

Shared Stories: A Tribute to My Father

Yolanda Reyna, a “daddy’s girl,” describes the complexities of the man she didn’t give up on – her father. As is often the case, having grandchildren made him a different person. 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 Reyna

My father, Gilbert Reyna, was born on March 15, 1926. He died on November 24, 2001. He was 75 years old. I had to make the grueling decision to have him taken off life support. In the last few years of his life, he dealt with health issues, mainly Alzheimer’s disease.

Even as he dealt with health issues, I could recall a time when he was strong and healthy, being the man of the house, looking after his family. There were good times, but he also had his struggles.

My father had lived in various run-down motel rooms for the last 20 years of his life. He would be isolated from the world. My father was mean and tough. He hated the world. He was intelligent, proud, stubborn, paranoid, prejudiced, heartless, emotionless, a recluse, an alcoholic, and a bookworm.

My father drank alcohol most of his adult life, and being that he was an alcoholic, he was at his best when he was drinking. My father wasn’t a belligerent drinker. He was a sentimental drinker. The only time I saw my father smile, was when he drank alcohol. When he was sober, he was always complaining.

He loved listening to music, especially Frank Sinatra. He also played the guitar, and he played it well. When my father was 55 years old, he was told by his doctor that he had to stop drinking alcohol for his health.

He was a stern father and he set rules in our home (when we were a family). The children had to be up and ready for school. One day my brother Louie didn’t want to go to school (for whatever reason). He was a young boy. He walked up to the corner of our block and just stood there crying. My father, shirtless and in pajama bottoms, with a belt in one hand, walked up to the corner and whacked my brother’s behind! From that day on, my brother had no problem going to school. He would be up bright-eyed and sore, bushy-tailed.

My father always said to me: I should have been born a boy, because I clung to him. I was what you call a daddy’s girl. Once my father thought he could talk to me about the birds and the bees. My ears couldn’t take it! They were screaming!

One time I was asked out on a date by a young black man. When I asked my father’s permission, he said to me, “If you go out with him, I will disown you!” I believed him.

Although my father was mean and tough, he and I created a special bond. My father always gave me good advice (when I needed it). His advice was never sugar-coated, it was always straight-forward and to the point. Most times it felt like I was walking on egg-shells when I was around him, but I didn’t mind as long as I was with him.

My father worked as a gardener and then a security guard. He worked late hours, as a security guard, which he enjoyed because he didn’t have to deal with people. I’m glad they didn’t have to deal with him.

After he and my mother separated for the last time, he left our home. I didn’t know where he was living. I called one of my aunts to ask if she knew where he was living, because I loved my father and I missed him very much. She was kind enough to tell me, and I went looking for him, like a detective, wanting answers.

Continued on page 7

School district launches contest for new logo

► **LOGO CONTEST:** Students, teachers and residents are invited to help the Norwalk-La Mirada school district design a new logo.

NORWALK – Do you have artistic talent? Do you have creative ideas or know someone who does?

If so, the Norwalk-La Mirada Unified School District could use your help. The district is now inviting submissions for its logo design contest.

A new logo is needed to reflect and convey the positive message of the district’s new slogan, “Every Student. Future Ready. Our Promise!”

The contest is open to all district students, teachers, support staff, and administrators.

It’s also open to any community member residing within the district boundaries.

NLMUSD encompasses the cities of Norwalk, La Mirada, a portion of Santa Fe Springs and part of unincorporated Whittier.

“Our goal is to have a logo that represents all the great progress — and future potential — of our wonderful schools and students,” said NLMUSD Superintendent Dr. Hasmik Danielian.

All entries must adhere to the design guidelines and be received by Monday, Oct. 15, 2018. Submissions may be emailed to contest@nlmusd.org or postal mailed or hand delivered to:

Norwalk-La Mirada Unified School District

Superintendent’s Office
c/o NLMUSD Logo Contest
12820 Pioneer Blvd., Norwalk, CA 90650

The winning logo or logos will become part of the official identity graphics used by the district. The logo will be displayed on websites, social media platforms, business cards, stationery, banners, posters, souvenir trinkets and various other ways.

There are no age restrictions for participants. Students at any grade level can enter and participants may submit work(s) as individual entrants or as part of a group. There is no contest entry fee.

All submissions must be turned in with a completed entry form. The entry form can be found online at www.nlmusd.org/logoconcept/

One or more submissions per person or group is acceptable but each submission must be turned in with a separate entry form.

The contest is now open, as of Aug. 21, and closes at 4 p.m. on Monday, Oct. 15, 2018. Late submissions will not be considered.

All logo artwork must be original and pertain to the theme, “Every Student. Future Ready. Our Promise!” The artwork must be the contestant’s original hand-drawn creation. The entry design may not be a copy or duplicate of any previously published art, including photographs.



Norwalk-La Mirada’s current logo

All winning entries will become the property of NLMUSD, which will have the right to adapt, edit, modify or otherwise use the winning submissions in part or in its entirety in whatever manner it deems appropriate.

Entries will be judged on the following criteria: visual appeal, artistic merit, how well it promotes the district’s tagline, original concept, quality of design, and ease of reproduction.

A panel of district staff and community members will review all entries. The superintendent and executive staff will select the finalists.

Finalist entries will be submitted to the Board of Education for review and approval at a designated board meeting. The winner will be officially recognized at a subsequent board meeting.

However, the district maintains the right to declare no winner if no artwork of merit is found.

Summer film festival wraps up Saturday

► **FILM FESTIVAL:** Local artist Roy Anthony Shabla will host this summer’s final installment of the Green Salon Short Film Festival on Saturday.

SANTA FE SPRINGS – The third and final evening of The Green Salon Short Film Festival 2018 is Saturday, August 25, at 7 pm, at the art studio of Roy Anthony Shabla in Santa Fe Springs. All are welcome.

The Green Salon is the longest-running monthly cultural event in the Norwalk area and it is free and democratic.

It is funded by Shabla himself and always features live music, an open mic, a featured reader, and the exhibition of local artists.

During the summer months (June, July, and August), it also includes short films by local filmmakers.

As a special treat, Donna Hilbert and Tamara Madison, two writers from Southern California, will be co-featured readers this month at The Green Salon..

Hilbert is a local sensation, lives and works in the City of Long Beach, and guides fledgling writers to fly. Her latest book is “Gravity: New & Selected Poems,” Tebot Bach, 2018.

Madison is a “multi-lingual sea goddess and poet.” Her latest book is “Moraine” and her next is a manuscript about growing up three miles from Mecca.

Neighborhood watch meeting set

NORWALK – Norwalk’s Public Safety Department is hosting a neighborhood watch meeting this Wednesday, Aug. 29, starting at 6:30 p.m. on the 12000 block of Abingdon Street.

Residents from surrounding areas are invited to connect with their neighbors and Public Safety

personnel to share concerns and discuss ways to make their neighborhood safer.

The Neighborhood Watch program runs on the principle that an engaged community working together with law enforcement is the best deterrent to criminal activity.

with Esmoladera’s Gabriel and Steven Armenta, and other guest musicians.

A small art fair accompanies the film festival with local artists exhibiting their work. Also, local poets and writers will offer their books for sale. Arrive early to appreciate everyone’s work.

Roy Anthony Shabla will exhibit his series, Ordinary Time – small paintings and sculptures from found and recycled materials influenced by Louise Nevelson, Christo, Grandma Prisbrey, and many others. It is the first time this series has been shown.

Studio GalleRoy is located at 11210 Greenstone Avenue in Santa Fe Springs, near Florence and Bloomfield.

More importantly, neighbors that know one another are more inclined to notice strangers and report suspicious activity.

For more details, call Public Safety at (562) 929-5732.

