prize-winning comic drama about three Mississippi sisters betrayed by their passions, opens June 9 at International City Theatre in Long Beach.

The play runs Thursdays, Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m., June 9-25.

Tickets are \$47 on Thursdays and Fridays, and \$49 on Saturdays and Sundays, except for June 9 (opening night) for which tickets are \$55 and include a post show reception at Utopia Restaurant.

For reservations and information, call 562-436-4610.

Cerritos exhibit pays tribute to musical theatre this summer

CERRITOS – The Cerritos Center for the Performing Arts' (CCPA) Broadway Performance Partner, the award-winning 3-D Theatricals, presents an exhibition paying tribute to musical theater productions based on books and stories at the Cerritos Library throughout May and June.

The library display features costumes, props and set pieces from Stephen Sondheim's "Into the Woods," Disney's "Tarzan," "Seussical, the Musical!," "Hello Dolly!," "Once on This Island," "Monty Python's Spamalot" and Disney's "Beauty and the Beast." The recipient of several Ovation awards and L.A. Drama Critics Circle Award nominations, 3-D Theatricals has built a reputation for producing Broadway-caliber musicals.

Cerritos Mayor Grace Hu said, "The City of Cerritos thanks 3-D Theatricals for sharing the company's wonderful collection for the Cerritos Library exhibition. I encourage members of our community to enjoy this delightful display."

3-D Theatricals presents Rodgers & Hammerstein's "Oklahoma!" at the CCPA on Friday, June 30 and July 7 at 8 p.m.; Saturday, July 1 and 8 at 2 p.m. and 8 p.m.; Sunday, July 2 and 9 at 2 p.m.; and Thursday, July 6 at 7:30 p.m.

"Month Python's Spamalot" comes to the CCPA on Friday, August 18 and 25 at 8 p.m.; Saturday, August 19 and 26 at 2 p.m. and 8 p.m.; Sunday, August 20 and 27 at 2 p.m.; and Thursday, August 24 at 7:30 p.m.

For more information, call (562) 916-8500 or visit cerritoscenter.com.

St. John Bosco lacrosse team enjoys successful first season

BELLFLOWER – In its first year as a CIF sport at St. John Bosco High School, the varsity lacrosse team qualified for the CIF Division II playoffs.

In the first round of the playoffs, the Braves were barely defeated by Valencia High School by a score of 14-12. The Braves finished with a record of 8 wins and 9 losses, with notable victories over Downey High School and Long Beach Poly.

The team is coached by Chris Jewett, who is a former NCAA lacrosse player at Providence College before establishing a coaching career at Brentwood High School, Peninsula High School in Palos Verdes, Mira Costa High School and Los Alamitos High School.

He joined St. John Bosco as varsity lacrosse coach in late 2016.

After a surprisingly successful season in its inaugural year, Coach Jewett commented, "I was super proud of the effort and determination this very young group displayed this season. For a first year CIF program, these boys certainly exceeded expectations and laid a wonderful foundation to grow Bosco Lacrosse.

We have a fantastic returning core of players including Myles and Isaiah Dolphin and Mitch Myers who won an astonishing 96% of the face-offs he took this season and scored over 30 goals. Bosco lacrosse has a bright and exciting future."

CERRITOS COLLEGE TALON MARKS

Talon Marks names it's three female athletes of the year

By Max Perez

1. Juanita Webster, heptathlete, Track and Field.

Juanita Webster is probably the greatest female athlete to step onto the Cerritos College campus.

Not only was she the heptathlon champion in the entire state last year, she has followed it up this year with multiple broken records.

Webster has the top-mark in school history in the heptathlon with 5417 point and 100-meter High Hurdles with a time of 13.83 seconds to go along with a slew of Top-5 marks.

She has second in the high jump with a height of 1.75 meters (.01 meters behind first,) second in the long jump with a distance of 6.10 meters (.04 meters behind first,) second in the triple jump with a distance of 12.38 meters and fifth in the javelin with a distance of 41.32 meters.

Webster still has opportunities to improve. The track and field programs are heading into the SoCal Regional Finals Saturday where she will have the opportunity to improve on heights, distances and times.

If she qualifies, she will have an opportunity to compete for a repeat at the CCCAA State Championships May 19-20.

Not like Webster needs to do anymore, she is already the greatest female athlete Cerritos has seen.

2. Kylee Brown, Softball, Infielder.

Brown has been the most dominant hitter for the Cerritos softball team this season.

She has led this team from Day One and can be recognized as the only member who doesn't wear a visor on defense.

Brown has gone on a tear this season and currently has 17 home runs, good for third in the entire state, and 65 RBIs, good for second in the state.



Brown has also been a great defender starting at three different positions in the infield (second base, shortstop and first base).

Brown has also been cited as a leader both on and off the field by her coaches and fellow teammates. Head coach Kodee Murray went as far as to say that Brown embodies what it means to be a Falcon.

Brown has been instrumental to her team's success and has helped lead the team to a 28-13 overall record, a 7-5 conference record, a seventh seed in the Regional Playoffs and past the First Round into the Super Regional Playoffs.

Brown still has opportunities to add to her already successful year in the playoffs.

3. Crystal Rodriguez, Forward and Thrower, Basketball and Track and Field.

Rodriguez has been a true athlete this year in Falcon sports.

She was a member of the Women's Basketball Team, and is currently a star athlete on the

placed first in the hammer throw with a distance of 48.49 meters; that distance also landed her the fifth best mark in the school's history.

Despite the limited success of the women's basketball team, Rodriguez was always able to make her presence felt. She also has chances this season in the remaining track and field events to validate her as one of Cerritos' best athletes.

Honorable Mentions

Kaylyn James, Basketball.

James was the lone sophomore on what would end up being a women's basketball team with only eight players.

James was one of the elite scorers in the conference. Her ability to get her shot off whenever she wanted is proven by team leading 15 points per game that she is an elite athlete.

Carolina Jamarillo and Itzel Ballesteros, Women's Soccer

The two members of the women's soccer team were the leading goal scorers for what would be the State Champions.

This season women's soccer won its fifth state title in a row. During the season Ballesteros played 25 games, scoring 22 goals with 15 assists, while Jamarillo scored 19 goals with 17 assists despite only playing 14 games.

The two players were dominant forwards on the state's best team, and success like that cannot be ignored.

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/2017/05/09/talon-marks-female-athletes-of-the-year.

Norwalk honors troops with Memorial Day tribute and new public art installation

NORWALK – Under grey skies and moderate temperatures, hundreds of residents of Norwalk and surrounding areas, gathered at the new Freedom Memorial last Monday honoring every veterans who has served our country.

Taken from a design by artist Nan Butler-Beckstrom, the five large monoliths depicted local men and women who have served in the armed services dating back to the 1900s, WWI, WWII, the Korean War, the Vietnam War, Panama, the Gulf War and the current War on Terror.

Each monolith represented one the five branches of the military: Army, Navy, Marine Corps, Air Force and the Coast Guard.

With a color guard led by 8-year-old Mia Medina dressed in all red, the "Poppy Girl" from La Mirada stood at attention as the colors were presented on both sides of the monoliths. t wasn't perfect, but neither were any of the individuals depicted on the faces of the monument.

After reciting the Pledge of Allegiance, the visitors enjoyed the playing of the Star Spangled Banner performed by the All City Band, directed by Frank Hinojzo.

At the same time, there was a four-plane fly over in vintage WWII T6 aircraft.

Chair of the Art in Public Places commission, Joseph Yakovetic, stated that in 2012 he noticed the existing City Hall square had seen its better days.

After five years, the new monument replaced the old one along with ADA compliant upgrades to the walkway and rear façade of the City Civic Center.

With that, all five council members took their place at each of the monoliths for the unveiling.What came into view were five tall black laser-etched renditions that awed the audience.

With the newly-unveiled monument now as a backdrop, Norwalk Mayor Luigi Vernola introduced the keynote speaker, John Kelsall.

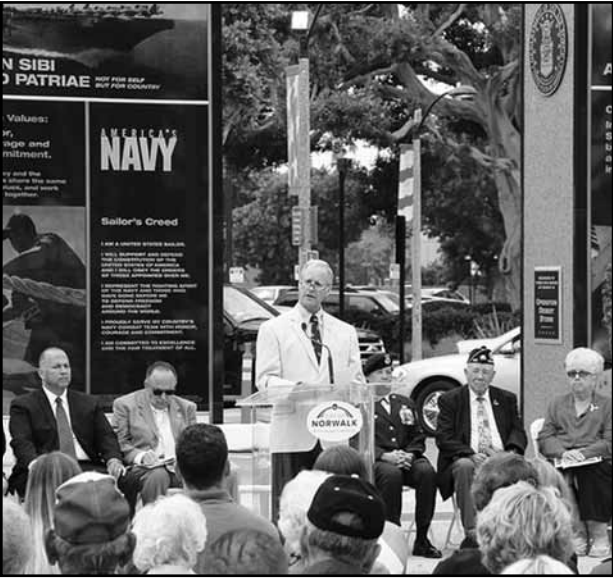
Kelsall and his wife Teri started the Jonas Project, an organization for veteran business owners, after their son, Navy Seals team member Lieutenant Commander Jonas B. Kelsall died in Afghanistan in 2011.

With the playing of "Taps" from All City Band member Sierra Villa Montez, the loud firing of 21 shots from the Honor Guard rang through the crowd.

At the conclusion of the event, the audience members were invited to come forward and review the monument for themselves.

Reminiscent of the Vietnam Memorial in Washington D.C., visitors paraded by each monolith and stopped to contemplate what each one meant to them.

- Raul Samaniego, contributor



The problem with dividing ‘good muslims’ from ‘bad muslims’

By Dina El-Rifai

All right, America. We need to have a talk.

The president recently returned from Saudi Arabia, where he gave his Muslim hosts a speech about the threats of “radical Islamist terrorism.”

Because Trump steered slightly clear of his usual vitriol toward Muslims — he’s repeatedly claimed in the past that “Islam hates us,” and never misses a chance to complain about “Radical Islamic Terror” — some folks in the media credited Trump for not saying anything “overtly” Islamophobic.

Even liberal-leaning outlets like The Atlantic and Vox judged the speech “politically correct” and “uncharacteristically inoffensive,” respectively.

They seem to have missed the fact that Trump’s language, while perhaps less direct than what



Photo | Flickr/Tinou Bao

he says to crowds of his supporters in the United States, was still drenched in the demonization of Muslims. And worse, the speech pointed to an escalation of militarism and violence against Muslim communities.

In other words, some folks are missing the forest for the teleprompter. Trump may have sounded more polite, but he advanced the same divisive ideas that make all of us less safe.

