

Commerce council members fight at conference

Councilman Leonard Mendoza was knocked out cold in an apparent fight with Mayor Pro Tem Ivan Altamirano.

CITY OF COMMERCE – The mayor of the City of Commerce said on Monday he plans to press charges against two people he said attacked him at a meeting of local government officials at the Renaissance Indian Wells Resort & Spa after two Commerce city councilmen got into a fight.

Mayor John Soria, who was in town to attend the annual California Contract Cities Association meeting, describes the brawl that took place at about 12:30 a.m. Saturday in an official statement.

Mayor Pro Tem Ivan Altamirano and Councilmember Leonard Mendoza were having a conversation that “became elevated and I went to the area to defuse any potential conflict,” Soria said. “Upon arriving I witnessed Mr. Mendoza on the floor, apparently unconscious and Mr. Altamirano standing nearby with a facial injury.”

Soria said he attempted to establish “a safe distance between people standing in the area and Mr. Altamirano” while others attempted to render aid to Mendoza.

“Within seconds Mr. Altamirano and I were attacked from behind by two individuals,” Soria said. “Mr. Altamirano was knocked to the ground and I was further attacked by these two individuals, being punched several times on the head and face from which I sustained multiple injuries,” he said.

“I know who the attackers are, but I will refrain from naming them at this time so that the Riverside County Sheriff’s Department can conduct a thorough investigation,” Soria said.

“I want to be clear in condemning the violent behavior from the individuals who initiated these assaults,” he said. “Violence is never the answer, and as elected officials we are held to a higher standard. Such behavior is unacceptable and is an embarrassment to the people of Commerce and Southeast Los Angeles.”

On Monday, the California Contract Cities Association’s executive board voted unanimously to suspend the City of Commerce’s membership “until further notice.”

“The California Contract Cities Association condemns, in the strongest terms, the behavior of those involved in the incident,” the organization said in a statement.

“While this incident took place on the property of the conference hotel outside of CCCA-sanctioned conference programming, violent behavior is unacceptable and inconsistent with the values of our Association and members. The CCCA Executive Board calls upon all witnesses of the incident to cooperate with law enforcement investigating the matter.

“The Association has made clear – both in adopted policy and in related communications – the high expectations we have for our members. Violations of our Code of Conduct are taken seriously as evidenced by this action.”

The City of Commerce declined to comment but issued a statement Monday.

“The city has been made aware of reports of a confrontation between some city officials that took place outside of the city’s jurisdiction,” the City of Commerce said in a statement.

“Given that, and the fact that the city is unclear on the specifics, the city has no further comment at this time.”

Norwalk High makes list of nation’s top high schools

U.S. News & World Report’s 2019 list of the country’s best high schools includes Norwalk High.

NORWALK – Norwalk High School has been named to U.S. News & World Report’s list of the best high schools in the United States for 2019.

The ranking is based on data from more than 23,000 public high schools in 50 states and the District of Columbia.

The Norwalk campus received high marks for a 97% graduation rate and an AP test participation rate of 70%.

The campus’s total minority enrollment is 96% and 82% of students are economically disadvantaged. The teacher-student ratio is at 24 to 1.

Norwalk High ranked No. 3,906 nationwide, and No. 563 in California.

Whitney High School in Cerritos was named the top campus in the state.

At the end of April, U.S. News & World Report, the global authority in education rankings, announced the 2019 Best High Schools – a new, revamped edition of the rankings, providing the most comprehensive evaluation of America’s public high schools ever produced by U.S. News.

“Our mission with the Best High Schools ranking has always been to educate families about the schools in their district,” said Anita Narayan, managing editor of Education at U.S. News, in a release published by U.S. News & World Report on April 30.

“By evaluating more schools than ever before, the new edition expands that focus so all communities can see which schools in their area are successfully serving their students – including historically underserved populations.”

The 2019 Best High Schools



ranking take a holistic approach to evaluating schools, looking at six factors: college readiness, reading and math proficiency, reading and math performance, underserved student performance, college curriculum breadth and graduation rates.

Specifically, college readiness measures participation and performance on AP and IB exams.

John Glenn High celebrates its new football field

NORWALK – Norwalk – La Mirada Unified School District celebrated the completion of the new football field and stadium at John Glenn High School last week, marking the completion of one of the several major outdoor renovations taking place around the district.

The stadium was officially unveiled Tuesday, May 14.

The new facility features a 2,500-seat synthetic turf stadium with lights, a press box, baseball fields, softball fields, practice field, ticket booth and concession building that includes restrooms and locker rooms. The makeover for the 1960’s-era Eagles campus covers approximately 20 acres of school property.

The Glenn project – which included construction, planning, and development work budgeted at \$25 million – was funded through



the Measure G Bond Program, NLMUSD’s capital improvements bond passed in 2014.

“this is a modernization project that will meet a lot of our campus needs. It’s also a smart, long-term investment for our community,”

said Francisco Ramirez, principal of the 1,300-student high school. “These renovations look great and no doubt there will be a lot of students and families who will take new interest in our school.”

Former White House photographer to give commencement address

Eric Draper served as chief photographer for President George W. Bush.

NORWALK – Eric Draper, the former White House chief photographer for President George W. Bush, will give the commencement address at Cerritos College’s graduation ceremonies today.

Draper is a graduate of Cerritos College. He served as President Bush’s chief photographer for the entire eight years of his presidency, photographing him daily in his activities at the office, abroad and in his personal life.

Draper was named Special Assistant to the President, and is the first White House photographer to be named a commissioned officer to a U.S. president. During his tenure, Draper took nearly one million photos documenting the presidency.

His many assignments included the 1992 Los Angeles riots, the 1996 and 2000 presidential campaigns, the 2000 Summer Olympics in Sydney, Australia, the Kosovo conflict in 1999 and the 1998 World Cup in France.

Draper will share his experience through community



Eric Draper and First Lady Laura Bush.

college and transfer, and his career journey from a Los Angeles newspaper photographer to an official presidential photographer with thousands of graduates and guests at the May 24 Commencement.

The college will present associate degrees and skills certificates earned during the 2018–2019 academic year. Approximately 5,000 students will be receiving degrees and certificates, making the fourth consecutive largest graduating class in the Cerritos College history.

Students graduating and transferring will be transitioning to some of the nation’s top colleges and universities, including UCLA, UC Berkeley, UC Santa Barbara, California State Universities Northridge, Los Angeles, Long Beach, Fullerton, among others.

The ceremony is free, however, each guest will need a ticket to enter the stadium. For details, visit the college’s website.

Seating for wheelchair users is available on a first-come, first-serve basis.

Norwalk restaurant grades

Church’s Chicken
15816 S Pioneer Blvd.
Date Inspected: 5/21/19
Grade: **A**

La Lupita Supermarket
15704 S Pioneer Blvd.
Date Inspected: 5/21/19
Grade: **A**

Boba Loca
15929 Pioneer Blvd.
Date Inspected: 5/20/19
Grade: **A**

Subway
15925 S Pioneer Blvd.
Date Inspected: 5/20/19
Grade: **A**

Outback Steakhouse
12850 Norwalk Blvd.
Date Inspected: 5/16/19
Grade: **A**

Tommy’s Original
15911 S Pioneer Blvd.
Date Inspected: 5/16/19
Grade: **A**

Original Rosewood
10640 Rosecrans Ave.
Date Inspected: 5/16/19
Grade: **A**

Del Taco
10644 Alondra Blvd.
Date Inspected: 5/16/19
Grade: **A**

Denny’s
12616 Pioneer Blvd.
Date Inspected: 5/16/19
Grade: **A**

Keystone Lanes
11459 Imperial Hwy.
Date Inspected: 5/16/19
Grade: **A**

Top Donuts
10939 Alondra Blvd.
Date Inspected: 5/15/19
Grade: **A**

Toros Taqueria
15617 Studebaker Rd.
Date Inspected: 5/15/19
Grade: **A**

Bionic Land
12200 Civic Center Dr.
Date Inspected: 5/15/19
Grade: **A**

El Marinero
11025 E Alondra Blvd.
Date Inspected: 5/15/19
Grade: **A**

Cerritos College Cafeteria
11110 E Alondra Blvd.
Date Inspected: 5/15/19
Grade: **A**

