

# The Norwalk Patriot

Friday, Nov. 15, 2019

Vol. 13 No. 41

14783 Carmenita Road, Norwalk, CA 90650

## Norwalk votes to continue Metrolink shuttle

By Alex Dominguez  
Staff Writer

**NORWALK** - The City of Norwalk voted last week to extend its pilot shuttle program through the end of June next year.

Due to expire at the end of the month, the agreement will now carry on through June 2020.

The extension costs are estimated to be at \$137,390, of which funding will be supported with Prop C Local Return funds. The cost will also be fractionally offset by parking revenues from the Civic Center's 3rd floor parking structure, estimated at \$8,190.

The city established the originally \$266,125 agreement with MV Transportation, Inc in May of this year, providing a shuttle service between the Metrolink / Santa Fe Springs Metrolink station and the Civic Center parking structure after repeated complaints about insufficient parking availability in the Metrolink / Santa Fe lot.

There are 48 Metrolink commuters (22 residents and 26 non-residents) who have purchased monthly permits to park at the Civic Center structure and utilize the Pilot Shuttle.

Currently, the shuttle operates Monday through Friday between the hours of 4:30 a.m. and 10:30 a.m., and from 2 p.m. to 7:45 p.m. to meet arriving and departing Metrolink Commuter trains.

Council voted 4-1 in approval, with Councilman Leonard Shryock opposed.

## WPMD named best college radio station

**NORWALK** - Cerritos College's WPMD radio station was named the Best Two-year College Radio Station at the College Media Association (CMA)'s Fall National College Media Convention on Nov. 3 in Washington, D.C.

WPMD is a student-operated radio station at Cerritos College that provides content and programming worldwide on streaming sites including TuneIn, Streema, and Radio Shaker.

In addition, student Julio Ramirez placed third in the Best Special Event Coverage category for his coverage of the Club Info Day in spring 2019, and student Carlos Madrigal placed second in the Best Radio Talk/Entertainment Program category for his show New Jams Radio Hour.

"This is our second best-station award in 19 months, and seventh best station nomination in six years," said WPMD Advisor and Theatre Arts Instructor Casey Piotrowski. "This is another testament to the excellent work by our students."

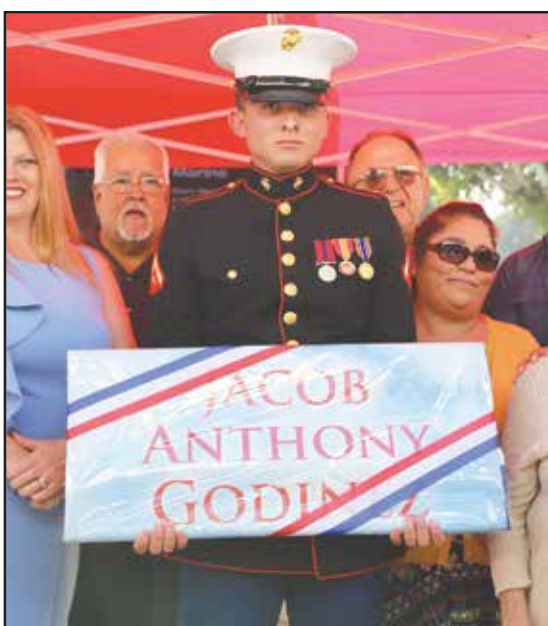
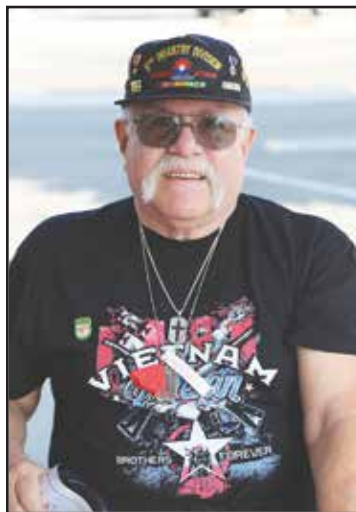
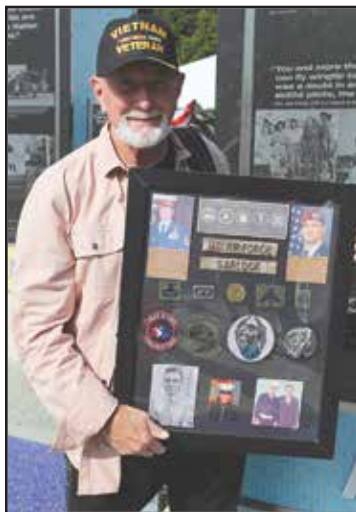
WPMD was also named America's Best Community College Radio Station by the Intercollegiate Broadcasting System in spring 2018.

Founded in 1954, College Media Association serves student media professionals, staffs and programs with education, research and resources.

## Veterans Day 2019



PHOTOS COURTESY CITY OF NORWALK



## Norwalk restaurant grades

**Xcellent Nutrition**  
12200 Civic Center Dr.  
Date Inspected: 11/6/19  
Grade: **A**

**Pho Anvi**  
12200 Civic Center Dr.  
Date Inspected: 11/5/19  
Grade: **A**

**The Habit Burger Grill**  
12401 S. Norwalk Blvd.  
Inspected: 11/5/19  
Grade: **A**

**The Poke Co.**  
12200 Civic Center Dr.  
Date Inspected: 11/5/19  
Grade: **A**

**Outback Steakhouse**  
12850 Norwalk Blvd.  
Date Inspected: 11/4/19  
Grade: **A**

**Denny's**  
12616 Pioneer Blvd.  
Date Inspected: 11/4/19  
Grade: **A**

**The Cove Seafood**  
12209 Norwalk Blvd.  
Date Inspected: 11/4/19  
Grade: **A**

**Fujisan - Stater Bros.**  
11330 Firestone Blvd.  
Date Inspected: 11/4/19  
Grade: **A**

**United Nutrition**  
16222 Pioneer Blvd.  
Date Inspected: 11/1/19  
Grade: **A**

**The Burger Shop**  
14606 Carmenita Rd.  
Date Inspected: 10/22/19  
Grade: **A**

**Cora's Market**  
16109 Norwalk Blvd.  
Date Inspected: 10/22/19  
Grade: **A**

**Seattle Teriyaki**  
13302 Rosecrans Ave.  
Date Inspected: 10/30/19  
Grade: **A**

**Marquez Restaurant**  
13226 Rosecrans Ave.  
Date Inspected: 10/30/19  
Grade: **A**

**Hola Pho**  
11575 Rosecrans Ave.  
Date Inspected: 10/29/19  
Grade: **A**

**Pancho's Grill**  
12405 Rosecrans Ave.  
Date Inspected: 10/29/19  
Grade: **A**

**Buy Low Market**  
10951 Rosecrans Ave.  
Date Inspected: 10/28/19  
Grade: **A**

**Applebee's**  
12129 Imperial Hwy.  
Date Inspected: 10/28/19  
Grade: **A**

**So Cal Pizza**  
12253 Imperial Hwy.  
Date Inspected: 10/28/19  
Grade: **A**

**Kung Pao Bowl**  
12331 Imperial Hwy.  
Date Inspected: 10/28/19  
Grade: **A**

**Albert's Mexican Food**  
11610 Imperial Hwy.  
Date Inspected: 10/24/19  
Grade: **A**

**Rally's**  
11750 Imperial Hwy.  
Date Inspected: 10/24/19  
Grade: **A**

**Douglas Burgers**  
16306 Pioneer Blvd.  
Date Inspected: 10/23/19  
Grade: **A**

## Weekend at a Glance

Friday 71°

Saturday 84°

Sunday 89°



### LA Zoo Lights

All Weekend - LA Zoo

Beautiful animal characters and wildlife-inspired displays plus new interactive experiences. Tickets are \$12 for non-zoo members



### Macabre Picnic

Sunday - Odd Fellows Cemetery 12 PM - 4 PM

Join SoCal Gothic Dating at Odd Fellows Cemetery. Costumes and finery are encouraged. Free and open to single people (ages 18+).