Norwalk restaurant grades

Seattle Teriyaki
13302 Rosecrans Ave.
Date Inspected: 8/20/18
Grade: **A**

The Burger Shop
14606 Carmenita Rd.
Date Inspected: 8/17/18
Grade: **A**

El Taco Loco
12341 E Imperial Hwy.
Date Inspected: 8/16/18
Grade: **B**

Zero Degrees
12209 Norwalk Blvd.
Date Inspected: 8/16/18
Grade: **B**

So Cal Pizza
12253 Imperial Hwy.
Date Inspected: 8/15/18
Grade: **A**

Santos Juice Bar
13324 Rosecrans Ave.
Date Inspected: 8/10/18
Grade: **A**

Ho Ho China
11568 Rosecrans Ave.
Date Inspected: 8/9/18
Grade: **A**

Rosecrans Spirit Shop
11016 Rosecrans Ave.
Date Inspected: 8/9/18
Grade: **A**

Wienerschnitzel
11610 Alondra Blvd.
Date Inspected: 8/9/18
Grade: **A**

TNT Tortas and Tacos
11042 Rosecrans Ave.
Date Inspected: 8/9/18
Grade: **A**

RC Burgers Cafe
10951 Alondra Blvd.
Date Inspected: 8/8/18
Grade: **A**

China Bowl Express
11031 Firestone Blvd. ste 102
Date Inspected: 8/8/18
Grade: **B**

Western Refining Retail
10710 Alondra Blvd.
Date Inspected: 8/8/18
Grade: **A**

Rodger’s Food Service
10931 Alondra Blvd.
Date Inspected: 8/8/18
Grade: **A**

Golden Pho Restaurant
10925 Alondra Blvd.
Date Inspected: 8/8/18
Grade: **A**

Senor Baja
11833 Alondra Blvd.
Date Inspected: 8/7/18
Grade: **A**

RC Burger Cafe
10961 Firestone Blvd
Date Inspected: 8/3/18
Grade: **B**

Starbucks
13001 Rosecrans Ave.
Date Inspected: 8/3/18
Grade: **A**

Jim’s Burgers
12949 Rosecrans Ave.
Date Inspected: 8/2/18
Grade: **A**

Yogurtland
13933 Pioneer Blvd.
Date Inspected: 8/1/18
Grade: **A**

Zury’s Raspados
11405 Firestone Blvd.
Date Inspected: 8/1/18
Grade: **B**

L&L Hawaiian Barbeque
12431 S Norwalk Blvd. #C
Date Inspected: 7/27/18
Grade: **A**

Weekend at a Glance

Friday 85°

Saturday 84°

Sunday 83°



Gardena Jazz Festival

Sunday - Rowley Park in Gardena, 11 am to 7:30 pm

Two stages with non-stop entertainment, headlined by smooth jazz band Maze. Tickets available on city of Gardena website.



Elvis Festival

Sunday - Main Street Garden Grove, 10 am to 6 pm

Performances by Elvis tribute artists, a Cadillac car show, Elvis memorabilia, vendors, Elvis tattoo contest, food trucks, and more. Free admission.



Hazardous Waste

Saturday - LA County Office of Education, 9 am to 3 pm

Drop off your unwanted household hazardous waste and electronic waste. Limit 15 gallons or 125 lbs. per trip. No trash, tires or large appliances.



Open Mic

Friday - Norwalk Cultural Arts Center, 7 pm

Singers, dancers, poets, comedians and magicians are invited to share their talents at an open mic night.



Festival Salvadoreño

Sunday - Bell Gardens Veterans Park, 11 am to 8 pm

A celebration of El Salvador culture, featuring live music, food and entertainment. \$15 admission.



Harry Potter Roller Skating

Saturday - Moonlight Rollerway in Glendale, 8 pm

Skate to the sounds of Harry Potter, plus costume contests, merchandise, games, raffles and Butterbeer.

NORWALK HAPPENINGS

Friday, August 24

Open Mic., 7 pm. Calling all singers, dancers, poets, comedians and musicians. Norwalk Cultural Arts Center, 13200 Clarkdale Ave.

Saturday, August 25

Group Bicycle Ride, 8 am. Join other bicyclists on a 50-mile roundtrip ride to Huntington Beach for coffee. Pats 605 Cycle, 12310 Studebaker Rd.

Kids Fun Zone, 12-3 pm. Free craft activities, face painting, and games for kids ages 12 and younger. Norwalk Town Square, 11633 The Plz.

Badges & Boba, 1-3 pm. Meet the public safety officers and sheriff's deputies that patrol the Norwalk community. Zero Degrees, 12209 Norwalk Blvd.

Harbor Groove Band, 9 pm. TA Hawaiian-themed party with music by the Harbor Groove Band. IV Lounge, 12500 Firestone Blvd.

Sunday, August 26

Introduction to Meditation., 10:30-11:30 am. Learn breathing techniques that increase your energy and promote calmness. \$69 for a 6-week course. Cerritos College, 11110 Alondra Blvd.

Monday, August 27

Arts & Crafts, 10 am. Explore your creative side in an arts and crafts activity with other seniors. Adults ages 50 and older. Norwalk Senior Center, 14040 San Antonio Dr.

Tuesday, August 28

Economic Development Forum, 8:30 am. Learn about local economic development projects and what is on the horizon for Norwalk. City Hall room 4, 12700 Norwalk Blvd.

Red Cross Blood Drive, 2 p.m. Donate blood to the Red Cross. Norwalk Social Services Center, 11929 Alondra Blvd.

Wednesday, Aug. 29

Neighborhood Watch Meeting, 6:30 pm. Meet with neighbors and Public Safety personnel to discuss local crime trends. 12000 block of Abingdon St.

Thursday, August 30

The Hodads, 5:30 p.m. The Hodads perform a live, free concert. Norwalk Senior Center, 14040 San Antonio Dr.

Friday, August 31

Como La Flor, 7 p.m. Learn to make giant paper flowers handcrafted by you. \$25. Norwalk Cultural Arts Center, 13200 Clarkdale Ave.

Thursday, Sept. 6

Neighborhood Watch Meeting, 6:30 pm. Join neighbors and public safety officials in a discussion about local crime. 15915 Elaine Ave.

Saturday, Sept. 8

“The Scent” Opening Reception, 6 pm. An opening reception for “The Scent,” an art exhibit by the Korean Brush Painting Association of America. Norwalk Cultural Arts Center, 13200 Clarkdale Ave.

Friday, Sept. 14

Back to School Dance, 6:30 pm. Norwalk students in grades 6-8 are invited to wear their favorite sports jerseys at this dance, which features a DJ, photo booth, and food for purchase. Norwalk Arts & Sports Complex, 13000 Clarkdale Ave.

Friday, Sept. 15

Neighborhood Watch Meeting, 6:30 pm. Join neighbors and public safety officials in a discussion about local crime. 12400 Cheshire St.

Friday, Sept. 21

Paint Class and a Glass, 7 pm. You’re invited to an evening of socializing and step-by-step paint instruction! Come with friends and family, enjoy complimentary drinks and snacks, and leave with your own personal masterpiece. Norwalk Cultural Arts Center, 13200 Clarkdale Ave.

Saturday, Sept. 22

Mom and Son Greased Lightning Dance, 5:30 pm. Come dressed as a member of the T-Birds or as a Pink Lady and get ready for some fun 50's activities, music, dancing and a light supper. \$15/couple, \$7 each additional person. Norwalk Arts & Sports Complex, 13000 Clarkdale Ave.

Wednesday, Sept. 26

Community Forum, 6 pm. Connect with city officials on items of importance to the community in an open forum. Light refreshments and Spanish translation will be provided. Norwalk Social Services Center, 11929 Alondra Blvd.

Friday, Sept. 28

Ghosts & Goblins, 6:30 pm. Bring your lawn chair, blanket and the entire family for an evening under the stars watching Hotel Transylvania2. Enjoy fun activities before the show, and food for sale. Glazier Park, 10810 Excelsior Dr.

