

Shared Stories: The Ties That Bind

In this tribute to her mother, Yolanda Reyna recalls the modest circumstances of her childhood and her mother's talent for meeting the needs of a large family. 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.

“Always Doing Her Best” by Yolanda Reyna

When I was a young girl growing up, my family didn't have much. We were raised on welfare, but I do remember my mother making the best of everything!

Just going to cash her welfare check, she made sure she was properly dressed. She'd fix her hair so pretty, find the right outfit to wear, and put her lipstick on so perfectly.

My father also made the best of everything. I don't recall my father ever owning a suit, but when he got dressed, he'd put on a plaid shirt, a pair of blue jeans, and work boots. He also made sure that he was properly dressed, so he could drive my mother to cash her check and take her grocery shopping.

Back then my father owned a blue Chevrolet pick-up truck and most times the children rode along with them in the back of the truck. Sometimes I got to sit in front between my parents. It was so much fun! I'd stretch my neck out just to look out the window as my father drove down the streets. I still recall the sounds of the gears shifting.

There was a check-cashing place where my father drove my mother to. I remember the lines being so long! We had to wait for hours for our mother. While my father sat in his truck and waited, he would listen to the radio, while the children waited patiently in the back.

When my mother was done cashing her check, my father drove us to “Phil's Market.” That was the grocery store where my mother shopped. I remember that market being on Rosecrans Blvd. in Compton. My mother would buy the children new toys on that day. The girls got miniature dolls and the boys got miniature toy army men!



When the grocery shopping was done my father drove us back home. We were so excited to get new toys on that day. We couldn't wait to play with them. While my sisters and I played in our room, my brothers played outside.

My mother really made the best of things when she was in the kitchen. While she cooked dinner, my father sat in the garage drinking his beer and listened to his music.

My mother did her best with what she had in the kitchen. When she cooked, she never measured anything. We didn't have measuring cups. I don't

even recall us having salt and pepper shakers! She'd pour the salt in one hand and with the other hand, she would use her fingers to toss the salt in the pan, and all she needed was salt and pepper to season her meals. We never owned a whole set of dishes. We had plastic dishes and most of them had a burnt spot somewhere, or part of the edge was melted because she used them as lids for the pots as she cooked.

My mother never owned any Tupperware. She would use a cup or a bowl for anything that was leftover. The cup was mainly used for leftover tomato sauce. A meal that was often made was macaroni and tomato sauce. She also made cut-up hot dogs and tomato sauce, or as she would call it “chopped up weenies and tomato sauce!”

We also had hamburger meat with potatoes and tomato sauce. That was a specialty in our family, often handed down from generation to generation. That meal would later be called “The Poor Man Meal.” When the holidays came around, or it was our first day of school, my mother would use home-made hair curlers on our hair. All she needed was an old T-shirt, a brown paper bag, and a pair of scissors.

She'd cut out strips of both the T-shirt and bag. I can't even begin to explain how she mastered her work, but believe me, it did curl our hair! One more thing my mother made the best of, was her old fashioned remedy, Vicks! When one of the children got sick with a cold or cough or if one of us got a leg ache, which was often because we loved playing and running outdoors, she'd rub Vicks all over our chests or our legs!

My mother, the shopper, the cook, the hairdresser, the healer! Her legacy!

Norwalk City Council approves short-term spending resolution to avoid citywide shutdown



■ **Vice Mayor Leonard Shryock and Councilwoman Margarita Rios clashed over the drawn-out budget talks.**

By Alex Dominguez
Staff Writer

NORWALK – Norwalk City Council unanimously adopted a resolution on Monday authorizing the continuance of the fiscal year 2016/2017 budget while council still struggles to come to an agreement on the fiscal year 2017/2018 budget.

The continuance gives staff the authority to continue operations as previously constituted until Council adopts the final budget, said City Manager Mike Egan.

Monday's special meeting may have been the briefest in terms of Norwalk's somewhat long and tedious budget meeting process this year, with the typical June 30 benchmark for city budget approval having past.

The negotiations of potential salary increases and a future solid waste contract was the hot topic of the afternoon.

More than anyone else, Vice

Mayor Leonard Shryock and Councilmember Margarita Rios seemed to butt heads, with neither seemingly willing to budge on their stances concerning the impact that future negotiations would have on the 2017-18 budget.

Rios said she felt the Council was “putting the cart before the horse.” She spoke openly after the meeting's conclusion.

“I don't know if we can necessarily make any decisions as to our negotiation piece because we don't know which numbers we're working with at this point,” said Rios.

“My experience has been that when you're working on a budget, you want to finalize your budget, you want to know exactly what numbers you're working with and how you're going to allocate those dollars of that funding before deciding on a negotiation piece.

“Usually with a negotiation piece, there's a request for increase in salary as well as an increase in health and welfare benefits,” she said.

Shryock quickly countered those statements, however.

“Potential salary enhancements

are a part of the budget as well,” said Shryock. “If we approve the budget without knowing what we put to the side for those understanding it's a negotiation, we won't have anything for the workers. That's an additional cost that I don't think we were ready [for].

“Given that we hadn't done the potential add-ins back to the general fund, I don't think we were ready to finalize the budget,” Shryock said.

Councilmember Jennifer Perez also had a strong voice in the meeting, showing concern for the budget talks which have drawn on.

“[It's] frustrating, yes, but we owe it to our residents,” said Perez. “We've had how many meetings to review the budget? It's our due diligence to respond and adopt the budget in a timely fashion...we need to do our due diligence for our residents, for our team, for our staff, for our vendors and contractors that we work with on a regular basis.”

However, Perez sees the light at the end of the tunnel.

“I do see that there's a closing in,” said Perez. “We all just want what's best for the city, for the residents.”

Norwalk Chamber of Commerce hosts summer ‘Coffee with a Cop’

By Raul Samaniego
Contributor

NORWALK – The Norwalk Chamber of Commerce hosted its version of “Coffee with a Cop” last Thursday, June 29 at its office complex on Foster Road.

While touted as an opportunity for all to meet with their representatives from the Norwalk Sheriff's Station and Norwalk Public Safety Department, most of the visitors where owners and representatives of the business community of Norwalk.