### Matilda the Musical

All Weekend - La Mirada Theatre for the Performing Arts

The story of an extraordinary girl who dares to take a stand to stand against the tyranny of adults who seek to crush her imagination.



### Citi Presents: Christmas at The Grove

Sunday - 7:30 PM - 9:30 PM

The 18th Annual Tree Lighting celebration hosted by Leslie Odom, Jr. and featuring Santa's grand arrival.



### 4th Annual LA. City County PowWow

Saturday - 10 AM - 10 PM Grand Park

Celebrate many cultures on the land of one of the first villages in Los Angeles. All are welcome and encouraged to attend.

## TWEET OF THE WEEK

@CityofNorwalk:

Our Community Forum is this Sat, Nov 16 at 10 am at Waite Middle School. Connect with City Council on issues of importance to you. Refreshments will be served & translation services made available.

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

# NORWALK HAPPENINGS

## FRIDAY, NOVEMBER 15

**Smarty Pants Storytime**, 10:30 - 11 am. Let's get ready for school! Enjoy books, songs, rhymes, and movement while learning school readiness skills and having fun. Advance registration is required. For ages 2-5 with an adult caregiver. Alondra Library, 11949 Alondra Blvd.

## SATURDAY, NOVEMBER 16

**Citizenship Clinic**, 9 am to 1 pm. Stop by for citizenship application assistance, fee waiver application, and study materials. Call the library or sign up at the Information Desk and receive a list of documents to bring to your appointment. In partnership with SAHARA. Norwalk Library, 12350 Imperial Hwy.

**Community Forum**, 10 am. Join the City Council at this community forum. Hear updates on Norwalk activities and events, and share your thoughts with council members. Waite Middle School, 14320 Norwalk Blvd.

**Game and Activity Day**, 2-4 pm. Drop in for board games, card games, puzzles, and play! We'll have activities for children and family members of all ages. Best suited for ages 4 and up. Alondra Library, 11949 Alondra Blvd.

**Big Dill Pickleball Tournament**, 4 pm. Come out and have some fun while playing pickleball indoors. Grab a partner and sign up for this 3 game guaranteed tournament which will include awards for the top 2 teams in each division. Registration is now being accepted at the Norwalk Arts & Sports Complex, 13000 Clarkdale Ave.

**Daddy-Daughter Hollywood Glamour Dance**, 5:30-8:30 pm. Light dinner, crafts, games, activities and dancing. \$20 per couple, \$7 each additional child. Norwalk Arts & Sports Complex, 13000 Clarkdale Ave.

## MONDAY, NOVEMBER 18

**CalFresh Outreach**, 9 am to 12 pm. Under new eligibility criteria, those who are age 65 and older may now qualify to receive CalFresh services. Norwalk Senior Center, 14040 San Antonio Dr.

## TUESDAY, NOVEMBER 19

**Stress Management for the Holidays**, 10 am. Staff from Regal Medical Group will provide educational information on how to maintain a healthy and positive attitude going through the holiday season. Norwalk Senior Center, 14040 San Antonio Dr.

## WEDNESDAY, NOVEMBER 20

**Painting with Acrylics**, 2-3 pm. Students will learn acrylic art techniques, learn how to mix colors, and complete a work of art on canvas. All materials are limited, and advance registration

is required. For ages 18 and up. Alondra Library, 11949 Alondra Blvd.

## THURSDAY, NOVEMBER 21

**Hearing Aid Check**, 9:30 am to 12 pm. Miracle Ear is providing free hearing aid checks to senior to ensure their hearing aid is in good shape. Norwalk Senior Center, 14040 San Antonio Dr.

**Kaleidoscope Fun**, 4 - 5 pm. Construct your own optical instrument and watch shapes and colors turn into beautiful patterns. For ages 5-12. Alondra Library, 11949 Alondra Blvd.

## FRIDAY, NOVEMBER 22

**Smarty Pants Storytime**, 10:30 - 11 am. Let's get ready for school! Enjoy books, songs, rhymes, and movement while learning school readiness skills and having fun. Advance registration is required. For ages 2-5 with an adult caregiver. Alondra Library, 11949 Alondra Blvd.

## MONDAY, NOVEMBER 25

**Lit Wits Book Club: The Death of Mrs. Westaway**, 6:30 pm. Join us to read and discuss "The Death of Mrs. Westaway" by Ruth Ware. Hal receives a letter bequeathing her a substantial inheritance but soon it dawns on her that there is something wrong about the inheritance. For adults. Norwalk Library, 12350 Imperial Hwy.

## WEDNESDAY, NOVEMBER 27

**Tower Building STEM Challenge**, 4 - 5 pm. Work in groups to build the tallest tower out of basic materials! We provide all supplies. Best suited for ages 5 and up. Alondra Library, 11949 Alondra Blvd.

## SATURDAY, NOVEMBER 30

**Game and Activity Day**, 2-4 pm. Drop in for board games, card games, puzzles, and play! We'll have activities for children and family members of all ages. Best suited for ages 4 and up. Alondra Library, 11949 Alondra Blvd.

## TUESDAY, DECEMBER 3

**Legal Research Class: Lawsuits in Superior Court**, 1:30-2:15 pm. This class offers an overview of the process and procedures of a lawsuit filed in Superior Court from both the plaintiff and defendant's viewpoints. Norwalk Library, 12350 Imperial Hwy., Norwalk

## WEDNESDAY, DECEMBER 4

**MakMo: Snowman Head Catapult Challenge**, 4-5 pm. Compete to see who can build while learning about engineering and physics, and launching

snowman heads! Ages 5-12. Alondra Library, 11949 Alondra Blvd.

**Sewn Handmade Book Workshop**, 2 - 3 pm. Handmade books are a treasure to use and give as gifts. Learn how to sew pages and a cover and then decorate your book with beautiful specialty papers. All materials will be provided. Registration is required as materials are limited. Visit the Information Desk or call the library to sign up. For adults. Norwalk Library, 12350 Imperial Hwy., Norwalk

**Mental Health Workshop: Anxiety Disorders** 6 - 7:30 pm. Anxiety disorders are characterized by feelings of worry, anxiety, or fear that are strong enough to interfere with one's daily activities. Learn more about anxiety disorders at this workshop. For adults. Norwalk Library, 12350 Imperial Hwy., Norwalk

## FRIDAY, DECEMBER 6

**Smarty Pants Storytime**, 10:30-11 am. Let's get ready for school. Enjoy books, songs, rhymes, and movement while learning school readiness skills and having fun. Advance registration is required. For ages 2-5 with an adult caregiver. Alondra Library, 11949 Alondra Blvd.

**Painting with Watercolors Class**, 12-1 pm. Learn about watercolor art techniques! You will learn how to mix colors and complete your own work of art! All materials will be provided. Registration is required as materials are limited. Visit the Information Desk or call the library to sign up. For adults. Norwalk Library, 12350 Imperial Hwy.

## SATURDAY, DECEMBER 7

**SnowFest and Tree-Lighting Ceremony**, 12-8 pm. Snow slides, a snow play area, game booths, train rides, craft tents, face painting, live entertainment, and a visit from Santa Claus. The tree lighting is scheduled for 6 pm.

**Succulent Bonsai Workshop**, 12-1 pm. Create your own beautiful succulent bonsai planter. Workshop is taught by a master gardener. Plant, soil and container provided. Attendance is limited, and advance registration is required. Alondra Library, 11949 Alondra Blvd.

**Diabolic Lounge**, 6:30 pm. Live music by The Grim, Peabrians, and The Dead Ricardos. \$14 pre-sale, \$18 at the door. All ages show. American Legion Post 359, 11986 Front St.

## TUESDAY, DECEMBER 10

**Classic Book Club - "The Story of My Life" by Helen Keller**, 6:30-7:30 pm. Helen Keller's triumph over her blindness and deafness became one of the most inspiring stories of the 20th century. The

autobiography, first published in 1903 when she was a young woman, is Helen Keller's own story -- complex, poignant, and, ultimately, successful. Copies of the book available at the library or online at lacountylibrary.overdrive.com. New members welcomed. For Adults 18+. Alondra Library, 11949 Alondra Blvd.