The Poke Co.
16511 Pioneer Blvd.
Date Inspected: 5/13/19
Grade: **B**

Pan De Loreto Bakery
15933 Pioneer Blvd.
Date Inspected: 5/13/19
Grade: **A**

Tacos Miranchito
15933 Pioneer Blvd.
Date Inspected: 3/13/19
Grade: **A**

Il Pino
16511 Pioneer Blvd.
Date Inspected: 5/9/19
Grade: **A**

DK’s
12549 Alondra Blvd.
Date Inspected: 5/9/19
Grade: **A**

Lupita’s Mexican Restaurant
15018 Pioneer Blvd.
Date Inspected: 5/9/19
Grade: **A**

Talia’s Coffee
12200 Civic Center Dr.
Date Inspected: 5/8/19
Grade: **A**

Weekend at a Glance

Friday 74°

Saturday 69°

Sunday 63°



The Mixtape Tour

Sunday - Hollywood Bowl, 7 pm

Watch your favorite groups from the '80s and '90s perform, including New Kids on the Block, Salt N Pepa, Naughty By Nature, Tiffany, and more. Tickets start at \$21.



Soto the Band

Sunday - Bruce's Lounge in Santa Fe Springs, 6 pm

A Memorial Day party featuring live music by Soto and Miriah Avila. Plus DJs playing Top 40 in two rooms. \$10 cover



Night of Destruction

Saturday - Irwindale Speedway, 4-10 pm

Destruction derby, flag pole racing, jet car burndown, and automobile soccer. The night ends with a fireworks show. Tickets are \$15 adults, \$7 kids



Chili Cookoff & Car Show

Saturday - Arlington Business District in Riverside, 9:30 am to 5 pm

Live music, beer garden, vendors, a kids' zone, BBQ, chili contests, and an entire block of classic cars and motorcycles.



Oldies Funk Show

Saturday - Greek Theatre, 7 pm

An all-ages show with performances by War, KC & the Sunshine Band, Tierra, and more. Tickets start at \$47.

TWEET OF THE WEEK

@HonMRios: What started as a great community event, ended with me being verbally assaulted by a community member. This individual attends events just to antagonize me.

I may not have acted “mayorly” at the moment, but I will not remain silent while being falsely accused or disrespected.



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

Paging Dr. Frischer...

By Dr. Alan Frischer

Everybody's talking about the measles outbreak. Why do we care so much?

When I was a child, measles was considered a mild disease that kept kids out of school for a week or two. Today, I know better. Measles is an acute viral illness with fevers rising to as high as 105 degrees, malaise, cough, runny nose, conjunctivitis, and a unique rash. Those with measles are contagious from four days prior to four days after the rash appears. Measles can come with serious complications, even for otherwise healthy children and adults, including:

- One out of every 1,000 measles cases will develop acute encephalitis, which often results in permanent brain damage.

- One or two out of every 1,000 children who become infected with measles will die from respiratory and neurologic complications.

- Subacute sclerosing

panencephalitis (SSPE) is a rare, but fatal degenerative disease of the central nervous system.

Measles is highly contagious, and extremely easy to spread. Since 1912, healthcare providers and labs in the United States have been required to report all measles cases. In 1963, a measles vaccine became available, and an improved version was released in 1968. Since 1989, the current, highly effective, two-dose vaccination has been administered.

Prior to the vaccine, nearly all children got measles by the time they were 15 years old. This resulted in three to four million people infected each year, leading to roughly 500 deaths, 48,000 hospitalizations, and some 3,000 cases of encephalitis. Due to a highly effective vaccination program in the U.S. as well as in Canada and Mexico, measles was effectively eliminated from North America by the year 2000.

Many of us were vaccinated decades ago. Are we immune? Those of us born before 1963 may not have received any measles

vaccine at all, but it's generally safe to assume that most of us either had the disease or were exposed and are immune.

The current MMR vaccine actually protects against three diseases: measles, mumps, and rubella. It is a two-dose live attenuated (weakened) virus vaccine. The first dose is to be given at 12 to 15 months, and the second dose at four to six years. Its potential side effects are hugely outweighed by the benefits of preventing the diseases.

It's extremely important to note that numerous studies have searched for and failed to find a connection between the measles vaccine and autism. The only study linking the MMR vaccine to autism is over 20 years old, and has been proven to be not only bad science, but outright fraud. Of the 11 authors involved in the study (which looked at only 12 patients), 10 of the co-authors have openly admitted that the data was falsified.

On the other hand, a recent study from Denmark followed 657,461 children born to Danish-born mothers between 1999 and 2010. 6,517 of these children were diagnosed with autism, showing that there was no increased risk of developing autism in the vaccinated group. This was a very large and significant study, and joins numerous other studies that have reached the same conclusion.

Unfortunately, measles is still common in a number of developing countries, particularly in Africa and Asia. Worldwide, an estimated seven million people were affected by measles in 2017, which is a 30% increase from the previous year.

Unvaccinated U.S. residents are susceptible while traveling abroad, and may bring the disease home and spread it to others, particularly to those who are unvaccinated.

We must once again eradicate measles. An effective and safe vaccine exists for us and for our children. If you aren't sure whether you are immune to measles, ask your doctor for a simple blood test to measure your measles antibody level.

If you do not have protection, I urge you to get vaccinated.

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.

In response to abortion law, L.A. County bans official travel to Alabama

Alabama's legislation against abortion draws retaliation from L.A. County's Board of Supervisors.

LOS ANGELES – In the wake of Alabama's recent decision to ban most forms of abortion, the L.A. County Board of Supervisors on Tuesday voted to prohibit official government travel to the state for one year.

Recommended by Supervisor Hilda Solis, the motion -- officially titled "Abortion is Healthcare" -- makes exception for travel related to emergencies and other times where the ban "would seriously harm" county interests.

Supervisor Janice Hahn, Downey's representative on the Board of Supervisors, voted in favor of the motion, which passed

4-0. "Everyone knows that banning abortion won't stop women from accessing abortion services even when it puts them in unsafe medical situations," Supervisor Sheila Kuehl said.

"In Alabama, women who have the money will be able to safely access abortion, but women who are poor will not. Women across the country must resist legislation that will limit reproductive choices that are essential to every woman's health."

Solis called Alabama's legislation against abortion "an act of aggression upon all of us."

"This challenge by Alabama and other states would overturn decades of precedent," said Solis. "It is an attack not only confined to the residents of those states, but an act of aggression upon all of us. We must stand in solidarity and in opposition against extremist and unconstitutional laws that put the health and well-being of families at risk."

Along with banning government travel, the supervisors also voted to send a letter opposing legislation that restricts access to abortion to the governors of Arkansas, Kentucky, Missouri, Ohio, Georgia and Utah.

"Los Angeles County will stand against all attempts to dismantle the protections afforded by Roe v. Wade and the U.S. Constitution," Solis said. "Today's vote sends a strong signal that infringing upon an individual's rights to reproductive health and privacy are not American values."

Alabama's abortion bill, which Gov. Kay Ivey (R) signed into law last week, is the strictest in the nation, making it a felony in the state for a doctor to perform an abortion in nearly all cases. It includes no exceptions for cases of rape or incest.

The law is set to take effect in six months but faces legal challenges.



Hilda Solis

Montebello police searching for stolen patrol vehicle

Police didn't notice for several days that the SUV was missing.

MONTEBELLO – Montebello police are looking for a stolen patrol vehicle with a loaded AR-15 and other firearms that was missing for several days before the department was aware.

Police made the discovery on Tuesday around 3 p.m. after noticing the black and white 2018 Ford Explorer was not in its designated parking spot at the police facility. A loaded shotgun and loaded "less lethal" shotgun were also in the vehicle at the time

of the theft. Police say all weapons were locked and secured in the vehicle, all keys were accounted for.