No one seemed to mind the rising temperatures as they chatted with Norwalk Sheriff's Station Captain Jim Tatreau, Chamber President Yovani Flores, as well as the chamber's executive director Carren Spilsbury.

Joining in with the morning coffee and assortment of fruit and pastries was Chamber President-Elect, Trisha Gutierrez.

One of the professional Norwalk Safety Officers in attendance was 30-year-old Krystal Hidalgo, who has been on the force for five years.

She was raised in Norwalk and continues to call the 90650 zip code home.

Hidalgo is a graduate of UCLA with a bachelor's degree as well as



a master's degree from Cal State University, Long Beach in public administration.

Also on coffee duty was 15-year Sheriff's Deputy Lori

Kammer, who chatted with long-time resident Ken Cook.

Carlos Ramos, director of public safety, was on hand to answer any questions regarding the safety of Norwalk and its citizens.

He commented on the on-going effort to thwart the use of illegal fireworks within the city and to encourage everyone to enjoy the July 3rd festivities on the lawn at City Hall.

While no Norwalk City Council members were present, sitting quietly chatting with former council candidate Esmeralda Free was former council member Cheri Kelly, who did not seek reelection to the dais earlier this year.

According to the Safety Department, the next “Coffee with a Cop” event has not yet been scheduled.

Weekend at a Glance

Friday 97°

Saturday 98°

Sunday 87°

THINGS TO DO



Vegan Festival

Saturday - Shoreline Village in Long Beach, 11 am

An all ages, outdoor food and music festival. Plus a vegan chili cook-off. Tickets \$17



Salsa Festival

All Weekend - Pershing Square, 12 pm

All things salsa, including music, dancing, and tastings, along with a beer and margarita bar.



Music of Harry Potter

Friday - Hollywood Bowl, 8 pm

The L.A. Philharmonic performs the score as “Harry Potter and the Prisoner of Azkaban” is projected in high definition on the big screen.

FROM OUR FACEBOOK

Norwalk takes first steps to limit outdoor cultivation of marijuana

Kelly Walker: Let the people make money and let the people smoke! This can bring in so much revenue for our city that the fact you were immediately trying to shut it down is disgusting. Believe it or not, there are very responsible marijuana users. But again think about how much money... We're talking about millions that could be brought to our city.

Jesse Segura: Not exactly. Proposition 64 is meant to reflect the standard operating procedures enforced in Colorado and smoking outdoors is also considered illegal there. Having stationed and lived there off and on for years, I didnt see it being a problem. It's supposed to be treated as if it were to alcohol so this makes sense.

Lilian Mazariegos: I call the Sheriff's and City of Norwalk regarding illegal sell of drugs by my house and no response at all. A tax-paying and responsible company wants to sell mariguana and the city stops it. Make no sense to me.

Sammy Tanya Chavarria: Stupid, there isn't any in Norwalk anyway.

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

TWEET OF THE WEEK

@CerritosFalcons: Congrats to former Falcon player & coach Dave Serrano, who was just named the pitching coach at West Virginia U.

Follow us on Twitter! [@NorwalkPatriot](https://twitter.com/NorwalkPatriot)



Concerts on the Lawn

JULY 12

SOTO, which has emerged as one of the hottest local Latin-Funk-R&B-Dance bands, will perform at Norwalk's free concerts on the lawn series this Wednesday, July 12, starting at 7 p.m. at the city civic center.

SOTO is a self-contained group which includes family members John Soto, Bruce Soto and Ross (Artie) Soto. Based out of Norwalk, California, the brothers started their own dance band to perform at school talent shows, school dances, fundraisers, weddings, and night clubs. The band has since performed with James Brown, Earth, Wind & Fire, Poncho Sanchez, Marc Anthony and more.

Guests are encouraged to bring lawn chairs and blankets. Refreshments will be available for purchase. For more information, please call 562-929-5702.



NORWALK – Norwalk Captain Jim Tatreau welcomed five new Los Angeles County Sheriff's Department Explorers to Norwalk Station last week. The five new Explorers were a small fragment of the entire Explorer class of 98 young people who graduated on June 24 at Whittier High School. Created in 1969, The Deputy Explorer Program is a career development and education program, open to mature young adults between the ages of 14-20, who have an interest in the law enforcement profession.

Paramount grad overcomes adversity to fulfill his dream



Recent Paramount High School graduate Gabriel A. Garcia will attend UCLA this fall to pursue a major in psychobiology. Photo | Paramount Unified

PARAMOUNT – Paramount High School Class of 2017 Salutatorian Gabriel A. Garcia is passionately pursuing a life of public service, knowing what it's like to overcome life's obstacles and inspiring others to conquer their own.

Gabriel will take a piece of Paramount with him as he heads to UCLA this fall but will also leave behind a record of service to helping improve the community. Serving as president of the Youth Commission, established in 2016 as a partnership between the city and high school students to get them involved with local service clubs, Gabriel worked with civic organizations like the L.A. Mission and Ronald McDonald House and forged a deeper connection with the surrounding area.

"Gabriel knows firsthand what it is like to face challenges as a youth and he has devoted his time to mentoring those who find themselves in similar situations," PHS Assistant Principal Elizabeth Becerra said.

Overcoming adversity was a part of Gabriel's life long before he thrived at Paramount High, completing school with a 4.49 GPA to pursue a major in psychobiology at UCLA while enrolled in ROTC.

When Gabriel was just five his grandmother passed away, leaving his mother to care for her 10 younger siblings as well as Gabriel and his younger brother, Joseph, under one roof. The family struggled to make ends meet, and during middle school Gabriel was forced to wake up at 4 a.m. each day to stand in line at food banks and other charitable organizations. The volunteer workers assisting needy families made a strong impression on Gabriel who realized he wanted to

devote his life to helping others.

That desire led Gabriel to become involved in several volunteer PHS extracurricular clubs, including ASB, JROTC, Leo's Club, Chicano Club, CSF, FHA and the student site council.

Gabriel, who spent a brief period in a foster home and was homeless for a short time during childhood, eluded the influence of gangs and ultimately found comfort in the familial atmosphere of Paramount.