## WEDNESDAY, DECEMBER 11

**Clay Sculpture**, 2-3 pm. Students will learn the fundamentals of working with clay. Clay used dries on its own and there is no need to bake. Students will be able to complete a piece of art. Attendance is limited, and advance registration is required. Alondra Library, 11949 Alondra Blvd.

**Neighborhood Watch**, 6:30 pm. Join neighbors and the L.A. County Sheriff's Department to discuss ways to make your neighborhood safer. 14500 block of Fidel Ave.

## FRIDAY, DECEMBER 13

**Smarty Pants Storytime**, 10:30 - 11 am. Let's get ready for school. Enjoy books, songs, rhymes, and movement while learning school readiness skills and having fun. Advance registration is required. For ages 2 - 5 with an adult caregiver. Alondra Library, 11949 Alondra Blvd.

## SATURDAY, DECEMBER 14

**Game and Activity Day**, 2-4 pm. Drop in for board games, card games, puzzles, and play. We'll have activities for children and family members of all ages. Best suited for ages 4 and up. Alondra Library, 11949 Alondra Blvd.

## WEDNESDAY, DECEMBER 18

**Yarn Wrapped Flower Pots**, 4-5 pm. Dress up a terra cotta pot to make a small garden container for yourself or a great gift for someone else. For ages 8-12. Alondra Library, 11949 Alondra Blvd.

## THURSDAY, DECEMBER 19

**Paper Modeling**, 4-5 pm. Learn about the world through paper modeling! Paper modeling is the art of making scaled models with either paper or cardstock. Designed sheets are cut, folded and glued to create 3D models. For ages 12-18. Alondra Library, 11949 Alondra Blvd.

## FRIDAY, DECEMBER 20

**Smarty Pants Storytime**, 10:30 - 11 am. Let's get ready for school! Enjoy books, songs, rhymes, and movement while learning school

readiness skills and having fun. Advance registration is required. For ages 2-5 with an adult caregiver. Alondra Library, 11949 Alondra Blvd.

## SATURDAY, DECEMBER 21

**Holidays at the Museum**, 5-8 pm. Tour Norwalk's historic museum which will be decorated just for this occasion. D.D. Johnston-Hargitt House Museum, 12426 Mapledale St.

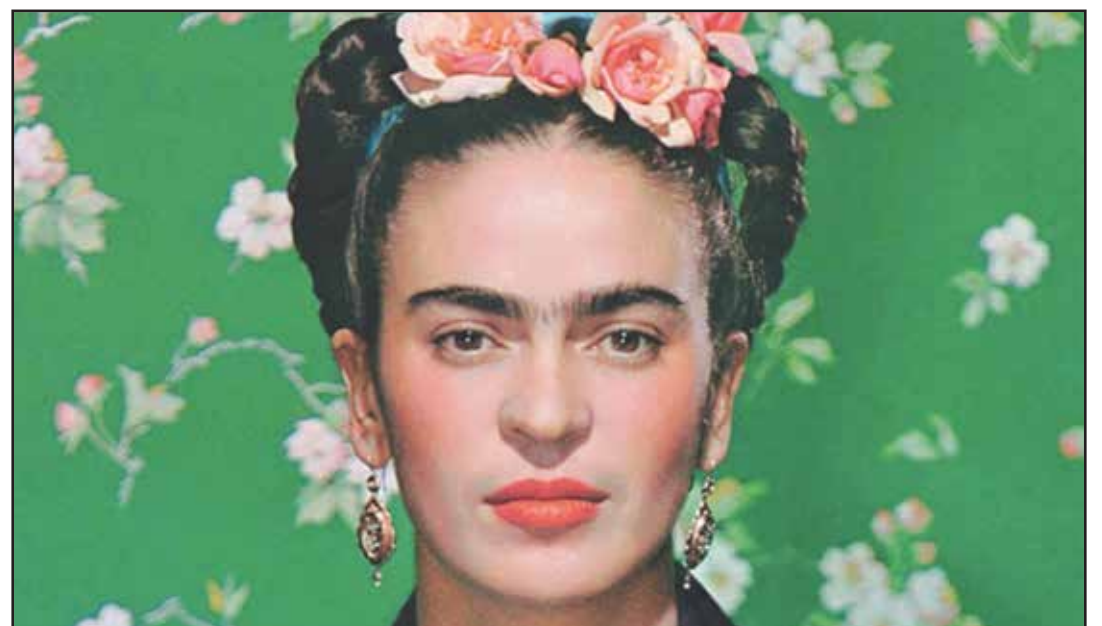
## SATURDAY, DECEMBER 28

**Game and Activity Day**, 2-4 pm. Drop in for board games, card games, puzzles, and play. We'll have activities for children and family members of all ages. Best suited for ages 4 and up. Alondra Library, 11949 Alondra Blvd.

## SATURDAY, JANUARY 4

**Las Posadas**, 6-9 pm. A traditional cultural celebration featuring a candlelight procession, caroling of holiday songs, performances by mariachis and ballet folkloricos, and more. City Hall lawn, 12700 Norwalk Blvd.

Compiled by Eric Pierce. Email calendar listings to [eric@thedowneypatriot.com](mailto:eric@thedowneypatriot.com)



## 'I Am Frida Kahlo' opens this weekend

**NORWALK** — "I Am Frida Kahlo," a Spanish-language production that depicts the tumultuous life of one of the most influential female artists of the twentieth century, opens this weekend at the Burnight Center Theatre at Cerritos College.

Written and directed by Cerritos College Spanish professor Froylan Cabuto, the production depicts a reincarnation of Frida Kahlo's life that gives her a voice to tell her own true story.

The original show features live music, dance performances, and digital media elements, and recounts Frida Kahlo's alter-ego who becomes her own critic.

The stage play explores the creative process by which Frida Kahlo developed some of her most outstanding art pieces while touching on the social and political issues of her time.

Opening night of "I Am Frida Kahlo" is Friday, Nov. 15. Performances are also scheduled for Nov. 16 and Nov. 22-23. Performances begin at 8 p.m.

Tickets are \$15 pre-sale or \$20 at the door. Tickets can be purchased online two hours prior to show time or at the box office one hour prior to each performance.

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# I'm a police chief. We need to change how officers view their guns.

BY BRANDON DEL POZO

Few things are more harrowing than watching a video of a police officer confront a person in emotional crisis armed with a knife or other similar object. The officer almost always points a gun at that person and yells, "Drop it!" If staring down the barrel of a gun isn't enough to give a person pause, yelling at him or her is unlikely to make a difference.

If that person advances on the police officer, gunfire often results. Each year, American police officers shoot and kill well over 125 people armed with knives, many of them in this manner.

The public has grown impatient with seeing the same approach produce a predictably tragic result. In response, Chuck Wexler, the director of the Police Executive Research Forum, has released a guide to reducing the frequency of such incidents. At a national conference for chiefs of police in Chicago recently, he showed three videos to drive the point home: desperate people with knives met by officers who pointed guns and yelled in return.

In each case, the person grew more distressed, advanced out of a desire to be shot and was shot. Everyone suffers when this happens: the person in crisis who gets shot and may well die; the officer who will experience lifelong trauma and doubt, and his or her family and loved ones; and a community that feels it failed to help a person in need.

One of the problems is that we teach our police officers to lead with the gun. We tell officers that a knife or a shard of glass is always a lethal threat and that they should aggressively meet it with a lethal

threat in return. But doing so forecloses all of the better ways to communicate with a person in crisis. There are alternatives.

Imagine being an unarmed police officer — like the ones in Iceland or Britain — in the same scenario. Barking orders as you stand there empty-handed would not only seem unnatural but also absurd. Your instincts would tell you to stay a safe distance away, try to contain the person, and calm the situation.

American police leaders can learn from their unarmed colleagues. Police academies should ingrain a wide range of skills, drills and responses in trainees before they ever handle a firearm. Training should start by sending officers into scenarios where they have to solve problems without recourse to lethal force.

