

Shared Stories: The Ties That Bind

Frank Novak's story of a rafting trip after a winter of heavy snowfall is a cautionary reminder for those vacationing in the Sierras this summer. Ten people have died so far in Kern and Tulare county rivers this year. 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

“The Killer Kern” by Frank Novak

In the winter of 2010 – 2011, the Sierras received nearly double the average yearly snow fall. At Donner Summit, made famous by the ill-fated Donner party, the snow level was over 60 ft deep.

By June, the snow melt had swelled streams and rivers up and down the Sierra, and the Kern River was flowing at twice it's normal volume. My three brothers-in-law, my niece, and I had a reservation for a rafting trip.

We had rafted this river before, on a warm day with the river drifting between banks and occasional sandy stretches, dropping around rocks that threw spray into the boats and caused squeals of laughter.

This year, the river was high over the banks, flowing into trees and fields, and in the middle of the river a column of water moved like a freight train over massive rocks that were exposed in normal years. In a portent of thing to come, we were given heavy wetsuits to wear along with the usual life jackets and helmets.

There were four rafts in the group. Our raft shoved off third, going single file down the river. It didn't take long before the second raft in line flipped. We could see it enter a particularly sharp bend in the canyon, and as it rounded a large rock with vertical walls on both sides, the boat was over in an instant.

The six guests and the guide took a long ride in the water. They were in quite a while, but eventually were able to get back in the boat. We didn't think too much about it; we were still having fun.

A little bit later we arrived at the lunch spot. We felt good and ready to eat, but the folks who had been in the water were in a somber mode. Some of guests from that boat had bare feet because their rubber wet suit booties had been sucked off by the current.

They all sat quietly, staring blankly into the distance. They didn't seem much interested in food. The guide of the boat that had flipped walked around talking softly to the other guides.

Eventually, all the folks from that boat loaded into the supply van and headed back to base, done for the day. The rest of us—we still didn't get it.

Just after lunch, it was our turn. Sliding down a chute, paddling to try to keep the boat steer-able while bouncing up into the air, we were suddenly in the water, the boat upside down.

I surfaced six feet away; but the current was relentless and I couldn't get to the boat until our guide reached out with his paddle and pulled me over. We hung to the side, moving fast past another boat that was pulled over at the shore. That guide threw a rope, and only by that means were we able to get our boat out of the powerful center current.

See KERN on page 2

La Mirada High grads visit elementary schools to promote higher education



LA MIRADA – La Mirada High School Class of 2017 student Ryan Rodriguez shared how he decided to attend the Naval Academy in front of his little brother's La Pluma Elementary third-grade class, as part of Norwalk-La Mirada Unified's inaugural Kinder to College event.

“What I’m doing right now by going into the Naval Academy is inspiring my brother and making him want to do something even better than me in the future,” Rodriguez, 17, said. “I want him to know that he has unlimited potential in life.”

Top seniors from John Glenn, La Mirada, Norwalk and Southeast high schools visited their former elementary schools on May 12 to inspire students to work hard toward their goals and that anyone can go to college.

“It’s definitely important to get words of encouragement when you’re young,” La Mirada High School Class of 2017 student Isabella Verdon said. “Hopefully it will motivate them throughout the

rest of the stages of their education.”

The District launched the event to promote a college-going culture from kindergarten through high school. Students wore graduation caps and gowns or college T-shirts while they talked about the university they will attend and what they will study, or how they will serve the United States in the Marines, Navy, Air Force or Army.

Students credited their teachers and school programs, such as the Gifted and Talented Education program and the Matador Scholar Association, for instilling a strong academic work ethic and motivating them to succeed in high school.

“It’s good to remember where you’ve come from not only to humble yourself, but to appreciate how far you’ve come,” Rodriguez said.

Norwalk-La Mirada Unified decided to focus on elementary schools for the inaugural event, with plans to expand to middle schools next year.



Local cities promise aid after report reveals drastic spike in homelessness

■ **NEW NUMBERS: L.A. County** homelessness went up 23% in 2017 -- but twice that much locally.

By **Alex Dominguez**
Staff Writer

NORWALK – The Los Angeles Homeless Services Authority (LAHSA) released their results of their annual homeless count for 2017, reporting a 23% increase in people experiencing homelessness from 2016.

According to the results of the count - which took place in January this year – 57,794 people experience homelessness in LA County on a given night; 46,874 more than the previous year’s count.

LA County’s Service Planning Area 7 – which includes the cities of Downey and Norwalk – saw a 5,189 person and 50% increase.

Of that number, 3,442 were male and 1,730 female; a 66% and 33% increase respectively.

Only 17 transgender individuals were counted, a 76% decrease from last year.

The bulk of these stats seem to be made up of individuals of Hispanic / Latino descent.

Hispanics / Latinos were the only race within SPA7 to see an increase in population, counted at 3,666 for 71% of the tally - a

staggering 148% increase from last year.

White individuals took a far distant second at 885 counted; an 8% decrease from 2016.

While a majority of those counted in SPA7 fell between the ages of 25-54 (52% of the tally and a 20% increase), those aged 18-24 and 55-61 saw huge increases over the last year, at 928 and 719 counted for 160% and 113% increases, respectively.

Veterans were tallied at 155 for a 9% percent increase.

According an official of LAHSA, the skyrocketing cost of housing in LA County – and the inability for wages to keep up with the pace of rent – can be blamed for pushing people out onto the streets.

Specific numbers for the cities of Downey and Norwalk are not yet known and will likely not be available until mid-July, however city officials have already started responding to the currently available results.

“While the reported numbers indicate a 50% increase for SPA 7 and a 23% increase throughout Los Angeles County, we don’t yet know the specific details for the city of Norwalk itself. The increase is concerning for us, as it is for other cities in the county, and counties statewide,” said Norwalk Social Services Director Veronica Garcia.

