

# The Norwalk Patriot

Friday, March 23, 2018

Vol. 12 No. 7

14783 Carmenita Road, Norwalk, CA 90650



## MARCH 24

Used oil filter exchange

**DATE:** Saturday, March 24

**TIME:** 9 am to 1 pm

**LOCATION:** O'Reilly Auto Parts, 11559 Rosecrans Ave.

## MARCH 28

Planning Commission meeting

**DATE:** Wednesday, March 28

**TIME:** 7:30 pm

**LOCATION:** City Hall

## MARCH 30

Giant paper flower workshop

**DATE:** Friday, March 30

**TIME:** 7-9 pm

**LOCATION:** Norwalk Cultural Arts Center

## MARCH 31

Egg Hunt

**DATE:** Saturday, March 31

**TIME:** 12:30 pm

**LOCATION:** City Hall lawn



## Artastic 2018

Photos courtesy city of Norwalk



## APRIL 2

Public Safety Commission meeting

**DATE:** Monday, April 2

**TIME:** 6 pm

**LOCATION:** City Hall

## APRIL 13

Plants in a Glass

**DATE:** Friday, April 13

**TIME:** 7-9 pm

**LOCATION:** Norwalk Cultural Arts Center

## APRIL 14

Arte Hispano de Padre y Hija opening reception

**DATE:** Saturday, April 14

**TIME:** 5-7 pm

**LOCATION:** Norwalk Cultural Arts Center

## APRIL 21

Father-Daughter Belle's Ball

**DATE:** Saturday, April 21

**TIME:** 4 pm

**LOCATION:** Norwalk Arts & Sports Complex

## MAY 4

Middle school dance

**DATE:** Friday, May 4

**TIME:** 6:30-9:30 pm

**LOCATION:** Norwalk Arts & Sports Complex

## MAY 5

Breakfast with Mom

**DATE:** Saturday, May 5

**TIME:** 9 am

**LOCATION:** Norwalk Arts & Sports Complex

## MAY 11

Open Mic

**DATE:** Friday, May 11

**TIME:** 7-9 pm

**LOCATION:** Norwalk Cultural Arts Center

## MAY 19

Rose Garden celebration

**DATE:** Saturday, May 19

**TIME:** 1-3 pm

**LOCATION:** D.D. Johnston-Hargitt House Museum

Sediment of Elsewhere opening reception

**DATE:** Friday, May 19

**TIME:** 5-7 pm

**LOCATION:** Norwalk Cultural Arts Center

## JUNE 2

Kids & Cops Golf Tournament

**DATE:** Saturday, June 2

**TIME:** 10 am

**LOCATION:** Don Knabe Golf Center

Ice Cream social

**DATE:** Saturday, June 2

**TIME:** 1-4 pm

**LOCATION:** D.D. Johnston-Hargitt House Museum



## Norwalk restaurant grades

### Ellas Cafe

13220 San Antonio Dr.

Date Inspected: 3/19/18

Grade: **A**

### So Cal Pizza

12253 Imperial Hwy.

Date Inspected: 3/19/18

Grade: **B**

### The Habit Burger Grill

12401 S Norwalk Blvd.

Date Inspected: 3/15/18

Grade: **A**

### Santos Juice Bar

13324 Rosecrans Ave.

Date Inspected: 3/14/18

Grade: **A**

### H Mart Grocery

15933 S Pioneer Blvd.

Date Inspected: 3/14/18

Grade: **A**

### Sonoma Grill

13111 Sycamore Dr.

Date Inspected: 3/13/18

Grade: **B**

### Outback Steakhouse

12850 Norwalk Blvd.

Date Inspected: 3/13/18

Grade: **B**

### El Paraiso Juice Bar

15002 Pioneer Blvd.

Date Inspected: 3/7/18

Grade: **A**

### The Habit Burger Grill

12401 Norwalk Blvd.

Date Inspected: 3/07/18

Grade: **A**

### Lucian's Pizza

15008 Pioneer Blvd.

Date Inspected: 3/7/18

Grade: **A**

### Godwins Coffee/Snack Shop

12720 Norwalk Blvd.

Date Inspected: 3/7/18

Grade: **A**

### Rivera's Juice Bar

11912 Rosecrans Ave.

Date Inspected: 3/6/18

Grade: **A**

### Pizza Hut

11006 E Rosecrans Ave.

Date Inspected: 3/6/18

Grade: **A**

### Midori 4

12531 Alondra Blvd.

Date Inspected: 3/6/18

Grade: **A**

### Taco Bell

14301 Pioneer Blvd.

Date Inspected: 3/6/18

Grade: **A**

### Rosecrans Spirit Shop

11016 Rosecrans Ave.

Date Inspected: 3/6/18

Grade: **A**

### Dr Chicken

16511 Pioneer Blvd.

Date Inspected: 3/5/18

Grade: **A**

### Tacos Los Guerro

12115 Firestone Blvd.

Date Inspected: 3/5/18

Grade: **B**

### Northgate Supermarket

11660 E Firestone Blvd.

Date Inspected: 2/27/18

Grade: **A**

### Northgate (Meat Dept)

11660 E Firestone Blvd.

Date Inspected: 2/27/18

Grade: **A**

### Del Taco

10644 Alondra Blvd.

Date Inspected: 2/26/18

Grade: **A**

### Toros Taqueria

15617 Studebaker Rd.

Date Inspected: 2/26/18

Grade: **A**

## Weekend at a Glance

Friday 66°

Saturday 64°

Sunday 63°



### Waffles & Beer Festival

All Weekend - Pershing Square, 12-8 pm

Beer, mimosas, live music and all the best waffles in LA, from savory to sweet. \$7 admission



### Santa Monica Airport ArtWalk

Saturday - Santa Monica Airport, 12-5 pm

Art and ceramic demonstrations, theater and art workshops, live music and food trucks. Free.