Unarmed officers will cultivate an instinct to de-escalate: They will keep a safe distance, they will try to assess the true level of threat rather than see a weapon as a cue to rapidly escalate, and they will communicate in ways that reach people. There is good psychological research on what type of communication stands the best chance of calming people in distress, regardless of what is in their hands. And it is certainly not yelling at them or threatening their lives.

Only during the final phase of a police academy should trainees be presented with a firearm and taught how to use it. Officers should be taught that their weapons protect not only themselves and the public but also the life of the person who is armed and in distress, because they provide a means to stay safe if a calm and reassuring approach fails. By the end of academy, the officers will have learned that yelling at a person as you threaten to shoot is a panicked, last-ditch effort, not a sign of competence.

I lead the police force in Burlington, Vt., one of the nation's most progressive cities. One of our City Council members recently suggested that we should explore ways to disarm our city's police because it would prevent them from killing people and force them to approach crises differently.

In America, this idea is a non-starter. Police officers being rendered helpless to respond to mass shootings and other gun violence puts a community in danger. But if the police profession doesn't want politicians broaching these ideas, we owe the public a commitment to doing everything we can to respect the sanctity of life. We should fundamentally change the way police officers view their guns.

America's abhorrent rate of gun violence means that the police need the equipment and training to meet even the most lethal threats. But we have the opportunity to stop this mind-set from infecting their approach other situations. Our nation's police departments should read Mr. Wexler's guide and take its recommendations seriously.

Going further by training officers to act as if their weapons are insurance policies, rather than persuasive devices, will transform the nation's police work. Every American will be made safer by police officers whose first instinct is to communicate with the people they encounter and whose success lies in getting the psychology of persuasion right.

**Brandon del Pozo became the chief of police of Burlington, Vt., in 2015, after serving 19 years in the New York Police Department.**

# Why it is so hard to figure out what to eat

BY DAVID LUDWIG AND STEVEN B. HEYMSFIELD

Most diet trials in the best journals fail even the most basic of quality control measures. That's the finding of a study by us published today on JAMA Network Open.

Investigators receiving funding for any clinical trial from the National Institutes of Health must register in advance what they plan to test, among other design features, to ensure that the data are fairly analyzed. Comparing the original registries with the final published studies, we found that diet trials in the past decade were about four times as likely as drug trials to have a discrepancy in the main outcome or measurement — raising concern for bias.

This quality-control problem of diet trials in comparison to ones on pharmaceuticals leads to a bigger issue: underinvestment in nutrition research and in how we tackle the mysteries of a healthy diet.

Although the problems with observational studies have received much attention ("Association doesn't prove causation," as scientists say), clinical trials can suffer from equally important limitations. In a clinical trial, investigators assign volunteers to receive different treatments — such as a low-carbohydrate versus low-fat diet — ideally in random order. Beyond registry issues, trials may provide misleading results for many reasons, including small size, short duration and weak interventions (they lack power to actually make the intended change in behavior).

These failures are disturbing because epidemics of diet-related disease will shorten life expectancy and impose huge economic costs on the United States in coming years. We continue to lack effective dietary prevention, in part because clinical trials have been too poorly designed and conducted to reach definitive conclusions. We're still debating questions that have raged for decades: Should we focus on reducing carbs or fat? Is red meat harmful? Is sugar toxic? What about artificially sweetened beverages or moderate amounts of alcohol?

High-quality trials are hard to do because diets, and the behavior of humans who consume them, are so complicated. A single meal might have dozens of nutrients and hundreds of other bioactive substances that interact in unknown ways. Furthermore, if the diet being studied increases intake from one food category, people may eat less from other food categories, making it difficult to attribute

results to any specific dietary component.

Diet trials also require subjects to change their eating habits, a far greater challenge than taking a pill.

Consider a trial for a promising cancer treatment in which participants assigned to receive the drug didn't take it as intended. If the drug group showed no benefit over the placebo group, we wouldn't automatically assume the drug lacked promise. We would conclude that the study failed and that stronger methods (medication organizer trays and daily text message reminders, say) are needed to make sure the drug is properly used so that we can see if it works. Yet the illogical assumption that a diet didn't work is commonly made when volunteers in weak trials do not follow the assigned diets.

Short diet trials, the great majority of those done, raise special concerns. Many people can lose weight by restricting calories at first, but few can maintain substantial weight loss that way. After a few days or weeks, the body begins to resist calorie deprivation, with rising hunger and slowing metabolism. Making matters more complicated, it takes several weeks to adapt to major changes in nutrients. For these reasons, short-term trials may have little relevance to understanding how diet affects health over the long term.

It would be like studying an intensive exercise program — including long runs, calisthenics and strenuous sports — among sedentary volunteers for just six days. The investigators might find that the program made the volunteers sore, tired and weak. However, a six-month trial, allowing adequate time to adapt to the new regimen, would reach the opposite conclusion, revealing the real benefits of physical activity.

Despite their greater difficulties, diet trials receive far less funding than drug trials, especially considering that poor diet is the leading risk factor for premature death. Few big companies stand to profit directly from dietary treatments for chronic diseases. Consequently, typical diet trials must get by on shoestring budgets, rarely exceeding a few hundred thousand dollars, compared with drug trials that may cost several hundred million dollars. Without adequate support, quality inevitably suffers. Diet trials of adequate size, duration and intervention strength rarely get done.

This problem has special relevance now, as the Dietary Guidelines

Advisory Committee reviews the science in preparation for new Department of Agriculture recommendations to the public in 2020. Among thousands of scientific articles initially screened, only a small proportion so far have passed strict quality criteria for inclusion in committee deliberations. And ultimately, recommendations to the public can be no stronger than the science on which they rely.

Which doesn't mean that all nutrition research is unreliable. High-quality observational studies and clinical trials provide strong evidence for the benefits of whole carbohydrates (nonstarchy vegetables, fruits, legumes, minimally processed intact grains) over highly processed, fast-digesting carbohydrates (refined grains, potato products and added sugar). We also know that nuts, olive oil and avocado protect against chronic disease, contrary to dietary recommendations during the low-fat diet era, as embodied by the 1992 Food Guide Pyramid.

We need a sort of Manhattan Project to find definitive answers to the epidemics of diet-related disease. Nutrition research to prevent disease must have the same quality and rigor as pharmaceutical research to treat disease. Building the necessary scientific infrastructure will require sustained investment by government and philanthropic organizations, but the amounts involved would total a fraction of a cent for every dollar spent treating diet-related conditions like obesity, Type 2 diabetes and cardiovascular disease.

Study authors and the media can help by avoiding the tendency to overstate the results of weak research, contributing to public confusion. And the public has a critical role to play, not only demanding government action but also volunteering for diet studies.

No other factor approaches the importance of diet for public health. To reduce the human toll of chronic disease, we must upgrade the quality of nutrition research. The financial investment required will yield huge returns in medical cost savings.

**David S. Ludwig is a co-director of the New Balance Foundation Obesity Prevention Center at Boston Children's Hospital and a professor of pediatrics at Harvard Medical School. Steven B. Heymsfield is a professor and director of the Metabolism and Body Composition Laboratory at Pennington Biomedical Research Center, Louisiana State University, and a member of the 2020 Dietary Guidelines Advisory Committee.**

# Do we really need billionaires?

BY NEGIN OWLIAEI

Bill Gates wants you to know he pays taxes.

"I've paid more than \$10 billion in taxes. I've paid more than anyone in taxes," Gates told journalist Andrew Ross Sorkin. "But when you say I should pay \$100 billion, OK, then I'm starting to do a little math about what I have left over."

Supposedly Gates was talking about a wealth tax 2020 candidates have supported. But no plan yet proposed would seize \$100 billion from the philanthropist anytime soon. Even if it did, he'd still

be one of the richest men in the world, with \$7 billion left over.

Gates isn't the only billionaire who's worried. JPMorgan Chase CEO Jamie Dimon also has concerns about the rising resentment towards his fellow elites.