Saturday, Sept. 29

Two-Person Golf Scramble, 9 am. Compete in a two-person scramble golf tournament. Junior division and adult division. Don Knabe Golf Center, 13717 Shoemaker Ave.

Arts & Crafts, 10 am. Explore your creative side in an arts and crafts activity with other seniors. Adults ages 50 and older. Norwalk Senior Center, 14040 San Antonio Dr.

Saturday, Oct. 6

“NO SKRIPT” Opening Reception., 6 pm. An opening reception for “NO SKRIPT,” an art exhibit by Gilberto Valadez. Norwalk Cultural Arts Center, 13200 Clarkdale Ave.

Friday, Oct. 12

Ambassador Rally., 9 am to 3 pm. The Norwalk Chamber of Commerce hosts its ambassador rally, featuring keynote speakers, breakout sessions, networking, and more. DoubleTree Hotel, 13111 Sycamore Ave.

Saturday, Oct. 13

E-Waste Collection and Shredding., 9 am to 2 pm. Safely dispose of electronic waste and/or have your documents shredded for free. Rain barrels will also be sold. City Hall, 12700 Norwalk Blvd.

Saturday, Oct. 20

Halloween Parade & Costume Contest., 9:15 am (costume contest) and 11 am (parade). The Arturto Sanchez Sr. Halloween Parade returns for its 25th year. Residents invited to participate. Norwalk Boulevard and Mapledale Street.

Wednesday, Oct. 24

Santa Sleigh Volunteer Meeting, 7 pm. Are you interested in helping with the Santa Sleigh program which brings Santa Claus to local neighborhoods? If so, attend this

meeting to learn more. Ages 15+. Norwalk Transportation/Public Services Building, 12650 Imperial Hwy. (inside the Public Services break room)

Friday, Oct. 26

Halloween Bash, 3:30 pm. Norwalk parks celebrate Halloween with costume contests, games, candy, and activities. Sign up at your local park.

Wednesday, Oct. 31

Halloween Festival., 6 pm. Music, dancing, scarecrow contest, crafts, raffles, and lots of candy. A safe alternative to trick-or-treating. City Hall lawn, 12700 Norwalk Blvd.

Friday, Nov. 2

Open Mic, 7 pm. Singers, dancers, poets, comedians and musicians are invited to share their talents. Norwalk Cultural Arts Center, 13200 Clarkdale Ave.

Saturday, Nov. 3

Museum Tour, 1 pm. Take a docent-led tour of the historic Hargitt House, built in 1891 and listed on the National Registry of Historic Places. D.D. Johnston-Hargitt House Museum, 12426 Mapledale St.

Daddy Daughter Dance., 5:30 pm. Themed “A Night in Paris,” the dance includes a light dinner, crafts, games, activities and dancing. \$20 per couple, \$7 each additional child. Norwalk Arts & Sports Complex, 13000 Clarkdale Ave.

Saturday, Nov. 10

Footgolf Tournament, 3 pm (ages 8-17) and 5 pm (adults) . Have you ever tried footgolf? It’s a new sport that combines soccer and golf. The goal is to kick a regulation size soccer ball into 21-inch diameter cups in as few kicks as possible. Don Knabe Golf Center, 13717 Shoemaker Ave.

Adaptive Recreation Art Exhibit, 5 pm . HEART participants celebrate the opening of their new art exhibit. Norwalk Cultural Arts Center, 13200 Clarkdale Ave.

Friday, Nov. 16

Plants in a Glass, 7 pm . Create your own succulent terrarium, with step-by-step instruction. \$25, first-come, first-served. Norwalk Cultural Arts Center, 13200 Clarkdale Ave.

Saturday, Nov. 17

Museum Tour, 1 pm. Take a docent-led tour of the historic Hargitt House, built in 1891 and listed on the National Registry of Historic Places. D.D. Johnston-Hargitt House Museum, 12426 Mapledale St.

Saturday, Dec. 1

SnowFest., 12-8 pm. The city hall lawn is transformed into Snow Fest, Calif., with snow slides, a snow play area, train rides, game booths, craft tents, face painting, and live performances. The event is capped with the lighting of a 30-ft. Christmas tree. City Hall lawn, 12700 Norwalk Blvd.

Saturday, Dec. 15

Holidays at the Museum, 1-4 pm. Holiday entertainment and refreshments at Norwalk’s historic home and museum. D.D. Johnston-Hargitt House Museum, 12426 Mapledale St.

Saturday, Jan. 5

Las Posadas., 6 pm. An annual tradition, this event features a candlelit procession, caroling of holiday songs, performances by mariachis and folklorico dancers, pinatas for kids, and more. City Hall lawn, 12700 Norwalk Blvd.



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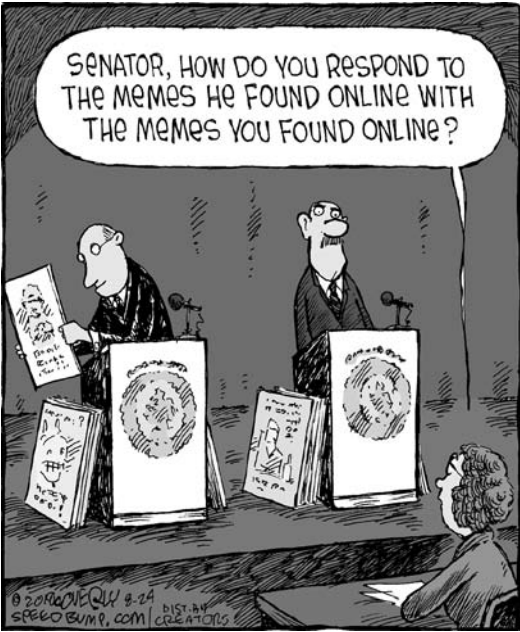
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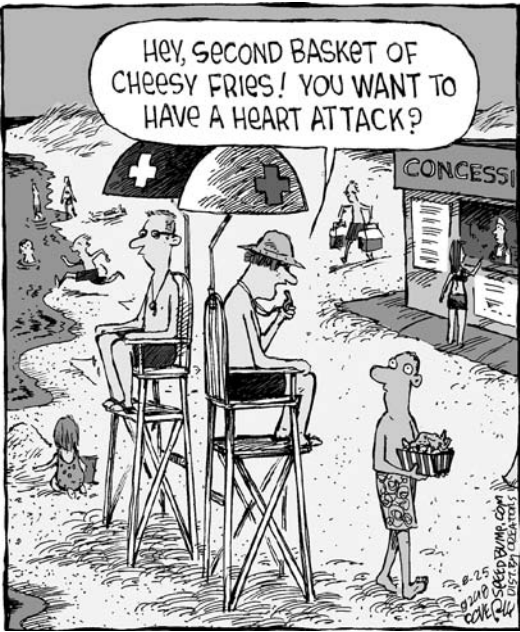
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CALENDAR OF EVENTS

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

On This Day...

August 24, 0079: Mount Vesuvius erupted killing approximately 20,000 people. The cities of Pompeii, Stabiae and Herculaneum were buried in volcanic ash.

1456: The printing of the Gutenberg Bible was completed.

1869: A patent for the waffle iron was received by Cornelius Swarthout.

1949: The North Atlantic Treaty Organization (NATO) went into effect. The agreement was that an attack against on one of the parties would be considered "an attack against them all."

1995: Microsoft's "Windows 95" went on sale.

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)
MONEY TALKS: In denominational order
by S.N.