### Orange County Beer and Music Festival

Saturday - Downtown Santa Ana, 7-10 pm

An outdoor walk-around event with live music, DJ's and complimentary samples from 100-plus craft breweries. \$35



### Helpful Honda Pet Adoptions

Sunday - Rosie's Dog Beach in Long Beach, 11 am to 3 pm

Take home a new family member. Plus free dog baths, pet photo booths and complimentary leashes.



### Marlon Wayans

Saturday - Ontario Improv, 9:30 pm

The actor and comedian performs stand-up. 21 and older. \$35-\$45, plus two item minimum order.



### Chicanas, cholas & chisme

Friday - Casa 0101 Theater, 8 pm

A short play festival in honor of Latinas. \$23

### TWEET OF THE WEEK

@CerritosCollege: Join us at our next community forum for updates on the Lot at 166th/ Studebaker on Monday, March 26, 5 pm in Science Building S-201

Follow us!  
@NorwalkPatriot



# Shared Stories: Take me out of the ball game -- please!

This is a painful story to read about bullying – especially in light of headlines that we see far too often in the news today. Yolanda Adele describes a storybook outcome to a game, but concluding events are still sad. Shared Stories is a weekly column featuring articles by participants in a writing class at the Norwalk Senior Center. Bonnie Mansell is the instructor for this free class offered through the Cerritos College Adult Education Program. Curated by Carol Kearns.

By Yolanda Adele

I was 12 years old and in primary school. Students in my class were being picked for baseball teams. I was the last one standing. The team captains argued about

who'd have to take me. They assessed that my doughy body wouldn't be able to run fast nor throw a ball with any amount of accuracy, let alone be capable of catching it. I pretended not to care, stating loudly, "Girls shouldn't play baseball anyway!"

Mrs. Grant, my P.E coach, stepped in and told the captains, it was a requirement, everyone had to participate. Most of the kids began to whine. Then Mrs. Grant said she'd flip a coin in the air for the captains to call to see who would be stuck with me. Oh, she didn't really say it in that way, but everyone knew that's what she meant.

At our first game my teammates groaned when I took my place alongside them. I stood tall with my

chin up, shoulders squared back, and tummy held in so tight I felt it quiver.

Out of the corner of my eye I could see some of the kids sneering at me. I wondered if they could hear my heart beating as loudly as I did. My pulse sounded like percussion in my ears. Beads of sweat raced down my body. My anxiety was evident to everyone. And the ball game had not even started yet!

My team played the field first. And as predicted I fumbled and dropped the ball when it was thrown to me. Then I tripped over the base while running backwards and getting in the way of the second baseman. This error allowed the runner to get away from being tagged out. As if that were not enough I missed a "sure fly ball",

that someone yelled out his grandmother could have caught.

When it was our turn at bat my captain said to me, "Your next, just relax."

I walked up to the plate slowly. My knees felt like they were doing the hula. When I picked up the bat, my teammates started "booing." Soon the spectators and rival team joined in. I gripped the bat hard. It was difficult to see the pitcher through the tears that welled in my eyes.

"Strike One!" I heard the umpire say. Though he was right in back of me, his voice sounded far away as if he were yelling from a tunnel.

After the cascade of tears streamed down my face, I could see the ball coming. I held the bat past my right shoulder and when the ball reached me I quickly pivoted on my right foot, twisting hard at the waist, at the same time swinging the bat around with all the pent up anger and frustration percolating

within me.

Then I heard the bat crack as it made contact with the ball. People began to cheer. They shouted, "Run! Run! What are you waiting for?" I stood watching the ball go over the fence, until it was out of sight. I turned and glared at my teammates before I began to walk the bases. I guess it could be said, that I walked my "Home Run".

A lot of the kids said they'd never seen anybody else at our school hit the ball out of the park. I didn't care. I wanted out! After we won the game, I told Mrs. Grant I didn't want to play baseball ever again!

Mrs. Grant stated the consequences: I would have to take an "F" in Physical Education and sit in the principal's office during P.E for the rest of the semester.

"Now, what's it going to be young lady?" She demanded to know.

I quickly responded, "Take me out of the ball game - please!"

The lesson I learned on that day is that stubbornness can win a game or keep you out of it.

I'm good with that.

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# OP/ED: 1 sheriff’s deputy for two Norwalk high schools is insufficient

► A single sheriff’s deputy is responsible for patrolling both Norwalk and John Glenn high schools.