“We have heard from our

residents, have been addressing this regional issue with the help of Social Services, Public Safety and Sheriff’s Department staff, and we’ve added to our homeless outreach program.

Garcia continued: “We will continue to do what we can, including partnering with local assistance organizations, counselors and faith-based groups to reach out to affected individuals who are receptive to our efforts. With the passing of Measure H we look forward to additional resources becoming available to help decrease the number of people living on the streets.”

Downey Councilman Rick Rodriguez has long voiced his intent to work together with local organizations, charities, and religious groups in a combined effort.

“With the encouragement of Downey Mayor Fernando Vasquez, I have been continuing my prior work with community members, organizing our dedicated church members, nonprofits and volunteers to coordinate a local support system that will help our homeless neighbors secure permanent housing,” he said.

“I am also working with the Mayor on his local mental health roundtable, and just convened the first meeting with healthcare providers and other stakeholders to address the root causes of homelessness,” Rodriguez said.

Circulating flyer attacks trash company hoping to win Norwalk’s waste contract

NORWALK – A circulating flyer in email has caught the attention of Norwalk residents, calling the integrity of one of the city’s potential future waste handler’s into question.

The email spreading leans heavily against NASA Services, which is currently contending for a waste hauling contract with the city.

The email attempts to tie the company with several lawsuits and dirty politics in the city of Pico Rivera, however it is uncertain who is behind the spread of the information.

NASA Services has yet to return a call for comment.

According to this email, NASA submitted its bid to the city of Norwalk in 2016. However, NASA was one of several business bumped from contention by HF&F Consultants – who was hired by Norwalk to review the 11 proposals received by the city by several companies – after determining that NASA Services would only bring a 1% savings at too high of a risk for the city.

However, the email continues that the conclusion of a special meeting held on May 6 saw NASA back in the running, selected as one of five finalists for the contract.

Several calls were made to City Manager Mike Egan to confirm this information, however, they were not responded to in time for the publishing of this article.

Mayor Luigi Vernola described it as “political bullshit.”

“They want to intimidate me?,” said Vernola.

When asked who “They” was, Vernola simply said, “Well, individuals who want to intimidate me to vote a certain way [regarding the disposal contract] I guess.” -- **Alex Dominguez, staff writer**

Weekend at a Glance

Friday 78°

Saturday 69°

Sunday 71°

THINGS TO DO



Relay for Life

Saturday - Downey Adult School, 9 am

A 24-hour fundraiser benefiting the American Cancer Society.



SoCal Brewfest

Saturday -Phoenix Club in Anaheim, 1 pm

Unlimited tastings of over 100 craft beers. Plus food trucks, live music and vendors.



Glendora Wine Walk

Saturday - Downtown Glendora, 6 pm

Live music, food, outdoor lounges, raffles and 30 wine stops.



Martini Madness

Sunday - The Cliff Restaurant in Laguna Beach, 4 pm

Sample signature martinis and house wines, with proceeds benefiting Pacific Marine Mammal Center.

FROM OUR FACEBOOK

World's oldest McDonald's begins construction of drive-thru

Josh Forsythe: Ummm why? They need to keep it historical, but hey forget history.

Josh Martinez: Because people lazy that's why.

Susan Ashby: I remember as a little kid driving by, my dad, hundreds of times and checking out their "how many sold" sign.

Donna Robinson-Wills: Finally! It's about time.

Carla Ayala: Finally!

Norma Livengood-Karraker: As long as it doesn't change the way it looks.

Vicky Roper: No, no, don't change it, what's wrong with you people!

Fawn Tucker: No I like the old-fashioned experience! There's another McDonald's not too far for people who wanna do drive thru.

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

Upcoming Events

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.



Cerritos College will host the annual community gathering on its utility field near Alondra Boulevard from 9 a.m.-9 p.m. Teams of people will gather together and take turns walking and running around the track.

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@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.

ORIGAMI WORKSHOP: Adults are invited to join origami teacher Peggy Hasegawa on June 17 from 12-1 p.m. at Alondra Library as she demonstrates some simple folding techniques, and, depending on the students, possibly a challenging one as well.

The event is free. For additional information, please call (562) 868-7771 or visit the County Library website at colapublib.org.



Assembly Speaker Anthony Rendon honored David and Ashley Léon Vasquez for their popular cafe Horchatería Rio Luna in Paramount. Photo | Speaker Rendon

Horchata cafe and bakery in Paramount honored as 'Small Business of the Year'

PARAMOUNT — If you're in need of a Latin American drink, the leader of the California Assembly has a suggestion.

Assembly Speaker Anthony Rendon (D-Lakewood) on Monday honored Horchatería Rio Luna in Paramount as the 2017 Small Business of the Year for the 63rd Assembly District.

"From the art on the walls to the flavors of the beverages and pastries they serve, Horchatería Rio Luna is fun, welcoming and drawing such big crowds that they are already looking to expand," Rendon said.

"Their fusion of traditional Mexican flavors with American-style desserts reflects the way the experiences of Mexican immigrants in California have fused with the American dream."

The husband-wife team of David and Ashley Léon Vasquez, both natives of Paramount, opened Horchatería Rio Luna in March 2016 after long dreaming of owning their own business.

Horchatería specializes in variations of the drink horchata, a traditional Latin American drink typically made with rice and cinnamon.

Their drinks, signature treats (including churro sundae and concha ice cream sandwich), and active social media presence have quickly helped the business garner large and adorning crowds of customers from throughout Southern California.

Rendon represents the 63rd Assembly District, which includes the cities and communities of Bell, Cudahy, Hawaiian Gardens, Lakewood, North Long Beach, Lynwood, Maywood, Paramount, and South Gate.

Two suspects arrested in Norwalk after bank robbery

NORWALK – Two male suspects were taken into custody last Friday after a short car and foot chase with L.A. County Sheriff's deputies near the 15500 block of Fairford Avenue.