"I think you should vilify Nazis," Dimon told Lesley Stahl, "but you shouldn't vilify people who worked hard to accomplish things." Billionaire investor Leon Cooperman, who's become a fixture on CNBC, recently teared up while complaining about the "vilification of billionaires."

Why do the feelings of the 600 Americans that constitute our billionaire class suck up so much media attention?

For one thing, billionaires literally own the news. Buying up media companies is a new rite of passage for the ultra wealthy, like the purchase of the Washington Post by Amazon head Jeff Bezos, or TIME by tech CEO Marc Benioff.

They'll say they're all about editorial independence, but the truth is billionaire ownership can affect news output. When billionaire Joe Ricketts found out the staff of DNAinfo, a network of city-based news sites he owned, was unionizing, he promptly shut down the entire venture out of spite.

There are more subtle ways in which the rich buy media access. The Gates Foundation, for example, has poured millions in donations into the media over the last several years to raise awareness around the foundation's philanthropic goals — including its controversial funding of charter schools.

Not all billionaire power is publicly broadcast, however.

In their book Billionaires and Stealth Politics, researchers Benjamin Page, Jason Seawright, and Matthew J. Lacombe document how economic elites have banded together to lobby for extremely conservative policies, like cutting estate taxes, opposing regulations on the environment and Wall Street, and gutting social programs.

Because these moves are highly unpopular, they've done this work in the background.

That means there's a network of billionaires aligned with the Koch brothers, who've poured hundreds of millions of dollars into anti-labor policies. And Rupert Murdoch, the media mogul who changed the media landscape with Fox News. And casino magnate Sheldon Adelson, who's spending his billions shaping U.S. foreign policy.



Jeff Bezos

Their enormous wealth offers them an outlandishly oversized role in our democracy. It's poisoning both our politics and our media.

So how about a ban on billionaires? Let's tax away their wealth, but let's get them off our airwaves, too. Imagine what we'd learn if corporate media didn't devote entire news cycles to the whims of the rich.

You may not have heard, but for the last several months, the sanitation workers at Republic Services have been fighting for higher wages. "I haven't had a raise since 2004," Demetrius Tart told The Guardian. Meanwhile, the company is making a killing from the 2017 tax cuts, and returned more than \$1 billion to shareholders through stock buybacks.

The company's largest shareholder? Bill Gates. Workers took their fight directly to the billionaire, protesting outside a Gates Foundation event in September with signs that read, "Bill Gates treats his workers like garbage." He ignored them.

Maybe these sanitation workers could get the airtime instead.

## The Norwalk Patriot STAFF

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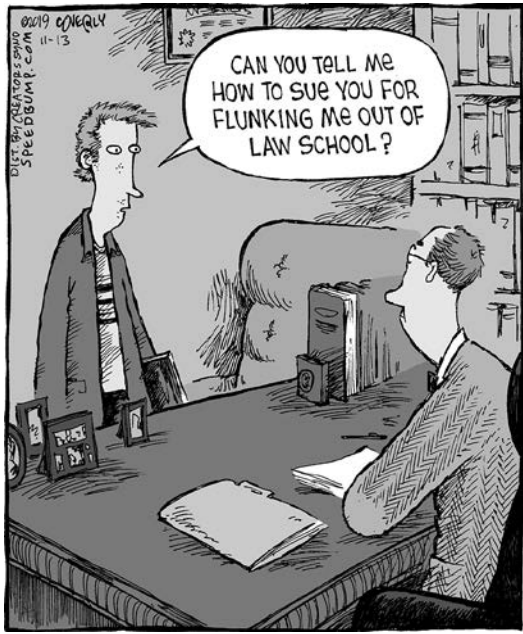
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**CALENDAR OF EVENTS**

**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  
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

**On This Day...**

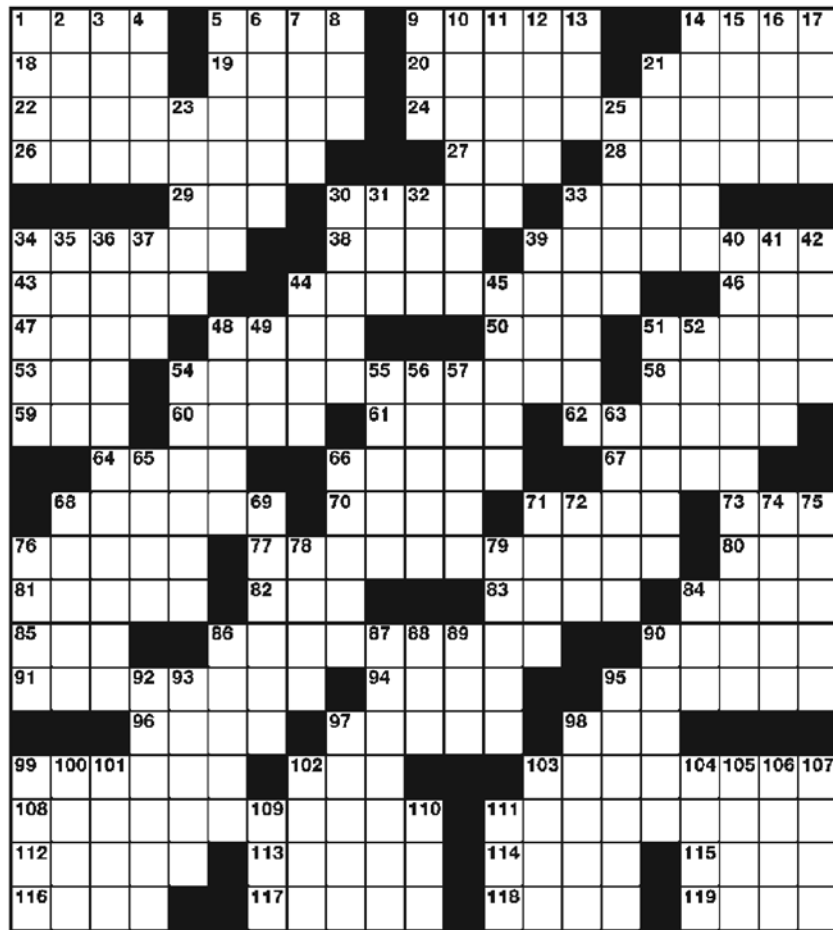
- Nov. 15, 1777: The Second Continental Congress approved the Articles of Confederation, a precursor to the Constitution of the United States.
- 1969: A quarter of a million protesters staged a peaceful demonstration in Washington, D.C., against the Vietnam War.
- 2007: Baseball home run king Barry Bonds was indicted on charges related to grand jury testimony during which he denied knowingly using performance-enhancing drugs.
- 2011: Hundreds of police officers in riot gear raided the Occupy Wall Street encampment in New York City, evicting hundreds of protesters and then demolishing the tent city.

**THE NEWSDAY CROSSWORD**

Edited by Stanley Newman (www.StanXwords.com)  
**TWO WORDS IN ONE: Two pieces, to be precise**  
by Fred Piscop