In today’s environment, that type of law enforcement coverage is not enough.

By Raul Samaniego  
Contributor

**NORWALK** -- A lot of news has come across my computer, phone and TV screens the last 30 days. Hell, the last 24 hours alone had national and international news with the latest departure of an Executive branch office holder.

I try not to say number 45’s name anymore. I even lost a bet with a friend that he’d be out of office by February 1 of this year. We had gone double or nothing, but then he texted and asked for his 10 bucks.

Last month, I attended the welcoming of new Norwalk City Manager Jesus Gomez on the lawn next to the city hall.

After Gomez’s welcoming by numerous residents and employees, I moseyed over to the Pico Rivera City Hall to cover the national story on council member and teacher, Gregory Salcedo. He was the guy caught ranting on a cell phone video about his opinion of the armed forces and student attire.

The next day, 17 students and adults were killed in Florida. That was Valentine’s day.

You know me. If you don’t, then I’ll freshen your memory.

In addition to 20-plus years in the business community, I spent seven years as a funeral family counselor and trainer in the death industry.

Working in San Diego County, I was near the Navy, the First Marine Division, the SEALs, and all other branches of the Armed Forces. Unfortunately, I saw too many casualties of America’s War on

Terror as a funeral home employee.

In addition to war casualties, our facility received victims from gang violence in the streets of San Diego and neighboring Tijuana.

Personally, I’ve only, “almost shot” two people in my lifetime. When people ask me my opinion on guns, I share this story.

When I was 11 or so, news reached our family that our neighbor, Mrs. Howard, died after being surprised by an intruder in her home, succumbing to fright and cardiac arrest.

Several days later, I was awakened from sleep to a noise outside my window. Looking out, I saw what I thought was the shadow of a person in our backyard.

Immediately, I went into protective mode and retrieved the single shot 22 rifle my father kept in his closet.

The gun was a single shot bolt-action old-style target shooting rifle.

It was my mother, Amelia, who said to me, “Raul, give me the gun.” I did not take the shot.

Twenty years later, the second of two armed robberies occurred where a gun was shoved into my face or back and I found myself armed with a small handgun my employee had given me, “for my protection.” It was a six shot revolver. A 22 caliber again.

At the time, I lived with two women in Palos Verdes. It was a beautiful three-bedroom penthouse resting alongside a hill overlooking the Los Angeles Harbor. My share of the rent was \$350.

A few days after the second robbery, both roommates were going to be away for the weekend, so I was to be alone. Later that night, after turning in, I heard a noise from the front door. Someone was trying to get in.

Not knowing what to expect,

naturally I grabbed the pistol and made my way to the front. As the door opened, I found myself facing a young man standing in the door entrance. Again, I did not fire.

His words to me were something like, “Oh, I’m so and so, what’s her face’s son.”

I returned the gun the next day and have not held a loaded gun since then. That was 30 years ago.

Recently, I covered the Norwalk state of the city address held at the DoubleTree Hotel. It was a working lunch.

Since the shooting at Marjory Stoneman Douglas High School in Parkland, Florida, I’ve had various contact with educators in the Norwalk-La Mirada Unified School District. Not one has said that they favored arming teachers in the classroom.

I even reached out via text to School Superintendent Dr. Hasmik Danielson. She never responded to my request.

Then came the State of the City address.

Dumb friggin luck! Seated with me at the rear of the room was not only a field representative from Congresswoman Linda Sanchez’s office, but right next to me sat the always smiling and cheerful Dr. Danielson.

After some of the usual small talk, I directly asked her about AR-15’s and AK-47s that were recently in the news.

I was surprised by her response of not knowing or caring about what letters meant. All she cared about was education students. That was a fair answer.

She was not ready to be asked about arming teachers as the current occupant of the White House has suggested.

It was a bullet from an AK-47 which brought an Iraq War casualty to the mortuary where I worked. His mother wanted an open casket,

so our artists worked on him, reconstructing his face so that her wish could be honored.

Remembering the young Marine as he lay in his casket in his full dress uniform brings tears to my eyes even today. Yeah, I know what a weapon of war can do to the human body.

Sitting at that table with the good Dr. Danielian, I saw Norwalk Sheriff Station Captain Tatreau . He had stood to stretch his legs. I got my notebook and followed him to the back of the room.

I motioned for him to join me outside the room. I asked him a few questions: How many Sheriff’s deputies were assigned to Norwalk high schools? What were their side arms comprised of? Were AR-15’s part of the repertoire of the assigned deputies’ arsenal?

He did not have all the answers.

Cpt. Tatreau did say that a Sheriff’s deputy was assigned to cover both Norwalk and John Glenn high schools on any given day. I asked for clarity.

What he meant was that a single deputy had to go between both schools, which means that at any given time there was a 50-50 chance you either had or did not have an armed deputy on a Norwalk high school campus.

He confirmed that the assigned deputy did have a side arm but did not know if a semi-automatic AR-15 rifle was in the deputy’s possession.

Ten minutes later, Cpt. Tatreau approached me at my table and confirmed in my ear, that “Yes, the assigned deputy does have an AR-15 semi-automatic rifle in their patrol car.”

Like I said, there has been a lot of news in the last 30 days.