"When I entered ninth grade I met my biology teacher, Ms. Cook," Gabriel said. "She assured me that I was pursuing the right path, that school mattered, and that I should look up to my mom for making the choice to care for her family after my grandmother passed away."

Gabriel's commitment and resilience allowed him to thrive at Paramount High despite his early challenges.

"To go from living in a small house with 13 people and then be accepted at one of the best universities in the world, this is why the United States is so great," Gabriel said.

After graduating college, Gabriel plans to apply to medical school, hoping to eventually become a family practitioner after serving in the United States military.

"Gabriel A. Garcia is an inspiration to us all, a young man who has taken control of his destiny through education and public service," PUSD Superintendent Dr. Ruth Pérez said. "I have nothing but praise for the Paramount High faculty and staff for their commitment to nurturing talented students like Gabriel."

Alternative Medicine: What are Etheric Cords?

By Marcela Arrieta

Etheric what! That's one of many words used to describe the connections linking a person to the other.

To a person who can see energy, these cords look similar to a water hose. Interlacing two people. Inside the water-hose-like structure, energies of love, compassion, etc., flow between people. But it's not all lovey-dovey. On our not-so-great days, the predominant energies consist of the icky-like textures of anger, bitterness, etc.

The question we should be asking is: why are these etheric cords so important and why do they exist? The best way to describe a positive-filled cord is that of the bond between a mother and child. It's said women tend to have a heightened sixth sense.

Somehow we intuitively pick up on the needs and wants of a baby who can't speak. Part of this "knowing" emanates from the etheric cord bonding mother and child. It's flooded with incalculable love and compassion. Making mom ultra sensitive to the higher energy frequencies shared through the cord.

The opposite is true. When a cord by majority is filled with negative energy it becomes toxic and we feel it through the emotions of anger, resentment, inability to forgive, etc.

This energy if left untreated has

the possibility of being harmful. What is conveyed through this cord is one of the reason why we find ourselves continuously thinking and judging that person who did us wrong. In reality we are contributing to this energy. What happens when you add fuel to fire? The fire will continue to burn.

I'll share two simple yet effective techniques.

To pump additional positive and loving energy into an already loving etheric cord simply imagine a water-hose like structure bonding you and the other person. Picture in your minds eye filling this cord with tremendous amounts of light-pink light. Hold this thought up-to 3 minutes. Repeat as often with anyone!

How do you transform a negative spewing cord into one of joy and love? Simple! Follow the same instructions given in the above exercise. With the following added step: practice forgiveness towards the person who hurt you, it may even be towards oneself.

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 intuition.

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.

Speaker Rendon secures \$100M funding for L.A. River restoration

SACRAMENTO – Assembly Speaker Anthony Rendon (D-Lakewood) applauded the legislature for approving \$100 million in Proposition 1 funding for restoration of the 51-mile L.A. River, a priority for the Assembly in state budget negotiations.

Long known as a "concrete ditch" featured in films like Grease, recent efforts by leaders like Rendon, L.A. County Supervisor Hilda Solis, Senate President Pro Tem Kevin de Leon, L.A. Mayor Eric Garcetti, and architect Frank Gehry have focused on returning natural habitats and green space to the river.

The \$100 million in funding will be split between the San Gabriel and Lower Los Angeles Rivers and Mountains Conservancy, which is tasked with Lower River restoration through the Lower L.A. River Revitalization Plan, and the Santa Monica Mountains Conservancy, which focuses restoration efforts on the Upper River.

In 2014, Rendon authored Proposition 1, the \$7.5 billion water bond, to address California's water infrastructure needs. Included in Proposition 1 was funding for L.A. River for restoration efforts.



Meet the EDITOR



Have questions, comments or concerns about your neighborhood?

Come meet with The Norwalk Patriot's editor Christian Brown every 1st and 3rd Tuesday of each month from 3-4 PM

STARTING JULY 18th
12040 Foster Road,
Norwalk, CA 90650

For More Information, call (562) 904-3668

Upcoming Events

MUD MANIA: Parents are welcome to bring their children to an afternoon of mud-themed activities, including digging through the adobe soil, seeing and touching insects that live in the local soil, throwing a clay pot, and playing mud-related games.



This muddy, wacky event will be held on Sunday, July 9 from 12:30-4:30 p.m. at Rancho Los Cerritos Historic Site.

For those who prefer to stay neat and tidy, activities including fossil making, Mud Mania trivia, and paper crafts. Live bluegrass music will accompany the event.

Admission is \$7 for adults, \$5 for children ages 4-12; 3 and under are free. Admission includes access to all of the festival's activities. Food and drinks will be available for purchase.

For more information, call (562) 206-2040 or visit www.rancholoscerritos.org.

BIG RETRO SOUTHERN CALIFORNIA SLIDE SHOW: Charles Phoenix super charges the classic living room slide show into laugh-out-loud extravaganza of mid-century Southern California landmarks legends, and lore celebrating Bellflower's 60th birthday.

In addition to his "best of guide" to Bellflower area attractions Charles shows and tells the stories and glories of SoCal's space age suburbia, classic car culture, plus the first fast food, shopping centers, drive-ins, the early days of Knott's, Marineland, and Disneyland and much more.

The event will take place at the Bellflower Civic Auditorium, located 16600 Civic Center Drive, on Aug. 6 at 2 p.m.

CITIZENSHIP CLINIC: Need help filling out Form N-400, the application for naturalization?

Representatives from South Asian Network will be providing assistance at Norwalk Library on Saturday, July 22 from 10 a.m. – 1 p.m. Participants will also receive legal review of their application, study materials, and a fee waiver application.

This event is free, but registration is required. For additional information, please call (562) 868-0775 or visit the County Library website at colapublib.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.

Summer Movie Night at the L.A. River

SOUTH GATE – Residents are invited to join Assemblymember Anthony Rendon for an outdoor Summer Movie Night at the Los Angeles River on July 15.

The event will take place from 6:30 p.m. to 10 p.m. and will include food trucks and family fun activities.

The featured movie – Moana – will begin at 8 p.m. and will screen in the Los Angeles River channel. Attendees can bike, walk, or drive to the site; limited parking will be available.