Right-wing extremists are increasingly visible in the U.S. — from Dylann

Roof in South Carolina to the man in Portland who recently stabbed three people for defending Muslims on a train. Yet Trump’s speech still characterized violence and extremism as an exclusively Muslim phenomenon.

Indeed, Trump seemed to cast the Middle East as the home and source of all terrorism, calling whole groups of people there “barbaric criminals” and “foot soldiers of evil.” For this reason he insisted that “Muslim nations must be willing to take on the burden to defeat terrorism and send its wicked ideology to oblivion.”

But since when is bombing people into peace a thing?

After all, the U.S. dropped 20,000-plus bombs on Muslim-majority countries just in the past year, and has terrorized and killed millions in the name of a war on terror. This country runs torture camps like Guantanamo and strips people of their civil and human rights. Who are we to define good and evil?

Yet once again, the world’s 1.7 billion Muslims are being divided into “good Muslims” and “bad Muslims.” The “good Muslims,” according to this idea, support those “war on terror” policies that result in the expansion of violence against mostly innocent people. The “bad ones” don’t — and so we’re called terrorists.

But Trump went a step further by defining good Muslims as the wealthy ones in business with the United States (or himself). Trump valorized those who will profit off the violence that he calls for, including through a \$110 billion arms deal for Saudi Arabia to buy American weapons.

Those weapons will be used in Yemen, where a Saudi-led bombing campaign has killed more than 10,000 people and left 7 million civilians facing starvation.

So in his supposedly more polite and presidential speech, Trump defined whole groups of people as barbarians, and those who profit off the destruction and death of those people as civilized beacons of peace and goodness.

This isn’t some new, miraculously un-Islamophobic Trump. Just because his speechwriters know how to modify his word choice doesn’t change the hateful, violent, dangerous, anti-Muslim message that calls for the destruction of entire communities.

OtherWords columnist Dina El-Rifai is a Policy Fellow at the American Friends Service Committee.

Mendoza bills on environmental resources and election fairness pass through the state Senate

SACRAMENTO – Senator Tony Mendoza (D-Artesia) announced the passage of Senate Bill 693 (SB 693) on Wednesday.

The measure, which would create the Lower San Gabriel River Recreation and Park District, passed 25 to 9 through the Senate with bipartisan support.

“Senate Bill 693 is about making sure we preserve our unique environmental resources

for the future,” Mendoza said. “The San Gabriel River and the areas surrounding it present a great opportunity to build new parks and green spaces that will beautify our community.”

SB 693 will provide communities along the Lower San Gabriel River (SGR) greater access to recreational space as well as promote the river’s revitalization. This bill would help enhance the

quality of life for local residents by improving the health and economic benefits for the communities.

“This measure creates an entity in the state budget that would bring supplementary funds to local park budgets,” said Mendoza. “This bill seeks to improve the ability of the cities in the proposed Park District to share nature’s beauty with everyone.”

SB 693 has passed through the California Senate and will now be presented to the Assembly for consideration.

Mendoza also announced the passage of Senate Bill 45 (SB 45). The measure, which will ensure fairness in elections throughout California, unanimously passed with bipartisan support through the Senate.

SB 45 will amend the Political Reform Act of 1974 (PRA) to prevent a city, county, special district, or state elected official whose name appears on a ballot from using taxpayer money to send a tax-payer paid mass mailing for 90 days preceding an election.

“Fairness in an election is the cornerstone of our democracy,” Mendoza said. “Using the tools of your office to gain an advantage over an opponent is unfair. Right now, these taxpayer funded mass mailings that are being abused by local elected officials days before their elections. That is simply unacceptable.”

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.

The ‘Why’ Behind Bad Grades

By Jill Richardson

The end of the school year has a tendency to bring crises to my attention.

I’m a graduate teaching assistant, which means I have more face-to-face contact with the students than the professor I work for. I know their names and I know them as individuals.

There are often a few struggling students whom I’ve had on my radar all semester, or at least since they failed a midterm exam. I try to reach out and help them discover what went wrong, and then put them in touch with the resources they need to do better.

In my experience, most bad grades aren’t the result of laziness or poor intelligence. Often it’s something else.

In the best cases, it’s something simple. The student had four tests in a week and they failed mine. That student, so long as they have time to study, will do fine in the future.

But then there are the other cases. Generally it’s either something tragic happening in the student’s life — a best friend committed suicide or a parent is terminally ill — or it’s some form of mental illness or learning disability.

The most common issues I’ve seen are anxiety and ADHD (attention deficit hyperactivity disorder). Sometimes it’s also depression, post-traumatic stress disorder, or even an eating disorder.

I meet students in all phases of these problems. Some have had them for years and are in treatment. Others haven’t even been diagnosed yet, or they’re newly diagnosed and still trying to figure out how to live with the problem.

That’s something that takes time. It takes time to find a therapist you trust and build a rapport with. If you’re going to take antidepressants, it takes a month or two for them to have an effect. And some antidepressants have unbearable side effects, so it can take more than one attempt to find the right one.

It’s tempting to tell a student dealing with an anxiety problem to be responsible and to find the resources they need to do well in school. But that’s like telling a person with two broken legs to go walk to the emergency room so they can get the care they need.

When your mind is the problem, sometimes it’s hard to use that same mind to get to the solution.

While problems such as these are bound to crop up, how we react to them is our choice. A student

suffering from any problem will be better off if their parents and teachers are understanding and supportive.

It takes time to deal with a new and as-yet-untreated anxiety problem. But the solution can be sought faster if parents let their children know they have their backs 100 percent and will do what’s needed to be supportive.

A student suffering from anxiety, ADHD, or any other physical or mental health challenge has a right to accommodation by the school. They often need other resources as well.

I worry about my students who equate their grades with their own self worth, and who believe their parents will be disappointed by anything less than an A.

I wish I could tell them their parents love them for who they are, not what they do — but not every parent sees it that way.

If your child ended the school year with less than stellar grades, instead of judging — reach out. Ask what’s going on. Odds are your kid isn’t lazy or stupid, and a caring adult is sometimes all it takes to help.

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

Why a conservative mom broke the pot taboo

By Michelle Malkin

Let’s talk about marijuana.

Specifically, let’s talk about how and why I came to be one of the countless parents across America (and around the world) who have let their chronically ill children try it.

A groundbreaking new study published last week in the New England Journal of Medicine reported on the health benefits of cannabidiol for children with epilepsy. The randomized, double-blind, controlled study found that among children with Dravet syndrome taking cannabidiol, the decrease in the frequency of convulsive seizures was 23 percentage points greater than the decrease in seizures among children taking a placebo.

Cannabidiol is one of hundreds of chemical components found in cannabis plants. Unlike THC, the most famous of marijuana’s compounds, CBD is nonhallucinogenic and nonaddictive. It doesn’t make you high. CBD can be extracted from hemp and sold as an oil. That’s what the pioneering Stanley Brothers of Boulder, Colorado, did several years ago when they conceived and manufactured “Charlotte’s Web” -- named after Charlotte Figi, a Colorado Springs girl with Dravet syndrome whose seizures dramatically decreased after using CBD.

Until now, evidence of marijuana’s benefits for pediatric epilepsy patients has been largely anecdotal. The new CBD study, led by researchers at the NYU Langone’s Comprehensive Epilepsy Center, is a hugely significant development because it uses the scientific gold standard of a randomized controlled trial. Other limited clinical trials involving CBD have explored the drug’s therapeutic benefits for pediatric patients with conditions ranging from anxiety to movement disorders to inflammatory diseases, multiple sclerosis and cancer.

My own interest in pediatric use of medicinal marijuana is more than academic.

When my daughter, Veronica, fell ill in late spring of 2015 -- unable to breathe normally, bedridden with chronic pain and fatigue -- she saw dozens of specialists. Among those doctors was a leading neurologist

one of Denver’s most well-regarded hospitals who treated intractable cases. The various drugs prescribed to my daughter weren’t working and had awful side effects.

One of them, a potent anti-epileptic drug called Trileptal, was supposed to treat the severe motor tic that left her gasping for air nonstop for months. But Trileptal ended up causing extreme loss of appetite, more fatigue and temporary dystonia, while doing



nothing to alleviate the tics. The constant jerking of her body caused one of my daughter’s hypermobile shoulders to dislocate multiple times a day -- increasing her pain and anxiety.

To our surprise, the mainstream neurologist suggested Veronica try CBD. This doctor had other young patients who used CBD oil with positive results, but she could not directly prescribe it because of her hospital affiliation. So we did our own independent research, talked to a Colorado Springs family whose son had great success using CBD to treat his Crohn’s disease symptoms, consulted with other medical professionals and friends -- and entered a whole new world.

Two physicians signed off on our daughter’s application for a medical marijuana card. She became one of more than 360 children under 18 to join Colorado’s medical marijuana registry in 2015.

And we became pediatric pot parents.

For Veronica, CBD provided more relief than all the other mainstream pharmaceutical interventions she had endured, and without the scary side effects. But ultimately, it was a temporary

remedy for her complicated basket of neurological and physiological conditions. We were glad for the chance to try CBD at the recommendation of medical professionals, and glad that so many other families are having success with it.

Our experience showed us the importance of increasing therapeutic choices in the marketplace for all families -- and trusting doctors and patients to figure out what works best.

It flies in the face of current science to classify CBD oil as a Schedule I drug, as the feds did at the end of 2016. Nor does it make sense to draw the line at CBD if some patients and doctors believe that the benefits of using THC therapeutically outweigh the potential harm.

As a lifelong social conservative, my views on marijuana policy may surprise some of you.

I used to be a table-pounding crusader for the government’s war on drugs. When I worked in Seattle in the 1990s, I initially opposed efforts to legalize medical marijuana. I also opposed efforts to loosen restrictions on conducting studies on the potential therapeutic effects of using marijuana.

But the war on drugs has been a ghastly quagmire -- an expensive and selective form of government paternalism that has done far more harm than good. What has this trillion-dollar war wrought?

Overcrowded jails teeming with nonviolent drug offenders. An expanded police state enriched by civil asset forfeiture. And marginalization of medical researchers pursuing legitimate research on marijuana’s possible therapeutic benefits for patients with a wide variety of illnesses.

The Trump administration has sent mixed signals on a medical marijuana crackdown.

So let me be clear as a liberty-loving, conservative mom: Keep your hands off. Let the scientists lead. Limited government is the best medicine.