Dr. Danielian, City Council members, Cpt. Tatreau, we have the resources, let’s put another deputy on the payroll so we can have a trained law enforcement officer with the tools to handle the unthinkable.

Fifty percent staffing for our two high schools is unacceptable.



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## Norwalk man arrested for robbing Norm’s restaurant

**NORWALK** -- A Norwalk man has been arrested and charged with robbing the Norm’s restaurant in Downey late last year.

Edward Ramon Rodriguez, 46, is accused of brandishing a handgun and robbing the restaurant at about 9:30 p.m. on Dec. 12. He ordered the cashier to give him the money in the register before Rodriguez fled through the front doors to a waiting vehicle, authorities said.

Rodriguez was arrested March 3, although police didn’t announce the arrest until March 16. Rodriguez is facing similar robbery charges in Huntington Beach.

Prosecutors charged Rodriguez with felony armed robbery. He is currently being held at the Orange County Jail pending a court appearance.

## College hosting forum to discuss plans for strawberry field

**NORWALK** -- Cerritos College will host a community forum this Monday, March 26, at 5 p.m. to provide updates on planned redevelopment of the former strawberry field at 166th Street and Studebaker Road.

Last September, the Cerritos City Council approved a temporary use permit authorizing the college to convert the property into an automobile storage facility.

The forum will take place in room S-201 in the college’s Science Building.

Email [awittig@cerritos.edu](mailto:awittig@cerritos.edu) for a free parking permit. Otherwise, parking is available in Lot 2 (off Alondra Boulevard) or Lot 10 (off 166th Street) for \$2.



## Tony Mendoza running to reclaim seat he resigned

**NORWALK** -- Tony Mendoza, the former state senator who resigned last month after allegations that he sexually harassed six women, is running to reclaim his seat.

Mendoza resigned under the threat of expulsion but is now running in a June 5 special election, seeking a new four-year term.

Mendoza is listing himself as a “state senator” on the ballot, drawing a rebuke from the California Democratic Party.

Party chairman Eric Bauman said that “law and common decency dictate” that Mendoza should be required to describe himself in another way on the ballot.

The secretary of state is required by law to determine whether ballot designations are accurate.

“Under this standard, Mr. Mendoza’s proposed ballot designation is clearly misleading and would deceive the public into believing that he is running for reelection as the incumbent officeholder,” Baumann wrote in a letter.

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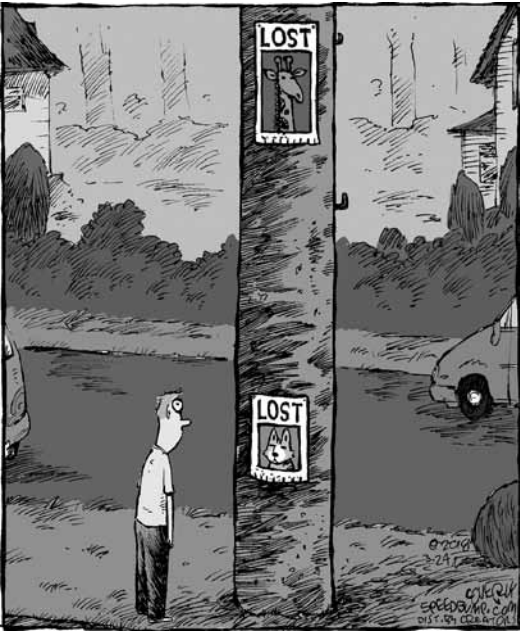
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DAVE COVERLY



On This Day...

**March 23, 1775:** American revolutionary Patrick Henry declared, “give me liberty, or give me death!”

**1806:** Explorers Lewis and Clark, reached the Pacific coast, and began their return journey to the east.

**1839:** The first recorded printed use of “OK” [oll korrekt] occurred in Boston’s Morning Post.

**1972:** Evel Knievel broke 93 bones after successfully jumping 35 cars.

**1983:** U.S. President Reagan first proposed development of technology to intercept enemy missiles. The proposal became known as the Strategic Defense Initiative and “Star Wars.”

**1998:** The movie “Titanic” won 11 Oscars at the Academy Awards.

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CALENDAR OF EVENTS

MONDAYS

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

TUESDAYS

8:00 a.m. - 1:00 p.m. - Farmers Market - Excelsior High School  
12:00 p.m. - Rotary - Doubletree Hotel  
1st & 3rd 6:00 p.m. - Toastmasters Meetings - Registrar Recorder/County Clerks Office  
2nd & 4th, - Toastmasters Meetings - Norwalk Library  
1st & 3rd, 6:00 p.m. - City Council - Council Chambers  
3rd, 5:45 p.m. - Housing Authority - Council Chambers

WEDNESDAYS

1st, 12:30 p.m. - Soroptimist International - Soroptimist Village  
1st & 3rd, 7:00 p.m. - Lions Club - Bruce’s Restaurant  
2nd, 10:30 a.m. - Norwalk Woman’s Club - Masonic Lodge  
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)