According to Cerritos Sheriff's Station Watch Commander Lt. Richard Hernandez, the suspects allegedly held up a branch of the Bank of the West on Carmentita Avenue in Cerritos. A pursuit of the suspects began at the bank, but authorities say the pursuit never made it onto any freeways.

"They drove (west) on Artesia, then north on Bloomfield, and finally west on Alondra Boulevard," said Cerritos Sheriff's Station Sgt. Stephanie Mandujano.

A spike strip was ultimately deployed at the intersection of Norwalk and Alondra boulevards.

"They worked," said Mandujano, who described the two suspects as African-American.

While a part of the car pursuit, Mandujano was not involved in the foot chase, which brought the neighborhood to a halt.

"I was working on my computer in my room, when I heard someone shouting outside," said Norwalk resident Dylin Marabot, who witnessed a suspect run past his window.

Marabot said he watched as a male deputy shouted at the suspect to "stop."

"He had his gun in hand, but he wasn't pointing it at the suspect," Marabot said.

Authorities said the suspect ran into a neighboring backyard where he was apprehended.

One of the suspects was slightly injured while trying to run away.

"He hurt his ankle," Sgt. Mandujano said.

No weapons were found in the initial search of the suspects' vehicle. -- Raul Samaniego, contributor



Metro Briefs

GATEWAY CITIES

Choose TAP Over Cash

When you use TAP to pay for your ride instead of cash, you get more. Riding with a TAP card is fast, safe and convenient. It offers you increased travel options and protection from loss or theft when your card is registered. TAP is available online at taptogo.net, by calling 866.TAPTOGO, at over 400 vendor locations and at TAP vending machines.

Go Metro to see the Dodgers

Want to reach Dodger Stadium faster this season? Go Metro to Harbor Gateway Transit Center or Union Station and connect with the Dodger Stadium Express. Your Dodger ticket is good for the fare! For more information, visit metro.net/dodgers.

Metro's Best

Metro's bus operators have a tough job; they give directions, announce stops, and answer fare questions, all while driving a jumbo-sized vehicle through LA traffic. Over the next few months, we will spotlight our best bus operators – a group that excels at providing excellence in service and support.

Free DASH Rides with Metro Passes

If you have a valid Metro 7-Day or 30-Day pass loaded on your TAP card, you will be able to ride all LADOT DASH buses for free through June 30, 2017. All other Metro passes still will have regular rates. Learn more at metro.net.



Metro

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KERN: 'Not too many people get that close to drowning and live...'

Continued from page 1

We sat on the warm rocks, gathering our breath, feeling the adrenaline subside. No one talked, but to be honest, none of us wanted to continue.

We had all felt how powerless we could be against the force of the river. But we had no choice now—for us the only way off the river was to continue down: only a couple more bad rapids to go.

The last rapid was Pinball, a hundred-yard field of boulders snaking down the canyon. It didn't look bad considering where we had been.

We were half way through, controlling the boat and doing well, when from behind a rock appeared a four-foot-deep hole in the swirling water.

The bow nosed in hard, the guide at the rear of the raft was catapulted down river in a high arc, and we were in the water.

I was completely under, the black bottom of the boat above me, the life jacket pushing me up, pushing my head against the bottom. I tried to work out from underneath, but I was wedged between the edge of the boat and something else, maybe another swimmer.

I pulled with my arms and kicked, but suddenly the suction of an undercurrent pulled me down. It was deep and flowing. Above me, three feet of green water was dimly lit by the sky. I remember thinking, I'm still OK ... but I've been down here a long time.

After I surfaced and spent the next minute sliding down the middle of the river getting face-full after face-full of water from waves standing three feet tall, and after I decided to swim for the shore and was carried down a side channel where one of the other rafts was waiting to pull us out, and after I lay hunched over the thwart, gasping and repeating the same curse word over and over under my breath, not caring what anyone else in the boat thought, and after the long bus ride back to the camp, and the returning of gear, and the mandatory smiles and photos with the guides, and after we had taken inventory of the physical cuts and scrapes, we sat in a restaurant and tried to sort out the psychic damage.

"Now that it's over," one of us said, "I'm glad that it happened."

"Not too many people get that close to drowning and can still talk about it."



Commentary: It's all 'garbage'

NORWALK – As the Norwalk City Council prepares to discuss and then vote on a disposal service provider for the entire city, an email depicting dubious characters, business relationships and history was circulating -- finally reaching my computer earlier this week.

After Tuesday's council meeting, Mayor Luigi Vernola said regarding the email in question, "it's a bunch of bullshit."

"If you check the meeting [on May 6, 2017], you'll see who actually introduced NASA and one of the other companies," Vernola said. "It wasn't me."

When asked what he thought was behind the email? Vernola replied, "They want to intimidate me?"

Regarding who "they" were, all he could say was, "Well, individuals who want to intimidate me to vote a certain way [regarding the disposal contract], I guess."

"It's all political bullshit," Vernola said.

The email did in fact list all sorts of factually accurate history concerning NASA's many lawsuits in Los Angeles Superior Courts, photos putting "buddies" together at a golf course outings including former Pico Rivera Mayor Gracie Gallegos, now also a convicted felon for insurance fraud.

It just went on and on.

My questions are, who sent it, why now, and what did they want?

Of course I don't want any felons associated with city business. Of course I don't want even the illusion of something amiss. We call that failing the smell test.

Of course I don't want a company with tax liens, safety concerns or even the lack of facilities to handle our rubbish.

Of course I realize this is a potential 20-year agreement worth up to \$100 million.

Gawd! I hate clichés, but here it goes, "Politics makes strange bedfellows."

In a week which saw me witnessing an over-budget and delayed beautiful Veteran monument dedication, catching up to a suspected bank robbery chase scene and then that darned email, how could I even think of preparing to cook dinner?

Life goes on I guess.