The Norwalk Patriot

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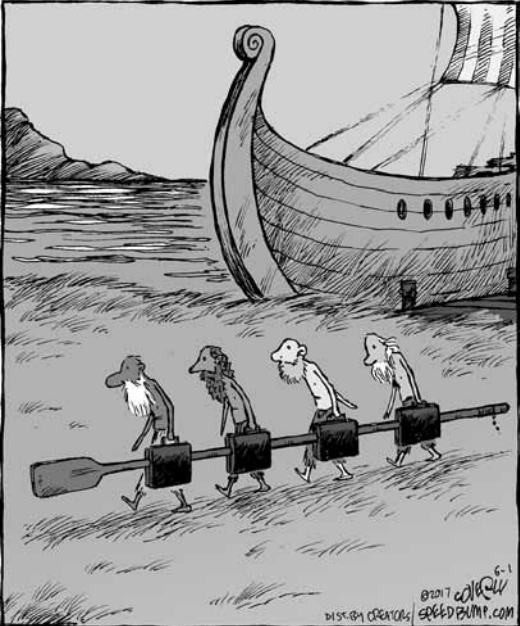
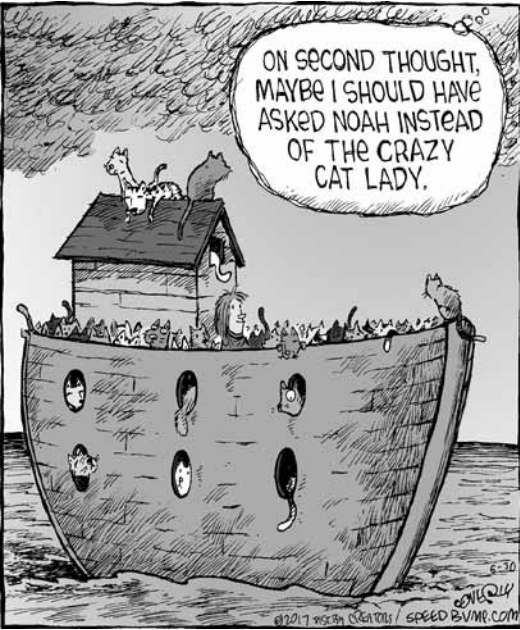
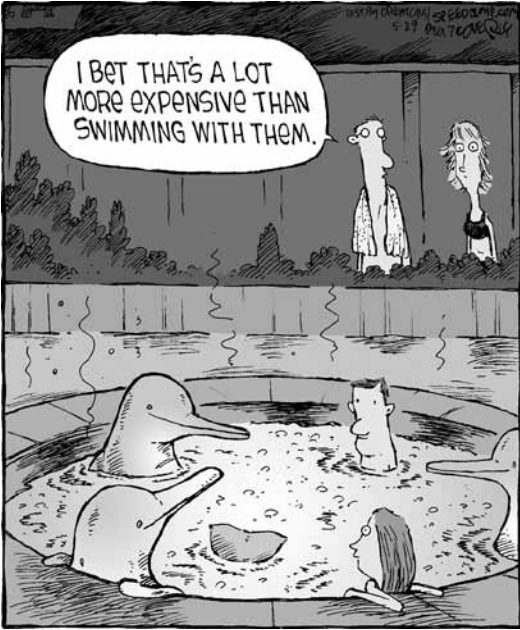
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Contributor

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SPEED BUMP

DAVE COVERLY



On This Day...

June 2, 1851: Maine became the first U.S. state to enact a law prohibiting alcohol.

1953: Elizabeth II was crowned queen of England at Westminster Abbey.

1967: In the U.S., "Sergeant Pepper's Lonely Hearts Club Band" was released by the Beatles. It was released on June 1 in the U.K. and around the world.

1998: Royal Caribbean Cruises agreed to pay \$9 million for illegally dumping waste at sea.

BIRTHDAYS: Soap opera actress Maree Cheatham (75); Actor Dana Carvey (62); Pop singer Tony Hadley (57); TV show host Andy Cohen (49); Comedian Beetlejuice (49); TV show host Wayne Brady (45); "Prison Break" star Wentworth Miller (45); Actor Zachary Quinto (40); WWE wrestler AJ Styles (40); Actor Justin Long (39); U.S. soccer olympian Abby Wambach (37); NFL running back Eddie Lacy (27); and Rapper Futuristic (25).



Futuristic

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

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Norwalk, CA 90650

Email:

news@thedowneypatriot.com

CALENDAR OF EVENTS

SATURDAY, JUNE 3

10:00 a.m. - Kids and Cops Golfing - Golf N' Stuff Family & Fun Center



MONDAYS

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

TUESDAYS

8:00 a.m. - 1:00 p.m. - Farmers Market - Excelsior High School
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

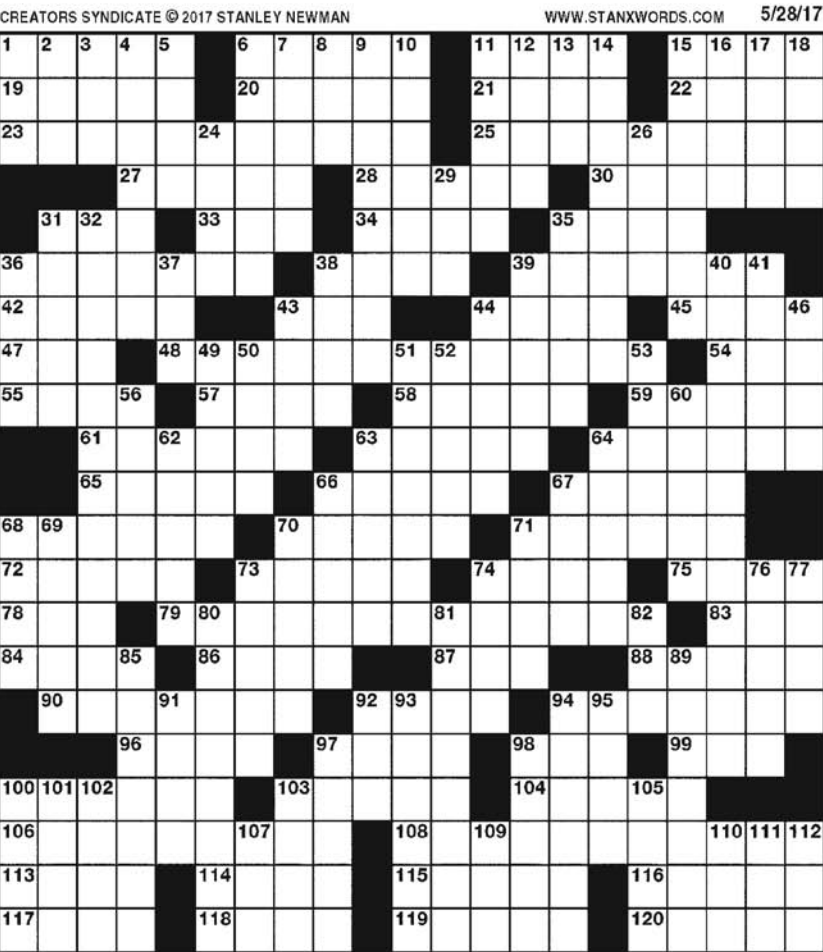
THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)
HORSE PLAYERS: In equine films
by Fred Piscop

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 - 22 Revered figure
 - 23 A Day at the Races actor
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- 68 Royal proxy
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 - 3 Confucian principle
 - 4 Overpraise

- 5 Making no sense
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- 8 Timeline segment
- 9 Arbitrarily
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- 11 French Revolution figure
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- 62 Forty follower



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- 103 Weave together
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- 107 GPs' org.
- 109 Chemical suffix
- 110 Start to tire
- 111 Small cardinal
- 112 Homer's neighbor

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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.



SCORE MENTORING COMES TO THE NORWALK CHAMBER OF COMMERCE



Doris Hernandez, certified SCORE mentor and found of 360View Business Efficiency Consulting

The Norwalk Chamber is excited to have a SCORE mentoring service in our local community. SCORE is a nonprofit association dedicated to helping small businesses get off the ground, grow and achieve their goals through education and mentorship. SCORE is supported by the U.S. Small Business Administration (SBA), and thanks to the network of 11,000+ volunteers, the mentoring services are free of charge. Doris Hernandez, Certified SCORE mentor, Norwalk Chamber Ambassador, and Founder of 360View Business Efficiency Consulting, is passionate about sharing her knowledge and business expertise to help business grow and be successful. Ms. Hernandez became a SCORE mentor volunteer to provide assistance to our local community in the following business areas: Business Plans, Business Structure, Financial Projections, General Business, Start Ups, and Supply Chain Management. Sessions can be conducted in either Spanish or English.

To schedule an appointment, you can go to www.scorela.org then click on "Locations" then click on "Norwalk Chamber of Commerce". Once you are there you can select our local mentor Doris Hernandez and send a message to schedule an appointment.

Appointment times are available on the second and fourth Thursday of the month from 10AM-1PM at the Norwalk Chamber of Commerce office (12040 Foster Rd, Norwalk, CA 90650).

Active Pest Control Opens their Doors in Norwalk



Cutting the Ribbon at the new location for Active Pest Control

On May 17th, the Norwalk Chamber held a Ribbon Cutting for Active Pest Control, who have opened their doors here in Norwalk. Active Pest Control first joined the Chamber as a home based business in 2010. Since that time their business has grown and is now in their own storefront location at 12217 Rosecrans Ave., here in Norwalk. Norwalk Mayor Luigi Vernola was on hand to present Van and Pary Leang with a Recognition Plaque from the City of Norwalk. Griselda Ortiz was present representing Congress Woman Linda Sánchez and giving Active Pest Control a certificate of congratulations. Norwalk Chamber President Francella Aguilar, of Republic Services congratulated Active Pest Control on their business growth and presented them with a Ribbon Cutting Certificate from the Norwalk Chamber of Commerce. Chamber Board Members and Ambassadors were on hand to help cut the ribbon on this new location and celebrate with Van, Pary and all of their staff on this occasion! To find out more about the services of Active Pest Control, reach out to their office at 562-572-7594 or email pary@activepestcontrol.biz.



Norwalk Mayor Luigi Vernola presents a recognition certificate to Pary and Van Leang of Active Pest Control.