**GUILTY WITH AN EXCLAMATION: No need to shout**  
by Fred Piscop

**ACROSS**

1 Belittle  
6 Set lofty goals  
12 Tampa NFLer  
15 Early afternoon  
18 From around here  
19 Rectangle quartet  
21 Causing wear  
23 How piano virtuosos play  
25 Layered, as plywood  
26 Keaton of *Annie Hall*  
27 Leave speechless  
28 Cash holders  
30 SWAT team operation  
32 Kanye West’s music  
35 Homes of twigs  
36 Legal prefix  
39 Surpass  
41 Pirate’s plunder  
43 Fills fully  
47 Outback bird  
48 Queen’s reaction to the London Eye  
53 Skyscraping  
54 Ship of 1492  
56 San \_\_, Italy  
57 \_\_ band (solo act)  
59 Atticus Finch creator  
60 Sir, in Sonora  
61 Little fella  
62 Strike down  
63 Preparatory night  
64 E-file org.  
65 Sources of salt  
67 Prepares  
69 Florence’s river  
71 What’s heard upon exiting a musical in Fairbanks

**DOWN**

1 Prince in *Aladdin*  
2 Stick together  
3 Play opener  
4 Much of North Africa  
5 Justice Kagan  
6 First-class

**ACROSS**

80 Army training academy: Abbr.  
81 Gives off  
84 “Patience \_\_ virtue”  
85 Doing battle  
88 Morse code sound  
89 “It wasn’t me,” e.g.  
91 Latest info  
93 Giggling sound  
94 Tesla head Musk  
96 Bingeing on *Simpsons* episodes  
99 Celestial body  
100 Regatta craft  
102 Whom Fallon succeeded  
103 Shri! bark  
104 Town near Santa Fe  
105 20 Down provisionally  
108 Completion  
110 Beach toy  
112 Island east of South Carolina  
114 Psychic ability  
117 Poetic preposition  
120 Overemphasized  
122 Close call you got yourself into  
127 Urban renewal target  
128 Vague discomfort  
129 \_\_ di Pisa (Italian landmark)  
130 Put chips on  
131 *Game of Thrones* patriarch  
132 Widen, as pupils  
133 Ticket portions

**DOWN**

7 What Brits call beans in veggie burgers  
8 Front tip of a ship  
9 Deduce  
10 Rule, for short  
11 Poetic preposition  
12 *Beauty and the Beast* girl  
13 Russian range  
14 Celestial bodies  
15 Cookie containers  
16 Md. neighbor  
17 Poetic preposition  
20 Stitch up  
22 Occupies, as a table  
24 \_\_ Rupert Murdoch  
29 “O Canada,” for one  
31 Take-charge type  
33 Emulating  
34 Casual shirt  
36 Energizes, with “up”  
37 Cannes confidante  
38 Chasing away flies while jogging  
40 Early tourney round  
42 Has possession of  
44 Zane Grey stories  
45 Late morning  
46 Rainy and icy  
48 Coal derivatives  
49 Certain sultanate’s subject  
50 Alpine song  
51 Asylum seeker  
52 What “-vore” means  
55 Barcelona bulls  
58 Paycheck amount  
65 Dolphins quarterback great  
66 RR stop  
68 Oldest cabinet department  
69 Residences  
70 Bring to mind  
71 *Odyssey* byline

CREATORS SYNDICATE © 2018 STANLEY NEWMAN

WWW.STANXWORDS.COM 3/18/18

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72 Due (to)  
73 Some Japanese-Americans  
74 Muscular  
77 Did the catering for  
79 Courtroom ritual  
82 Turned, as soil  
83 Shopper stopper  
86 Starter for space  
87 Confederate soldiers  
90 Brief script excerpt  
92 Mt. Rushmore locale

95 Annual Stockholm presentations  
97 Part of NCO  
98 State one’s views  
101 Hollywood proprietor  
104 Something used on the range  
106 Campfire-created confection  
107 Accurately pitched  
109 Window attachment  
111 Scouts’ shelters

112 Sucrose source  
113 S&L amenity  
115 Branch of Islam  
116 Blog entry  
118 Drive—  
119 Soup seasoning  
120 Young socialite  
121 Slingshot shape  
123 Contained  
124 New Haven collegian  
125 Witness  
126 Director Anderson

**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.

On the Italian Riviera, SAN REMO (56 Across) is the setting for many annual cultural events, such as the finish of an annual one-day bicycle race that begins in Milan. BERMUDA (112 Across) is somewhat protected from hurricanes by a coral reef that surrounds it. The U.S. Department of STATE (68 Down) was formed on July 27, 1789, five weeks before Treasury, the second-oldest Cabinet department.