Every week, someone sends me what we in the Hispanic community call chismé (sounds like cheese-may), also known as simple gossip.

Sometimes I use it, but only after verifying its validity and cross checking. Most of this chismé never makes it into print. This is because it is unsubstantiated. But when I started fact checking the email, time after time the information checked out.

Yes, NASA had the heck sued out of it. So what if your political friends excuse me, "friend," are now convicted felons.

After all we all make mistakes. Eh, not in politics. We're talking about

HAMILTON: Congress must reassert itself on use of military force overseas

By Lee H. Hamilton

The Trump Administration, like its predecessors, has shown an apparent appetite for the use of force overseas. The “mother of all bombs” dropped on Syrian troops, saber-rattling toward North Korea, deployments of U.S. forces in 10 or more countries — all of this suggests a growing comfort with the idea of putting our troops in dangerous places.

Politicians on Capitol Hill have noticed this. In particular, senators Jeff Flake of Arizona, a Republican, and Tim Kaine of Virginia, a Democrat, have introduced legislation to authorize the use of military force against ISIS and other terror groups. This is an effort to assert congressional authority and extend Capitol Hill’s oversight over the use of force by the White House, something Congress has long neglected. “It’s our constitutional duty in Congress to authorize military action,” Kaine said at the end of May.

All I can say is, Amen! American soldiers are involved in combat situations in countries all over the globe. We’re deploying special operations forces and advising, equipping and training local forces to fight. All too often, these countries’ leaders are more concerned with overcoming internal threats than they are with the strategies and values that motivate us to help them.

The argument for all this often comes down to: “We need to do something.” Once we’re there, the arguments for staying get rolled out: we can’t leave without loss of face; we need the leverage more troops provide for negotiation; we’ll lose credibility and standing if we withdraw.

But our experience over the years has shown that we don’t tip the scales of a war that in most cases has no battlefield solution. We repeatedly get ourselves locked into situations where we must ask ourselves how much bloodshed and destruction we can accept as a result of our entanglement.

The decision to send troops overseas requires clear eyes, hard questions and specific answers. If we are sending our military abroad, our objectives and exit strategies need to be nailed down. Are we engaging in nation- or empire-building? Do we risk being locked into protracted, unending conflicts — we’ve already spent 15 years in Afghanistan — with minimal progress? Are we inflating the dangers to our national security, as we did when we falsely asserted that Saddam Hussein had weapons of mass destruction?

And when we do intervene, are we avoiding or increasing the suffering of the local people whom we’re trying to help? No use of force should go forward without reciprocity — that is to say, capable, committed local leaders who fight corruption and try to provide good governance and protect the values we cherish and promote.

The use of force ultimately comes down to the president — or the president and his top advisors — making the decision. This usually happens without sufficient dialogue, consultation, or robust debate beyond the White House. The people the president consults around him are not independent — they hold high office at his pleasure and, from my experience, generally come into the room prepared to reinforce his arguments.

What the president really needs, as LBJ advisor George Reedy famously said, is someone who can tell him to go soak his head. In particular, the people who have to do the fighting and bear the costs need to have a major voice in the use of force, and the best way to ensure that is with the involvement of the Congress.

There are obviously cases where the president needs flexibility. But if we’re to put our troops in harm’s way, he also needs independent advice and to answer tough questions. I don’t see any alternative but the strict, robust and sustained involvement of the Congress.

Deciding on the use of force is the most grave and consequential decision government makes. It is of such import that it should not be made by the president alone, but should be shared with the Congress. Presidents should not get broad authority to use force without limit on geography, objectives, or types of forces. The Founding Fathers had it right: the president is commander in chief, Congress has the authority to declare war. Power over the use of force needs to be shared.

Lee H. Hamilton was a member of the U.S. House of Representatives for 34 years. He is a senior advisor for the Indiana University Center on Representative Government.

Caltrans reminds motorists to secure loads before traveling on California roads

SACRAMENTO — Transporting unsecured loads is unsafe, illegal, and pollutes California’s roads and waterways. Caltrans wants motorists and commercial vehicle operators to make sure their load is secure before driving.

Vehicle-related debris can create unsafe conditions for motorists, contributes to litter on highways and could lead to pollution in waterways.

“This is a safety, environmental, economic, and aesthetic issue that is 100 percent preventable,” said Caltrans Director Malcolm Dougherty. “We spent more than \$67 million last year picking up litter and debris. By properly securing your load before you head out, you can help keep our roads clean and safe, and also protect our waterways from being contaminated.”

A load is secure when nothing can slide, shift, fall, or sift onto the roadway. Here are some tips on properly securing a load:

- Tie it down. Large or heavy items should be secured with solid straps, rope, bungee cords, or netting. Make sure your tie down materials are appropriate for the weight they are securing and can withstand highway speeds.
- Cover it up. For loose items like grass or tree clippings, a tarp or netting can be used to keep items in place.
- Don’t dispose of litter in pick-up beds. Litter in pick-up beds can fly out when the vehicle reaches highway speed. Dispose of litter properly.
- Re-check your load. Loads can shift and settle during a trip. If safe to do so, re-check your load during your trip. Tighten straps that may have



loosened and adjust your load if necessary.

Litter and debris can clog stormwater drains and may end up in waterways.

Caltrans’ Protect Every Drop campaign educates Californians about the sources and pathways of stormwater pollution, and to change behaviors of the public to reduce stormwater pollution in and around the state highway system.

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.

The Norwalk Patriot

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TALON MARKS

Let’s quit causing grief for Kathy Griffin

By Bianca Martinez

By now, we have all seen comedian Kathy Griffin posed, solemn faced with a mock severed and bloodied head modeled in the likeness of a specific president — who has a penchant for excessive tweeting, baby-sized hands that are only good for recent blunders such as “covfe” and a stony faced wife.