Investigators determined that the SUV was taken from the parking lot on May 17 around 2:23 a.m. A person was captured on video getting into the vehicle and driving away within 10 seconds, according to police.

The patrol car was last driven by an employee on May 16 around 5 p.m. and was supposed to be used again on Tuesday, when police discovered it was missing.

The department said in a written statement that all law

enforcement agencies were notified "while investigators contacted local repair shops and other vendors to ensure the vehicle was not being repaired. Investigators were also reviewing surveillance video before reporting the vehicle stolen."

Police are using GPS and other "investigative tools available to law enforcement" to locate the stolen vehicle.

Authorities are asking anyone with information to call the Montebello Police Department at 323 887-1313. Anyone who sees the vehicle is urged to call 911.



\$470,000

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SUNDAY, MAY 26: 10 AM – 3 PM

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McKenna



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10K mi/yr. MSRP \$46,060.*

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*Includes Audi Loyalty Must currently own or lease a MY2009 or newer Audi model.
¹ Includes Audi Acquisition Program is extended to customers that currently own or lease a model year 2009 or newer BMW, Lexus, Mercedes-Benz or Tesla. Ask dealer for details.

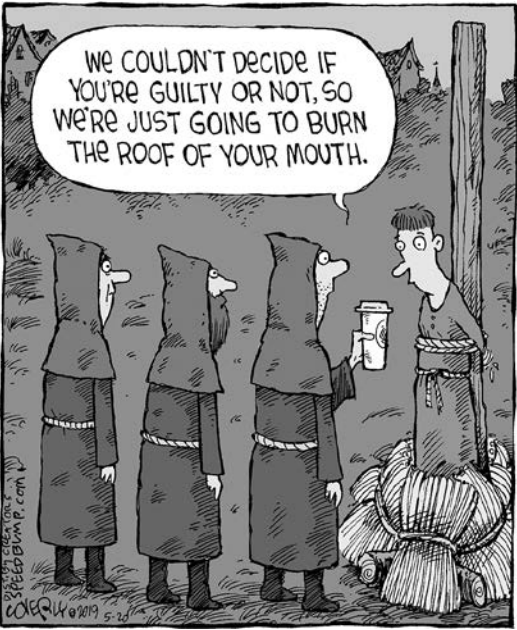
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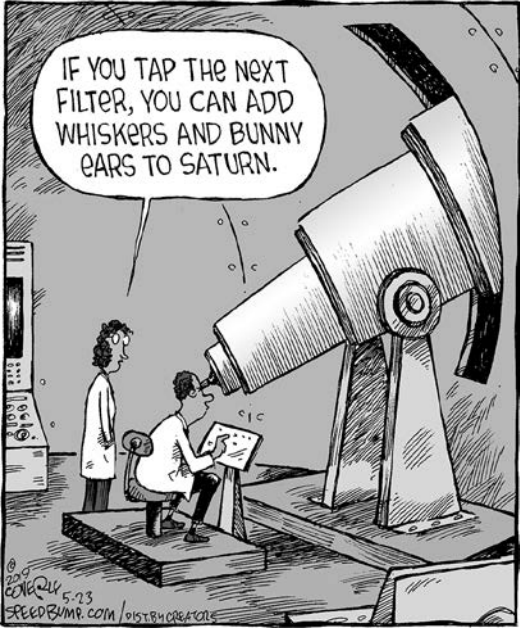


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SPEED BUMP



DAVE COVERLY



On This Day...

May 24, 1738: The Methodist Church was established.

1830: The first passenger railroad service in the U.S. began service.

1844: Samuel F.B. Morse formally opened America's first telegraph line. The first message was sent from Washington, DC, to Baltimore, MD. The message was "What hath God wrought?"

1935: The Cincinnati Reds played the Philadelphia Phillies in the first major league baseball game at night. The switch for the floodlights was thrown by U.S. President Franklin Roosevelt.

2011: NASA announced the development of the Orion Multi-Purpose Crew Vehicle (MPCV) spacecraft. It is intended to facilitate exploration of the Moon, asteroids and Mars.

To Advertise in

The Norwalk Patriot

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Michael Robinson

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

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Email:

news@thedowneypatriot.com

CALENDAR OF EVENTS

MONDAYS

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

TUESDAYS

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

12:00 p.m. - Rotary - Doubletree Hotel

1st & 3rd 6:00 p.m. - Toastmasters Meetings - Registrar Recorder/County Clerks Office

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

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)
IT'S NOT THAT: Despite what it's called
by Fred Piscop

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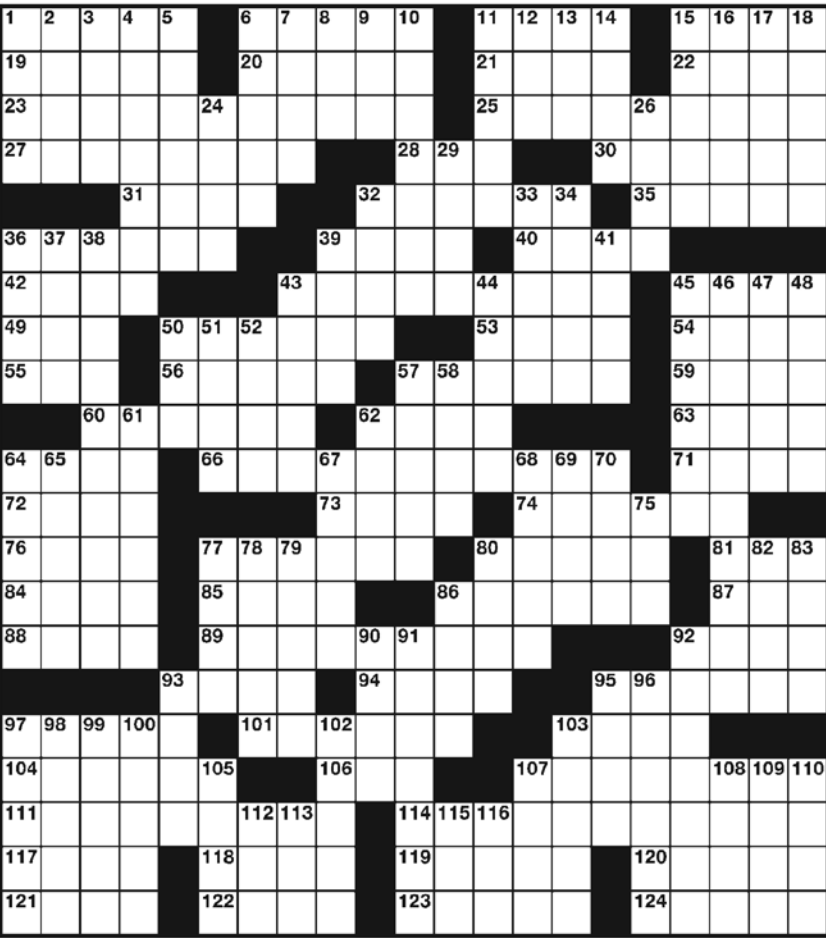
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You can contact puzzle editor Stanley Newman at his e-mail address: StanXwords@aol.com. Or write him at P.O. Box 69, Massapequa Park, NY 11762, Please send a self-addressed, stamped envelope if you'd like a reply.

The word KIA (49 Across) is derived from Korean, roughly meaning "to come from Asia." New York City's Arthur Ashe Stadium (64 Across) is the world's largest tennis-only venue. The Ecuadorian-made PANAMA HAT (89 Across) is so called because of where they were most successfully sold in the 19th century.