ACROSS

- 1 Recital selections
- 5 Predatory dolphins
- 10 Major muddle
- 15 Slice (off)
- 18 Floors it
- 19 Abundant source
- 20 Mexican fast food
- 21 Quebecer's water
- 22 "Please share the ideas with me"
- 26 Dean's list qualifier: Abbr.
- 27 Contractual details
- 28 ___day (vitamin dose, often)
- 29 NFL team previously from St. Louis
- 30 Grasp, as ice cubes
- 32 SSA IDs
- 33 Decides to start using
- 35 Flood barrier
- 36 Recital selection
- 38 Teaching temp
- 39 Peanut product
- 41 Significant stretches
- 42 "Thanks for the payment, now talk"
- 47 Hosp. professionals
- 48 Large liquid vessel
- 49 Sculpture done for the Parthenon
- 50 Is exhibited, as a film
- 53 Cabbage variety
- 54 Argentina aunt
- 55 Some surrealist works
- 60 Starfleet's Jean-___ Picard
- 61 All of the Seven Dwarfs
- 63 Nation known for its nutmeg
- 65 "Results count, nothing else"
- 71 Racetrack regulars
- 72 Hard to budge
- 73 Dine on
- 74 73 Across, in Germany
- 75 Topper
- 78 Sore spot
- 79 Edison adversary
- 81 High-tech debut of 2007
- 84 Seat of intuition, so to speak
- 85 favor (please, to Ruiz)
- 86 "Can you help me with the parking meter?"
- 94 Rhineland region
- 95 Feeling of fury
- 96 Walk-___ (small roles)
- 97 Cook less than needed
- 98 Fall into ___ (get caught)
- 100 Book after Job
- 103 Afire
- 104 MacArthur, to his friends
- 105 Appetite
- 107 Prayer pronoun
- 108 Got by somehow
- 110 Water cooler
- 111 "Without a discount, forget it"
- 115 Litigate
- 116 Dig deeply for answers
- 117 Shortwinded
- 118 One-sided contests
- 119 AOL alternative
- 120 Battlers of long standing
- 121 Fixed, as a boot
- 122 Creative inspiration

DOWN

- 1 Japanese Winter Olympics city of 1972
- 2 Fiji's region
- 3 Novelist Deighton
- 4 "___ that something!"
- 5 Designed for dune driving
- 6 Innkeeper's inventory

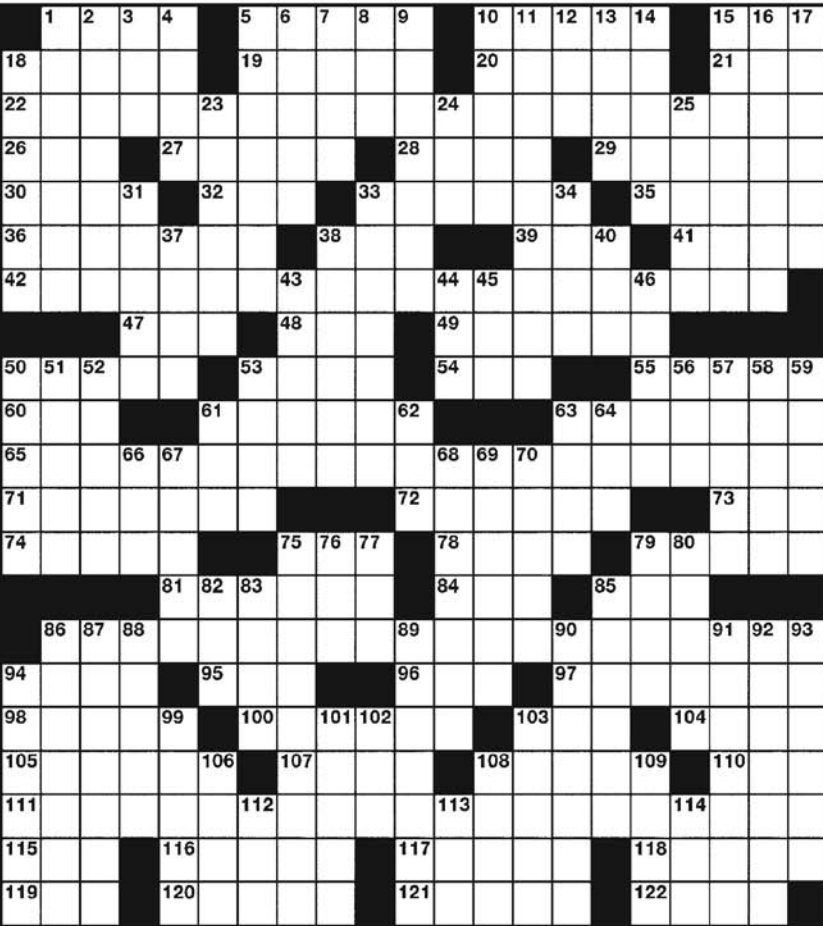
7 Mongrels

- 8 Imprecise quantity
- 9 Waited patiently
- 10 Throat culture finding
- 11 Swimming pools
- 12 Cry in Cologne
- 13 Put something over on
- 14 Everyday
- 15 Normandy port
- 16 Breakfast fare
- 17 Kitty cats
- 18 Motley
- 23 Gossip collectors
- 24 One less than dos
- 25 Language that gave us "democracy"
- 31 Unconventional architect
- 33 No-frills
- 34 ___ qua non
- 37 Change for a C-note
- 38 More musty
- 40 Designer Claiborne
- 43 Ex of Donald
- 44 Poetic frequency
- 45 Sch. with a
- 46 Relinquished campus
- 50 West Point newcomer
- 51 Illumination measures
- 52 S&L clients
- 53 Touch lightly
- 56 "I'll take that as ___"
- 57 Does nothing
- 58 Best-case
- 59 Dasher's driver
- 61 Cousteau's sea
- 62 ___ Paulo, Brazil
- 63 Chicago star
- 64 Jamie Foxx's Oscar film
- 66 Salt Lake City athlete
- 67 Sound-related
- 68 Chinese New Year parade regulars

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- 69 Brings upon oneself
- 70 Conductor from India
- 75 Presidential nickname
- 76 Director Lee
- 77 Where golfers begin
- 79 Loathsome one
- 80 Wasn't accurate
- 82 ___ Beta Kappa
- 83 Instrument associated with Ireland
- 85 Gave up the ball
- 86 Rich sponge cakes

- 87 Guys on a crew team
- 88 Assist with the ropes
- 89 Instigates
- 90 Told a joke
- 91 The Bard's Trojan prince
- 92 Assist with the ropes
- 93 Will with a way with words
- 94 Extreme cruelty
- 99 Respect, in current slang

- 101 Light-dawning remark
- 102 Floral necklace
- 103 Unstructured
- 106 Being, in Bordeaux
- 108 Lower-left PC key
- 109 Quarters for students
- 112 Chicken ___ (childhood ailment)
- 113 Nat ___ (America Inside Out) aier
- 114 Baseball great Gehrig

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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.

The L.A. RAMS (29 Across) are the only team to have won NFL championships representing three different cities: Cleveland (1945), Los Angeles (1951) and St. Louis (1999). Most of the surviving portions of the Parthenon FRIEZE (49 Across) are housed at the British Museum, as part of the Elgin Marbles collection. GRENADA (63 Across) produces a substantial percentage of the world's nutmeg, which is depicted on the Grenadian flag.



Norwalk celebrates new playground at Hermosillo Park

By Raul Samaniego
Contributor

NORWALK – Kids. Kids doing what kids do, is what Saturday morning in south Norwalk was all about. Specifically, the new playground equipment was dedicated and opened to letting the kids loose on the \$264,000 in improvements.

That’s what the city invested in the revitalized play equipment at the nearly forty-year-old park in the southernmost part of the city, according to Bill Kearns, Norwalk Director of Recreation and Park Services.

Named for it sister-city, Hermosillo, Senora Mexico and dedicated in 1978, this playground upgrade marked the third go around at the heavily used park.