However, is what Griffin did immoral and completely repulsive? The answer is: **HELL NO.**

Despite the fact that the United States of America is going downhill faster than a fat kid rolling down a grassy hill, we still have rights that must continue to be acknowledged.

All Kathy Griffin did was express her **FIRST AMENDMENT RIGHT** which includes the freedom of speech, a right which our founding fathers fought for. They refused oppression, so why should we welcome it?

Kathy Griffin has since apologized for the photograph — but should she?

When former President Barack Obama was elected as president, some individuals in opposition of his presidency strung up mannequins in his likeness by a noose, an act that is by far more offensive than Griffin’s, yet those people were not made to apologize for their actions.

Let us not result to hypocrisy here.

If Trump doesn’t like our right to freedom of speech, then by all means he can get the hell out of

office and take that sallow, sunken-faced Pence along with him.

Because of her actions, Griffin has been pulled from CNN’s New Year’s Eve broadcast, an action that was highly unnecessary.

First Lady Melania Trump, has even issued a response to Griffin’s photo by stating, “As a mother, a wife and a human being, that



photo is very disturbing. When you consider some of the atrocities happening in the world today, a photo opportunity like this is simply wrong and makes you wonder about the mental health of the person who did it.”

Woah, wait a minute! Let us stop for a bit and analyze the statement Mrs. Trump just made: “when you consider some of the atrocities that have been happening in the world today...” and exactly what has Melania Trump or her husband been doing in order to help such countries affected by said atrocities? **NOT A DAMN THING.**

If anything, Donald Trump has contributed to the atrocities with his sanctioned missile strikes on Syria.

Via her statement, Mrs. Trump also implied the presence of a mental illness on Griffin’s part. The only overtly emotional action that was taken on Griffin’s was apologizing.

Griffin has recently done a press release stating that what she did was right, resulting in Griffin breaking into tears later on in the release, stating that President Trump “broke her”

Griffin was essentially guilt tripped for invoking her right to freedom of speech.

Griffin has since received death threats and have those people received any repercussion for their act of terrorism?

Absolutely not

I understand the imagery was graphic and Griffin could have taken an entirely different approach, but what Griffin did was ballsy.

It takes guts to stand up and challenge authority especially when you feel that said authority is staunchly unjust and to a certain degree, oppressive.

What those people did by hanging mannequins of former president Obama was racist.

Let us never excuse racism by simply claiming freedom of speech, do not ever taint a right that means so much to so many.

So here I stand in solidarity, with mock Trump head in hand.

This story was originally published in Talon Marks, the student-ran newspaper at Cerritos College. To read the original version, visit www.talonmarks.com/opinion/2017/06/04/dont-cause-grief-to-griffin.

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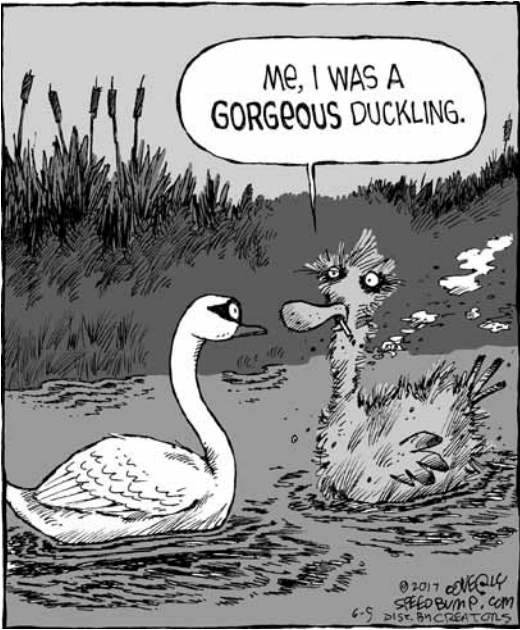
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The Norwalk Patriot is offering subscriptions for \$10/year. Subscription guarantees delivery every Friday to single-family homes in Norwalk.

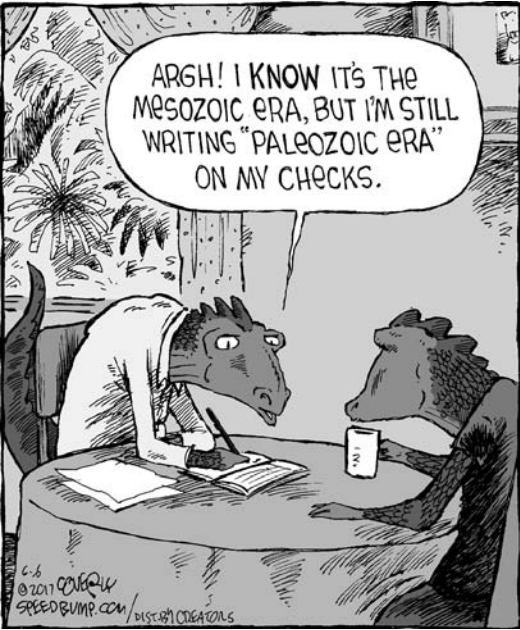
12040 Foster Road, Norwalk, CA 90650

| | |
|----------|--|
| Name: | |
| Address: | |
| | |
| Phone: | |

SPEED BUMP



DAVE COVERLY



On This Day...

June 9, 1790: John Barry copyrighted “Philadelphia Spelling Book.” It was the first American book to be copyrighted.

1934: Donald Duck made his debut in the Silly Symphonies cartoon “The Wise Little Hen.”

1978: Leaders of the Church of Jesus Christ of Latter-day Saints struck down a 148-year-old policy of excluding black men from the Mormon priesthood.

BIRTHDAYS: Pastor and author TD Jakes (60); Actor Michael J. Fox (56); Actor Johnny Depp (54); Gospel singer Tamela Mann (51); Rock singer Matthew Bellamy (39); German soccer player Miroslav Klose (39); TV actress Michaela Conlin (39); Professional poker player David Williams (37); Actress Natalie Portman (36); “Dear White People” star Logan Browning (28); Canadian dancer Zac Vran (21); U.S. Olympic gymnast Laurie Hernandez (17).