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

LEGALS

**COUNTY OF LOS ANGELES
ORDER TO SHOW CAUSE
FOR CHANGE OF NAME
CASE NUMBER: 19NWCP00158**

TO ALL INTERESTED PERSONS: Petitioner OMAR ANDRES REYES filed a petition with this court for a decree changing names as follows:
Present name (1) OMAR ANDRES REYES to Proposed name (1) OMAR ANDRES ALVARENGA
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: June 26, 2019, Time: 1:30 p.m., Department: C
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, **NORWALK PATRIOT** APRIL 26, 2019
Margaret M. Bernal
Judge Of The Superior Court
Petitioner or Attorney, Pro Per
OMAR ANDRES REYES
15325 GARD AVE
NORWALK, CA 90650
(562) 395-8039

The Norwalk Patriot
5/3/19, 5/10/19, 5/17/19, 5/24/19

PROBATE

**NOTICE OF PETITION TO
ADMINISTER ESTATE OF:
KATHY M. ROVITO AKA
KATHLEEN MARIE ROVITO
CASE NO. 18STPB08548**

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of KATHY M. ROVITO AKA KATHLEEN MARIE ROVITO.
A PETITION FOR PROBATE has been filed by PAUL L. ROVITO in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that PAUL L. ROVITO be appointed as personal representative to administer the estate of the decedent.
THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act . (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held in this court as follows: 06/03/19 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
MARC T. EAGAN - SBN 81759
ATTORNEY AT LAW
265 S. RANDOLPH AVE., SUITE 290
BREA CA 92821
BSC 216967
5/10, 5/17, 5/24/19
CNS-3252019#
THE NORWALK PATRIOT

CNS 3252019
The Norwalk Patriot
5/10/19, 5/17/19, 5/24/19

**NOTICE OF PETITION TO
ADMINISTER ESTATE OF:
MARTHA A. GUTIERREZ
CASE NO. 18STPB08548**

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of MARTHA A. GUTIERREZ.
A PETITION FOR PROBATE has been filed by MIRIAM SANCHEZ in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that MIRIAM SANCHEZ be appointed as personal representative to administer the estate of the decedent.
THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act . (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held in this court as follows: 06/28/19 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
JUVENTINO B. CASAS JR. - SBN 44445
LAW OFFICE OF J.B. CASAS JR.

2520 WEST BEVERLY BLVD.
MONTEBELLO CA 90640
5/24, 5/31, 6/7/19
CNS-3255690#
THE NORWALK PATRIOT

CNS 3255690
The Norwalk Patrio
5/24/19, 5/31/19, 6/7/19

TRUSTEE SALES

TS No.: CA07000517-18-2-HC APN: 8046-011-021 To No: 8752229 NOTICE OF DEFAULT AND FORECLOSURE SALE WHEREAS, on October 23, 2009, a certain Deed of Trust was executed by WILLIAM S CRUZ, A MARRIED MAN AS HIS SOLE AND SEPARATE PROPERTY as Trustor in favor of URBAN FINANCIAL GROUP as Beneficiary and ALAN E. SQUITH, ATTORNEY AT LAW, SOUTH ASSOCIATES as Trustee, and was recorded on October 29, 2009, as Instrument No. 20091633484 in the Office of the County Recorder, Los Angeles County, California; and WHEREAS, the Deed of Trust was insured by the United States Secretary of Housing and Urban Development (the Secretary) pursuant to the National Housing Act for the purpose of providing single family housing; and WHEREAS, the beneficial interest in the Deed of Trust is now owned by the Secretary, pursuant to an assignment dated July 30, 2013, and recorded on August 29, 2013, as Instrument No. 20131270779, in the office of the County Recorder, Los Angeles County, California; and WHEREAS, a default has been made in the covenants and conditions of the Deed of Trust in that the payment due on March 6, 2017, was not made and remains wholly unpaid as of the date of this notice, and no payment has been made sufficient to restore the loan to currency; and WHEREAS, the entire amount delinquent as of April 24, 2019 is estimated to be \$432,306.04; and WHEREAS, by virtue of this default, the Secretary has declared the entire amount of the indebtedness secured by the Deed of Trust to be immediately due and payable; NOW THEREFORE, pursuant to powers vested in me by the Single Family Mortgage Foreclosure Act of 1994, 12 U.S.C. 3751 et seq., by 24 CFR part 27, subpart B, and by the Secretary's designation of MTC Financial Inc. dba Trustee Corp. as Foreclosure Commissioner, recorded on October 28, 2015, as Instrument No. 20151318042, notice is hereby given that on June 6, 2019 at 10:00 AM, local time, all real and personal property at or used in connection with the following described premises ("Property") will be sold at public auction to the highest bidder: Commonly known as: 13725 STANSTEAD AVENUE, NORWALK, CA 90650 LOT IN TRACT NO. 23391, IN THE CITY OF NORWALK, COUNTY OF LOS ANGELES, STATE OF CALIFORNIA, AS PER MAP RECORDED IN BOOK 608, PAGES 85 TO 87 INCLUSIVE OF MAPS, IN THE OFFICE OF THE COUNTY RECORDER OF SAID COUNTY. EXCEPT THEREFROM ALL SUBSURFACE OIL, GAS, MINERALS AND OTHER HYDROCARBON SUBSTANCES LYING BELOW A DEPTH OF 500 FEET, BUT WITHOUT THE RIGHT OF SURFACE ENTRY TO EXPLORE FOR OR RECOVER SAME, AS RESERVED BY ANITA L. VON AH, ADMINISTRATRIX OF THE ESTATE OF JOSEPH MARTIN VON AH, ALSO KNOWN AS JOE M. VON AH, DECEASED, INDEED RECORDED NOVEMBER 15, 1956 IN BOOK 52588, PAGE 134, OFFICIAL RECORDS. The sale will be held behind the fountain located in the Civic Center Plaza, 400 Civic Center Plaza, Pomona CA 91766. The Secretary of Housing and Urban Development will bid \$437,504.04. There will be no proration of taxes, rents or other income or liabilities, except that the purchaser will pay, at or before closing, his prorata share of any real estate taxes that have been paid by the Secretary to the date of the foreclosure sale. When making their bids, all bidders except the Secretary must submit a deposit totaling \$43,760.40 [10% of the Secretary's bid] in the form of a certified check or cashier's check made out to the Secretary of Housing and Urban Development, to accompany each oral bid. If the successful bid is oral, a deposit of \$43,760.40 must be presented before the bidding is closed. The deposit is nonrefundable. The remainder of the purchase price must be delivered within 30 days of the sale or at such other time as the Secretary may determine for good cause shown, time being of the essence. This amount, like the bid deposits, must be delivered in the form of a certified or cashier's check to the Secretary of Housing and Urban Development, to accompany each oral bid. If the successful bidder has not paid the bid amount in cash, The successful bidder will pay all conveying fees, all real estate and other taxes that are due on or after the delivery date of the remainder of the payment and all other costs associated with the transfer of title. At the conclusion of the sale, the deposits of the unsuccessful bidders will be returned to them. The Secretary may grant an extension of time within which to deliver the remainder of the payment. All extensions will be for 15-day increments for a fee of \$500.00, paid in advance. The extension fee shall be in the form of a certified or cashier's check made payable to the Secretary of HUD. If the high bidder closes the sale prior to the expiration of any extension period, the unused portion of the extension fee shall be applied toward the amount due. If the high bidder is unable to close the sale within the required period, or within any extensions of time granted by the Secretary, the high bidder may be required to forfeit the cash deposit or, at the election of the foreclosure commissioner after consultation with the HUD representative, will be liable to HUD for any costs incurred as a result of such failure. The Commissioner may, at the direction of the HUD representative, offer the property to the second highest bidder for an amount equal to the highest price offered by that bidder. There is no right of redemption, or right of possession based upon a right of redemption, in the mortgagor or others subsequent to a foreclosure completed pursuant to the Act. Therefore, the Foreclosure Commissioner will issue a Deed to the purchaser(s) upon receipt of the entire purchase price in accordance with the terms of the sale as provided herein. HUD does not guarantee that the property will be vacant. The scheduled foreclosure sale shall be cancelled or adjourned if it is established, by documented written application of the mortgagor to the Foreclosure Commissioner, not less than 3 days before the date of sale, or otherwise, that the default or defaults upon which the foreclosure is based did not exist at the time of service of this notice of default and foreclosure sale, or all amounts due under the mortgage agreement are tendered to the Foreclosure Commissioner, in the form of a certified or cashier's check payable to the Secretary of HUD, before public auction of the property is completed. The amount that must be paid if the mortgage is to be reinstated prior to the scheduled sale is \$432,306.04 as of April 24, 2019, plus all other amounts that would be due under the mortgage agreement if payments under the mortgage had not been accelerated, advertising costs and postage expenses incurred in giving notice, mileage by the most reasonable road distance for posting notices and for the Foreclosure Commissioner's attendance at the sale, reasonable and customary costs incurred for title and lien record searches, the necessary out-of-pocket costs incurred by the Foreclosure Commissioner for recording documents, a commission for the Foreclosure Commissioner, and all other costs incurred in connection with the foreclosure prior to reinstatement. Tender of payment by certified or cashier's check or application for cancellation of the foreclosure sale shall be submitted to the address of the Foreclosure Commissioner provided below. Date: 04/24/2019 ROSENDA CARDENAS, Authorized Signatory MTC Financial Inc. dba Trustee Corps Foreclosure Commissioner 17100 Gillette Ave, Irvine, CA 92614 Phone: 949-252-8300 Fax: 949-252-8330 Order Number 59237, Pub Dates: 05/10/2019, 05/17/2019, 05/24/2019, NORWALK PATRIOT