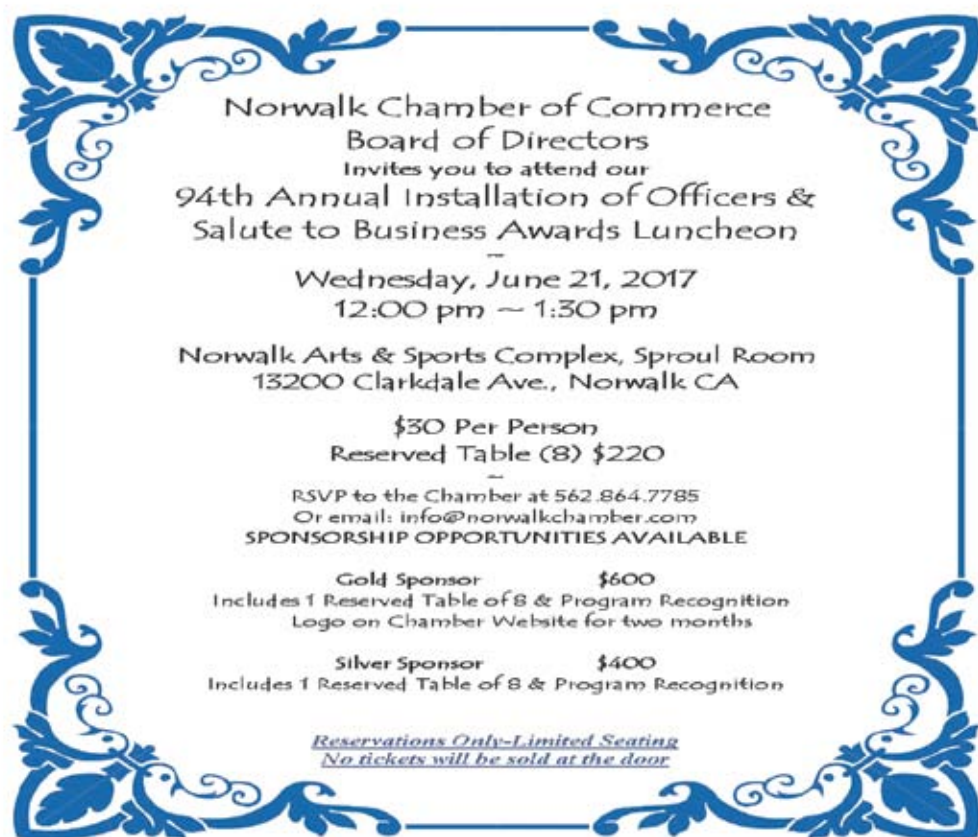
Norwalk Chamber President Francella Aguilar presents a Ribbon Cutting certificate to Pary and Van Leang, owners of Active Pest Control.



Getting a tour of the Active Pest Control facilities are Ambassadors Amie Boersma, Coast Plaza Hospital, Amanda Blanton, Farmers & Merchants Bank, Karla Butler, Thompson Bookkeeping, Norwalk Chamber President Francella Aguilar, Republic Services, Ambassador Jose Rios, Berkshire Hathaway and owner Pary Leang.



Presenting a certificate of congratulations to Pary & Van Leang is Field Deputy Griselda Ortiz, of Congress Woman Linda Sánchez office.



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

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JUNE 2017

MESSAGE FROM THE PRESIDENT



It has been my honor to serve as President of the Norwalk Chamber of Commerce for 2016 - 2017. During this time I, along with our Board of Directors, Ambassadors, and staff have strived diligently to support the business community here in Norwalk.

This has been a year of progress and change for the Norwalk Chamber. Our decision to promote Caren Spilsbury to Executive Director was the best for bringing new ideas and energy to the Chamber. She has shown her dedication to our Chamber through her hard work and care for the members and the business community in general. I know that she will continue to bring forward positive ideas for the Norwalk Chamber.

Our Chamber Board of Directors and Ambassadors have also worked very hard this year as leaders of the Norwalk Chamber. Thank you to each of them for being outstanding Chamber members. They have provided me with encouragement, support and guidance during these last 12 months. Their contributions have allowed our Chamber to accomplish many goals this year.

Our Chamber Board of Directors and Ambassadors will continue to work together to support new programs and events for our members. Our Leadership Series Breakfasts is one of these new programs, along with our redesigned Business Expo and Health Fair. Look for additional information about the Business Expo and Health Fair on our website at www.norwalkchamber.com.

As I step into my new role as past President for the Norwalk Chamber I look forward to working with our incoming President Yovani Flores, as she continues the proud traditions for the Norwalk Chamber of Commerce moving into our 95th year!

Sincerely,

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

**NORWALK CHAMBER
BUSINESS CONNECTIONS (NCBC)**
is the Official Publication of the
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**Norwalk
Chamber of Commerce**

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FRANCELLA AGUILAR**

**EXECUTIVE DIRECTOR
EDITOR, NCBC
CAREN SPILSBURY**

**STAFF WRITER
JOSE ORTEGA**

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**CALENDAR
OF EVENTS**

June 4th
Norwalk Community
Coordinating Council
Annual Awards Luncheon
1pm to 3pm
Norwalk Arts & Sports Complex

June 14th
Women in Business Luncheon
11:30am to 1pm
Frantone's Restaurant

June 21st
**94th Annual Installation &
Awards Luncheon**
12noon to 1:30pm
Norwalk Arts & Sports Complex

June 24th to 25th
Norwalk Relay for Life
Cerritos College
9am to 9am

June 29th
Coffee with a Cop
At the Norwalk Chamber
12040 Foster Rd.
9am to 11am

July 18th
LA's Largest Mixer
5pm to 9pm
Pasadena Convention Center

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

SAVE THE DATE

August 8th 2017
State of the Nation Luncheon
Featuring
Congresswoman Linda Sánchez

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

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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.

43 Years
Republic Services
Francella Aguilar
562-259-2911
faguilar@republicservices.com

42 Years
Chapel of Memories
Anthony Nunes
562-863-8731
chapelofmemories@verizon.net

34 Years
Norwalk Town Square Management
Heather Danko
818-710-6100
hdanko@newmarkmerrill.com

31 Years
J & N Nut Products
Manuel Baeza
562-868-7525
jandhnutproducts@yahoo.com

Frantone's Pizza & Spaghetti Restaurant
John Tesoriero
562-924-9494
www.frantoness.com

22 Years
Metropolitan State Hospital
Dr. Michael W. Barsom
562-651-2245

ABC Unified School District
Dr. Mary Sieu
562-926-5566
www.abcusd.k12.ca.us

21 Years
West Coast Arborists
Patrick Mahoney
714-991-1900
<http://wcainc.com>

18 Years
Merry Maids
Nina Joaquin
562-929-6177
merrymaids397@aol.com

13 Years
Knights of Columbus
562-864-9728

11 Years
HUB International
Christina Jones
714-739-3177
www.hubinternational.com

10 Years
Shakey's
Gail Hill
562-864-2512
www.shakeys.com

8 Years
State Farm Insurance
Lucy Rodas
562-868-6218
www.lucyrodas.com

Office Depot
Moises Arreola
562-406-8686
www.officedepot.com

4 Years
So-Cal Pizza
Ric Ochoa
562-868-3252
<http://www.scalpizza.com/>

3 Years
Innocosma
Matthew Shin
866-970-9898
Matthew.shin@innocosma.com

2 Years
Spectrum Business
Mark Steins
626-430-3437
www.business.spectrum.com

New Members

Kinetics Noise Control
Jason Rothe
15421 Blackburn Ave.
Norwalk CA 90650
562-677-0860
www.kineticsnoise.com

Lorraine Neal
Community Member
raynneal@gmail.com

MEMBERSHIP ROUND UP

CAPC ANNUAL 6 CHAMBER MIXER

Norwalk Chamber members came together with five other local Chambers for an evening of networking and fun. CAPC, Inc. produces this event each year to bring the Chambers together and to raise funds for their organization. CAPC, Inc. assists adults with disabilities to work and live on their own - not in a shelter - through providing life skills training, employment services, supported living services and community inclusion services. They empower individuals to take college classes, move into their own homes, connect to resources and people within their community and more. If you are interested in finding out more about this organization and how you can help, visit their website at www.capcinc.org.



Enjoying the event and supporting CAPC are Ambassadors Sue Arthur, Jessica Baeza, Board Members Lynda Fisher, Toni Grijalva, Member Marisela Vazquez, Board Member Gordon Stefenhagen and Ambassador Teri Bazen.



Attending the CAPC Annual 6 Chamber Kaleidoscope Mixer are Norwalk Chamber members: Forest Lawn, Bellflower Dental Group, QM Fundraising, 360View Business Efficiency Consulting, J & N Nut Products and El Clasificado.



Norwalk Chamber is visited by Congress Women Linda Sánchez at the Norwalk Chamber Table. Pictured here are (l to f) Board Member Joe Derthick, Ambassador Sue Arthur, Ambassador Jessica Baeza, Congress Woman Linda Sánchez, Board Member Toni Grijalva, Ambassador Doris Hernandez, Board Member Trisha Gutierrez, Executive Director Caren Spilsbury.



Networking at the Kaleidoscope Mixer are Amanda Blanton, Farmers & Merchants Bank, Trisha Gutierrez, QM Fundraising, Holly Noble, Mary Kay Cosmetics, and Jessica Baeza, J & N Nut Products.

NETWORKING BREAKFAST



Enjoying the networking at the Multi Chamber Breakfast are Little Lake City School Board Clerk Dora Sandoval, Cerritos College Trustee President Zurich Lewis, Catherine Houwen, Send Out Cards and Norwalk Chamber President Francella Aguilar, Republic Services.



Norwalk Chamber members networking at the breakfast are Kristen Reyes, Whittier Doubletree Hotel, Marisela Vazquez, Bellflower Dental, Holly Noble, May Kay Cosmetics and Gary Murphy, Norwalk Florist.



Attending the Multi Chamber networking breakfast are Ambassador Sue Arthur and Miya Walker of Cerritos College.



Helping check in attendees are Ambassadors Jessica Baeza, J & N Nut Products and Doris Hernandez, 360View Business Efficiency Consulting.