The site will be accessible at 5532 Imperial Highway, South Gate.

For more information, contact Miguel Luna at 818-568-9139.

Downey Amateur Radio Club preps for disaster



DOWNEY – Members of the Downey Amateur Radio Club participated in the national Amateur Radio Field Day exercise over the weekend on June 24 and 25.

The radio club set up in the small parking lot on the east side of Apollo Park, using tools and equipment – much of which was either handmade or repurposed – to connect and communicate with several similar groups spread out across the country and Canada.

The group had Friday to prepare before going into "contest mode" for 24 hours, starting on Saturday at 11 a.m.

Digital, voice, and Morse code techniques were all utilized.

The first Field Day event was held in 1933, and has occurred ever since with the exception of during WWII.

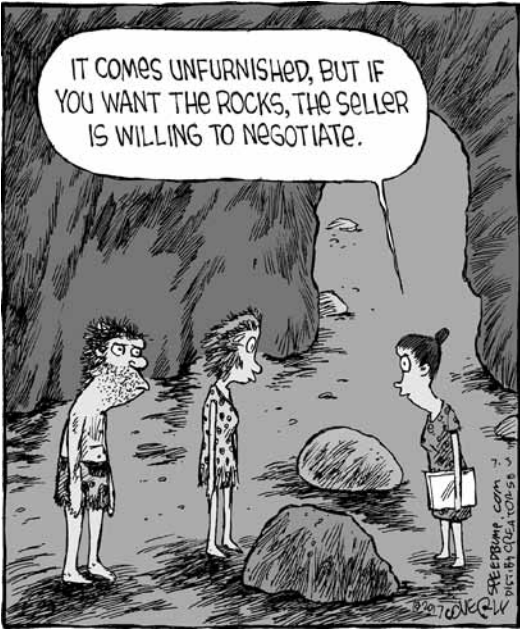
It is sponsored by The American Radio Relay League.

While the event serves as a fun, informal contest for the groups, many use it as an opportunity to practice their capabilities during an emergency situation where local phone and internet communications may be unavailable.

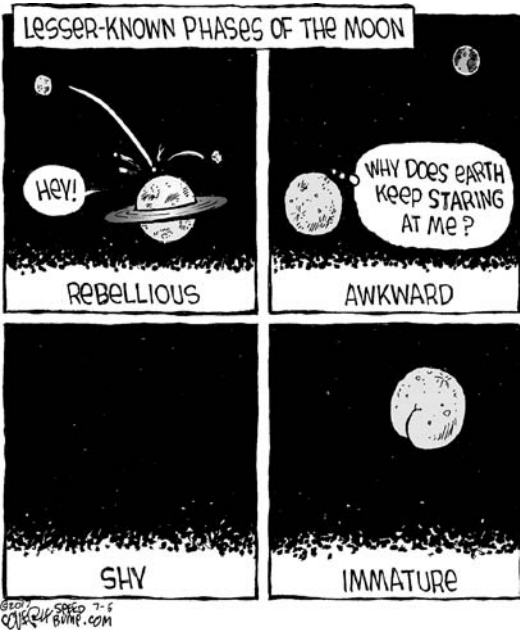
To learn more about Amateur Radio, go to www.arrl.org/what-is-ham-radio.

Alex Dominguez, staff writer

SPEED BUMP



DAVE COVERLY



On This Day...

July 7, 1754: Kings College opened in New York City. It was renamed Columbia University in 1896.

1930: Construction began on Boulder Dam, later Hoover Dam, on the Colorado River.

1981: U.S. President Reagan announced he was nominating Arizona Judge Sandra Day O'Connor to become the first female justice on the U.S. Supreme Court.

2007: Live Earth took place. The 24-hour, 7-continent series of concerts featured more than 100 music artists.

BIRTHDAYS: Legendary drummer of The Beatles, Ringo Starr (77); Reality star Tonya Banks (53); British radio personality Jeremy Kyle (52); Comedian Jim Gaffigan (51); Actor Allen Payne (49); "Criminal Minds" star Kirsten Vangsness (45); Rapper Mally Mall (40); World champion ice skater Michelle Kwan (37); Gospel singer Tasha Cobbs (36); R&B singer Sevyn Streeter (31); Fifth Harmony singer Ally Brooke (24); and YouTube star Matthew Espinosa (20).



Matthew Espinosa

To Advertise in
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Please Call
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Send us your Letters to the Editor, Press Releases, photos, meeting and club schedules!

Address:
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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)

TAKE FIVE: Getting them all in
by S.N.