- ACROSS**
- 1 Generic canine
- 5 Admonishing sounds
- 9 Romantic *emozione*
- 14 Collectible animation
- 18 Neighbor of Yemen
- 19 Destructive precipitation
- 20 Levels to the ground
- 21 Marines battle cry
- 22 Videographer's buy
- 24 Iced coffee brand
- 26 Domineering
- 27 Returns org.
- 28 Ate like a chicken
- 29 Perform in a skit, say
- 30 Threshold
- 33 Common party time, briefly
- 34 Lacking vitality
- 38 Stood
- 39 One living near Yankee Stadium
- 43 Buffet patron's burden
- 44 Really huge
- 46 Zero, in soccer
- 47 Male deliveries
- 48 Plumlike fruit
- 50 \_\_\_ Baba
- 51 Champs-Élysées eateries
- 53 See 112 Across
- 54 Challenge for economists
- 58 Idolize
- 59 New Deal agcy.
- 60 Barker in Oz
- 61 Prone to dust storms
- 62 Beats it
- 64 Honey lover
- 66 Techs' customers
- 67 No longer away
- 68 First Nobel Prize sharers
- 70 Philosopher Descartes
- 71 Garden center stock
- 73 Dustcloth
- 76 Styling center
- 77 Popular "designer dog"
- 80 "Brain" of a PC
- 81 Cranky
- 82 Rio "hello"
- 83 Emulated mockingly
- 84 Something under a sink
- 85 \_\_\_ Dhabi
- 86 Bilingual tongue
- 90 Barbecue fuel
- 91 Prayer beads
- 94 High praise in print
- 95 One of the performing arts
- 96 Halftime performers
- 97 Relinquishes by treaty
- 98 Remotely
- 99 Sweet Spanish wine
- 102 "Odds \_\_\_"
- 103 Clinging crustacean
- 108 *Sesame Street*, Bill Nye shows, etc.
- 111 India's movie industry
- 112 With 53 Across, apportioned
- 113 Energized, so to speak
- 114 Carefree state
- 115 Tablet reading of a sort
- 116 Tip-jar contents
- 117 Dutch South Africans
- 118 Low poker card
- 119 Ready to eat
- DOWN**
- 1 Convergence points
- 2 Mosque title
- 3 Not quite dry
- 4 Never to be repeated
- 5 4 Down times 3
- 6 Anwar of Egypt
- 7 German port
- 8 Type of camera: Abbr.
- 9 Comics bark
- 10 Coleridge title character
- 11 Missouri's \_\_\_ range
- 12 Sales force
- 13 Paranormal ability
- 14 Tailbone
- 15 10th-century explorer
- 16 Narrow path
- 17 In footwear
- 21 10 Down's habitat
- 23 Speak from a podium
- 25 Off-the-neck hair
- 30 Fleeting
- 31 Weasley at Hogwarts
- 32 Prefix like equi-
- 33 UCLA athletes
- 34 HP printer rival
- 35 Component of cake mixes
- 36 Really great
- 37 UFO pilots
- 39 Southwestern tie
- 40 Long TV ad
- 41 Management levels
- 42 "Anything \_\_\_?"
- 44 Energized, so to speak
- 45 "12 Days of Christmas" milkers
- 48 File away
- 49 Back muscle, for short
- 51 Pop singer/songwriter King
- 52 Eden outcast
- 54 Deck treatments
- 55 Light from a pointer
- 56 Concert venue
- 57 Ready for a rest
- 63 Car seat user
- 65 Cupid alias
- 66 Municipal
- 68 \_\_\_-loading (racer's ritual)
- 69 At an angle
- 71 New sorority member, maybe
- 72 Verse "to" something
- 74 Crisp snack
- 75 Hospitality recipient
- 76 Lasting mark
- 78 "Sad to say . . ."
- 79 Desert havens
- 84 Officeholder
- 86 Region by the Red Sea
- 87 Less experienced
- 88 Young son
- 89 "Now \_\_\_ seen everything!"
- 90 Sideshow worker
- 92 Slackens off
- 93 Sitar pieces
- 95 Brewmaster's grain
- 97 Crinkly party paper
- 98 Disloyal
- 99 In-box arrival
- 100 Port of Yemen
- 101 Long-necked instrument
- 102 Rounds for arms
- 103 Piglet's pop
- 104 Bowled over
- 105 Hernando's "Huh?"
- 106 Financial assistance
- 107 Keeness of voice
- 109 Haul in
- 110 QB's successes
- 111 Take the odds

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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 EFFETE (34 Across) is derived from the French for "exhausted from child bearing," and is thus related to "fetus," "stagnation" plus "inflation," is believed to have been coined by British politician Iain Macleod, for a 1965 speech to Parliament. The B in BOLLYWOOD (11 Across) comes from "Bombay," the former name of Mumbai, a center of the film industry in India.





# LEGALS

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 (800) 280-2832 or visit this internet Web site [www.auction.com](http://www.auction.com), using the file number assigned to this case 19-0317-11. 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: 10/22/2019 The Wolf Firm, A Law Corporation 2955 Main Street, 2nd Floor Irvine, California 92614 Foreclosure Department (949) 720-9200 Sale Information Only: (800) 280-2832 [www.auction.com](http://www.auction.com) Sindy Clements, Foreclosure Officer PLEASE BE ADVISED THAT THE WOLF FIRM MAY BE ACTING AS A DEBT COLLECTOR, ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION YOU PROVIDE MAY BE USED FOR THAT PURPOSE. NPP0362701 To: NORWALK PATRIOT 11/01/2019, 11/08/2019, 11/15/2019

**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.

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Dated: 10/28/2019  
**ZBS Law, LLP fka Zieve, Brodnax & Steele, LLP, as Trustee**  
**30 Corporate Park, Suite 450 Irvine, CA 92606**  
**For Non-Automated Sale Information, call: (714) 848-9270**  
**For Sale Information: (714) 848-9272**  
[www.elitepostandpub.com](http://www.elitepostandpub.com)

**Michael Busby, Trustee Sale Officer**

This office is enforcing a security interest of your creditor. To the extent that your obligation has been discharged by a bankruptcy court or is subject to an automatic stay of bankruptcy, this notice is for informational purposes only and does not constitute a demand for payment or any attempt to collect such obligation EPP 30289 Pub Dates 11/01, 11/08, 11/15/2019

**EPP 30289**  
**The Norwalk Patriot**  
**11/1/19, 11/8/19, 11/15/19**

T.S. No.: 9987-8157 TSG Order No.: CA19151679 A.P.N.: 8048-031-014  
**NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 10/25/2013. 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.** Affinia Default Services, LLC, as the duly appointed Trustee, under and pursuant to the power of sale contained in that certain Deed of Trust Recorded 10/31/2013 as Document No.: 20131551639, of Official Records in the office of the Recorder of Los Angeles County, California, executed by: BLANCA S. CARRASCO, A MARRIED WOMAN AS HER SOLE AND SEPARATE PROPERTY, as Trustor, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable in full at time of sale by cash, a cashier's check drawn by 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, 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 it under said Deed of Trust in the property situated in said County and state, and as more fully described in the above referenced Deed of Trust. Sale Date & Time: 12/05/2019 at 09:00 AM Sale Location: Doubletree Hotel Los Angeles-Norwalk, Vineyard Ballroom, 13111 Sycamore Drive, Norwalk, CA 90650 The street address and other common designation, if any, of the real property described above is purported to be: 11979 OLIVE STREET, NORWALK, CA 90650 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made in an "AS IS" condition, 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, if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to-wit: \$280,895.19 (Estimated) as of 11/08/2019. Accrued interest and additional advances, if any, will increase this figure prior to

sale. It is possible that at the time of sale the opening bid may be less than the total indebtedness due. **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 (800) 280-2832 or visit this internet Web site [www.auction.com](http://www.auction.com), using the file number assigned to this case, T.S.# 9987-8157. 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 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. Affinia Default Services, LLC 301 E. Ocean Blvd. Suite 1720 Long Beach, CA 90802 833-290-7452 For Trustee Sale Information Log On To: [www.auction.com](http://www.auction.com) or Call: 1-800-280-2832 Affinia Default Services, LLC, Omar Solorzano, Foreclosure Associate This communication is an attempt to collect a debt and any information obtained will be used for that purpose. However, if you have received a discharge of the debt referenced herein in a bankruptcy proceeding, this is not an attempt to impose personal liability upon you for payment of that debt. In the event you have received a bankruptcy discharge, any action to enforce the debt will be taken against the property only. NPP0362547 To: NORWALK PATRIOT 11/01/2019, 11/08/2019, 11/15/2019

**NPP0362547**  
**The Norwalk Patriot**  
**11/1/19, 11/8/19, 11/15/19**

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# Our family of veterans

**By Sharon Benson Smith Contributor**

This is a subject that has been on the back burner of my mind for quite some time. I sure hope I'm not missing anyone, as to me, they are the most deserving of anything America has to offer in this present day.

I found this quote to be so profound: "Wars may be fought with weapons, but they are won by men." Just "ordinary guys doing extraordinary things."