MEMBERS IN THE NEWS

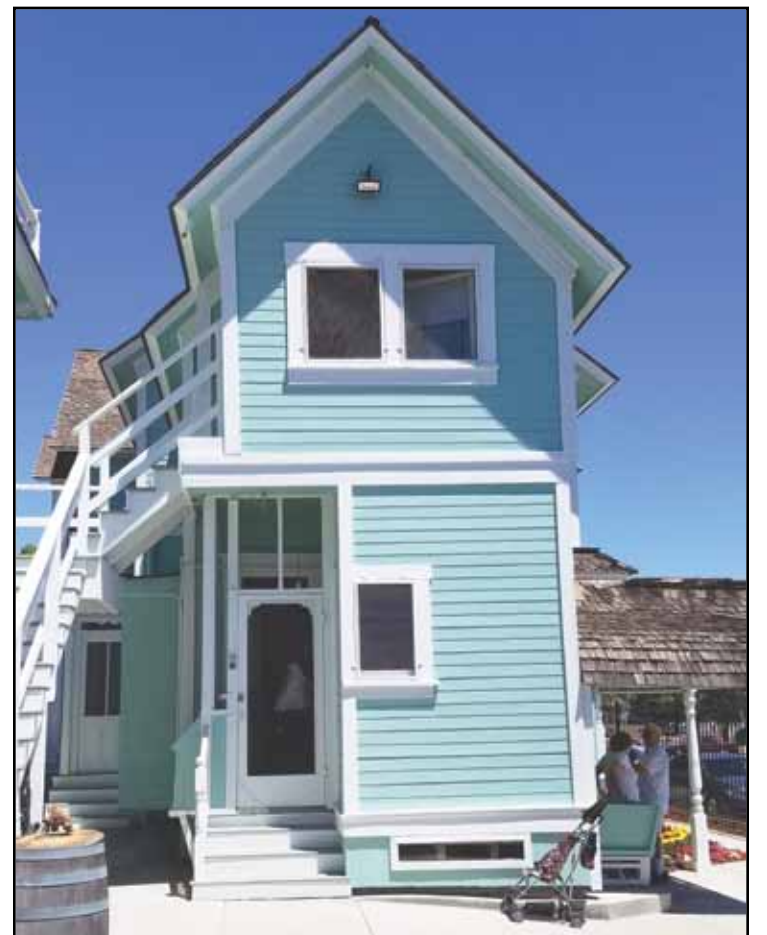
HARGITT HOUSE REOPENS TO PUBLIC



Staff of City of Norwalk Recreation and Parks Services hosting visitors to the Hargitt House reopening.



Hargitt House Museum in Norwalk has gotten a "facelift."



View of Hargitt House Museum from the Kitchen entrance

The Hargitt House Museum was built in 1891 by the D.D. Johnston family. (Shortly after, D.D.'s daughter Cora would marry Charles Frederick Hargitt.) One of the many beautiful homes built in Norwalk during the 1890's this building was donated to the City of Norwalk and is now a National Historical Monument. The museum will resume regular hours on June 3, 2017 and will be open for tours the first and third Saturdays of the month between 1pm and 4pm. A grand re opening was held on Saturday, May 20th where guests could churn real butter, make strawberry jelly and play games on the lawn from the era in which the home was built. Tours were also given of the home where Docents shared the history of the family with attendees.

NORWALK CHAMBER

Business Expo & Health Fair

Wednesday, July 26th, 2017
 NORWALK CITY HALL LAWN
 4:00 to 7:00 pm
 12700 NORWALK BLVD, Norwalk 90650





SPONSORSHIP LEVELS

PLATINUM \$1,000 Supreme Exhibit Space Two 6' Tables w/ 4 chairs Table Sign, Cover & Canopy Individual Sponsor Sign Featured in Expo Media Banner Recognition Social Media (3) Logo on Website 6 months Newsletter Recognition	GOLD \$500 Prime Exhibit Space 6' Table w/ 2 chairs Table Sign, Cover & Canopy Listed in all Expo Media Banner Recognition Newsletter Recognition Social Media (2) Logo on Website 3 months	SILVER \$300 Preferred Exhibit Space 6' Table w/ 2 chairs Table Sign, Cover & Easy Up Banner Recognition Social Media (1) Logo on website 1 month Newsletter Recognition
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You Can Sign Up Today!

Why wait until the last minute? Make your reservation today!

Business Name	Contact	Email
<input type="checkbox"/> Yes, I would like to be a Sponsor (Circle One)	<input type="checkbox"/> Platinum	<input type="checkbox"/> Gold <input type="checkbox"/> Silver
<input type="checkbox"/> Yes! Please reserve my space (includes 6' table & 2 chairs) (\$75)	<input type="checkbox"/> Members	
<input type="checkbox"/> Yes! Please reserve my space (includes 6' table & 2 chairs) (\$100)	<input type="checkbox"/> Non Members *	
<input type="checkbox"/> Yes! Please reserve my space (includes 6' table & 2 chairs) (\$50)	<input type="checkbox"/> Members Home Based Business (provide business license)	
<input type="checkbox"/> Yes! Please reserve my space (includes 6' table & 2 chairs) (\$75)	<input type="checkbox"/> Non Members Home Based Business *(provide business license)	
<input type="checkbox"/> Yes! Please reserve my space (includes 6' table & 2 chairs) (\$50)	<input type="checkbox"/> Non Profit Organization (provide Tax ID)	
<input type="checkbox"/> I will be bringing my own Easy Up		
<input type="checkbox"/> I will need an Easy Up at \$40 (actual rental cost)		
<input type="checkbox"/> Please email my invoice to :		
<input type="checkbox"/> Please charge my Visa, Master Card or American Express		

*(Non Chamber Members who sign up as a Chamber member within 30 days of the Expo, will have \$25.00 credited towards their first year membership dues.)

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TOTAL: \$ _____ Print Name: _____		

Phone: 562-864-7785 Fax: 562-864-8539 Email: info@norwalkchamber.com

www.norwalkchamber.com

MESSAGE FROM THE EXECUTIVE DIRECTOR

Your Norwalk Chamber is constantly striving to provide outstanding service to you, our members. But without input from you we cannot make changes or updates to your member benefits. This last month you were emailed a short survey through Survey Monkey and asked to provide feedback. I encourage you to find that email and fill out the survey so that we can continue to provide excellent events, workshops, meetings and more to you our member!

If you are not sure of what is going on with the Norwalk Chamber and how to find those member benefits, visit our website at www.norwalkchamber.com and check our member benefits page. Visit our calendar to find the next event that you can participate in. Call the Norwalk Chamber office so that we can direct you to resources that you may need to help grow your business.

One of our new member benefits that we are very excited about is having our own certified SCORE business counsel here at the Norwalk on the 2nd and 4th Thursday of each month. Doris Hernandez of 360View Business Efficiency Consulting started her services on May25th and will be a great asset to our local business community.

As always, we are here to provide support to the business community here in Norwalk and look forward to continuing to serve our members.

Sincerely,

Caren Spilsbury
Executive Director/Editor
Norwalk Chamber of Commerce

City of Norwalk Memorial Day Event

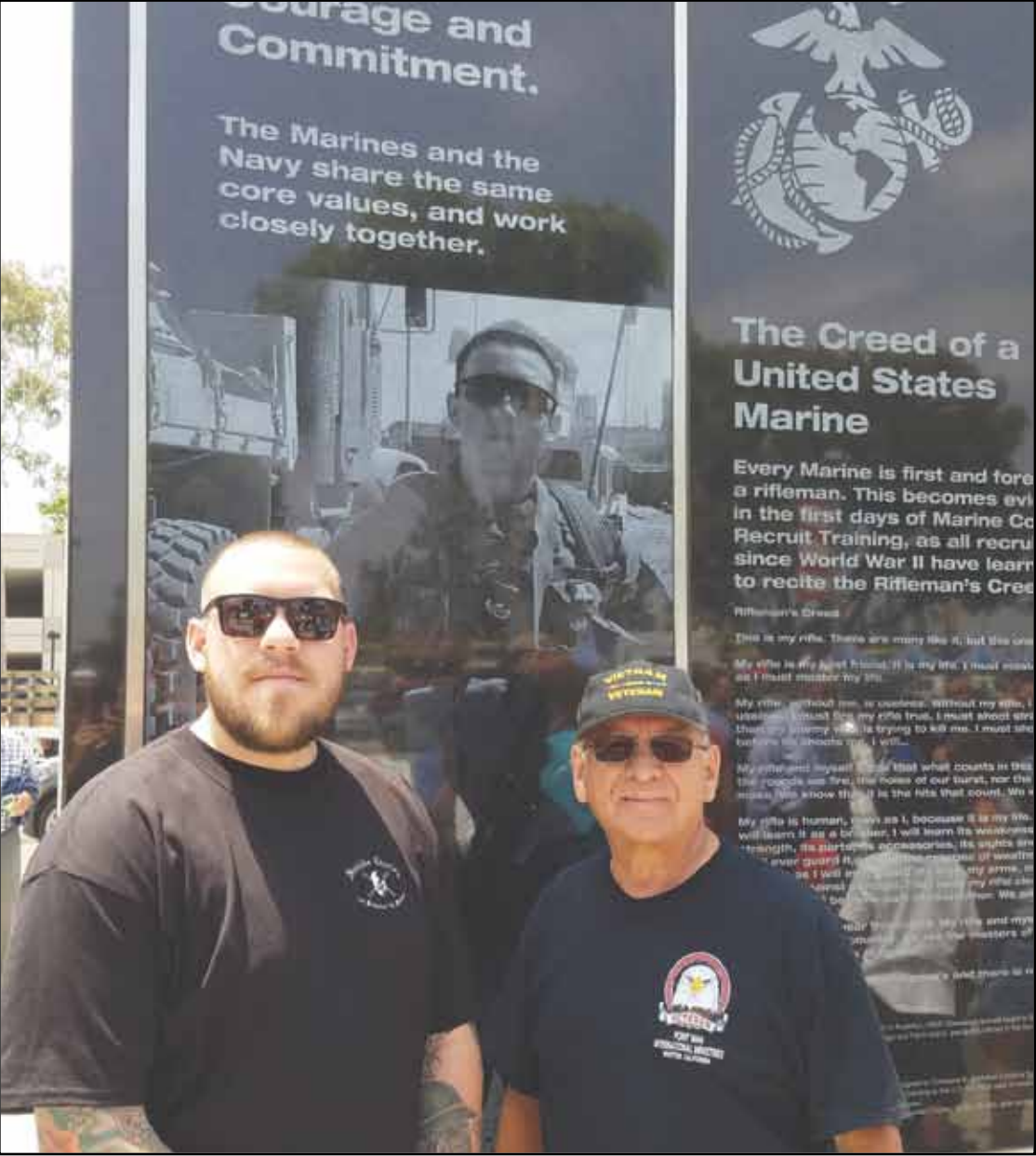
Memorial Day was celebrated in Norwalk with the unveiling of a new monument at Norwalk City Hall.



Past and current Norwalk City Council Members are pictured with United States Veterans.



Attending the festivities at the Memorial Day Ceremony are Norwalk Chamber Ambassador Jose Rios of Berkshire Hathaway, Esperanza Serrano, Little Lake City School Board Clerk Dora Sandoval and Norwalk City Council Member Margarita Rios.



City of Norwalk Memorial Day unveiling of the new monument. Pictured here in front of the United States Marines are Aaron Garcia (he is shown in the picture on the monument) and Art Sanchez of Sanchez Restaurant & Catering. Both served the United States as Marines.

- Creating a Strong Local Economy
- Promoting the Community

The Norwalk Chamber of Commerce urges you to spend your money locally to support the business community and protect jobs.

Local sales tax dollars support basic city services...