While it is open to all, it serves primarily the south Norwalk area across from Sanchez Elementary School, along with the city’s friends further south in Artesia.

According to Stearns, “The

improvements are state of the art and what’s new are the shade covers for the main climbing equipment as well as the sitting area for parents.”

The equipment sits atop a new soft foam-like surface for protection. Gone is the old fashioned sandbox style protection which was a haven for, “bacteria, possible needles and razor blades,” this, also according to Stearns.

Asking, “who are you?” was a young girl who blurted out, “This is the coolest park ever!”

As Stearns gave an impromptu tour of the new area, Nehemiah Luna stood by as his son, Nathan, played with the musical chime that is part of the smaller play equipment.

Later, as we walked around the area, another park attendee, Saraid Luna (yes, Nathan’s Mom), approached us and said, “My kids have something to say.”

With big smiles and bright eyes, they both just said, “Thank you for the park.”



Attending the formal dedication earlier that morning were Mayor Jennifer Perez, Vice Mayor Margarita Rios and Council Members Tony Ayala and

Luigi Vernola.

Money for the Park improvements came from the city’s general fund.



LEGALS

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: **October 3, 2018, Time: 1:30 p.m., Department: C, Room: 312**
The address of the court is **12720 Norwalk Blvd., Norwalk 90650**

A copy of this Order to Show Cause shall be published at least once a week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in the county, **THE NORWALK PATRIOT** August 9, 2018
Judge Margaret M. Bernal
Judge Of The Superior Court
Petitioner or Attorney, In Pro Per
Margarita Villalobos
1325 Goodhart Ave
Whittier, CA 90601
626-512-5557

The Norwalk Patriot
8/17/18, 8/24/18, 8/31/18, 9/7/18

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES, ORDER TO SHOW CAUSE FOR CHANGE OF NAME CASE NUMBER: VS030977

TO ALL INTERESTED PERSONS: Petitioner Miguel Pantoja Montejano filed a petition with this court for a decree changing names as follows:
Present name (1) Miguel Pantoja Montejano to Proposed name (1) Miguel Pantoja Jr.
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: **October 3, 2018, Time: 1:30 p.m., Department: C, Room: 312**
The address of the court is **12720 Norwalk Blvd., Norwalk 90650**

A copy of this Order to Show Cause shall be published at least once a week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in the county, **THE NORWALK PATRIOT**, **14783 CARMENITA RD, NORWALK, CA 90650, 562-904-3668**
August 7, 2018
Judge Margaret M. Bernal
Judge Of The Superior Court
Petitioner or Attorney, In Pro Per
Miguel Pantoja Montejano
12135 E. 163rd Street
Norwalk, CA 90650
562-964-1011
Pantoja82Mike@gmail.com

The Norwalk Patriot
8/10/18, 8/17/18, 8/24/18, 8/31/18

NOTICE OF ACTION IN DIVORCE
IN THE COURT OF COMMON PLEAS ALLEGHENY COUNTY PENNSYLVANIA CIVIL ACTION – LAW

AISHA S. FERNANDES

Plaintiff

v.

SHANON LAWRENCE D'SOUZA

Defendant

COMPLAINT IN DIVORCE/ VERIFICATION - No. FD-18-0108282

To: Shanon Lawrence D'Souza

You are hereby notified that on June 22, 2018, the Plaintiff, Alisha Fernandes filed a Complaint for Divorce endorsed with a Notice to Defend against you in the Court of Common Pleas of Allegheny County, Pennsylvania, docketed to FD-18-008282, wherein Plaintiff seeks a divorce from you.

You are hereby notified to plead to the above referenced complaint on or before 20 DAYS from the date of this publication or a judgment will be entered against you.

NOTICE

You have been sued in Court. If you wish to defend, you must enter a written appearance personally or by attorney, and file your defenses or objections in writing with the Court. You are warned that if you fail to do so, the case may proceed without you and a Judgment may be entered against you without further notice for the relief requested by the Plaintiff. You may lose money or property or other rights important to you.

YOU SHOULD TAKE THIS NOTICE TO YOUR LAWYER AT ONCE. IF YOU DO NOT HAVE A LAWYER, TELEPHONE THE OFFICE BELOW TO FIND OUT WHERE YOU CAN GET LEGAL HELP. IF YOU CANNOT AFFORD TO HIRE A LAWYER, THIS OFFICE MAY BE ABLE TO PROVIDE YOU WITH INFORMATION ON AGENCIES THAT MAY OFFER LEGAL SERVICES TO ELIGIBLE PERSONS AT A REDUCED FEE OR NO FEE.

Lawyer Referral Service:
Allegheny County Bar Association, 400 Koppers Building, 436 Seventh Avenue, 3rd Fl., Pittsburgh, Pa 15219, PH: 412-261-5555
Christopher P. Lacich, Esq. ID# 65267, Roth, Blair, 100 E. Federal St., Ste. 600, Youngstown, OH 44503, PH: 330-744-5211, Attorney for Plaintiff, Aisha S. Fernandes.

The Norwalk Patriot
8/3/18, 8/10/18, 8/17/18, 8/24/18

NOTICE OF PREPARATION OF A DRAFT ENVIRONMENTAL IMPACT REPORT AND NOTICE OF PUBLIC SCOPING MEETING

DATE: August 23, 2018
TO: All Interested Agencies, Organizations, and Persons
FROM: State of California Department of State Hospitals
SUBJECT: Notice of Preparation of a Draft Environmental Impact Report and Public Scoping Meeting

PROJECT TITLE: DSH-Metropolitan State Hospital Consolidation of Police

PURPOSE OF NOTICE: The State of California Department of State Hospitals (DSH), with assistance from the Department of General Services (DGS), is the Lead Agency for preparation of an Environmental Impact Report (EIR) pursuant to the California Environmental Quality Act (CEQA) for the proposed Metropolitan State Hospital (DSH-Metropolitan) Consolidation of Police Operations Project (proposed project). A Notice of Preparation (NOP) for the proposed project has been prepared pursuant to State CEQA Guidelines Section 15082. The purpose of this NOP is to provide interested agencies, organizations, and persons with sufficient information describing the proposed project and the potential environmental effects to enable meaningful input related to the scope and content of information to be included in the Draft EIR. A description of the proposed project, as well as a listing of the environmental topics that are anticipated to be analyzed in the Draft EIR, is provided in this NOP. Under CEQA, a Lead Agency may proceed directly with preparation of the EIR without preparation of an Initial Study if it is clear that an EIR will be required (State CEQA Guidelines Section 15060(d)). DSH has made such a determination for this project and has not prepared an Initial Study. This upcoming Draft EIR is intended to serve as Project EIR under CEQA. Section 15162 of the State CEQA Guidelines states that the type of EIR should focus primarily on the changes in the environment that would result from the development project and shall examine all phases of the project, including planning, construction, and operation. The purpose of the EIR is to provide decision makers, public agencies, and the general public with an objective and informative document that facilitates a basic understanding of the proposed project and fully discloses the potential environmental effects associated with the proposed project, including direct, indirect, and cumulative environmental effects. DSH will use the EIR to obtain permits, agreements, and approvals from necessary agencies to implement the project. DSH is requesting input as to the scope and content of the environmental information proposed to be included in the Draft EIR to address the project's potential environmental effects. For all interested agencies, organizations and persons, this scoping notice allows an early opportunity to consult on the proposed project before preparation of the Draft EIR. Following preparation of the Draft EIR, there will be a later separate notice of the future opportunity to comment on the analyses of the project in the Draft EIR. PUBLIC REVIEW PERIOD: A 30-day public review period to solicit comments and input on the preparation of the Draft EIR starts August 23, 2018 and ends September 24, 2018. All comments need to be mailed or submitted electronically no later than 5:30 PM on Monday, September 24, 2018. Please mail your response, including your name, address, and comments to: California Department of General Services Jennifer Parson, Senior Environmental Planner, Environmental Services 707 Third Street, Suite 4-430 West Sacramento, CA 95605 Or via email to Environmental@dgcs.ca.gov