ISL 59237
The Norwalk Patriot
5/10/19, 5/17/19, 5/24/19

TSG No.: 8750272 TS No.: CA1900284833 FHA/VA/PMI No.: APN: 8073-021-035 Property Address: 14625 HORST AVENUE NORWALK, CA 90650 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 09/05/2007, 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 06/27/2019 at 10:00 A.M., First American Title Insurance Company, as duly appointed Trustee under and pursuant to Deed of Trust recorded 09/12/2007, as Instrument No. 20072101295, in book , of Official Records in the office of the County Recorder of LOS ANGELES County, State of California, Executed by STELLA ANN ORTEGA, TRUSTEE OF THE STELLA ORTEGA FAMILY TRUST, DATED OCTOBER 4, 2001, 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 created by and now held by it under said Deed of Trust in the property situated in said County and State described as: AS MORE FULLY DESCRIBED IN THE ABOVE MENTIONED DEED OF TRUST APN# 8073-021-035 The street address and other common designation, if any, of the real property described above is purported to be: 14625 HORST AVENUE, NORWALK, CA 90650 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be 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. 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.nationwideposting.com/propertySearchTerms.aspx, using the file number assigned to this case, CA1900284833 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)939-0772NPP0353416 To: NORWALK PATRIOT 05/24/2019, 05/31/2019, 06/07/2019

NPP0353416
The Norwalk Patriot
5/24/19, 5/31/19, 6/7/19

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Call Jeff (562) 869-1421

Call Linda Larson
to include your ad in
The Norwalk Patriot

Classified Section

Deadline is Wednesday
at 11:00 am
(562) 904-3668

NORWALK HAPPENINGS

FRIDAY, MAY 24

Cerritos College Graduation, 6
pm. Commencement ceremonies for Cerritos College's 2019

graduates, with an address by former White House photographer Eric Draper. Cerritos College Football Stadium, 11110 Alondra Blvd.

SATURDAY, MAY 25

Midnight Ride Concert, 12:30
pm. Top 40 cover band plays a special Memorial Day concert. Norwalk Senior Center, 14040 San Antonio Dr.

MONDAY, MAY 27

Memorial Day Commemoration, 11 am. Norwalk, in collaboratoin with American Legion Post 359, hosts its annual Memorial Day ceremony, featuring a presentation of colors, POW/MIA ceremony, patriot performances, and a keynote address by U.S. Navy veteran Gerardo Castro Gonzalez. City Hall, 12700 Norwalk Blvd.

TUESDAY, MAY 28

Voting Updates, 6 pm. Learn about LA County's new vote centers and the new voting experience coming in 2020. Norwalk Arts & Sports Complex, 13000 Clarkdale Ave.

WEDNESDAY, MAY 29

Relay for Life BBQ, 11:30 am. A fundraiser to benefit the American Cancer Society's Relay for Life. \$10 meal ticket. City Hall lawn, 12700 Norwalk Blvd.

Wind Chime Art Activity, 2 pm. Adults are invited to decorate their own wood wind chime. Use your creativity to color a flower, birdhouse, or butterfly! All materials will be provided. For ages 18 and up. Alondra Library, 11949 Alondra Blvd.

THURSDAY, MAY 30

Parent/Child Workshop, 10:30 am. Join the library for this five week program to play, learn and bond with your child. There will be a resource specialist in attendance to answer your questions. For children ages 0 -3 years old and their parents/caregivers. Alondra Library, 11949 Alondra Blvd.

How to Become a Multi-Millionaire, 6 pm. JJ Lopez, owner of Century 21 Realty Masters, shares tips on how to get started in real estate investing. Century 21 Realty Masters, 11716 Rosecrans Ave.

FRIDAY, MAY 31

'Spring Fling' Middle School Dance, 6:-9:30 pm. The dance is open only to Norwalk students in the 6th, 7th, and 8th grades. Students must have a school I.D. to verify current school and grade level. Dress code will be enforced. Norwalk Arts & Sports Complex, 13000 Clarkdale Ave.

SATURDAY, JUNE 1

Kids & Cops Golf Tournament, 9 am. Kids ages 8-17 are invited to play a round of golf with local sheriff's deputies. \$10 includes golf, barbecue lunch, awards and raffle. Don Knabe Golf Center, 13717 Shoemaker Ave.

Summer Reading Program for Adults. Love to read? Read and earn rewards all summer long. Register online at SummerReadingLA.org or in person at Norwalk Library. Program ends August 3. Call the library for more information: (562) 868-0775. Norwalk Library, 12350 Imperial Hwy.

WEDNESDAY, JUNE 5

Ribbon Cutting: The Buffalo Spot, 10 am. Join the Norwalk Chamber of Commerce as they welcome Norwalk's newest restaurant. The Buffalo Spot, 12303 Imperial Hwy.

Decorative Chalkboard Art Activity, 2:-30 pm. Adults are invited to create and decorate their own framed chalkboard. All materials will be provided. For ages 18 and up. Alondra Library, 11949 Alondra Blvd.

Decades Bingo, 6-9 pm. Norwalk Town Square is hosting "Decades Bingo" every Wednesday in the month of June. Dress up as the decade for a chance to win a \$50

gift card. This night's decade: the 1950s. Norwalk Town Square, 11633 The Plz.

THURSDAY, JUNE 6

Scrapbooking Activity, 2:-30 pm. Use decorative paper, stencil, magazines, and colorful gel pens to create your very own scrapbook. Norwalk Library, 12350 Imperial Hwy.

TUESDAY, JUNE 11

The Greatest Showman with Christopher Yates, 4 pm. Learn about the fundamentals of music, common time and what it's like to be a real circus performer. Ages 5 - 12. Alondra Library, 11949 Alondra Blvd.

WEDNESDAY, JUNE 12

MakMo: Little Bits Synth Kits, 4-5 pm. Rock out with our Synth Kits! Find out how electricity is translated into sound with our mini-modular synthesizers. Ages 12 - 18. Alondra Library, 11949 Alondra Blvd.

Decades Bingo, 6-9 pm. Norwalk Town Square is hosting "Decades Bingo" every Wednesday in the month of June. Dress up as the decade for a chance to win a \$50 gift card. This night's decade: the 1960s. Norwalk Town Square, 11633 The Plz.

Concerts on the Lawn, 7-9 pm. Summer has officially arrived with the opening concert of Norwalk's Summer Concert Series at the Lawn. Band schedule to be announced later. Civic Center lawn, 12700 Norwalk Blvd.

Coaches Meeting, 7 pm. Attend this meeting if you're interested in coaching baseball in Norwalk's sports program. At this meeting you will select a team name, choose shirt sizes, and reviews rules and philosophies of the program. Norwalk Arts & Sports Complex, 13000 Clarkdale Ave.