- When you shop in Norwalk, you are paying for:
- Public Safety Services
 - Street Repairs
 - Recreation Programs

And Much More

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Coffee with a Cop at the Norwalk Chamber of Commerce

12040 Foster Road
Thursday, June 29th, 2017
9:00 a.m. to 11:00 a.m.

Get to know the officers in your community. The Norwalk Chamber hosts Norwalk Public Safety and the Norwalk Sheriff's Deputies for a morning of coffee and conversation. We invite our Norwalk Businesses and residents to attend and discuss your concerns with local law enforcement.

To RSVP contact the Norwalk Chamber at 562-864-7785
Or email info@norwalkchamber.com.

LEGAL

FICT. BUS NAME

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2017110608
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **BLUE BAY CAFE, 17806 S. PIONEER BLVD. #103A, ARTESIA CA 91701, LA COUNTY, 18581 FIELDBROOK ST, ROWLAND HEIGHTS CA 91748**
Articles of Incorporation or Organization Number (if applicable): AI #ON: 201711010655
REGISTERED OWNERS(S): (1) M & H EATERY, LLC, 18581 FIELDBROOK ST, ROWLAND HEIGHTS CA 91748
State of Incorporation: CA
THIS BUSINESS IS CONDUCTED BY: a Limited Liability Company
The date registrant started to transact business under the fictitious business name or names listed above: 05/2016
I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).)
S/ M & H EATERY, LLC, MANAGER, YULUN HSU
This statement was filed with the County Clerk of Los Angeles on MAY 1, 2017
Notice - In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other than a change in the residence address of a registered owner. A new Fictitious Business Name Statement must be filed before the expiration. Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by the affidavit of identity form.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State or Common Law (see Section 14411 et seq., Business and Professions Code).

The Norwalk Patriot
5/26/17, 6/2/17, 6/9/17, 6/16/17

GOVERNMENT

CITY OF NORWALK
NOTICE OF PUBLIC HEARING
NORWALK MUNICIPAL WATER
SYSTEM'S REVISED 2015
URBAN WATER MANAGEMENT PLAN

Date: Tuesday, June 6, 2017
Time: 6:00 p.m., or as soon thereafter as the matter may be heard.
Place: City Council Chambers. Norwalk City Hall, 12700 Norwalk Blvd., Norwalk, CA 90650
Description: The City Council will conduct a public hearing to consider certain modifications to the City's 2015 Urban Water Management Plan (UWMP) as requested by the Department of Water Resources. A copy of the revised 2015 UWMP is available for inspection in the City Clerk's office during normal City Hall hours.
Public Comment: Interested persons are invited to attend this hearing and be heard regarding this matter. Written comments may be submitted to the City Council prior to the time set for the hearing. Address written comments: **Attention City Clerk** at the address noted above or by email to **clerk@norwalkca.gov**.
More Information: Questions concerning the public hearing matter should be directed to Adriana Figueroa, Administration Department, at (562) 929-5760 or by email to **afigueroa@norwalkca.gov**.
Accessibility: In compliance with the Americans with Disabilities Act, if you need special assistance to participate in a City meeting or other services offered by the City, please contact the City Clerk's Office at (562) 929-5720. Notification at least 48 hours prior to the meeting or time when services are needed will assist the City staff in assuring that reasonable arrangements can be made to provide accessibility to the meeting or service. Assisted hearing devices will be available at this hearing without prior notification.

Dated this 26th day of May 2017.
Theresa Devoy, CMC, City Clerk

The Norwalk Patriot
5/26/17, 6/2/17

PROBATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF: JAMES MICHAEL LESZCZYNSKI CASE NO. 17STPB04398
To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of JAMES MICHAEL LESZCZYNSKI. A PETITION FOR PROBATE has been filed by JENNIFER J. LESZCZYNSKI in the Superior Court of California, County of LOS ANGELES.
THE PETITION FOR PROBATE requests that JENNIFER J. LESZCZYNSKI be appointed as personal representative to administer the estate of the decedent.
THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.
A HEARING on the petition will be held in this court as follows: 06/19/17 at 8:30AM in Dept. 9 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.
Attorney for petitioner: ROBERT L COHEN ESQ SBN 150913 LAW OFFICE OF ROBERT L COHEN INC 8081 ORANGETHORPE AVE BUENA PARK CA 90621 CN938159 GONZALES Jun 2,9,16, 2017
CN938159
The Norwalk Patriot
6/2/17, 6/9/17, 6/16/17

The Norwalk Patriot
5/26/17, 6/2/17, 6/9/17

NOTICE OF PETITION TO ADMINISTER ESTATE OF: JOSEPHINE MARIE WALP AKA JOSEPHINE M. WALP CASE NO. 17STPB04525
To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the Nondomiciliary WILL or estate, or both of JOSEPHINE MARIE WALP AKA JOSEPHINE M. WALP. A PETITION FOR PROBATE has been filed by STEVEN A. WALP in the Superior Court of California, County of LOS ANGELES.
THE PETITION FOR PROBATE requests that STEVEN A. WALP be appointed as personal representative to administer the estate of the decedent.
THE PETITION requests the Nondomiciliary decedent's WILL and codicils, if any, be admitted to probate. The Nondomiciliary 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 in this court as follows: 06/21/17 at 8:30AM in Dept. 9 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.
Attorney for Petitioner KAREN A. STEVENSON - SBN 143385 LAW OFFICE OF KAREN A. STEVENSON 13122 STERN AVE LA MIRADA CA 90638 5/26, 6/2, 6/9/17 CNS-3014441#

THE NORWALK PATRIOT
CNS 3014441
The Norwalk Patriot
5/26/17, 6/2/17, 6/9/17

NOTICE OF PETITION TO ADMINISTER ESTATE OF IRENE LARA GONZALES aka IRENE L. GONZALES aka IRENE GONZALES Case No. 17STPB04685

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both of IRENE LARA GONZALES aka IRENE L. GONZALES aka IRENE GONZALES
A PETITION FOR PROBATE has been filed by Ernestine Gonzales in the Superior Court of California, County of LOS ANGELES.
THE PETITION requests that Ernestine Gonzales 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 June 26, 2017 at 8:30 AM in Dept. No. 11 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.

Attorney for petitioner: ROBERT L COHEN ESQ SBN 150913 LAW OFFICE OF ROBERT L COHEN INC 8081 ORANGETHORPE AVE BUENA PARK CA 90621 CN938159 GONZALES Jun 2,9,16, 2017

CN938159
The Norwalk Patriot
6/2/17, 6/9/17, 6/16/17

TRUSTEE SALES

T.S. No. 16-44627 APN: 7014-017-033

NOTICE OF TRUSTEE'S SALE
YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 2/14/2008. 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 a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and

now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale.

Trustor: JAMES G. SCHUH, A SINGLE MAN
Duly Appointed Trustee: LAW OFFICES OF LES ZIEVE Deed of Trust recorded 2/22/2008 as Instrument No. 20080312769 in book , page of Official Records in the office of the Recorder of Los Angeles County, California, Date of Sale: **6/23/2017** at 11:00 AM
Place of Sale: By the fountain located at 400 Civic Center Plaza, Pomona, CA 91766
Estimated amount of unpaid balance and other charges: **\$460,895.40**
Note: Because the Beneficiary reserves the right to bid less than the total debt owed, it is possible that at the time of the sale the opening bid may be less than the total debt owed.

Street Address or other common designation of real property: **16408 GARD AVENUE NORWALK, CA 90650-6913**
Description: as follows:
As more fully described in said Deed of Trust

A.P.N #.: **7014-017-033**
The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale.

NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks 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 will be bidding on a lien, not on the property. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. Trustor: Montano Investments, Inc., a California Corporation Duly Appointed Trustee: Aztec T.D. Service Co., Recorded 12/31/2015 as Instrument No. 20151649255 in book, page of Official Records in the office of the Recorder of Los Angeles County, California, Date of Sale: 6/9/2017 at 11:00 AM Place of Sale: Behind the fountain located in Civic Center Plaza, 400 Civic Center Plaza, Pomona, CA Amount of unpaid balance and other charges: \$399,670.66 Street Address or other common designation of real property: 11830-11838 Cheshire Street Norwalk, CA 90656 A.P.N.: 8070-021-037 The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. Notice To Potential Bidders: If you are considering bidding on this property lien, you should understand that there are risks 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 (714) 848-9272 or visit this Internet Web site www.elitepostandpub.com, using the file number assigned to this case 16-44627. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale.

Dated: **5/26/2017**
LAW OFFICES OF LES ZIEVE, as Trustee 30 Corporate Park, Suite 450 Irvine, CA 92606
For Non-Automated Sale Information, call: (714) 848-7920
For Sale Information: (714) 848-9272
www.elitepostandpub.com

Christine O'Brien, Trustee Sale Officer

THIS FIRM IS ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION WE OBTAINED WILL BE USED FOR THAT PURPOSE. EPP 22461 6/2, 6/9, 6/16/2017.

The Norwalk Patriot
6/2/17, 6/9/17, 6/16/17

T.S. No. 051426-CA APN: 8070-021-037
NOTICE OF TRUSTEE'S SALE
IMPORTANT NOTICE TO PROPERTY OWNER: YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 8/31/2009. 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 6/20/2017 at 10:30 AM CLEAR RECON CORP., as duly appointed trustee under and pursuant to Deed of Trust recorded 9/8/2009, as Instrument No. 20091364778, of Official Records in the office of the County Recorder of Los Angeles County, State of CALIFORNIA executed by: JOSEPHINE DELGADO AS TRUSTEES OF THE JOSEPHINE DELGADO LIVING TRUST 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: 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: 14517 CLARESSA 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 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: \$350,647.91 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 051426-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
5/19/17, 5/26/17, 6/2/17

T.S. No.: 170206030
Notice Of Trustee's Sale
Loan No.: 251730 Order No. 5931427 APN: 8080-015-042 You Are In Default Under A Deed Of Trust Dated 12/28/2015. 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, cashier's check drawn by a state or federal credit union, or a cashier's check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. Trustor: Montano Investments, Inc., a California Corporation Duly Appointed Trustee: Aztec T.D. Service Co., Recorded 12/31/2015 as Instrument No. 20151649255 in book, page of Official Records in the office of the Recorder of Los Angeles County, California, Date of Sale: 6/9/2017 at 11:00 AM Place of Sale: Behind the fountain located in Civic Center Plaza, 400 Civic Center Plaza, Pomona, CA Amount of unpaid balance and other charges: \$399,670.66 Street Address or other common designation of real property: 11830-11838 Cheshire Street Norwalk, CA 90656 A.P.N.: 8070-021-037 The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. Notice To Potential Bidders: If you are considering bidding on this property lien, you should understand that there are risks 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 010982-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. Date: May 24, 2017 NORTHWEST TRUSTEE SERVICES, INC., as Trustee Canvassed You, the authorized Signatory 2121 Alton Parkway, Suite 110, Irvine, CA 92606 866-387-6987 Sale Info website: www.USA-Foreclosure.com or www.Auction.com Automated Sales Line: 877-484-9942 or 800-280-2832 Reinstatement and Pay-Off Requests: (866) 387-NWTS THIS OFFICE IS ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. PEREZ, ROBERTO AND SANCHEZ, MARIO ORDER # 7367.24042: 06/02/2017, 06/09/2017, 06/16/2017