The NOP is available for public review at the following web address: <http://epdsolutionsinc.com/ceqa-documents/>
SCOPING MEETING: Pursuant to Section 21083.9 of the Public Resources Code, a Scoping Meeting will be held in order to solicit input regarding the content of the Draft EIR. The purpose of the Scoping Meeting is to learn about the proposed project, review the anticipated scope of the Draft EIR, and assist the DSH in identifying the range of actions, alternatives, mitigation measures, and potentially significant effects to be analyzed in depth in the Draft EIR. The date, time, and location of the Scoping Meeting are provided below:
Date & Time: September 11, 2018; Time: 4:30 PM – 5:30 PM
Location: DSH-Metropolitan State Hospital, 11401 Bloomfield Avenue, Norwalk, California 90650 Administration Building, Conference Room 435 (Fourth Floor, in the Executive Suite)

PROJECT LOCATION: 11401 Bloomfield Avenue, Norwalk, California 90650. The project site is on an approximately 7-acre portion of the overall DSH-Metropolitan 155-acre campus, located on the west side of the intersection of Sixth Street and Bloomfield Avenue. The DSH-Metropolitan campus is a State of California owned property

and the Department of State Hospitals is therefore the Lead Agency responsible for project approval and implementation. For informational purposes, the Norwalk General Plan designation for the site is the designation allowed and is consistent with the existing uses of "Institutional" and the Zoning as "I – Institutional". PROJECT DESCRIPTION: The proposed project is the relocation and consolidation of police operations on the DSH-Metropolitan campus. Relocation of the existing Hospital Police Station requires the demolition of five historic structures in order to construct a new 1-story, approximately 18,300 square-foot "Essential Services Building," including construction of associated utilities and infrastructure. The new building would house the Hospital Police including the operational facilities and the alarm and communications equipment necessary to respond to police emergencies and the Office of Special Investigation. The proposed project two vehicular access points and two new surface parking lots for staff and visitors, including a secured parking area for fleet vehicles. In addition to the new building and parking lots, the proposed project would realign the existing intersection at Sixth Street and Bloomfield Avenue to the north, install a new signal, crosswalk, sidewalk, landscaping and irrigation, monument signage and a new police kiosk and traffic barrier arm gate. The intersection of Sixth Street and Bloomfield Avenue would serve as the main entrance to the DSH-Metropolitan campus. The signal, sidewalk and crosswalk improvements are considered offsite improvements because they are located outside of DSH-Metropolitan's property boundary.

RESPONSIBLE AGENCIES: For the purposes of CEQA, the term "Responsible Agency" includes all public agencies other than the Lead Agency that have discretionary approval power over the project (CEQA Guidelines Section 15361). Discretionary approval power may include such actions as issuance of a permit, authorization, or easement needed to complete some aspect of the proposed project. It is anticipated that approval from various City of Norwalk and Santa Fe Springs departments will be required to complete construction of the off-site signal, crosswalk, and sidewalk. Other agencies whose approval may be required for the project include, but may not be limited to: Los Angeles Regional Water Quality Control Board, State Historic Preservation Officer, and the South Coast Air Quality Management District.

ENVIRONMENTAL FACTORS POTENTIALLY AFFECTED: Consistent with CEQA Guidelines Section 15060, DSH conducted a preliminary review of the proposed project and determined that the project could potentially result in significant effects on the environment and that an EIR is required. The EIR will describe the direct and indirect environmental impacts of construction and operation of the proposed project. At this time, we anticipate that the following topics will be analyzed in the Draft EIR: Aesthetics, Air Quality, Biological Resources, Cultural Resources, Geology and Soils, Greenhouse Gas Emissions, Hazards and Hazardous Materials, Hydrology and Water Quality, Land Use and Planning, Noise, Public Services, Transportation/Traffic, Tribal Cultural Resources, and Utilities and Service Systems. In addition, the EIR will evaluate alternatives, growth-inducing impacts, and cumulative impacts. The EIR will examine a reasonable range of alternatives to the project, including the CEQA-mandated No Project Alternative, and other potential alternatives that may be capable of avoiding or substantially reducing any of the significant effects of the project. ENVIRONMENTAL FACTORS NOT POTENTIALLY AFFECTED: It is anticipated that no impacts associated with Agricultural and Forestry Resources, Mineral Resources, Population and Housing, and Recreation would occur as a result of the project, and therefore these factors will not need to be addressed in the EIR.

The Norwalk Patriot
8/24/18

PROBATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF JUAN ANTONIO GUTIERREZ Case No. 18STPB07070

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of JUAN ANTONIO GUTIERREZ. A PETITION FOR PROBATE has been filed by Griselda Lozano in the Superior Court of California, County of LOS ANGELES.

THE PETITION FOR PROBATE requests that Griselda Lozano 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 August 30, 2018 at 8:30 AM in Dept. No. 4 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:
ALICE A SALVO ESQ
SBN 103796
LAW OFFICES OF ALICE A SALVO
20350 VENTURA BLVD
STE 110
WOODLAND HILLS CA 91364-2452
CN951905 GUTIERREZ Aug 10, 17, 24, 2018

CN951905
The Norwalk Patriot
8/10/18, 8/17/18, 8/24/18

NOTICE OF PETITION TO ADMINISTER ESTATE OF MARY ALICE LECHUGA Case No. 18STPB00620

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

A PETITION FOR PROBATE has been filed by Arthur Chavez in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that Arthur Chavez 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 Sept. 5, 2018 at 8:30 AM in Dept. No. 5 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:
JOSUE CRISTOBAL GUERRERO ESQ
SBN 289039
GOMEZ & SIMONE PC
3055 WILSHIRE BLVD
STE 550
LOS ANGELES CA 90010
CN951840 LECHUGA Aug 17, 24, 31, 2018

CN951840
The Norwalk Patriot
8/17/18, 8/24/18, 8/31/18

NOTICE OF PETITION TO ADMINISTER ESTATE OF: EVELYN M. BATEMAN CASE No. 18STPB06122

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of EVELYN M. BATEMAN. A PETITION FOR PROBATE has been filed by LARRY BATEMAN in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that LARRY BATEMAN 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: 09/13/18 at 8:30AM in Dept. 79 located at 111 N. HILL ST., LOS ANGELES, CA 90012 IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

Attorney for Petitioner:
LAURA L. BROMLOW - SBN 285833
SCHOMER LAW GROUP
3963 CERRITOS AVENUE
LOS ALAMITOS CA 90720
BSC 216005
8/10, 8/17, 8/24/18
CNS-3161003#
THE NORWALK PATRIOT

CNS-3161003
The Norwalk Patriot
8/10/18, 8/17/18, 8/24/18

TRUSTEE SALES

T.S. No.: 2018-00668-CA
A.P.N.:8054-006-018
Property Address: 13645 Alburitis Avenue, Norwalk, CA 90650

NOTICE OF TRUSTEE'S SALE

PURSUANT TO CIVIL CODE § 2923.3(a) and (d), THE SUMMARY OF INFORMATION REFERRED TO BELOW IS NOT ATTACHED TO THE RECORDED COPY OF THIS DOCUMENT BUT ONLY TO THE COPIES PROVIDED TO THE TRUSTOR.

NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED

注：本文件包含一个信息摘要
참고사항: 본 첨부 문서에 정보 요약서가 있습니다
NOTA: SE ADJUNTA UN RESUMEN DE LA INFORMACIÓN DE ESTE DOCUMENTO
TALA: MAYROONG BUOD NG IMPORMASYON SA DOKUMENTONG ITO NA NAKALAKIP
LƯU Y: KÈM THEQ ĐẦY LÀ BẢN TRÌNH BÀY TÓM LƯỢC VỀ THÔNG TIN TRONG TÀI LIỆU NÀY

IMPORTANT NOTICE TO PROPERTY OWNER:

YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 06/08/2005. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER.

Trustor: **Vincent Lepe A MARRIED MAN AS HIS SOLE AND SEPARATE PROPERTY**

Duly Appointed Trustee: **Western Progressive, LLC**

Deed of Trust Recorded **06/17/2005** as Instrument No. **05 1422067** in book ---, page -- and of Official Records in the office of the Recorder of Los Angeles County, California, Date of Sale: **09/21/2018** at **11:00 AM**

Place of Sale: **BEHIND THE FOUNTAIN LOCATED IN CIVIC CENTER PLAZA, 400 CIVIC CENTER PLAZA, POMONA, CA 91766**

Estimated amount of unpaid balance, reasonably estimated costs and other charges: **\$ 304,793.27**

NOTICE OF TRUSTEE'S SALE

THE TRUSTEE WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK DRAWN ON A STATE OR NATIONAL BANK, A CHECK DRAWN BY A STATE OR FEDERAL CREDIT UNION, OR A CHECK DRAWN BY A STATE OR FEDERAL SAVINGS AND LOAN ASSOCIATION, A SAVINGS ASSOCIATION OR SAVINGS BANK SPECIFIED IN SECTION 5102 OF THE FINANCIAL CODE AND AUTHORIZED TO DO BUSINESS IN THIS STATE:

All right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described as:

More fully described in said Deed of Trust.

Street Address or other common designation of real property: **13645 Alburitis Avenue, Norwalk, CA 90650**
A.P.N.: 8054-006-018

The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above.

The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust with interest 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: **\$304,793.27**.

Note: Because the Beneficiary reserves the right to bid less than the total debt owed, it is possible that at the time of the sale the opening bid may be less than the total debt.

If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse.

The beneficiary of the Deed of Trust has executed and delivered to the undersigned a written request to commence foreclosure, and the undersigned caused a Notice of Default and Election to Sell to be recorded in the county where the real property is located.

NOTICE OF TRUSTEE'S SALE

NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on this 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 **(866)-960-8299** or visit this Internet Web site <http://www.altisource.com/MortgageServices/DefaultManagement/TrusteeServices.aspx> using the file number assigned to this case **2018-00668-CA**. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale.

Date: August 7, 2018
Western Progressive, LLC, as Trustee for beneficiary
C/o 1500 Palma Drive, Suite 237 Ventura, CA 93003
Sale Information Line: (866) 960-8299 <http://www.altisource.com/MortgageServices/DefaultManagement/TrusteeServices.aspx>

Trustee Sale Assistant

WESTERN PROGRESSIVE, LLC MAY BE ACTING AS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED MAY BE USED FOR THAT PURPOSE.

The Norwalk Patriot
8/24/18, 8/31/18, 9/7/18

CLASSIFIEDS

SERVICES

PLANS, PERMITS CONSTRUCTION

Project Design,
New Construction,
Remodeling & Additions
Lic. #936419
Call Jeff (562) 869-1421

Shared Stories: A Tribute to My Father

Continued from page 1

When I found him, HE was furious!

He said to me, “What are you doing here? Leave! I don’t want anyone thinking you’re a prostitute!”

I said, “I don’t care what anyone thinks and I’m not going to leave!”

He said, “Stop being stubborn and just leave!”

I thought, hum, I wonder where I get that stubbornness from? After I stood my ground, he surrendered. After that visit, I was allowed to visit him once a week. That went on for twenty years!

In the first few years I was married to my ex-husband Robert, and after having our children, my father was transformed into a big teddy bear. He adored his grandchildren. Li’l Reina, Li’l Roberto, and Li’l Daniel, he would call them. He especially loved Li’l Daniel.

I never saw my father smile as much as he did when Daniel was around him. My father would buy my children their winter coats, Easter baskets, shower them with Christmas gifts and load them with cookies and candy.

When my father was forced to come and live with me, (when I was married) he became extremely ill. In the weeks he lived with me, he became calm, caring, and supportive, but yet struggled with Alzheimer’s disease. It was tough seeing my father deal with that awful disease. But it was a joy having him around. I was able to cook his meals, sit and watch TV with him and finally see him at peace.

I’m glad I never gave up on my father. It was a challenge. I felt like I had been running a marathon for twenty years and I finally made it to the finish line.

Dad, you’re always in my heart!

Paging Dr. Frischer...

By Dr. Alan Frischer

Are you familiar with moringa, a popular new supplement? The sheer number of sources claiming a very wide range of unbelievable benefits is astounding. I must admit that after my recent research into health scams, this makes warning lights go off in my head.



Moringa oleifera is known as the drumstick tree, the miracle tree, the ben oil tree, and the horseradish tree. It has long been used to treat a variety of conditions. Native to India, it also grows in Asia, Africa, and South America. The supplement can be made from the leaves, bark, flowers, fruit, seeds, and root.

In some parts of the world, moringa is an important food source. It contains a variety of vitamins and minerals, including Vitamin A, thiamine, riboflavin, niacin, B6, folate, ascorbic acid, calcium, potassium, iron, magnesium, phosphorus, and zinc.

Because it can be grown cheaply and easily, and because the dried leaves retain their vitamins and minerals, moringa is used in India and Africa in programs to fight malnutrition.

The immature green pods (drumsticks) are prepared like green beans, and the seeds are removed from mature pods and cooked like peas or roasted like nuts. The leaves are cooked and used like spinach, and they are also dried and powdered for use as a condiment.

Some of the benefits claimed by manufacturers of moringa supplements appear reasonable; its antioxidants may well fight free radicals, for example, which might lead to other significant benefits. But the list of benefits is rather staggering and speculative, including curing ailments from head to toe – from reducing inflammation to fighting cancer. Almost none have yet been backed up by scientific studies.

Naturally, moringa can have unintended side effects; consult your doctor before taking any kind of supplement. As with all supplements, the United States Food and Drug Administration doesn’t monitor or certify any health claims. It doesn’t evaluate the purity or quality. It doesn’t stand behind the validity of the claims made by the manufacturers, or whether it is safe or beneficial to consume.

The fact is that every chemical has some effect. For example, cinnamon lowers blood sugar, but diabetics don’t replace their insulin with cinnamon. Moringa may indeed lower blood pressure and raise thyroid levels in the body.

However, supplements like moringa are not measured or mixed precisely or consistently, and we simply cannot count on them to treat important health issues like low thyroid or high blood pressure.

My bottom line will sound familiar. The world is filled with fascinating products that have the potential to help or to harm. While Western medical science cannot claim to have all of the answers, it does provide a framework with which to proceed as safely as possible. Some as yet unproven supplements might very well prove beneficial.

If you are interested in moringa, please speak with your physician. He or she may not yet be familiar with it, but can at least evaluate your particular health situation and offer some educated advice.

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.

Does opioid use increase the risk of suicide? Researchers want to find out.

PASADENA -- Kaiser Permanente researchers have received a major grant from the National Institute on Drug Abuse to examine the role of opioid use in suicide risk and develop better tools to help clinicians identify patients who are at highest risk.

The three-year, \$1.4 million study will be led by Bobbi Jo Yarborough, Psy.D., an investigator at the Kaiser Permanente Center for Health Research in Portland, Oregon.

Both suicide deaths and opioid-related overdose deaths in the U.S. are on the rise. In 2015, the age-adjusted suicide rate was 13.3 per 100,000 — a 27 percent jump from 1999, according to the National Center for Health Statistics.

Over the same period, the rate of suicides with opioid poisoning as a contributing cause doubled, and the rate of

opioid-related overdose deaths tripled.