ACROSS

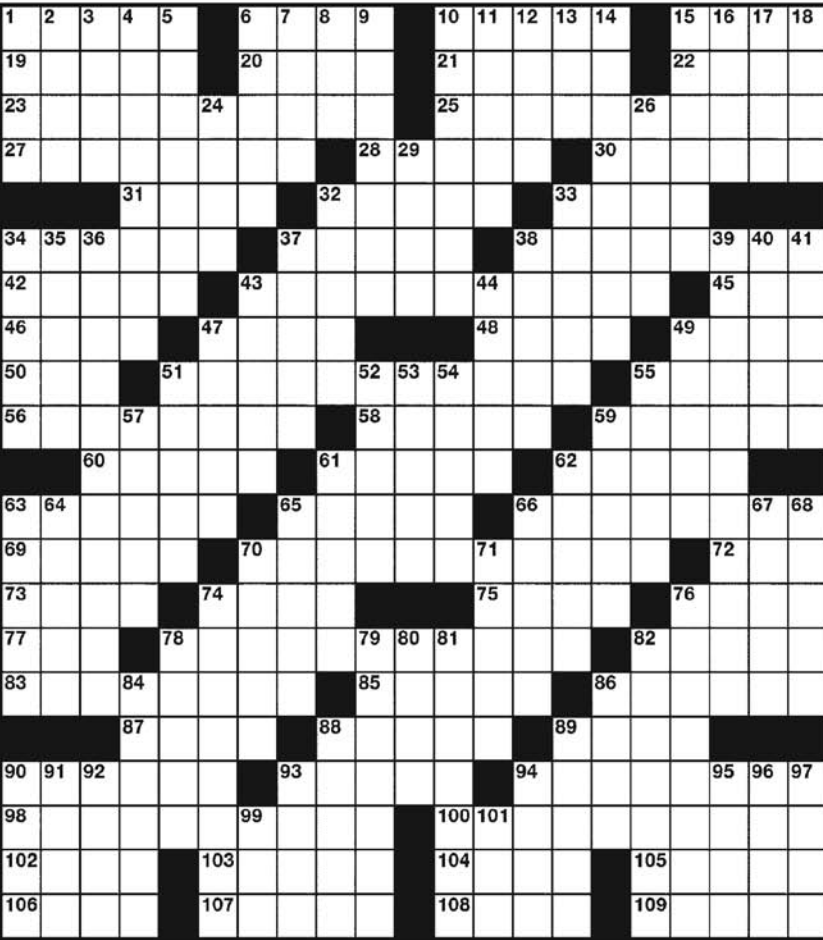
- 1 Navigational hazards
- 6 Generic dog
- 10 Dirty dog
- 15 Telltale sign
- 19 Speak highly of
- 20 Devoid of moisture
- 21 Playful stunt
- 22 Think positively
- 23 Encamped, as an army
- 25 Element #106
- 27 Stabilizes
- 28 Old Testament prophet
- 30 Foot, so to speak
- 31 Encampment setup
- 32 Within the rules
- 33 _chef (restaurant assistant)
- 34 Upward journey
- 37 Discussion group
- 38 Lefty boxer
- 42 Navigational reference
- 43 Gilbert Stuart specialty
- 45 Former NBC owner
- 46 Evidence of debts
- 47 Griffin of game shows
- 48 "Rolling" or "bowling" things
- 49 Comes into
- 50 NZ or US money
- 51 Descriptor for Dali
- 55 Within the rules
- 56 74 Down wear
- 58 Cape Town coins
- 59 Desert near Las Vegas
- 60 Sound effects, in film talk
- 61 Renoir contemporary
- 62 What the ten longest answers have in common
- 63 White Rabbit's lament
- 65 Nation divided in 2011
- 66 Musical comedy precursor
- 69 Glaswegians, e.g.
- 70 Underling
- 72 Summer Games org.
- 73 Some Autobahn autos
- 74 Executive department VIP
- 75 On sale
- 76 Daily Show host
- 77 Ending for glob
- 78 Injection adjective
- 82 Perception faculty
- 83 Den device
- 85 Knocked for _
- 86 Detonations
- 87 "Even _ speak"
- 88 Problem-free
- 89 Antonym of 34 Across
- 90 Guru's retreat
- 93 Very strange
- 94 Crustless quiche
- 98 Outer limits
- 100 Base 12
- 102 Parrot's pad
- 103 Fill the bill
- 104 Emoción romántica
- 105 Hold dear
- 106 Accelerated
- 107 Return mail encs.
- 108 Meryl Streep alma mater
- 109 Chills out
- DOWN
- 1 Some Civil War soldiers
- 2 Walk offstage
- 3 Icicle locale
- 4 Versatile employees
- 5 One in class
- 6 Aspect
- 7 Drives up the wall
- 8 Rolling cube
- 9 Remnant
- 10 Otello premiered there
- 11 NBA great known for his "Attaq"
- 12 Nevada neighbor
- 13 Family member
- 14 Environmentalists' excursions
- 15 "Holy cow!"
- 16 Encouraging words
- 17 Numbered work
- 18 Rat in Ratatouille
- 24 Nonstandard negative
- 26 Pathway
- 29 Disney head
- 32 Caterpillar, for instance
- 33 Logical
- 34 Low-pH liquids
- 35 Tottered
- 36 Broccoli's close kin
- 37 Cities with piers
- 38 Farm pens
- 39 Sensible safeguards
- 40 Part of a long play
- 41 Fail to utilize
- 43 Annoying
- 44 Apple music players
- 47 Many a Paris tourist attraction
- 49 The first action figure
- 51 Soda shop drinks
- 52 Basic belief
- 53 Comics Viking
- 54 _ out (not consistent)
- 55 French wine valley
- 57 Defensive ditches
- 59 Sits down with
- 61 Presidential nickname
- 62 What an opt-outer takes
- 63 "Life _ a dream"
- 64 Letters at the end of Rebel Without a Cause
- 65 A Bolivian capital
- 66 Slightly ahead
- 67 Banquet ritual
- 68 Dull discomforts
- 70 Seven, in Sicily
- 71 "What do _ like, your butler?"
- 74 Colorado resort
- 76 Sort of sea current
- 78 Mopey comment
- 79 Traveling bags
- 80 French fashion mag
- 81 12:00
- 82 Toy racer
- 84 Duly obtained
- 86 Creamy cheese
- 88 Tylenol rival
- 89 Big name in rap
- 90 Things learned first
- 91 Something sold in bars
- 92 Ginormous
- 93 Hangs out to dry
- 94 Jester
- 95 Old Testament prophet
- 96 Wonderland dessert
- 97 Merry Men refreshments
- 99 Irish actor Stephen
- 101 Ulla in The Producers

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

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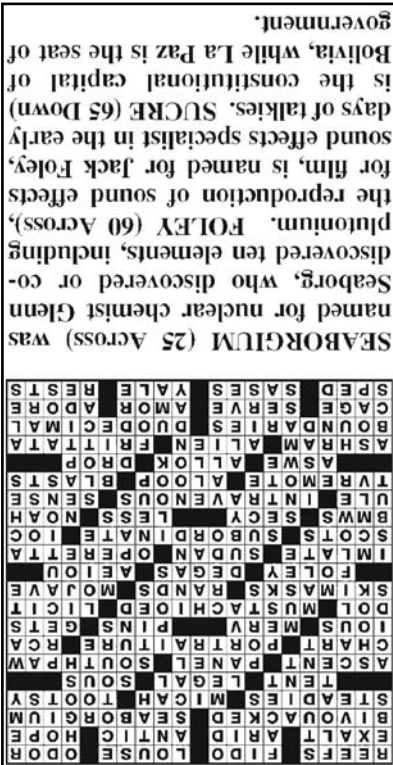


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- 88 Tylenol rival
- 89 Big name in rap
- 90 Things learned first
- 91 Something sold in bars
- 92 Ginormous
- 93 Hangs out to dry
- 94 Jester
- 95 Old Testament prophet
- 96 Wonderland dessert
- 97 Merry Men refreshments
- 99 Irish actor Stephen
- 101 Ulla in The Producers

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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.