Laurie Hernandez

To Advertise in
The Norwalk Patriot

Please Call
Michael Robinson
(562) 868-3022

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

Address:

12040 Foster Road
Norwalk, CA 90650

Email:

news@thedowneypatriot.com

CALENDAR OF EVENTS

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)
AGKNOWLEDGMENTS: Showing subtle team spirit
by Mark McClain

- ACROSS**

1 City near Gibraltar

6 Trial boss

11 Type of tuber, familiarly

15 Not very exciting

19 Mad Hatter’s guest

20 Fairy tale fiends

21 Voice quality

22 Sitting on

23 Speaker’s pointer

24 Icky stuff

25 Diva’s solo

26 Con ___ (quickly, in music)

27 High-tech circuits invented in Dallas (1958)

29 Nickname for the Dallas-Fort Worth region

31 18 Down et al.

32 The one here

34 Come-from-behind charge

35 Prefix for van

39 Musical talent

40 Nickel, for example

41 Sketcher’s buy

43 Chair’s list

45 Latin music

46 Where cocktails don’t cost

51 Lone Star State symbol

54 City on historic Route 66

55 Old Testament vessel

56 Set of chromosomes

57 Village leader

59 Steer sounds

60 Solidify

61 Quaint complaint

62 Rib-eye alternative

63 Sailboat pole

66 Site of the first

68 Six Flags theme park

69 Montagnes of France
- 70 Corn-crop holders

71 Curve in a river

72 Get-up-and-go

74 Knock about

75 Treat with contempt

77 Anagram and antonym of “unites”

78 Time-honored

81 Fort Worth-based airline

83 Dallas Buyers Club

85 Oscar winner

86 City bordering Berlin

88 Newspaper descriptor

89 Quick learner, informally

90 Cost

91 Satchmo collaborator

92 College major, for short

93 Point of entry

94 React with mirth

98 Seller’s disclaimer

99 Elizabethan poet

101 Major League’s first roofed stadium

104 Alternate title of the puzzle

109 Ashe Stadium org.

110 Something in the air

111 Muscular strength

112 Road’s slope

113 Thought-provoking

114 Dryer’s capture

115 Starter for violet

116 Allow access to

117 French 101 verb

118 Table supports

119 Complicated

120 Cushy course
- DOWN**
- 1 Far from edgy
- 2 Jai ___
- 3 Data storage device
- 4 Cake decorator

5 Weightless state, briefly

6 Stephen ___

7 More hostile

8 Plumber’s targets

9 Prized possessions

10 Jargon suffix

11 Triathlete’s asset

12 Skin openings

13 Military outfit

14 Prized

15 Florida bay city

16 Ring-shaped reef

17 Drive-up lodging

18 Strong adhesive

28 Under-the-sink container

30 Military mandate

32 Recounted

33 Possessive pronoun

35 One of the Three Bears

36 Composer Stravinsky

37 Narrow strip of land

38 Sketcher’s buy

40 Be concerned

41 Pear or apple

42 On ___ with (equal to)

44 Some watch displays

45 Easier to grasp

47 With agility

48 Clumsy mistake

49 Unaccompanied

50 Kentucky Derby garland

52 HUD agency

53 Mint julep ingredient

54 Expand, as a home

57 Easter candy shape

58 Inactive state

60 Crime lab evidence

61 Wrap up

62 Touches a base, then runs

63 Morsel

64 Film trailer, e.g.

65 Girder fastener

67 Part of many hotel names

68 Nürnberg negative

73 Thinks logically

75 Lasting mark

76 Made an appearance

77 Pac-12 team

78 “Horror!”

79 Danish block brand

80 Salon specialist

82 It’s east of Oregon

83 Big bucks, briefly

84 Word on all US currency

86 Arid terrain

87 Will Smith biopic

91 87 Down roles

92 Sort of

94 Magna cum ___

95 Strong point

96 Articulate

97 Jelly flavor

98 A member of

99 Fender flaws

100 Colonel’s insignia

102 Well-behaved kid

103 Garfield canine

104 Material for roofing or flooring

105 Bailiwick

106 D.C. baseballers

107 WWII turning point

108 It means “beyond”

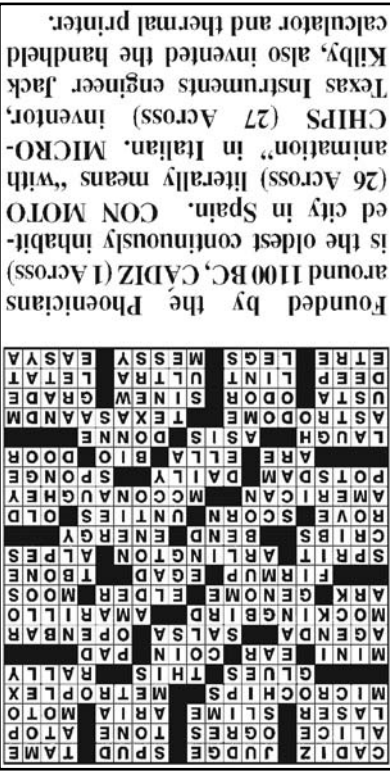
111 Arithmetic answer

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

ADVERTISING POLICY

The Norwalk Patriot reserves the right to censor, reclassify, revise or reject any ad. The Norwalk Patriot is not responsible for incorrect ads beyond the first business day of an ad scheduled. Please check your ad on the first day of publication and report any errors we have made to the Classified Department at 562-904-3668 at the beginning of the next business day to have it publish correctly for the remainder of the schedule.