“We’ve done preliminary work suggesting that 22 to 37 percent of opioid-related overdoses are, in fact, suicides or suicide attempts,” said Dr. Yarborough.

“While health care settings are ideal places to intervene to prevent suicides, clinicians aren’t able to easily determine which of their patients are at elevated risk. Our ultimate goal is to develop the most accurate suicide risk prediction tools and put them into the hands of clinicians.

“If our study is successful, clinicians will have a powerful new resource in the fight against suicide.”

The new study will use the power of machine learning and predictive analytics, which allow researchers to find

meaningful patterns in large datasets.

The study will leverage Kaiser Permanente’s industry-leading electronic health record system to create the best available tools for clinicians to help prevent future suicides.

The existing suicide prediction models were developed under the auspices of the Mental Health Research Network, a group of 13 research sites embedded within U.S. health systems that serve a combined 12.5 million patients.

The models include a large number of variables that can predict the likelihood of a suicide attempt within 90 days of a mental health or primary care outpatient visit.

These variables include medical, mental health and substance use disorder diagnoses; current and past

prescriptions; and health care use patterns.

Under the new study, researchers will evaluate the following variables for their ability to improve prediction of suicide attempts or death: illicit or prescribed opioid use, opioid use disorder, discontinuation or substantial dose reduction of prescription opioids, and prior nonfatal opioid-related overdoses.

Dr. Yarborough and her colleagues will also assess whether the strength of these risk predictors varies between men and women.

“We know that opioid use, opioid overdose and suicide are related, but we need much more specific information to guide our efforts at prevention,” said Gregory Simon, M.D., M.S. in public health, principal investigator of the Mental Health Research Network and

a co-investigator on the new study. “The findings from this study will be a great asset to the public health community.”

The new study will include all seven of the Mental Health Research Network sites that collaborated in the development of the existing suicide risk prediction model: Health Partners in Minnesota; Henry Ford Health System in Michigan; and the Kaiser Permanente regional groups in Colorado, Hawaii, Southern California, Washington and the Northwest (Oregon and Southwest Washington).

The researchers from these sites will be working with a dataset that includes approximately 24 million medical visits, 35,000 suicide attempts and 2,600 suicide deaths.



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Los Angeles to Anaheim Project Section

Preferred Alternative Open House Meetings

September 8 - 24, 2018

ALL MEETINGS WILL BE IDENTICAL WITH A PRESENTATION A HALF-HOUR AFTER THE LISTED START TIME

MONTEBELLO

Saturday, September 8, 2018

10:00 a.m. - 12:00 p.m.

Montebello Senior Center

115 S Taylor Ave

Montebello, CA 90640

ANAHEIM

Thursday, September 20, 2018

5:30 p.m. - 7:30 p.m.

Brookhurst Community Center

2271 W Crescent Ave

Anaheim, CA 92801

SANTA FE SPRINGS+

Wednesday, September 12, 2018

5:30 p.m. - 7:30 p.m.

Gus Velasco Neighborhood Center

9255 S Pioneer Blvd

Santa Fe Springs, CA 90670

BUENA PARK

Monday, September 24, 2018

5:30 p.m. - 7:30 p.m.

Buena Park Community Center

6688 Beach Blvd

Buena Park, CA 90621

DOWNTOWN LOS ANGELES+

Monday, September 17, 2018

5:30 p.m. - 7:30 p.m.

Nishi Hongwanji Buddhist Temple (Gym)

815 E 1st St

Los Angeles, CA 90012

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+Live webcast presentation starts at 6:00 p.m.

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For more information, please visit hsr.ca.gov

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Other language requests can be accommodated upon request. Meeting facilities are accessible for persons with disabilities. All requests for reasonable accommodations and/or language services must be made three working days (72 hours) in advance of the scheduled meeting date. Please call (877) 669-0494 or the Authority's TTY/TTD number at (916) 403-6943 for assistance.

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‘Big Bang Theory’ ending after Season 12

► **TELEVISION:** The show’s 12th season will be its last, CBS announced. It will be the longest-running multi-camera sitcom in TV history.

LOS ANGELES – The upcoming 12th season of the CBS comedy “The Big Bang Theory” will be the sitcom’s final season, it was announced Wednesday.

The conclusion will mark the end of the longest-running multi-camera series in television history.

In a joint statement, Warner Bros. Television, CBS and Chuck Lorre Productions said, “We are forever grateful to our fans for their support of The Big Bang Theory during the past 12 seasons.

“We, along with the cast, writers and crew, are extremely appreciative of the show’s



success and aim to deliver a final season, and series finale, that will bring The Big Bang Theory to an epic creative close.”

The 12th and final season of The Big Bang Theory will debut Monday, Sept. 24 on CBS before moving to its regular time period

on Thursday, Sept. 27 and will presumably conclude next May.

The series, which debuted in 2007, has received 52 Emmy nominations and 10 wins to date (though has never won for Outstanding Comedy Series).

The show is survived by a prequel spin-off, “Young Sheldon,” which debuted last season to strong ratings.

Norwalk Community Hospital earns award for patient safety

NORWALK – Norwalk Community Hospital is the recipient of the 2018 Patient Safety Excellence Award for the fifth year in a row (2014-18).

The medical facility is officially named Los Angeles Community Hospital at Norwalk.

This designation recognizes superior performance of hospitals that have prevented the occurrence of serious, potentially avoidable complications for patients during hospital stays, according to Healthgrades.

The distinction places Los Angeles Community Hospital at Norwalk among the top 5 percent of all acute care hospitals reporting patient safety data for its excellent performance as evaluated by Healthgrades, a trusted provider of information to millions of U.S. healthcare consumers.

“If you have to go to the hospital, it’s important to choose a hospital that is dedicated to safety, and ours has a proven track record of preventing further illness and injury to its patients,” said Los Angeles Community Hospital at Norwalk

CEO Hector Hernandez.

During the 2014-16 study period, Healthgrades found that patients treated in hospitals receiving the Patient Safety Excellence Award were, on average:

- 55.6 percent less likely to experience an accidental cut, puncture, perforation or hemorrhage during medical care, than patients treated at non-recipient hospitals

- 52.4 percent less likely to experience a collapsed lung due to a procedure or surgery in or around the chest, than patients treated at a non-recipient hospital

- 62.8 percent less likely to experience catheter-related bloodstream infections acquired at the hospital, than patients treated at non-recipient

hospitals

- 54.3 percent less likely to experience pressure sores or bed sores acquired in the hospital, than patients at non-recipient hospitals

“We are proud to be able to offer the residents of Norwalk safe care that is nationally recognized,” added Keith Levy, hospital administrator.

In addition to the Patient Safety Excellence award, Healthgrades also recognized Norwalk Community Hospital in 2018 with Five Stars for Hip Fracture Treatment, Appendectomy, Esophageal-Stomach Surgeries, Treatment of Bowel Obstruction, Treatment of GI Bleed, Treatment of Pancreatitis, and COPD Treatment.

Best-selling author to give talk at Cerritos Library

CERRITOS – Bestselling author Peter Blauner will discuss his latest novel, the twist-laden thriller “Sunrise Highway,” at 7 p.m. on Tuesday, Sept. 11, in the Cerritos Library Skyline Room A.

The action-packed “Sunrise Highway” follows a lone cop hot on the trail of a killer who is determined to stop her and make her pay. “Publishers Weekly” praised the book: “This is a page-turner of the highest order.”

An ex-journalist for “New York Magazine,” Blauner won an Edgar Allan Poe award for best first novel for “Slow Motion Riot.” He also penned “The New York Times” bestseller “The Intruder” and “Proving Ground.”

Blauner also has written for the television shows “Law & Order: SVU” and the CBS series “Blue Bloods.”

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