THURSDAY, JUNE 13

Coaches Meeting, 7 pm. Attend this meeting if you're interested in coaching volleyball in Norwalk's sports program. At this meeting you will select a team name, choose shirt sizes, and reviews rules and philosophies of the program. Norwalk Arts & Sports Complex, 13000 Clarkdale Ave.

SATURDAY, JUNE 15

Father-Son BBQ, 1 pm. A father-son barbecue just in time for Father's Day. \$10 per adult, \$5 per child. Liberty Baptist Church of Norwalk, 12029 Pine St.

TUESDAY, JUNE 18

Arty Loon: Dia de Los Niños, 4-5 pm. Magician Arty Loon uses his amazing talents to showcase how children play around the world. Ages 5 - 12. Alondra Library, 11949 Alondra Blvd.

WEDNESDAY, JUNE 19

Shrinky Dinks Pins, 4-5 pm. Tap into your creativity and love of reading by creating book inspired shrinky dink pin. Pins can be created from many different images. Ages 12-18. Alondra Library, 11949 Alondra Blvd.

Decades Bingo, 6-9 pm. Norwalk Town Square is hosting "Decades Bingo" every Wednesday in the month of June. Dress up as the decade for a chance to win a \$50 gift card. This night's decade: the 1970s. Norwalk Town Square, 11633 The Plz.

Concerts on the Lawn, 7-9 pm. Band schedule to be announced later. Civic Center lawn, 12700 Norwalk Blvd.

SATURDAY, JUNE 22

Beer Tasting Fundraiser, 1 pm. \$20 entry fee includes tasting glass and six sample tickets, or \$3 for a 5 oz. taster. Food will be available for purchase. Proceeds to benefit JD RF Diabetes Foundation. Norwalk Elks Lodge No. 2142, 13418 Clarkdale Ave.

MONDAY, JUNE 24

Lit Wits Book Club: When Breath Becomes Air, 6:30 pm. Join us to read and discuss the memoir of a neurosurgeon faced with a terminal cancer diagnosis who attempts to answer the question: What makes life worth

living? Norwalk Library, 12350 Imperial Hwy.

TUESDAY, JUNE 25

Craig Newton: Amazing Multicultural Music Show, 4- 5 pm. You can travel musically through an International Show with Craig and his songs will entertain, educate, and foster an appreciation of various styles of music around the world. Ages 5-12. Alondra Library, 11949 Alondra Blvd.

WEDNESDAY, JUNE 26

MakMo: Paper Boats, 4 pm. Become a shipbuilder with MakMo! We provide the materials and guidance and you provide design skills and elbow grease. Ages 8 - 12. Alondra Library, 11949 Alondra Blvd.

Decades Bingo, 6-9 pm. Norwalk Town Square is hosting "Decades Bingo" every Wednesday in the month of June. Dress up as the decade for a chance to win a \$50 gift card. This night's decade: the 1980s. Norwalk Town Square, 11633 The Plz.

Concerts on the Lawn, 7-9 pm. Band schedule to be announced later. Civic Center lawn, 12700 Norwalk Blvd.

THURSDAY, JUNE 27

Accordion Book Art Activity, 3 pm. Use decorative paper, cardboard, and folded sheets of paper to create a beautiful accordion book. Norwalk Library, 12350 Imperial Hwy.

SATURDAY, JUNE 29

Band Reunion, 7 pm. El Rancho High School band members will reunite in this fundraiser to benefit the school band. \$50 for dinner and dancing. DoubleTree Hotel, 13111 Sycamore Dr.

Pachuco Night, 9 pm. The third annual Pachuco Night featuring live music by Harbor Groove Band. Cash prize for best dressed. IV Lounge, 12500 Firestone Blvd.

WEDNESDAY, JULY 10

Concerts on the Lawn, 7-9 pm. Band schedule to be announced later. Civic Center lawn, 12700 Norwalk Blvd.

WEDNESDAY, JULY 17

Concerts on the Lawn, 7-9 pm. Band schedule to be announced later. Civic Center lawn, 12700 Norwalk Blvd.

SATURDAY, JULY 20

Ice Cream Social, 1-4 pm. Visit the museum for a trip down memory lane. Afterwards, enjoy an ice cream with your favorite toppings. D.D. Johnston-Hargitt House Museum, 14246 Mapledale St.

WEDNESDAY, JULY 24

Concerts on the Lawn, 7-9 pm. Band schedule to be announced later. Civic Center lawn, 12700 Norwalk Blvd.

FRIDAY, JULY 26

Scholarship Banquet, 7 pm. Dream Big Project's second annual scholarship banquet. Red carpet and dinner starts at 7 pm, awards presentations at 8 pm, special guest performance at 9 pm. Norwalk Arts & Sports Complex, 13000 Clarkdale Ave.

WEDNESDAY, JULY 31

Concerts on the Lawn, 7-9 pm. Band schedule to be announced later. Civic Center lawn, 12700 Norwalk Blvd.

WEDNESDAY, AUGUST 7

Concerts on the Lawn, 7-9 pm. Band schedule to be announced later. Civic Center lawn, 12700 Norwalk Blvd.

Compiled by Eric Pierce. Email calendar listings to eric@thedowneypatriot.com

Understanding post-traumatic stress disorder this Memorial Day

Contributed by Kaiser Permanente

As America pauses this Memorial Day to remember those who paid the ultimate price to preserve our freedom, it’s important to shed some light on post-traumatic stress disorder (PTSD), a mental health condition affecting many veterans.

For men and women who return home following tours overseas, having endured traumatic events that include combat, terrorist attacks, accidents or sexual assault can lead them to experience nightmares or flashbacks caused by PTSD. Those who suffer from PTSD often relive events that become seared in their memories and negatively affect their mental health.

With PTSD affecting more than 13 million people in the U.S., including 8% of all veterans, the United States Department of Veterans Affairs’ National Center for PTSD notes it is common to have symptoms right after a traumatic event such as combat. However, if they last longer than a month, it may be PTSD.

“Veterans with PTSD are impacted in different ways,” said Dr. Juan-Carols Zuberbuhler with Kaiser Permanente West Los Angeles Medical Center. “What many have in common, however, is that PTSD can negatively affect how a person handles daily activities such as a job, going to school or having healthy relationships with your spouse,

children, friends and loved ones. That can often lead to shame, social withdrawal, anxiety, sleep disorders, or even suicide.”

Dr. Zuberbuhler noted the simplest triggers can make someone with PTSD feel like their nervous system becomes hijacked by a panic reaction, which can cause you to fight (get angry), flight (avoid), or freeze (feel numb).

“Certain factors increase the chances of someone developing PTSD, including having directly experienced or repeatedly witnessing the aftermath of a very intense or long-lasting traumatic event,” he added. “Thus, in addition to direct victims, many first responders or healthcare providers can be at risk for developing PTSD.”

For those with PTSD, doing the following may improve a person’s path to recovery:

- Always attend scheduled counseling sessions and doctor’s appointments.
- In times of anxiety, reassure and comfort yourself by saying, and keep on going.
- Make sure you get sufficient rest.
- Avoid alcohol, caffeine, nicotine and illegal drug use, as they can

raise your anxiety level and cause problems with sleeping.

- Exercise.
- Use proven relaxation techniques.
- Get involved in your community.

Because there are times when PTSD can cause severe anxiety and other mental health challenges,

Dr. Zuberbuhler emphasized it’s important to know when to seek help.

“If you have thoughts of hurting yourself or others, then call 911,” he said. “Also, contact your doctor if your symptoms get worse, or you feel your state of mental health isn’t improving.”

Kaiser Permanente offers valuable care instructions for those with PTSD.

The history of Memorial Day

Originally called Decoration Day, from the early tradition of decorating graves with flowers, wreaths and flags, Memorial Day is a day for remembrance of those who have died in service to our country. It was first widely observed on May 30, 1868 to commemorate the sacrifices of Civil War soldiers, by proclamation of Gen. John A. Logan of the Grand Army of the Republic, an organization of former Union sailors and soldiers.