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



LEGALS

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, LA TESIA CA 91701, LA COUNTY, 16851 FIELEDBROOK 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 FIELEDBROOK 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

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2017146622
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: **(1) BARRIOS BROTHERS COMMUNICATIONS, 15316 GRAYSTONE AVE, NORWALK CA 90650, LA COUNTY**
Articles of Incorporation or Organization Number (if applicable): #ON: N/A
REGISTERED OWNERS(S): (1) PETER BARRIOS, 15316 GRAYSTONE AVE, NORWALK CA 90650
State of Incorporation: CA
THIS BUSINESS IS CONDUCTED BY: an Individual
The date registrant started to transact business under the fictitious business name or names listed above: 06/2017
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/ PETER BARRIOS, OWNER
This statement was filed with the County Clerk of Los Angeles on JUNE 6, 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
6/9/17, 6/16/17, 6/23/17, 6/30/17

GOVERNMENT

CITY OF NORWALK
NOTICE OF PUBLIC HEARING
PROPOSED BUDGET FOR
THE CITY OF NORWALK

Date: Tuesday, June 20, 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 Boulevard, Norwalk, CA 90650
Description: The City Council of the City of Norwalk will conduct a public hearing for review and adoption of a proposed budget for the City of Norwalk for the period beginning July 1, 2017.
Public Comment: A copy of said proposed budget is on file in the Office of the City Clerk and open to the public for inspection. 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 Jana Stuard, Director of Finance/Treasurer at (562) 929-5748 or by email to Jstuard@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 this 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 9th day of June 2017.
Theresa Devoy, CMC, City Clerk
The Norwalk Patriot
6/9/17

PROBATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF PILAR JARAMILLO
Case No. 17STPB04755
To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of PILAR JARAMILLO: A PETITION FOR PROBATE has been filed by Raymond Armijo in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that Raymond Armijo 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 29, 2017 at 8:30 AM in Dept. No. 99 located at 111 N. Hill St., Los Angeles, CA 90012.
IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.
IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a 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 OFFICES 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

NOTICE OF PETITION TO ADMINISTER ESTATE OF STEVEN CHONG
Case No. 17STPB04722
To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of STEVEN CHONG: A PETITION FOR PROBATE has been filed by Myong Suk Noh in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that Myong Suk Noh 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.
Attorney for petitioner:
PAUL M TEINERT ESQ
SBN 272390
ROSS WERSCHING & WOLCOTT LLP
3151 AIRWAY AVE
STE S-1
COSTA MESA CA 92626
CN938186 BSC214803
Jun 9,16,23, 2017

CN938186
The Norwalk Patriot
6/9/17, 6/16/17, 6/23/17

NOTICE OF PETITION TO ADMINISTER ESTATE OF: JOSEPHINE MARIE WALP AKA JOSEPHINE MARIE 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:
EMMANUEL HAN, ESQ.
SBN 150912
HAN & PARK LAW GROUP INC
3550 WILSHIRE BLVD
STE 1100
LOS ANGELES CA 90010
CN938161 CHONG
Jun 9,16, Sep 23, 2017

CN938161
The Norwalk Patriot
6/9/17, 6/16/17, 6/23/17

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 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.
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SBN 150913
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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

NOTICE OF PETITION TO ADMINISTER ESTATE OF STEVEN CHONG
Case No. 17STPB04722
To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of STEVEN CHONG: A PETITION FOR PROBATE has been filed by Myong Suk Noh in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that Myong Suk Noh be appointed as personal representative to administer the estate of the decedent.
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Attorney for petitioner:
EMMANUEL HAN, ESQ.
SBN 150912
HAN & PARK LAW GROUP INC
3550 WILSHIRE BLVD
STE 1100
LOS ANGELES CA 90010
CN938161 CHONG
Jun 9,16, Sep 23, 2017

CN938161
The Norwalk Patriot
6/9/17, 6/16/17, 6/23/17

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 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.
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In Pro Per Petitioner
JENNIFER J. LESZCZYNSKI
15517 THORNLAKE AVE.
NORWALK, CA 90650
PREPARED BY
IRENE L. ALMANZA, LDA8
P O BOX 437
PEARLBLOSSOM CA 93553
5/26, 6/2, 6/9/17
CNS-3013211#
THE NORWALK PATRIOT

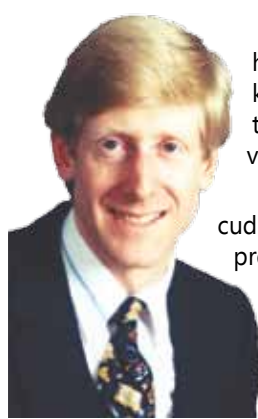
CNS3013211
The Norwalk Patriot
5/26/17, 6/2/17, 6/9/17

TRUSTEE SALES

NOTICE OF TRUSTEE'S SALE File No. 7367.24042 Title Order No. NXCA-0252115 Y2431 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, Trustor(s) ROBERTO PEREZ, AN UNMARRIED MAN AND MARIO SANCHEZ, A SINGLE MAN, AS JOINT TENANTS Recorded: 12/30/2015, as Instrument No. 20151640168, of Official Records of Los Angeles County, California. 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Paging Dr. Frischer...

By Dr. Alan Frischer



In my mind, there are two types of people: huggers and non-huggers. Those of you who know me well are aware that I am definitely the former. I hug because I love people and value human contact.

Some people, however, just aren't the cuddly type. Regardless of your touchy-feely preferences, a hug can be an expression of warmth and friendliness, a gesture of love, kindness, sympathy, trust, greeting, or farewell.

I believe that it benefits both parties, but is there any scientific explanation or evidence that this is true?

Hugging has been found to trigger several hormones and neurotransmitters: Our skin senses the pressure of touch through a network of tiny nerve endings and communicates this to the brain. This appears to trigger an increase in levels of the hormone oxytocin.

Oxytocin increases levels of the hormones serotonin and dopamine, resulting in greater calm, and reduced depression and anxiety. Low dopamine levels are seen in those with depression and Parkinson's disease.