LEGALS

FICT. BUS NAME

**FICTITIOUS BUSINESS NAME STATEMENT**  
**File Number 2018063990**  
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: **(1) LEDBETTER ACCOUNTING SERVICES, 265 SOUTH WESTERN AVENUE 1013, LOS ANGELES CA 90004, LA COUNTY, 2212 MYRTLE AVENUE #11, LONG BEACH CA 90806**  
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A  
REGISTERED OWNERS(S): (1) KATTS CREATIONS LLC, 2212 MYRTLE AVENUE #11, LONG BEACH CA 90806  
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: 02/2018  
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/ KATTS CREATIONS LLC, PRESIDENT, KATHERINE LEDBETTER  
This statement was filed with the County Clerk of Los Angeles on MARCH 14, 2018  
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  
3/23/18, 3/30/18, 4/6/18, 4/13/18

**FICTITIOUS BUSINESS NAME STATEMENT**  
**File Number 2018056906**  
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: **(1) SPEEDY'S TERMITE CONTROL, 16014 CLARKDALE AVE, NORWALK CA 90650, LA COUNTY, 10929 FIRESTONE BLVD STE 154, NORWALK CA 90650**  
Articles of Incorporation or Organization Number (if applicable): AI #ON: 201720810595  
REGISTERED OWNERS(S): (1) INDY MARKETING SERVICES, LLC, CEO, VANESSA RENEE BAEZA  
This statement was filed with the County Clerk of Los Angeles on MARCH 7, 2018  
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  
3/16/18, 3/23/18, 3/30/18, 4/6/18

**FICTITIOUS BUSINESS NAME STATEMENT**  
**File Number 2018044264**  
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: **(1) R & S CONTRACT FLOORING, INC., 11239 CRESSON ST., NORWALK CA 90650, LA COUNTY, P.O. BOX 3528, SANTA FE SPRINGS CA 90670**  
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A

REGISTERED OWNERS(S): (1) R & S CONTRACT FLOORING, INC. 11239 CRESSON ST., NORWALK CA 90650  
State of Incorporation: CA  
THIS BUSINESS IS CONDUCTED BY: a Corporation  
The date registrant started to transact business under the fictitious business name or names listed above: 01/2018  
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/ R & S CONTRACT FLOORING, INC., SECRETARY, ANGEL JIMENEZ  
This statement was filed with the County Clerk of Los Angeles on FEBRUARY 22, 2018  
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  
3/2/18, 3/9/18, 3/16/18, 3/23/18

**FICTITIOUS BUSINESS NAME STATEMENT**  
**File Number 2018053079**  
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: **(1) ORIGINAL PANCHOS TACOS, 10823 HOPLAND ST, NORWALK CA 90650, LA COUNTY**  
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A  
REGISTERED OWNERS(S): (1) JESUS S. VALENCIA, 10823 HOPLAND ST, NORWALK CA 90650 (2) JENNIFER L. ONOPA, 10823 HOPLAND ST, NORWALK CA 90650  
State of Incorporation: N/A  
THIS BUSINESS IS CONDUCTED BY: a Married Couple  
The date registrant started to transact business under the fictitious business name or names listed above: N/A  
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/ JESUS S. VALENCIA, HUSBAND  
This statement was filed with the County Clerk of Los Angeles on MARCH 2, 2018  
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  
3/23/18, 3/30/18, 4/6/18, 4/13/18

**FICTITIOUS BUSINESS NAME STATEMENT**  
**File Number 2018067879**  
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: **(1) HERENCIA MEXICANA (MEXICAN FOOD) (2) DINASTIA MEXICANA (MEXICAN FOOD), 10509 BORSON STREET, NORWALK CA 90650, LA COUNTY**  
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A  
REGISTERED OWNERS(S): (1) SAMUEL MAGANA, 10509 BORSON STREET, NORWALK CA 90650  
State of Incorporation: N/A  
THIS BUSINESS IS CONDUCTED BY: an Individual  
The date registrant started to transact business under the fictitious business name or names listed above: N/A  
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/ SAMUEL MAGANA, OWNER  
This statement was filed with the County Clerk of Los Angeles on MARCH 19, 2018  
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  
3/23/18, 3/30/18, 4/6/18, 4/13/18

GOVERNMENT

**CITY OF NORWALK SUMMARY**  
**ORDINANCE NO. 18-1701**  
The Norwalk City Council, at a meeting held March 20, 2018, introduced proposed Ordinance No. 18-1701, AN ORDINANCE OF THE CITY OF NORWALK AMENDING TITLE 17 OF THE NORWALK MUNICIPAL CODE TO REGULATE THE CREATION OF ACCESSORY DWELLING UNITS AND FINDING THE ORDINANCE EXEMPT FROM THE CALIFORNIA ENVIRONMENTAL QUALITY ACT, which will amend the Norwalk Municipal Code to provide specific regulations and development standards for the construction of new accessory dwelling units and the conversion of existing structures into an accessory dwelling unit. This ordinance applies Citywide to all residential zones, by the following roll call vote:  
**AYES: Councilmembers Ayala, Perez, and Rios, and Vice Mayor Shryock**  
**NOES: None**  
**ABSENT: Mayor Vernola**  
The full text of Ordinance No. 18-1701 is available for review in the Office of the City Clerk during regular business hours.