During that first national commemoration, former Union Gen. and sitting Ohio Congressman James Garfield made a speech at Arlington National Cemetery, after which 5,000 participants helped to decorate the graves of the more than 20,000 Union and Confederate soldiers who were buried there.

This event was inspired by local observances of the day that had taken place in several towns throughout America in the three years after the Civil War. In 1873, New York was the first state to designate Memorial Day as a legal holiday. By the late 1800s, many more cities and communities observed Memorial Day, and several states had declared it a legal holiday. After World War I, it became an occasion for honoring those who died in all of America’s wars and was then more widely established as a national holiday throughout the United States.

When Is Memorial Day?

In 1971, Congress passed the Uniform Monday Holiday Act and established that Memorial Day was to be commemorated on the last Monday of May. Several southern states, however, officially commemorate an additional, separate day for honoring the Confederate war dead, sometimes referred to as a Confederate Memorial Day: January 19 in Texas; third Monday in Jan. in Arkansas; fourth Monday in Apr. in Alabama and Mississippi; April 26 in Florida and Georgia; May 10 in North and South Carolina; last Monday in May in Virginia; and June 3 in Louisiana and Tennessee.

Memorial Day is commemorated at Arlington National Cemetery each year with a ceremony in which a small American flag is placed on each grave. Traditionally, the President or Vice President lays a wreath at the Tomb of the Unknown Soldier. About 5,000 people attend the ceremony annually.

Woman leads police on wild chase after stealing RV from Downey

Authorities tried to stop the vehicle after it was stolen from Giant RV; the driver was arrested after she crashed.

DOWNEY – A DUI suspect who led police on a dangerous high-speed chase through the San Fernando Valley Tuesday in a stolen RV with two dogs on her lap has been identified.

The California Highway Patrol identified the suspect as Julie Ann Rainbird, 52, of Winnetka.

The chase started around 7 p.m. in the Santa Clarita area for failure to yield, according to the California Highway Patrol.

Authorities said the RV was stolen from Giant RV in Downey.

The owner of the RV, a Granada Hills woman, said not only was her RV stolen, her identity

information was stolen as well. That information was used to purchase a motorcycle in Simi Valley.

The theft victim was notified of that purchase on April 30, which is when she reported the crime to Simi Valley police.

The recreational vehicle smashed into at least six other cars during the chase, shredding the side of the vehicle’s passenger side open.

In the middle of the pursuit, one of the dogs jumped out through the smashed front windshield and ran off as she continued driving.

The pursuit finally ended when the RV collided into a car in Tarzana and the woman jumped out and fled on foot. Officers quickly tackled her and took her into custody as she was trying to jump the fence of a home in the

neighborhood.

The wild ending to the chase stunned neighbors of the quiet neighborhood.

“These streets are narrow,” said Tarzana resident Craig Friedman. “Sure, she was just evading police, but my God, you gotta stop. You know you’re gonna get caught.”

News choppers were over the pursuit as the suspect struck a palm tree in a shopping center before continuing. The front end and passenger’s side of the RV had significant damage, with the windshield smashed in and the door missing.

At several points, the woman was driving up to 60 mph on surface streets. The driver also smashed into several vehicles, including a sedan in an intersection.

4 people killed in high-speed crash on 710 Freeway

The driver of a BMW lost control of the vehicle, slamming into a sign pole. There were no survivors.

SOUTH GATE – Four men were killed when a car slammed into a sign pole Wednesday morning on the 710 Freeway in South Gate, prompting the shutdown of multiple northbound lanes for hours, authorities said.

The high-speed crash was reported at 3:17 a.m. near the Firestone Boulevard exit, according to the California Highway Patrol. The driver and three passengers in a BMW sedan were pronounced dead at the scene.

The victims were identified as 20-year-old Hussein Ahmad Ghasham, 22-year-old Hussein Moussa Ayoub, 22-year-old Hussein Ali Saleh and 24-year-old Hussein Yasser Saab.

“The vehicle was traveling at a high rate of speed, lost control,

and crashed into the guardrail and the pole,” CHP Sgt. Jason Lopez told reporters at the scene.

There were conflicting versions of what caused the crash. A witness told the CHP that the car’s driver had been racing with another vehicle before the collision. Investigators said there was no evidence at the crash site that indicated another vehicle was involved in the collision.

A family member said there was a group of friends following in a separate car. The occupants in that vehicle said a piece of metal fell from the undercarriage of the victim’s car and a short time later the driver began swerving out of control and hit a guard rail.

“What we do know, just based on the evidence that we have, is that the vehicle made some type of turning input which caused it to lose control,” Lopez said.

Family members of the victims said the group had been fasting in

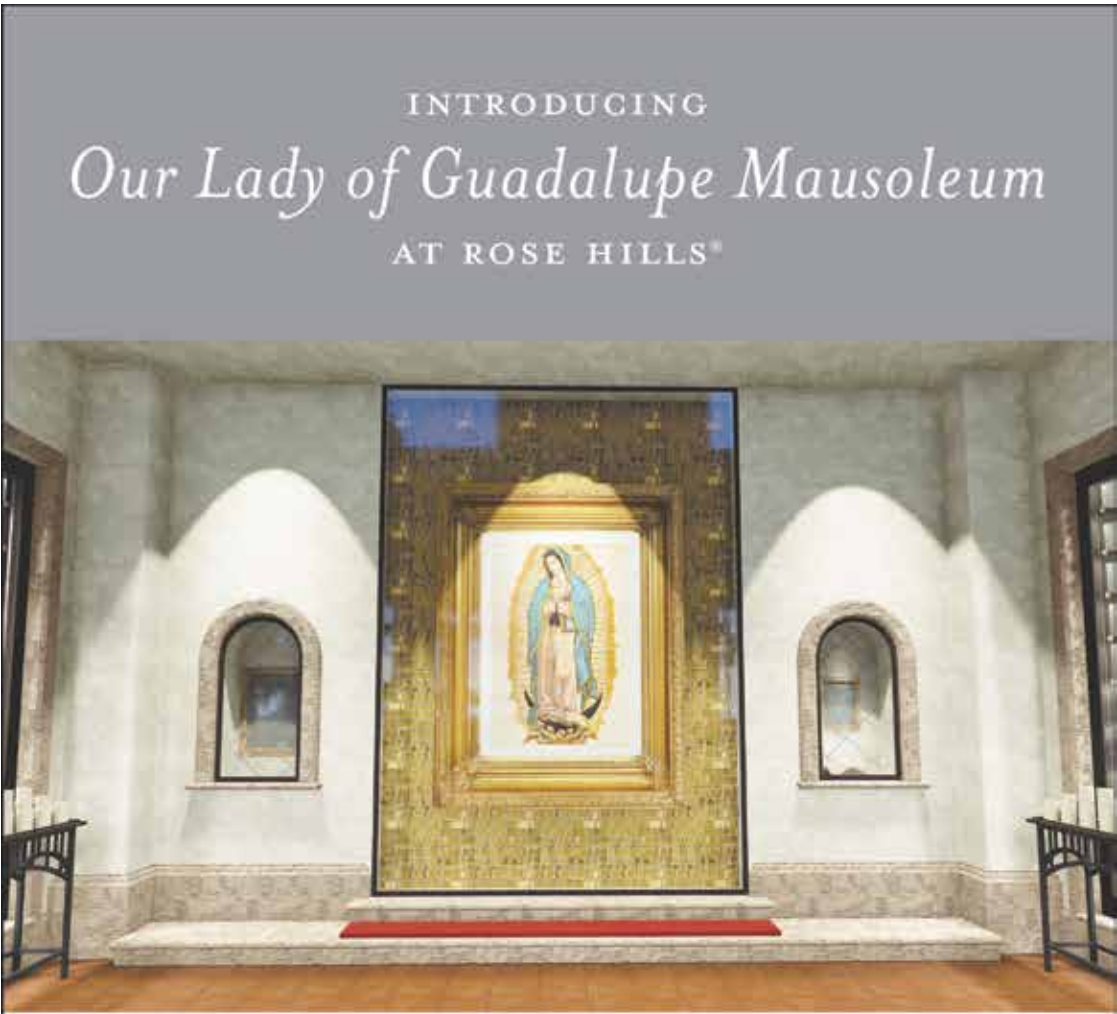
observance of Ramadan and had went to Anaheim for halal, which is the traditional breakfast after Ramadan.