**Lane Spurgeon Benson Sr.**

"He was one of the brave individuals that answered America's call to register for the WWI draft." He was my dad's father, I'm proud to say my grandfather. It turns out that he responded to the call but did not actually serve; he claimed exemption of the draft due to having to support a wife and five children.

**Bonaparte Lowry Pate**

I just came across this information and I'm just as proud to write that mom's granddad was a Civil War vet. He was born in 1834 and passed away on October 6, 1909. He is buried at Cisco, Texas. The Civil War was fought from 1861-1865.

**Dick Freeland**

This is mom's uncle who was a Veteran of WWI. It was known as the Great War and considered to be one of the largest wars in history. It originated in Europe and lasted from 1914-1918. I have a photo of him dressed in the uniform of that era.

**George Howell Pate**

Mom's brother served during WWI in the Fiji Islands. He joined the effort at age 21 in 1941, and was stationed in Arizona where he became a skilled Morse Code Operator. He returned home but the war had taken its toll and he was never quite the same. WWII spanned 1939-1945.

**Lane Spurgeon Benson, Jr.**

Dad's youngest brother was very tall and handsome and even more so as portrayed in his Marine uniform. He was in the Battle of Midway where Americans won a decisive victory.

After that victory, he then

served in Guadalcanal where he was captured and spent time in a POW camp. He eventually suffered from a tropical disease and food shortage (a polite way of saying starvation) and insufficient clothing for the harsh winters; the results of which would cause him major physical problems later in his life. He returned home, married and had three sons before his major physical problems set in. Semper Fi, Uncle Bud.

**Ray Escovedo**

This is my first husband and the father of my three children. He was drafted long before we married and was stationed in Colorado Springs for his Basic Training. I recall a train ride and a visit to see him that was well remembered, accompanied by his mother and younger brother.

It was such a coincidence and brought great elation to learn that Bob Price, one of his best friends, was stationed there with him.

**Levi Calvin Benson, Jr.**

My brother Cal was drafted into the Army at age nineteen in 1959. His mastering of the Spanish language (fluent in speaking, reading and writing) earned him a special rank in Fort Campbell, Kentucky and Fort Sam Houston, Texas. Being in the Army afforded him the training he honed for his lifelong career as a Medical Lab Specialist. He just missed having to go to Cuba during the missile crisis and later to Viet Nam.

**Robert Dennis Benson**

My youngest brother, Bob, was drafted into the Army in 1965 at the age of twenty-one. He was sent to Fort Polk, Louisiana for Boot Camp Training. That completed, he was sent to Fort Ord, California where he was assigned to Field Radio Communications. He then volunteered for airborne training and was sent to Fort Benning, Georgia. He was injured jumping out of a plane and reassigned as Drill Instructor to a unit specializing in night firing of a recoil weapon to be used in Viet Nam.

**Tom Otero**

My brother-in-law was a Specialist 4th Class as an Army Photographer from 1969

to 1971. He photographed Army officers during combat training and at their awards ceremonies. He also served as a Lab Technician developing film and printing pictures of activities and portraits at Fort Ord in Monterey, California. He also worked for the Army Post Newspaper.

**Mark Escovedo**

My son took a year off from college to join the National Guard to supplement his income with the Montgomery G.I. Bill. Stationed in Fort Bliss, Texas, he was then sent to Fort Sam Houston where he was an honor graduate, medical lab specialist. He returned to Cal Poly and earned his B.S. Degree.

**Valorie Escovedo**

My daughter-in-law, married to Mark, joined the National Guard in 1989 at the tender age of seventeen. In August 1990, after graduating and turning eighteen, she started basic training at Fort Dix in New Jersey before transferring to Fort Sam Houston to Combat Medic School. Also, while in the Guard, she served as part of the medical support team during the L.A. riots. And she also went on a humanitarian mission to the country of Panama and provided medical support while the Army built an airfield.

**Dick Smith**

My second husband who was among those who served at sea. It was a good twenty-five years before I met him, so I'm guessing that the time served was in the early 1950's. He was an MP and based in Rhode Island.

To all of you who have served in peacetime or wartime, whether you are still with us or now rest in peace, thank you for the sacrifices you made in answering the call to protect our America the Beautiful. Thank you also for your showing of courage and character in your acceptance of suffering the visible and invisible wounds of war.

**Sharon Benson Smith is a member of the writing class offered through the Cerritos College Adult Education Program. It is held off-campus at the Norwalk Senior Center.**

**NPP0632701**  
**The Norwalk Patriot**  
**11/1/19, 11/8/19, 11/15/19**

T.S. No. 19-57590 APN: 8075-020-006

**NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 2/20/2007. 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.**

A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state will be held by the duly appointed trustee as shown below, of 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 below. 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 and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale.

Trustor: **ABIGAIL BERGANCA, A MARRIED WOMAN AS HER SOLE AND SEPARATE PROPERTY AND EDEN GLORIA BERGANCA, A MARRIED WOMAN AS HER SOLE AND SEPARATE PROPERTY, AS JOINT TENANTS**  
 Duly Appointed Trustee: **ZBS Law, LLP fka Zieve, Brodnax & Steele, LLP** Deed of Trust recorded 3/5/2007, as Instrument No. 20070473669, of Official Records in the office of the Recorder of Los Angeles County, California, Date of Sale: **11/27/2019** at 11:00 AM Place of Sale: By the fountain located at 400 Civic Center Plaza, Pomona, CA 91766 Estimated amount of unpaid balance and other charges: **\$211,533.51** 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 owed.

Street Address or other common designation of real property: **14727 LONGWORTH AVENUE NORWALK, California 90650** Described as follows: As more fully described on said Deed of Trust.

A.P.N.#.: **8075-020-006** The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale.

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# How I Met My Husband

**By Helen Hampton Contributor**

During World War II, my sister and I volunteered at the USO. I sang with the band, and my sister and I danced with the boys.

We met many nice soldiers and sailors but not one seemed to "hit the spot" until one evening when a handsome sailor named Ralph asked me to dance. He looked like Charlton Heston.

I had already made plans the night before to meet with another sailor this evening. He was to take me home. I was in an awkward spot, as I knew I wanted the new handsome man to take me home instead of the

other sailor.

I stewed all evening wondering what I was going to do, and how I could tell the boy I was going home with someone else. Of course Ralph hadn't asked me yet but I was sure he would.

Sure enough, he did ask me. So I had nothing to do but tell the other guy that I was going home with another sailor. That was the last I saw of him but that was ok with me.

When I got home that night, I woke my mother up all excited. I told her that I had met the man I was going to marry.

She bolted up out of her bed and said, "What?" I repeated my

remark and regaled her with the story.

Ralph and I dated on Saturday nights for several weeks. One Saturday night we were sitting in my living room, when Ralph got down on one knee and asked me to marry him.

My answer was, "I thought you were never going to ask me!" It had only been five weeks since we met.

Ralph and I were married on March 3, 1946. The rest is history.

**Helen Hampton is a member of the writing class offered through the Cerritos College Adult Education Program. It is held off-campus at the Norwalk Senior Center.**

# Two Peas in a Pod

**By Helen Hampton Contributor**

My twins' uncanny resemblance has provided much enjoyment — as well as confusion — in their chosen careers. Why? Because Joy and Jan ended up working for the same company — with twin jobs!

They both were accountants for ARCO for 13 years. At first, they worked one mile apart at ARCO's sprawling Carson refinery. Even at this distance they caused quite a stir. Later they ended up working in the

same department at ARCO's corporate headquarters in downtown Los Angeles.

Their offices were just down the hall from each other. In meetings, they would sit side by side, or directly across from each other around a big conference table. Inevitably their colleagues would get them mixed up, to the hilarity of all present.

My twins not only look alike, their voices are alike. To this day, I cannot distinguish their voices by telephone. In fact, neither can they.

Many times they would get

their voices mixed up on our answering machine at home. Imagine listening to a message from your twin, and all of a sudden from the content of the message you suddenly realize that it is your own voice speaking.

And not only are my twins' voices alike, their dental x-rays and eyeglass prescriptions are virtually identical. They are certainly two peas in a pod.