LEGALS

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.

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The Norwalk Patriot
7/7/17, 7/14/17, 7/21/17

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Downey's John Zander makes magical comeback

By Alex Dominguez
Staff Writer

DOWNEY – For several years in the not so distant past, there was a common sight at most (if not all) city events: John Zander and his camera.

The long time Downey resident, 54-year old Zander served as Downey's official photographer for some time after a conglomerate of major medical issues forced him to shift his focus from his prior career in the entertainment business.

"I had a stroke in 2013," said Zander. "I have a condition called A Fib...when I have issues, my heart rate will do 60, and then it'll jump to 180, and then it'll go to 90, and then it'll go to 210 with every beat. When that happens, I can't function...it's like you've been running for 24 hours, because your heart is just beating the crap out of you."

Unfortunately, Zander only became aware of his heart condition after it caused him to have a stroke in 2013.

"I was really lucky I only lost some vision," said Zander. "Stroke was on my left side, so I lost vision on my right."

Still, Zander's physical abilities forced him to make adjustments. Not able to keep up with the demand from his prior occupation, Zander's longstanding hobby of photography became his new source of income.

"I would just go around the city and shoot photos and give them away," said Zander. "...that started the city saying 'hey, maybe you could come out and shoot this thing.' So, that led to being the official city photographer for three years."

Yet he was still plagued by ailment.

Zander discovered that he had bulging disks in his back. Rather than surgery, he opted for a pain blocker.

After a relatively easy procedure involving a shot into the spine, Zander found himself feeling "pretty good" within a couple weeks.

Then on October 28th of last year - around three weeks removed from his procedure - Zander woke up knowing something was wrong.

"My vision was so jacked up," said Zander. "You have a headache like you wouldn't believe."

Upon arriving to the hospital, he was whisked away into the emergency room.

Zander had had stroke number



two. Doctors determined it was Zander's previous procedure for his back that was the cause.

The combination of medical issues has left Zander unable to work, and there is almost nothing he can do about it.

"On top of my stroke symptoms...the pain blocker wore off a long time ago, and I can't get the pain blocker because I cannot go off the medication...I can't get the pain blocker, I can't get the back surgery because the risk of a third stroke is too great."

And despite being "lucky" through two strokes already, Zander would likely not be as fortunate if another should occur.

"It's curtains," said Zander. "Nobody makes it through three strokes."

Unable to make an income of his own and due to difficulties securing disability funding, Zander has had to rely on his wife Dawn to make ends meet.

"It's been nine months; who can live without working for nine months," said Zander.

Zander has also found some financial support through many of his friends in the community. A GoFundMe page was even set up to help out.

"So many people reached out and helped me," said Zander. "It was such a blessing."

Still, Zander has been looking for some way to make an income, and has found an opportunity in a

surprising and familiar territory.

"The now president of the Camber of Commerce Joanna Peterson, who is one of my dearest friends, we were at lunch and I brought some cards; did some card tricks for her. She was so amazed," said Zander.

"That afternoon she called me and said Gallatin Dental that she works for was going to have a booth at the Ride and Stride, and would [I] come and do some magic at the booth."

Zander had previously been a professional magician for around five years, but had stepped away from magic to pursue other career opportunities.

His successful performance at the Ride and Stride sparked an idea.

"Talking to my wife, I said 'I wonder if this is something I could do again.'"

Zander has already started to ease his way back into the profession, hosting magic seminars and performing several times.

He recently held a small show at the Masonic Lodge for the purpose of recording a demo video he could potentially send out to stores and potential clients.

Zander stressed his thanks to those that have supported him - especially that of his wife and son Gibson - as he makes yet another transition.

"I'm not a photographer anymore," said Zander. "I'm a magician."

COMMENTARY: Why is the Norwalk-La Mirada School Board limiting our rights?

By Raul Samaniego
Contributor

Ah, another Fourth of July weekend in Norwalk. Bar-B-Qs, picnics, fireworks and good music greeted us. All things I'm sure the forefathers envisioned when they sat down and came up with a little document called the Declaration of Independence and later, the Constitution of the United States.

At the June 26 school board meeting of the Norwalk-La Mirada Unified School District, guest Pam Severns was about to direct the Pledge of Allegiance when she brought forth a document she requested to read.

It was a statement in the third person from the U.S. flag itself. It spoke of patriotism and respect for a symbol of our great country and the price paid for the right to wave it.

I take the First Amendment seriously. Let's review:

Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances.

Yet, there I was again listening as Board President Sean Reagan was reintroducing the idea of limiting the ability for the citizens of the district to do just what the Constitution says, to gather peaceably and to petition the government for a redress of grievances.

However, I can appreciate the board's (in this case, President Reagan's), need to get home after listening to members of the community offer their solicited or non-solicited words of advice.

I've been privy to two of the four meetings, which stretched into the night. Those were regarding educators addressing the board about upcoming salary negotiations and when community members addressed the board supporting the idea of honoring a favorite son, who gave a majority of his adult life to serving, Mr. Lee Mitchell.

Now, I don't have a problem sitting and listening to people address the board with their support or non-support of an idea. I could not speak for everyone in the board room though last Monday night.

Freshly sworn-in board member Jude Cazares was barely an hour or so into his term when he spoke up and said he was opposed to any limitations on the public addressing the NLMUSD Board of Education.

Minutes earlier both Darryl Adams and fellow member Jesse Urquidi expressed their opinions that they did not support any limitation on the public's right to address that board.

My question is, why didn't board members Karen Morrison, Ana Valencia or Vice President Chris Pflanzner chime in with agreement?

What are they afraid of?

So, they miss their favorite late night talk show once in a while.