Northbound traffic was backed up for miles as drivers inched past the crash site in the one northbound lane that remained open. Meanwhile, Los Angeles County firefighters had difficulty extricating the bodies from the BMW’s mangled wreckage, which ended up wrapped around the sign pole.

The force of the impact so severe that the car’s engine was ejected from the vehicle and ended up in a nearby ditch.

All but one northbound lane was reopened as of 11 a.m.

The victims families were making arrangements for the men’s bodies to be transported to Lebanon, where they will be buried.



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A Sense of Wonder

Short Stories

By Mina Anne Chudilowsky
Contributor

I have always loved working with young children because of their sense of wonder. I share this sense with them. Everything is so magical to children, and they are so inquisitive and anxious to learn about the world around them.

When walking across the yard, we might see billowing clouds, and our sense of wonder produces images in these fluffy sculptures. Wonder and imagination go hand in hand. The children enjoyed pointing out shapes, and they eagerly looked for the animals and other shapes that others saw in the cloud formations.

We'd see a bird catch a thermal and soar upward in the sky and the children would wonder how this was possible, and it would lead to a science talk about thermals, the lightness of bird bones, how the wings help, etc. It was also fun to watch birds as they tried to fly against a strong wind. This would lead to a wonder about what caused wind. Weather was a huge sense of wonder for the children—especially thunder and lightning. I'd answer their questions, and then get books on the subject and read them at story time.

Colors were a great source of wonder to the children. I'd put a prism in the window and create a rainbow for them. They'd then play with the prism, creating their own rainbows for a long time afterwards.

The children colored with crayons, colored chalk, and painted a lot. They especially liked to wonder what would happen if they mixed the colors. Finger painting was a good way to mix the color, but hand pressing paint between folded paper, or two pieces of paper, or using a hot iron to melt shaved crayon pieces between two pieces of paper was a great way to mix colors and they were fascinated.

Melting the shaved crayons on waxed paper created wonderful colors, and if placed in a window,

they resembled stained glass. The images from these sources were a lot like Rorschach tests and imaginations flowed as they named shapes. They loved how mixing colors created new colors.

We'd use baby bottles, water, eye droppers, and food coloring to also create new colors. This was fun, especially when looking through the bottles in the sunshine. I'd have the children help me mix the tempera paints to create different colors, like pastels in the spring time, and different shades of the basic colors.

My lesson plans were very flexible as they revolved around the children's interests. A walk in the park might end up with us sitting and watching the swallows buzz the grass, or we might explore the yearly carnival as it was being set up, or we might sit down and watch a blimp pass over our heads.

Yard play would stop if a cocoon was discovered, or a spider, or a snail. We'd go out early and touch the hoar frost on the grass, and we'd stop and look at the mountains that were covered with snow.

If it were windy, we'd fly a kite and/or make our own kind with a tube of colored construction paper with crepe paper streamers tied to a "stick" made out of rolled up newspapers.

Bubbles were another source of wonder: how they could come

out of any shape and always turn into a round shape, and they'd reflect iridescent colors and then pop all by themselves if they could escape the children's hands.

The children's sense of wonder was really aroused by music. Anyone who could play an instrument was magical. And when the children explored music with our musical instruments: cymbals, tambourines, rhythm sticks, bells, drums, etc., they didn't hear the discordant cacophony that the adults heard, they heard music.

You could see their sense of wonder as they played: building with the blocks and making tall structures that stayed up for a good long time, or digging in, and constructing with wet sand pumping water with a hand pump, or pouring water over a waterwheel.

Lunch time was another time of wonder. Why couldn't you eat the dessert first? Why do you call my French fries potatoes? This would lead to discussions about nutrition, where our foods come from and how it changes.

We tried having a garden, but the yard men mowed it down. But those discussions led to more cooking projects involving potatoes. How does that hard, brown thing turn into white mashed potatoes? Cooking is full of wonder.

The activity that really opened

their sense of wonder, and that I especially liked, was the introduction of library books at circle [rug] time. I'd show them the books one by one and tell them why I chose them. It may be for the illustrations, or because I read the first page or two and wanted to know what happened next. It might tell us what causes lightning and thunder.

The book may be an old friend that we liked to read over and over. It may be a picture book of a song that we sang, or wanted to learn. It could be a new book representing the ethnic background of some of the children, or a new book about Martin Luther King Jr. or Rosa Parks. It may be another book by an author we already knew and liked.

The children got to choose which area where they'd play, and on new book day, I've seen as many as 20 of my 26 children go to the book area to read these books.

As I said, my lesson plans were not static: they revolved around the children and their interests. And their interests came from their sense of wonder a great deal of the time.

Mina Anne Chudilowsky is a member of the writing class offered through the Cerritos College Education Program. It is held off-campus at the Norwalk Senior Center.



My Little Yorkie

Short Stories

By Maria Zeeman
Contributor

One day, my beloved daughter brought me this little Yorkie. She didn't look very healthy, but she looked me in the eyes and I fell in love with her.

Loretta got her from an older lady that really never watched her well. She had a room for her with papers all around and two big bowls. One for water and one for food. She left her there for days and days.

We took her to a vet, who advised us not to take her in because she wouldn't live more than a few months. But I took her in. She became my sweetheart.

She had not felt grass before; she loved it. She got small plates with a little food that she liked. I could see how happy she was and how healthier she became.

I took her everywhere with me, to the park, movies, restaurants, visiting family and nice places. She was so good. I had a small stroller for her and a sling if she wanted to be carried. She was my support dog. In many ways, I needed her as much as she needed me.

I had her for 10 1/2 years. She lost all her teeth, later her eyesight and then she couldn't hear anything anymore. Then she fell down the stairs on our vacation in Canada and she got worse.

One night she sat next to me on the couch. I held her and cried, but by morning she got a little

better. After a few weeks, she was with me in my bed with a blanket over her and mine too. But she felt cold, so I held her close, praying and getting sad.

In the morning, I called my daughters and they both came over. All three of us were with her; she didn't leave my sight on the couch. She never licked much, but I felt her little tongue on my upper leg.

Oh God, let her stay with me a little longer! But by 6 p.m. the girls went home and Honey was still barely alive. Two hours later, she felt so cold again and she almost stopped breathing. I was so immensely sad, I called the girls and they came back, but she had already died.

How can I feel so sad and grief-stricken? I lost my father, mother, three sisters and two brothers. I was with them and I was very sad, but I knew where they were going and that I will see them again some day.

But my Honey, she was as much my angel as I was for her. You might think, "But she's only a dog!" I know, so why am I so down and depressed? I had a very hard time with it. I cry for two days every time I think, see or here about her.

We buried her and prayed for her. I sat at her grave almost four hours and I'm still heart-broken. That's why I'm writing this, so my Honey knows how much she mended me.

Maria Zeeman is a member of the writing class offered through the Cerritos College Education Program. It is held off-campus at the Norwalk Senior Center.

March Happenings

By Dora Silvers
Contributor

I was reading the newspaper front page. There was a picture of purple and yellow wildflowers in Lancaster.

On Sunday, we drove to Lancaster to see the colorful wildflowers. We could not find any. We stopped for lunch at a restaurant and I asked the waiter, "Where are the wildflowers?"

"There aren't any," he answered.

Monday morning I called the newspaper and asked where the wildflowers were.

"That picture was taken last year," the clerk said. What a terrible thing.

The next week, we drove to Washington, D.C. to see the museums. Then we went looking for the cherry blossoms. No cherry blossoms.

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