Oxytocin also causes a decrease in the heart rate and a drop in the stress hormones cortisol and norepinephrine. This can lower blood pressure and stress, and increase feelings of contentment and relaxation.

There's evidence that oxytocin improves immune function and pain tolerance. In a 2015 study, researchers from Carnegie Mellon examined whether hugs could reduce susceptibility to the common cold after being exposed to the virus. Those who felt greater social support and reported receiving frequent hugs were less likely to come down with a cold, or had less severe symptoms.

A 2015 study from King's College in London found that oxytocin has analgesic effects, leading to a reduction in perceived pain intensity.

Oklahoma! comes to Cerritos Center

CERRITOS - Tickets are now available for 3-D Theatrical's presentation of Rodgers and Hammerstein's Broadway musical Oklahoma! At the Cerritos Center for Performing Arts.

Performances will take place Friday June 30 and July 7 at 8 pm, Saturday July 1 and 8 at 2 and 8 pm, Sunday July 2 and 9 pm, and Thursday July 6 at 7:30 pm.

Tickets start at \$40, and can be purchased at the CCPA Ticket Office and Cerritoscenter.com, or by calling (562) 467-8818.

Downey home prices jump 10%

DOWNEY - The Greater Downey Association of Realtors is reporting a 19% increase in new listings in May.

May 2017 saw 63 new listings, and 43 closed listings in Downey, at an average sales price of \$585,000 (up 10% from May 2016).

Currently there is an inventory of 122 homes for sale in Downey, with 134 homes being sold year to date at an average selling price of \$592,483.

Oxytocin is also known as the "bonding hormone" because it promotes attachment in relationships, and is felt to be responsible for mother-infant bonding.

Hugging has been shown to cause the release of endorphins. Endorphins are hormones that relieve pain by blocking pain pathways, and soothe aches by increasing circulation to soft tissues.

Hugging reduces the levels of circulating cortisol. Lower levels of cortisol allow the mind to calm down and the body to relax. It also helps to decrease cortisol-induced hyperglycemia and diabetes.

Here is one more important finding. Most of us worry about our mortality, particularly as we age. A study published in the journal Psychological Science revealed that hugging and touching reduced that concern. The study showed that even hugging an inanimate object like a teddy bear helped to soothe fears.

In fact, simply imagining hugging a person you love can cause the brain to release serotonin, dopamine, and endorphins, triggering feelings of happiness and joy.

Just between you and me, I had intended to continue hugging on a daily basis regardless of what I found in this research. Hugging triggers a massive release of neurohormones, giving us confidence, strengthening our bonds with one another, building trust, alleviating sadness, tension and anxiety; and bringing us joy and happiness.

Sometimes the simplest treatments are indeed the best!

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

La Mirada High woodshop students build, donate garden boxes to local youth shelter

LA MIRADA - La Mirada High School senior Isaac Cantu is vigilant as he stencils the words "Dream Big" along the side of one of four garden boxes that he and three other students made in their woodshop class.

When Cantu and seniors Johnny Granados, Andrew Iabarra and Spencer Collins finish the garden boxes, their hours of craftsmanship will house dozens of plants, flowers, fruits and vegetables to beautify the grounds of the Casa Youth Shelter in Los Alamitos.

"It feels great that the kids at the youth shelter are going to actually use the boxes that we made," Collins said. "Gardening is very meditative and I'm really glad that it's going to provide a useful hobby for these kids because they don't have much."



The Casa Youth Shelter provides temporary shelter and counseling for homeless, runaway and abandoned youths in crisis with the ultimate goal of family reunification.

The idea of donating garden boxes to the youth shelter originated

from La Mirada High counselor Ila Patterson, who says gardening is a therapeutic hobby for those willing to develop their green thumbs.

"These garden boxes are symbolic of what I hope the children will do while they live at the shelter, since they can grow from counseling support and nurturing," Patterson said. "Just like the plants, the kids will grow and produce amazing results."

Patterson coordinated with the school's woodshop teacher, Ken Yoshioka, to gather student volunteers to build the boxes.

Yoshioka said he jumped at the chance to offer the project to his students because it would both fulfill a philanthropic purpose and allow the students to see that their woodshop abilities can have practical applications.

When Patterson donates the completed boxes, fully painted and adorned with more slogans and the Casa Youth Shelter name, she also plans to donate an assortment of seeds so that the youth shelter residents can grow their own gardens.

Norwalk High School Graduation at Excelsior

June 1, 2017 Photos | NLMUSD



Local non-profit set to honor Dr. Bob Hughlett at 27th annual golf tournament and banquet

CERRITOS - The Community Family Guidance Center announced that it will host its 27th annual golf tournament on June 26 at Los Coyotes Country Club in Buena Park.

CFGC is a 40-year-old non-profit, children mental health agency serving Southeast Los

Angeles County. Its purpose is to help children and their families through the effects of neglect, trauma, sexual abuse and other intellectual disabilities.

Following the tournament, the CFGC will present its annual Protector of Children Award to this year's honoree, Dr. Bob Hughlett.

Dr. Hughlett is a former Cerritos College trustee and served 38 years as a specialist professor and director for disabled students at Cerritos College.

Dr. Bob has served over 20 local civic organizations, most having a focus on helping children. He has also served as president of the Southeast Regional Occupation Board, and the ABC Unified School District Board as vice president and president.

He has also served two terms on the Cerritos City Council and is a former mayor of Cerritos. Dr. Bob sits on several civic boards including the CFGC. Past recipients include Don Knabe (2015) and Dr. Mary Sieu (2016).

Chick-fil-a will provide lunch for all participants, and the banquet will be a Bar B Que dinner which is always popular with the attendees.

Tournament organizers are looking for more sponsors and players. For more information, contact Bill Sinko at (562) 924-5526 or bsinko@cfgcenter.com.



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