According to an email provided by District Counsel Robert Jacobsen, only four times in the last two years, did any significant number of speakers exceed 11 or more.

If I were going to limit any resemblance to free speech (and I won't), I'd cite someone else's guidelines (such as the California School Board Association) so I couldn't be blamed for its inception.

Am I upset? You're damned right I am.

John Hancock signed the Declaration of Independence with prominence and Patrick Henry asked for death if he could not have liberty.

Therefore, why is the district school board even considering any limitation on the constitutionally guaranteed Freedom of Speech?

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Lynwood Unified teachers, admin share technological tips and tools at USC

LYNWOOD – One hundred educators learned how to create lesson plans using Google Slides and implement collaborative testing with Kahoot! and Quizzizz on June 16 at the USC Institute for Creative Technologies for Lynwood Unified's second annual Lynwood Educators' Technology Summit (LETS), where LUSD instructors and representatives from global technology companies presented methods for integrating technology into the classroom.

"Technology is a huge part of every career out there, so it is essential for our teachers to be knowledgeable in these latest tech areas," Lynwood Unified Superintendent Gudiel R. Crosthwaite said. "Our top priority is preparing our students for college and careers, and they are showing us that they are leaving our campuses equipped for today's workforce thanks to our teachers and administrators."

K-12 teachers from Lynwood Unified schools discussed how they have implemented Google Suite, Web 2.0 tools and coding in their classrooms, while education representatives from Edlio, Newsela, Google and Apple shared about creative test-taking platforms, Google Slides and using iPads to teach students the essences of block coding.

"Our LETS conference really is a celebration of the entire teaching journey," Lynwood Unified digital learning coach Kathleen Graham said. "It is important for us to share with the Lynwood community and the world what Lynwood Unified is capable of. Our teachers are making the learning process more enjoyable than they ever imagined through technology and online resources."

Lynwood Unified spent an entire year planning for the LETS conference, gauging teacher understanding of technology and coordinating with industry professionals to host workshops.

"This conference is so valuable for our teachers and administrators, because we want to make sure all students are technology confident by the time they leave our district," Lynwood Unified Board President Alma-Delia Renteria said. "This is the future of education, and I am so proud to see our teachers and administrators tackle these complex teaching methods head-on."

Two separate fires consume Rancho south campus buildings in Downey

■ **FIRES:** The morning fires destroyed two structures, including the former home of Rancho superintendent William Harriman.

By Alex Dominguez
Staff Writer

DOWNEY – Downey Fire Department responded to two separate structure fires on the Rancho Los Amigos south campus in the early hours of the morning on June 26.

DFD first responded to a large abandoned two-story home that was fully involved in fire at approximately 2:28 a.m., located near the circular intersection at Erickson Avenue and Consuelo Street.

The building has since been identified as the former Harriman / Superintendent's House.

Several engines responded.

While fighting the fire, a second structure fire was reported, also on the Rancho south campus. A separate fire response was

dispatched.

Upon arrival at the second blaze, firefighters reported a well involved 50' x 50' commercial structure fire to the southeast.

DFD has reported that both buildings were total losses, and its causes are currently being investigated.

According to K-NBC, four individuals are currently being questioned by authorities.

This is not the first time that flames have consumed part of the Rancho south campus this year, as firefighters responded to a two-alarm fire in February.

Los Angeles County Supervisor Janice Hahn released a statement in response to the fires, voicing her concern for the security of the buildings and sites located on the South Campus.

"We must take steps to better protect this area from future fires and other criminal activity in advance of the redevelopment of the entire property," said Hahn.



The 1915 Harriman house on the south Rancho Los Amigos campus was destroyed in a fire on June 26. Photo by Alex Dominguez

The redevelopments that Hahn referenced include the development of a \$10 million sports center, which Downey City Council discussed and moved forward on last month.

Hahn also made a motion with the Board of Supervisors to direct the County CEO to work in conjunction with Department of

Health Services, Fire Department, Sheriff's Department, Department of Public Works, and the City of Downey to come back to the Board in two week's time with a plan to prevent future fires, arson and other criminal activity on the south campus.

The motion passed unanimously.

Number of kids using tobacco dropped in 2015-16

The number of middle and high school students who say they are current tobacco users – defined as having used a tobacco product in the past 30 days – dropped from 4.7 million in 2015 to 3.9 million in 2016, according to new data published by the Centers for Disease Control and Prevention and the U.S. Food and Drug Administration's Center for Tobacco Products.

The decline in use of tobacco products was primarily driven by a drop in e-cigarette use among middle and high school students from 3 million in 2015 to just under 2.2 million in 2016.

In addition, declines were also

seen during 2015-2016 among high school students who used two or more tobacco products, any combustible tobacco products, and hookah.

The study also found that many youth report using multiple tobacco products; 1.8 million middle and high school students reported using two or more tobacco products in the past 30 days.

Among current tobacco users in 2016, 47.2 percent of high school students and 42.4 percent of middle school students used two or more tobacco products.

The report found that 20.2

percent of high school students and 7.2 percent of middle school students reported current use of any tobacco product.

E-cigarettes remained the most commonly used tobacco product among youth for the third consecutive year, used by 11.3 percent of high school and 4.3 percent of middle school students.

Although the data reflect a decline during 2015-2016, current use of any tobacco product did not change significantly during 2011-2016, because of the sharp increases in e-cigarettes and hookah during 2011-2014.

Key findings from the report:

■ Among all high school students in 2016, the most commonly used products after e-cigarettes were: cigarettes (8.0 percent), cigars (7.7 percent), smokeless tobacco (5.8 percent), hookah (4.8 percent), pipe tobacco (1.4 percent), and bidis (0.5 percent).