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: 5/9/2017 Aztec T.D. Service Co. by Total Lender Solutions, Inc. its authorized agent 10855 Sorrento Valley Road, Ste 102 San Diego, CA 92121 Phone: (818) 848-8960 Sale Line: (877) 440-4460 By: /s/ Naomi Finkelstein, Trustee Sale Officer

The Norwalk Patriot
5/19/17, 5/26/17, 6/2/17

NOTICE OF TRUSTEE'S SALE File No. 7367.24042 Title Order No. NXCA-0252115 YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 12/16/2015. 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 association, or savings bank specified in §5102 to 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 satisfy the obligation secured by said Deed of Trust. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. Trustor(s): ROBERTO PEREZ, AN UNMARRIED MAN AND MARIO SANCHEZ, A SINGLE MAN, AS JOINT TENANTS Recorded: 12/30/2015, as Instrument No. 20151649168, of Official Records of Los Angeles County, California. Date of Sale: 07/06/17 at 9:00 AM Place of Sale: Doubletree Hotel Los Angeles-Norwalk, 13111 Sycamore Drive, Norwalk, CA The purported property address is: 12431 PAIZ PLACE, NORWALK, CA 90650 Assessors Parcel No. 8072-030-048 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: \$439,177.37. If the sale is set aside for any reason, the purchaser at the sale shall be entitled only to a return of the deposit paid, plus interest. The purchaser shall have no further recourse against the beneficiary, the Trustor or the trustee. 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 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 010982-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

BANK, A CHECK DRAWN BY A STATE OR FEDERAL CREDIT UNION, OR A CHECK DRAWN BY A STATE OR FEDERAL 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: 4360 SHIRLEY AVENUE LYNNWOOD, CA 90262 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: \$225,556.34 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 010982-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

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CLOSING: Church members say they'll remember the rich music

Continued from page 1

... to Jesus Christ.” In other words, expanding membership is not as much of a focus as it is with some other churches.

However, the Moravian church is not alone in its struggle to maintain membership in a changing world with shifting demographics. Smock says a recent conference she attended reported that community churches were not thriving. Lifestyle changes such as youth sports on Sundays are a challenge for every church.

“Church leaders are struggling to figure out new ways to bring the message,” she says.

The Moravian emphasis on mission and service is evident in the church’s history. Worldwide, the majority of Moravian members are in eastern Africa. There is also a very strong Moravian presence in the Caribbean basin, including islands such as Antigua and Jamaica, and the coast of Honduras and Nicaragua. Several of the Downey congregation are from Central America.

“I’m a born Moravian from Nicaragua,” says Downey church member Hilda Matamoras, “brought up in the Moravian church, baptized, and confirmed.” Matamoras and her family joined the local church in 1987 when they came to the United States. Like the others in the dwindling congregation, Matamoras says that after next Sunday she and her family will be exploring other churches to find a good fit.

Despite the church’s closure, the atmosphere seems to be one of calm acceptance. Smock says, “We’re looking to still be a Moravian presence in Downey, just with partners, and not on our own.”

The denomination already partners with Christ Lutheran Church on Florence Avenue and will continue the Wednesday morning food sharing program for those in need. Smock says that St. Mark’s Episcopal Church has also reached out to assist the Moravian congregation.

For music fans of all faiths, the signature Moravian Trombone Choir plans to continue performing throughout the area for special occasions.

Music is a strong tradition in Moravian services. The local brass ensemble was founded in 1965 by Jeff Reynolds, who was the bass trombonist for the Los Angeles Philharmonic and performed with conductors such as Zubin Mehta and Esa-Pekka Salonen.

Current Trombone Choir Director Steve Humerski has been a church member for ten years. “It was the music that got me hooked,” he explains.

The closing service of the Moravian Church will be June 4 at 10:30 a.m., 10337 Old River School Road, Downey 90241. Fellowship will follow.

City Council agrees to continue Stay Gallery financial support

■ CITY COUNCIL: Downey reaches 3-year, \$150,000 deal to keep gallery operational.

By Eric Pierce Editor

DOWNEY – The Downey City Council on May 23 agreed to pay \$150,000 to ensure the downtown Stay Gallery remains open for at least another three years.

The city’s agreement with Downey Art Vibe – operators of Stay Gallery – was mildly controversial in that it’s the city’s third such contract with Downey Art Vibe.

In 2012, the council agreed to subsidize the gallery’s monthly rent (then \$2,000) for two years to help the facility get off the ground. The subsidies were extended an additional three years in 2014, and were scheduled to expire June 1.

On Tuesday, about a dozen supporters spoke in favor of Stay Gallery and its importance to the community.

“I know we’re asking for a lot, but the overall cost is minimal for what we do for the community,” said Luz Lluncor, a Downey Art Vibe board member. “We stand here to ask for your support one more time.”

Valentin Flores, the former executive director of Stay Gallery and a current Downey Art Vibe board member, said the increasing popularity of downtown Downey has led to a nearly 50% rise in the facility’s monthly rent.

“We’re a victim of our own success,” Flores said.

Downey school board member D. Mark Morris also spoke favorably of the gallery.

“What are we talking about here,” he said. “We’re talking about the heart and soul of Downey.”

Others, however, questioned



Photo courtesy Stay Gallery

the wisdom in giving financial support to a gallery that after five years is still not self-sustaining.

“If there’s a market for art, Stay Gallery will succeed,” said resident Brian Heyman. “Let the free market decide...It doesn’t look right that we’re continuing to fund this gallery.”

Council members ultimately voted 3-0 to continue funding the gallery. Mayor Fernando Vasquez and Councilmember Blanca Pacheco abstained – Vasquez is part-owner of a downtown business, and Pacheco is a former Stay Gallery board member.

The agreement with Downey Art Vibe calls for the city to cover the gallery’s rent through May 31, 2020, plus an additional \$48,000 for program expenses. Subsidies will be paid out of the city’s Art in Public Places fund, a purse financed by developers who forego installing public art and instead pay 1% of the new building’s valuation.

As of Monday, the fund contained \$319,757.76, said Aldo Schindler, Downey’s director of community development.

The contract names the Downey Arts Coalition “a strategic partner in the success of the facility,” and stipulates that the

facility be made available to civic and community organizations.

The gallery cannot be rented out as a nightclub, but can be used for family functions such as birthdays and weddings. Quinceaneras and baptisms, however, are prohibited.

■Smoking of all kinds may soon be illegal in Downey parks.

The City Council on Tuesday were prepared to prohibit electronic cigarettes at parks but expanded the ordinance to also include regular tobacco cigarettes.

In 2011, council members voted to create designated smoking areas at parks and city-sponsored public events. That ordinance, however, didn’t apply to vaping and electronic cigarettes.

Electronic cigarettes emulate smoking by using an inhalable dose of nicotine or any other liquid substance through a vaporized solution. The FDA began regulating electronic cigarettes in 2016.

A revised ordinance banning all forms of smoking at Downey parks is expected to come back before the council next month.

■There’s no shortage of parking in downtown Downey, as long as you’re willing to walk a little bit, according to an independent parking study.

The city of Downey retained Dixon Resources Unlimited to review the downtown parking situation in response to the area’s recent growth of retail and residential projects.

The firm concluded that “a parking shortage in Downtown was not identified” but still offered recommendations to ease congestion, including replacing current time limit signs with new signage that includes exceptions for weekends and holidays.

They also recommended short-term parking throughout downtown; increased handicapped parking; directional signs to the city parking structure; the hiring of a full-time parking enforcement officer; and a shared parking agreement between downtown businesses and churches.

Paid parking meters are not being considered at this time. Council members voted unanimously to accept the recommendations.

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Stauffer yearbook staff earns third straight award

DOWNEY – Last week, Stauffer Middle School’s Yearbook staff and students received news that they have been again selected to receive the Walsworth’s Gallery of Excellence award for their outstanding composition of their 2016-17 yearbook.

“This year, the Stauffer Yearbook staff worked hard to make a special 60th anniversary edition,” stated Stauffer Middle School principal, Alyda Mir. “Their hard work paid off, and this year’s book won Walsworth’s “Gallery of Excellence” award for the third consecutive year!”

Several special features were added to the cover and a fold-out timeline was included to enhance Stauffer Middle School’s yearbook in honor of its diamond anniversary. This year’s cover even featured the same image that was on the original West Middle School 1957 yearbook.

Throughout this school year, Stauffer’s Journalism students had the opportunity to experience implementing graphic design, photography, marketing, peer editing, interviewing, video creating and writing. This course is one of the many electives offered at Stauffer Middle School that allow students to thrive as 21st Century learners who are becoming college and career ready.

“I enjoy watching a project like the yearbook come to life. The students take charge when it comes to what the cover looks like and what kind of surveys and features are inside,” expressed Stauffer’s yearbook advisor Diane Huff.

“They did an incredible job this year, and I feel like the book exceeded expectations when it came to the pressures of creating this milestone edition.”

“The annual Gallery of Excellence is a showcase of the best yearbooks published by Walsworth,” stated president, Don Walsworth. “Congratulations on the induction of the 2017 Stauffer Middle School yearbook into this prestigious collection. Only a small percentage of the yearbooks we publish are included in the “Gallery of Excellence,” which features superior examples of coverage, design, photography and copy.”

For those in the community who may be interested in purchasing this award-winning yearbook, it can be bought for \$55 in the Stauffer Middle School main office.

Paramount High senior earns 2017 Div. 1 softball scholarship to Howard University

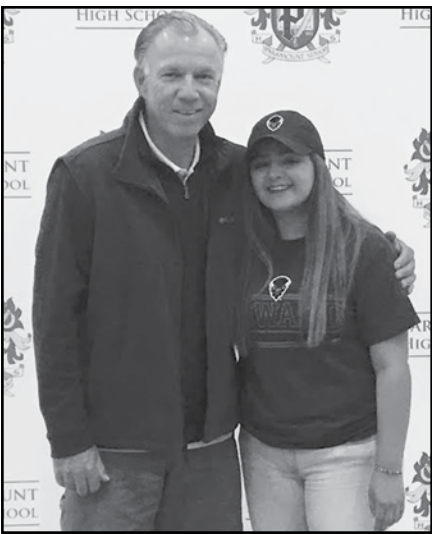
PARAMOUNT – Paramount High School senior Desiree Renteria struggled to contain her emotions as she looked out at the cheering students, family members and homemade signs that filled her school’s gymnasium.