Theresa Devoy, CMC, City Clerk  
March 23, 2018

The Norwalk Patriot  
3/23/18

NOTICES

**SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES**  
**ORDER TO SHOW CAUSE FOR CHANGE OF NAME**  
**CASE NUMBER: V5030828**  
TO ALL INTERESTED PERSONS: Petitioner Miro Dragich Sr. 13607 Domart Av. Norwalk CA 90650 filed a petition with this court for a decree changing names as follows:  
Present name (1) Miroslav Dragich to Proposed name (1) Miro Dragich Sr.  
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.  
**NOTICE OF HEARING**  
**Date: May 16, 2018, Time: 1:30 pm, Department: C, Room: 312**  
**The address of the court is 12720 Norwalk Bl. Rm. 101, Norwalk, CA 90650**  
A copy of this Order to Show Cause shall be published at least once a week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in the county, **Norwalk Patriot 8301 E. Florence Av. St 100 Downey CA 90240** March 14, 2018  
Judge Margaret M. Bernal  
Judge Of The Superior Court  
Petitioner or Attorney, In Pro Per  
**Miro Dragich Sr.**  
**13607 Domart Av.**  
**Norwalk CA 90650**  
**(562) 716-4369**  
**qualitymattrans@gmail**

The Norwalk Patriot  
3/23/18, 3/30/18, 4/6/18, 4/13/18

PROBATE

**NOTICE OF PETITION TO ADMINISTER ESTATE OF LINDA LEE JONES**  
**Case No. 18STPB02617**  
To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of LINDA LEE JONES  
A PETITION FOR PROBATE has been filed

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

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

A HEARING on the petition will be held on April 18, 2018 at 8:30 AM in Dept. No. 79 located at 111 N. Hill St., Los Angeles, CA 90012.

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

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

**Attorney for petitioner:**  
**LAURA WIDDIS ESQ**  
**LAWRENCE A WIDDIS ESQ**  
**630 E COLORADO ST**  
**GLENDALE CA 91205**  
**CN947506 JONES**  
**Mar 23,30, 2018, Apr 6, 2017**

**CN947506**  
**The Norwalk Patriot**  
**3/23/18, 3/30/18, 4/6/18**

**NOTICE OF PETITION TO ADMINISTER ESTATE OF: TRUDY MELINDA SEVILLA**  
**CASE NO. 18STPB01202**

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of TRUDY MELINDA SEVILLA  
A PETITION FOR PROBATE has been filed by UNISIA SEVILLA in the Superior Court of California, County of LOS ANGELES.  
THE PETITION FOR PROBATE requests that UNISIA SEVILLA be appointed as personal representative to administer the estate of the decedent.

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

A HEARING on the petition will be held in this court as follows: 04/27/18 at 8:30AM in Dept. 29 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

STEFFANIE STELICK - SBN 290248  
LAW OFFICE OF STEFFANIE STELICK  
23890 COPPERHILL DR. STE 405  
VALENCIA CA 91354  
3/23, 3/30, 4/6/18  
**CNS-3111136#**  
**THE NORWALK PATRIOT**

**CNS 3111136**  
**The Norwalk Patriot**  
**3/23/18, 3/30/18, 4/6/18**

**NOTICE OF PETITION TO ADMINISTER ESTATE OF: DONALD D. FERGUSON**  
**CASE NO. 18STPB02166**

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of DONALD D. FERGUSON.  
A PETITION FOR PROBATE has been filed by CHRISTINA HOEY in the Superior Court of California, County of LOS ANGELES.  
THE PETITION FOR PROBATE requests that CHRISTINA HOEY 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 with limited authority. (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: 04/05/18 at 8:30AM in Dept. 11 located at 111 N. HILL ST., LOS ANGELES, CA 90012

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

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

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

Attorney for Petitioner  
KAREN A. STEVENSON - SBN 143385  
LAW OFFICE OF KAREN A. STEVENSON  
13122 STERN AVENUE  
LA MIRADA CA 90638  
3/9, 3/16, 3/23/18  
**CNS-3108317#**  
**THE NORWALK PATRIOT**

**CNS 3108317**  
**The Norwalk Patriot**  
**3/9/18, 3/16/18, 3/23/18**

TRUSTEE SALES

TSG No.: 6693561 TS No.: CA1200244387  
FHA/VA/PMI No.: APN: 8025-015-011  
Property Address: 12207 CREWE STREET NORWALK, CA 90650  
NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 05/14/2007, UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On 04/05/2018 at 10:00 A.M., First American Title Insurance Company, as duly appointed Trustee under and pursuant to Deed of Trust recorded 05/22/2007, as Instrument No. 20071237324, in book , page , of Official Records in the office of the County Recorder of LOS ANGELES County, State of California, Executed by: LUIS FERNANDO CORDOVA MARISOL ZAMUDIO, HUSBAND AND WIFE AS JOINT TENANTS, WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK/CASH EQUIVALENT or other form of payment authorized by 2924h(b), (Payable at time of sale in lawful money of the United States) Behind the fountain located in Civic Center Plaza, 400 Civic Center Plaza, Pomona CA 91766 All right, title and interest conveyed to and now held by under said Deed of Trust in the property situated in said County and State described as: AS MORE FULLY DESCRIBED IN THE ABOVE MENTIONED DEED OF TRUST APN# 8025-015-011 The street address and other common designation, if any, of the real property described above is purported to be: 12207 CREWE STREET, NORWALK, CA 90650