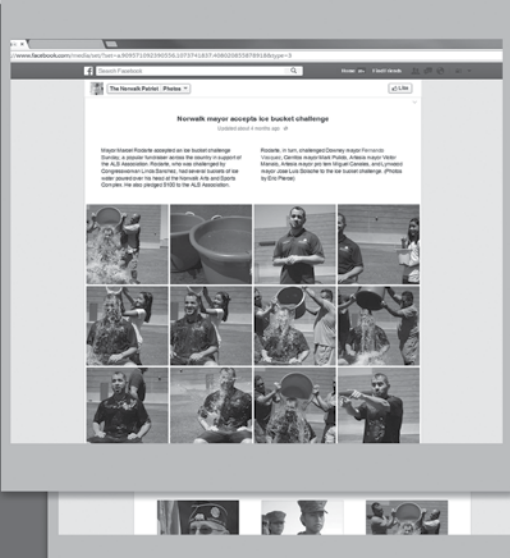
■ Among all middle school students in 2016, the most commonly used products after e-cigarettes were: cigarettes (2.2 percent), cigars (2.2 percent), smokeless tobacco (2.2 percent), hookah (2.0 percent), pipe tobacco (0.7 percent), and bidis (0.3 percent).

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Although our policy has long been to turn the other cheek at the profligacy of others against our reputation, we must address certain malicious allegations of recent weeks. Monies used for those inaccuracies could have been more useful in philanthropic ventures. The false statements are better meant for the trashcan.

We admonish the slanderous nature of what has been said of current and former elected officials. A reputation is very much at mercy of the orator and only requires a mention without proof, or a mere suggestion that damages a person’s reputation. The character, however, of the persons who have been mentioned in an attempt to stifle our potential business, in our opinion is above the imagination of accusers and undeserving of such imputation. We regret that these individuals may see fit to refute legally what has been wrongfully insinuated, and we condemn the tarnishing a person’s reputation for monetary gain.

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We are humbled for the support and recognition offered by communities we serve. We also resolve that our business dealings have always been fair and worthy of consideration, which is why we have met our goals in growing our business. We will continue to work very hard to provide the communities we serve with the best quality services. We look forward to the opportunity to be considered and fairly evaluated as we compete to become Norwalk’s next trash hauler.

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“Character is like a tree and reputation like a shadow. The shadow is what we think of it; the tree is the real thing.” – Abraham Lincoln.

Norwalk’s Locks of Love Hair Drive

Photos | city of Norwalk

NORWALK – As part of Norwalk’s Independence Day festivities, the city hosted a Locks of Love Hair Drive from 1 to 7 p.m on Monday. Residents donated hair that will be used to make hairpieces for

individuals suffering hair loss due to a medical condition. Stylists were on site to provide professional blunt cuts to donors; no appointment necessary. Guidelines for hair donation included a minimum hair length of 10 inches to participate. The event was hosted on the Norwalk Civic Center Lawn during the city’s annual Independence Day Pageant, which offered games, food, and a fireworks show.

Norwalk-La Mirada Unified Principals’ Night fundraiser raises more than \$1,000 for student scholarships

NORWALK – Hundreds of Norwalk-La Mirada students and their families took a trip to the Golden Arches during NLMUSD’s inaugural Principals’ Night, helping the Norwalk-La Mirada Administrators Association (NLMAA) raise more than \$1,000 for student scholarships. Students from Corvallis Middle and Morrison, Moffitt and New River Elementary schools lined up out the door of a Norwalk McDonalds restaurant on May 2, while the schools’ principals volunteered their time, working the counter, taking orders, delivering food, even going from table to table selling cookies. They were joined by District administrators, including Principals’ Night coordinators, Benton Middle School principal Michael Gotto and Nuffer Elementary School principal Mak Sar. “Thank you to all of our students and their families for making this such a wonderful night,” Gotto said. “It’s great to see the overwhelming support for the NLMAA Scholarship Fund. Our families are helping us lay the foundation for success in higher education, and it’s their own children who will benefit.”

On May 10, Cookie Ruby, a representative from Cedar Corp, which owns and operates two Norwalk McDonalds restaurants, presented the NLMAA with a check for \$1,084.93. The NLMAA has worked with Cedar Corp for years, staging numerous successful Teachers’ Night fundraisers at local McDonalds. This year, Gotto and Sar decided to combine the resources of four District schools, which greatly increased participation and turnout. Enlisting the support of administrators from across the District, Gotto and Sar were prepared to serve the large crowds of Norwalk-La Mirada families. Before placing their orders, students received “no-homework” stickers, giving them a pass from their studies for one night. Morrison Elementary School fourth-grader Zaidee Zepeda was an eager Principals’ Night participant, already looking forward to a career in the medical profession.

“I felt really happy to be there, it was really fun,” Zepeda said. “I want to go to college and study science and medicine. I want to find a cure for cancer.” The NLMAA Scholarship Fund offers two types of awards: a Scholarship Award for graduating seniors from El Camino, John Glenn, Norwalk and La Mirada high schools, providing they are enrolled in a college, university or vocational school that leads to an associate degree or equivalent certification; and a General Award that is granted to two students from each comprehensive high school. The NLMAA is composed of certified administrators, classified management and confidential employees of the Norwalk-La Mirada Unified School District. In addition to the participating schools, principals from Chavez, Johnston and Dolland Elementary schools assisted in the fundraising, along with a number of administrators from the District office. “Norwalk-La Mirada administrators are deeply invested in the success of their students, and continually go above and beyond to provide the support and resources our children need to be prepared for college and career,” NLMUSD Superintendent Dr. Hasmik Danielian said.

Downey City Council votes to ban public urination

DOWNEY – The Downey City Council on June 27 unanimously approved an ordinance to make public urination and defecation illegal in Downey.

“The Police Department is encountering incidents of public urination, particularly at night, on city streets and alleyways,” said city attorney Yvette Abich Garcia. “The Downey Municipal Code contains no reference or prohibition for public urination and defecation.” Dumping of garbage and other waste is treated as disorderly conduct, added Garcia, but neither public urination or defecation constitutes a punishable offense under the municipal code. The police department recommended the ordinance’s approval. Emory Sipos, who owns E&E Orthocraft on Downey Avenue near 2nd Street, said instances of public urination and drunkenness began when a pair of hookah lounges opened several years ago. “As soon as they opened the hookah lounge on Firestone, [customers] would walk from one hookah place to the other,” Sipos said. “And then Joseph’s opened, and it got even worse.” “I complained to the City Council several, several times but nothing happened. They ignored me.” -- **Eric Pierce, editor**

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