Renteria was at the center of the excitement on May 17 during a ceremony that celebrated her signing a letter of intent to play softball at Howard University in the fall. She is the first Paramount High School student to earn a Division I softball scholarship.

“It means so much to be first because it shows everyone else that they can do it, too,” Renteria said. “It’s taken a lot of hard work to get here. There were times when I wanted to cry because I felt the stress of my workload, but I had so much support. Paramount is like a big family and everyone pushed me to be better.”

During the celebration, several Paramount High students donned Howard shirts and hats in support of Renteria. Interim Principal Dr. Damon Dragos spoke of her tireless work ethic, while Renteria’s high school and club softball coaches joined family members in honoring her.

“We’re so proud of what she’s accomplished,” Paramount softball



coach John Guggiana said. “We’re hoping this is the start of great things to happen for our athletic program and opens doors for future players.”

Renteria has pushed herself throughout high school on and off the softball field. As a pitcher and infielder, she is a dual threat and serves as a team leader. In the classroom, she is an honors and AP student with a 3.9 GPA who is set to complete Paramount’s career technical education (CTE) Patient Care Pathway Medical program.

At Howard, she will receive a combination of athletic and academic scholarships that will cover her cost of attendance.

Renteria’s signing is the latest honor for a rising athletics program at Paramount High. In fall 2016, PHS senior Cianna Andrews signed to play volleyball at Sacramento State. In March, the boys varsity soccer squad captured the CIF-SS Division I Regional championship.

“Our athletic programs instill discipline in our students, which helps them pursue success in other arenas,” Paramount Superintendent Dr. Ruth Pérez said. “Desiree is a shining example of what our students can achieve when they stay committed to their goals and lean on the strength of our community.”

Cerritos College psychology professor earns prestigious award

NORWALK – Cerritos College’s Psychology Professor Dr. Kimberley Duff received the Western Psychological Association’s 2017 Outstanding Teaching Award. Duff was selected for the high quality of her psychology instruction. Duff was presented the award at WPA’s 97th Annual Convention in April.

The WPA Outstanding Teaching Award is given to a senior-level WPA member (minimum of 10 years in the field) who has demonstrated leadership in teaching and mentoring.

Such evidence can come in the form of publications on teaching, grant awards for teaching, teaching awards from one’s campus or other regional, national, or international associations, and demonstrated effectiveness in teaching and mentoring of students.

A graduate of community college and immigrant to the United States, Duff has served as a mentor to her students, a majority of whom are first generation college students.

She developed Mentoring through Alumni in Psychology (MAP) through the Cerritos College website that showcases student accomplishments, research, former student biographies and professional resources for current students.

Duff has won numerous awards, including the Cerritos College Outstanding Faculty Advisor of the Year, the Wayne Weiten Teaching Excellence Award sponsored by the Society for the Teaching of Psychology, and American Psychological Association’s 2014 Excellence in the Scholarship of Teaching and Learning at a Two-Year College or Campus Award.

Duff has been innovative in developing online resources to facilitate



student learning and engagement, including online simulation activities to accompany an introductory psychology textbook. She is author of Think Social Psychology published by Pearson Education.

“We are very proud of Dr. Duff who is an exceptional teacher, leader, and mentor to our students,” congratulated Instructional Dean of Business Education and Humanities/Social Sciences Rachel Mason. “She has made and will continue to make a tremendous difference in many students’ lives.”

The Norwalk Patriot



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Alternative Medicine: Why do we meditate?

By Marcela Arrieta



Meditation is a form of prayer. Universal and encompassing of people from multiple religious beliefs. It promotes optimal

wellness in all areas of life.

Study-after-study it has been recorded that mediation aids with the reduction of stress, improved focus, lower blood pressure and an overall well-being of body, emotions, mind and spirit.

So why are these benefits achieved at a greater pace than with prayer? There is one differentiating factor which we'll speak of next.

The majority of religious institutions if not all classify prayer as a form of conveying our physical, emotional, mental and spiritual needs to a greater force, creator, God, universe etc.

Usually characterized as a one-way stream of communication. I was brought up catholic and after prayer we'd say, "it's in the God's hands now". Then, we'd go about our daily routine.

Thinking very little of what we asked God for nonetheless doing anything to make our requests a reality.

With meditation a two-way form of communication is applied. The first factor is incorporating prayer, which is communicating our needs and wants.

The second factor is holding a space of awareness during your meditation. During this heightened state of awareness we're able to perceive an immediate response to the prayer(s).

This response is what I like to call the guru within us. All of

the answers and solutions to my prayers are one meditation session away! Awakening from meditation I usually have a clear view of what needs to be done in order to achieve the results I've prayed for.

When I first began to meditate several years ago it took some practice to achieve a state of stillness and prolonged awareness.

The second challenge was training the mind and all my senses to register and validate those signals coming from above. The human body has a fairly primitive mind whose only purpose is to survive.

It doesn't yet understand or register higher frequencies generated through meditation. This is why constant practice in meditation will train the mind working to register these frequencies.

I've learned that religion is exclusive, but spirituality is inclusive.

I've meditated among Muslims, Hindus, Buddhists, Catholics and Christians to name a few. We come together as One human race with the ultimate goal of becoming a better person, achieving an overall state of wellness that benefits every person, being and earth.

Regardless of your chosen belief structure anyone can learn to meditate.

There are many forms of it but personally I've found that sitting in a quiet and clean space definitely amplified the results.

There is a wonderful meditation workshop offered at Downey Yoga. It's wonderful for all levels of meditation practice.

Here's a little exercise to get

you started:

-Find that quiet and clean space.

-Preferably sit up with your spine straight, but you can also lay down.

-Put your hands on your knees with the palms facing up if your sitting. If laying down place your arms to your side.

-Gently inhale and exhale as you put your awareness on your heart center - known as the heart chakra.

-Move that awareness upwards to the top of your head - crown chakra.

At this moment convey your prayer (wants and needs). Continue to focus on your breathing and the heart and crown chakras.

Silently ask to be shown how to accomplish these wants and needs. Allow these images to simply come through. Each time silently asking to be shown more until you have the answer(s) you seek.

All you have to do to train the mind and senses each time you meditate is silently say, "thank you" after every response you receive regarding your questions. That simple!

Have a question regarding this article or maybe you'd like to suggest a topic? Write to me at: m_arrieta@yahoo.com. Next article we will talk about Etheric Cords.

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.



Paramount High senior wins \$40,000 Edison scholarship

PARAMOUNT – Paramount High School senior Arlene Aleman has always triumphed over life's hurdles, using each challenge as a driving force toward reaching her goals.

When Arlene was in the fifth grade her father died suddenly from liver cancer. It was in that life-changing tragedy that Arlene decided she would press on through any obstacle in order to pursue her dreams. Her hard work and perseverance inside the classroom and out recently paid off in a big way as she was named one of just 30 students to receive a \$40,000 Edison International Scholarship.

"When my father passed away I knew that I could give up and blame things on the fact that I lost a parent, but it pushed me to do the opposite," Arlene said. "I didn't want to let any excuse hold me back."

Arlene's latest accomplishment has been inspiring to Paramount High School where she is the first student to garner the Edison Scholarship. The Edison Scholarship is open to exceptional Southern California students who display financial need and plan to pursue STEM (science, technology, engineering or math) degrees at an accredited four-year college or university.

Arlene, who maintains a 4.5 GPA, plans to study physics at Stanford this fall. She has a particular interest in researching theoretical particle physics and wants to add to the world's understanding of the topic while empowering other Latina women.

"Arlene is an ambitious student who wants to use her talents to help those around her," said Ariana Bates, Paramount High School Counselor. "Arlene demonstrates superb leadership skills at PHS and she is respected by her peers and teachers."

Outside of the classroom, Arlene is a four-year member of the PHS swim team and has a passion for contemporary jazz and hip hop dance. She is looking forward to meeting fellow scholars at Stanford and taking the lessons of community she has learned from Paramount Unified.

"I've been in the District since kindergarten and have had so many wonderful teachers and people that have pushed me to reach my full potential," Arlene said. "When you have so many people in your life that support you and believe you can do something it makes you believe it yourself"

Arlene has given all Paramount students reason to believe in their own goals.

"Arlene is such a shining example of overcoming obstacles for all of our students," Paramount Superintendent Dr. Ruth Pérez said. "Her success is a proud moment for our entire District, reminding us that there is nothing we cannot achieve when we band together in support of our children."

STORIES: 'The body will have to wait for me to nurture my soul'

Continued from page 1

In the morning, I awoke about 4:30 a.m. I wanted to check out the 'star gazing' deck and when I looked up into the sky, I was pleasantly greeted by Orion – the only star constellation I know.

I entered the warm pool with several other people although not nearly as many as the previous afternoon. I tried the hot water pool and it was so hot, I felt I was burning my skin. I didn't get in much past my ankles.

I returned to the warm water again, but wanted to do something different. As I exited the pool into the hot pool area, I saw a woman coming out who was there since my first attempt to get in.

I whispered, "How do you stand the hot water?" She replied, "Go in the cold pool first." So I

did – and I thought I would freeze, and couldn't get past my waist – then I tried the Hot again, and did manage to get in for a few minutes. It did feel good on my back.

Then I went to the heart shaped pool where I had my watsu/wassertanzen. There was only a single male soul there and he appeared to be meditating, so I slipped in the water as quietly as I could.

I looked up into the sky and finally could see Orion again. In the other pools Orion was hidden from view by the foliage. I added some salty tears to the pool as I had myself a good cry. It really was a good cry - a cleansing of sorts.

Then I began to remember the feelings of swimming with the whales and I thought to myself, how come no one ever asks a whale to get thinner?

How come they are accepted just as they are? Why can't I (and other people) accept me as I am? Maybe I'm supposed to be big.

I acknowledge that I am tired of fighting the 'battle of the bulge' and that perhaps it would be better for my back if there was less of me, but for the moment, I need to worry about nurturing my soul. The body will just have to wait.

As we were leaving the retreat and going to our car, a young man was coming up the hill with two deer following him – a mother and fawn that reminded me of Bambi.

The deer are very tame near Harbin because they know no one will harm them. There were also many beautiful birds.

Our time at Harbin was much too short and I want to return, but on September 12, 2015, the Valley Fire destroyed the majority of Harbin structures. The rebuilding is ongoing and I look forward to news of their reopening.

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