The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$593,238.53. The beneficiary under said Deed of Trust has deposited all documents evidencing the obligations secured by the Deed of Trust and has declared all sums secured thereby immediately due and payable, and has caused a written Notice of Default and Election to Sell to be executed. The undersigned caused said Notice of Default and Election to Sell to be recorded in the County where the real property is located. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and if applicable, the rescheduled time and date for the sale of this property, you may call (916)939-0772 or visit this Internet Web <http://search.nationwidedeposting.com/property/SearchTerms.aspx>, using the file number assigned to this case CA1200244387. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney. Date: First American Title Insurance Company 4795 Regent Blvd, Mail Code 1011-F Irving, TX 75063 First American Title Insurance Company MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED MAY BE USED FOR THAT PURPOSE FOR TRUSTEES SALE INFORMATION PLEASE CALL (916)939-0772NNP0328344 To: NORWALK PATRIOT 03/16/2018, 03/23/2018, 03/30/2018

The Norwalk Patriot  
3/16/18, 3/23/18, 3/30/18

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# Norwalk High baseball program hosts 40th anniversary celebration

Norwalk Baseball celebrated the 40th anniversary of the first C.I.F. Baseball Championship for Norwalk High School, which was won in 1978.

Over 30 alumni baseball players participated. Players from the 70's, 80's, 90's and 2000's were represented. The event was attended by current and former players of Norwalk Baseball, as well as current and former faculty.

Also in attendance were team members of the 1978 team, including notables Gary Anderson. Mike Alvarez, Mike Davis, Phil Davis, Larry See and Head Coach Terry Bales.

Former Dodger and Texas Ranger Larry See was part of the 1978 team.

See knocked in to runs including a walk off home run in the bottom of the 7th inning in the final game 40 years ago to help Norwalk win its first CIF title. Norwalk beat Coachella Valley 2-1.

Members of this baseball team were also part of the 1977 C.I.F. SS football championship team that helped win the first and only football title in the school's history, including brothers Mike and Phil Davis. Phil, the quarterback, would throw the winning touchdown to wide receiver Mike to secure the title.



## Paging Dr. Frischer...

By Dr. Alan Frischer

We recently moved our clocks forward one hour, essentially shifting an hour of daylight from the morning to the evening, and starting daylight savings time up again. The good news is that this gives us those long summer evenings. However, we won't see that hour again until the fall. What impact does that have on our health?

Light is the cue that sets and resets our 24-hour internal clock, known as circadian rhythm. Moving our clocks in either direction changes this, and our biological clock falls out of sync. In general, losing an hour as we just did is more difficult than is gaining an hour in the fall. Think about airplane travel: in general, our bodies find it easier to travel west, where we gain time, than to travel east.

Daylight savings time transitions often lead to disrupted sleep cycles. Springing forward requires that we go to sleep earlier. On average, for the first few days of setting the clocks forward in the spring, we lose 40 minutes of sleep. Even this relatively small sleep loss has been shown to have consequences.

Many experience an increase in mood disturbances, and increased irritability. Studies show that people who are sleep deprived develop a more sensitive amygdala, the emotional center of the brain. It becomes more reactive to disturbing images as compared to those who are more rested.

Loss of sleep can cause a decrease in motor skills, which leads to more workplace injuries. One study revealed a 5.7% increase in

workplace injuries on the Monday following the time change. The injuries were more severe, leading to a 68% increase in the number of days of work missed. Research also reveals a 6% increase in car accidents immediately after we reset our clocks in the spring.

Other studies show an 8% higher rate of ischemic stroke in the first two days following both the spring forward and fall behind time changes. A 2014 study found a 25% jump in the number of heart attacks on the Monday after daylight savings time begins. Interestingly, the opposite occurred, with a 21% drop in the number of heart attacks following the end of daylight savings in the fall.

Sleep deficiencies also can cause an increase in the release of the hormone ghrelin, which leads to hunger, and a decrease in the release of the hormone leptin, which makes us feel satisfied when we eat. These changes in hormone levels can wreak havoc on our diet and weight control.

Have you heard the term cyberloafing? Workers spend significantly more time searching for entertainment content (YouTube and other videos, and music) specifically on the Monday following a time change.

Who might be affected the most? Those who are already sleep-deprived, or consume alcohol or caffeine close to bedtime. Keep these tips in mind for dealing with future time changes:

·Give yourself a jump-start to adjusting to a time change. Try going to bed and waking up a bit earlier, or later, than usual, before the change occurs.

·Light is the principal environmental cue. Expose yourself to sunlight as soon as you wake up and during waking hours. Seeing light first thing in the morning can help reset your body's clock. Try eating breakfast in front of a window or taking an early morning walk. On the other hand, avoid exposure to bright artificial light when it is dark

outside and close to your bedtime.

·Make your environment sleep-friendly, and practice good "sleep hygiene." This includes avoiding caffeine, alcohol, or other stimulants after lunch. Don't exercise immediately before bedtime, and create a calming bedtime ritual. Go to bed and rise around the same time each day.

·Avoid daytime naps, which decrease your ability to sleep at night.

Give yourself an extra break when there is a time change. Avoid driving if you are sleep deprived. Take care of yourself and listen to what your body is trying to tell you, and you will be ready for Nov. 4 - when we'll finally get our hour back!

**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.**

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