**Helen Hampton is a member of the writing class offered through the Cerritos College Adult Education Program. It is held off-campus at the Norwalk Senior Center.**

# Downey residents push City Council for protection from landlords

Fearing evictions, renters are urging Downey council members to protect them ahead of a new housing law scheduled to take effect Jan. 1.

By Alex Dominguez  
Staff Writer

**DOWNEY** - With the fate of many of Downey's renters at stake, Downey City Council will meet next week to decide on if Downey will enact an emergency moratorium on no-fault evictions.

With Assembly Bill 1482 looming just a few weeks away, Tuesday evening was council's chance to take its first steps in choosing if they want to intervene between the city's landlords and potentially evicted tenants.

AB 1482 - which was signed into law by Gov. Gavin Newsom in October and will take effect on Jan. 1 next year - imposes statewide rent control and prohibits no-fault evictions.

However, this has caused landlords in the region and statewide to try and beat the law's implementation by evicting their tenants without cause, allowing them to preemptively raise the rent.

It was Council Member Sean Ashton who asked for the issue to be brought to the Council on Tuesday.

"I wanted to have our attorney give us a briefing as to some of the information that we've been given as to regards to similar ordinances in other cities," said Ashton.

According to City Attorney Yvette M. Abich Garcia, her office surveyed 16 cities. Garcia reported that she found a commonality between these cities, in that the application of such moratoriums protected tenants who were in possession of the premises and the notice of eviction has not expired.

"The heart and soul of these ordinances typically are listing of what the landlord can do with respect to eviction," said Garcia. "It essentially prohibits the

landlord from evicting tenants for no cause, for no reason. These ordinances lay out the criteria for which a landlord may evict a tenant, and some of those elements mirror the new law, AB 1482."

An appropriate eviction could include default in payment of rent, nuisance, criminal or unlawful activity, breach of rental agreement or lease, amongst others.

Ashton's request had already drawn the ire of Greater Downey Association of Realtors (DAOR), who threatened a lawsuit against the city should the council make any moves on the topic.

In a letter to Mayor Rick Rodriguez, DAOR President Dan Nevarez said the Realtor's Association opposes AB 1482, and that any moratoriums put in place before it's official roll out would "force [the DAOR] to take legal action and seek an injunction."

For Downey to pass any such ordinance, it will require four out of five council members to vote for its approval. With Councilman Alex Saab absent and Rodriguez forced to abstain due to his status as a landlord in the city, council's only options were to give some direction to staff, and push any official decision to a later date.

In the meantime, Council had to face down an emotional and frustrated group of residents who have showed up en masse to the last several council meetings, many of whom hail from the Eden Roc apartment complex.

Tenants from Eden Roc have accused their landlord of trying to unscrupulously evict or price out their residents over the last few months.

As has become the regular occurrence in past weeks, many of the group made use of the non-agenda and public agenda comment periods.

While some speakers attempted to appeal to the council's empathetic side, others were aggressively angry, accusing council members of not caring about or ignoring their plight, or having ulterior or greedier motives to not take action.

Some speakers, who had previously taken part in a camp-out protest outside of Porto's Bakery the night before, even went as far to threaten to do the same outside of each of the council members' personal homes.

Many of these comments were met with cheers, applause, and outcries from the crowd.

With public comment carrying the meeting to near midnight, and the council and staff visibly worn down, battered, and fatigued, it was Councilwoman Claudia Frometa who spoke out, saying

"We have not been disheartened, and we have not been desensitized...I'm not a stranger to your plight," said Frometa. "When you accuse us of not listening to you, of not understanding your plight, I want you to know that this seat that I occupy right now, I sought it not because of power, but because of my desire to serve my community...The issue with housing is a much more complicated issue for cities. It is an issue that is grappling the entire state of California..."

"Yes, many of you have been here for several weeks with your cameras, with your phones, accusing us of a lot of different things...We are offering you a lot of different resources to help you."

Frometa went on to say that she and her council colleagues would continue to have the conversation about a potential moratorium, however firmly put her foot down against what she described as "the mob mentality."

"I have been listening to you, I have been paying attention to your plight; just because I don't show up to a vigil one night doesn't mean I don't care...I am not going to be bullied or threatened by any type of charade you bring."

"Let me be very clear, this mob mentality cannot continue... We will do whatever we can to help you, because you are one of us, and we are one of you. It is not us against you, and you against us. That is not how it works."



PHOTOS BY ALEX DOMINGUEZ

Speakers at Tuesday's City Council meeting asked council members to pass a local rent control ordinance.

Ashton, was also visibly emotional, addressed the crowd, saying, "your issues are my issues."

"You're affecting a lot of families over something that can be worked out," said Ashton, in regards to landlords. "This is really something that could've been taken care of in a way, but we're forced to have to deal with this now...we're left in this loophole area where nothing is being done, but we're giving some landlords the opportunity to be greedy and take advantage of the situation. That's what truly bothers me."

"Some people in the audience mentioned, 'You don't have to do anything.' Technically, you're right; we don't. But I know I could not sleep at night if I had that attitude. This is affecting families, kids, senior citizens. This is affecting multiple people."

There were several options that Council could follow, including the aforementioned



moratorium, continuing the discussion on to a later date, implementation of AB 1482 early in Downey, down to nothing at all.

While those in the audience seemed to support an early implementation, ultimately all three remaining council members agreed to have staff bring a no-fault eviction ordinance back to council next week.

Meanwhile, Mayor Pro Tem Blanca Pacheco encouraged those in attendance to seek legal counsel and other resources, should they find themselves facing an unlawful detainer.

The council will now meet next Wednesday, Nov. 20, to make their final decision.

# The Temptations return to Cerritos Center

**CERRITOS** - Rolling Stone magazine said The Temptations is "indisputably the greatest black vocal group of the modern era, this quintet created masterpiece after masterpiece of chugging, gospel-tinged soul."

The Grammy-winning soul-R&B quintet returns to the Cerritos Center for the Performing Arts (CCPA), bringing its timeless groovy tunes and stylishly iconic coordinated dance moves.

Tickets for the concert, scheduled for Friday, Jan. 10, 8 p.m., start at \$70 and are available at the CCPA Ticket Office and cerritoscenter.com or by calling (562) 916-8500.

The Temptations set the bar for vocal groups with an impressive avalanche of hits, including "My Girl" and "The Way You Do the Things You Do," a song penned and produced by Smokey Robinson that propelled the Grammy-winning group into worldwide fame.

Known for its fine-tuned choreography and harmonious crooning, The Temptations quickly became a Motown favorite and one of the most revered male vocal groups of all time, able to tackle lush Pop and politically charged Funk with equal aplomb and appeal.

With a colorful repertoire that has embraced numerous genres over the last five decades - including soul, R&B, doo-wop, and funk - the quintessential quintet has garnered an

impressive list of honors.

The single "Cloud Nine" earned a 1968 Grammy for "Best Rhythm & Blues Performance," while "Papa Was a Rolling Stone" won two Grammys in 1972 for "Best R&B Vocal Performance" and "Best R&B Instrumental Performance" and was inducted into the Grammy Hall of Fame along with "My Girl."

The band scored another Grammy in 2000 for "Ear-Resistible," which was chosen

"Best Traditional R&B Vocal Album."

The Temptations were inducted into the Vocal Group Hall of Fame in 1999.

The Temptations today consists of original member Otis Williams and Terry Weeks, Ron Tyson, Larry Braggs, and Willie Greene Jr.

The quintet continues to perform to sold-out crowds who still cheer for its timeless hits,

such as "Get Ready," "I Wish It Would Rain," "Happy People," "I Can't Get Next to You," and "Just My Imagination (Running Away With Me)."

For tickets or more information, call (562) 916-8500 or go to cerritoscenter.com.

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## Ride the bus for free with a food donation

**NORWALK** – Norwalk Transit System is holding a canned food drive next week to benefit local families.

On Tuesday and Wednesday, bus riders can receive a free ride in exchange for one donated food item.

Last year, more than 400 canned food and non-perishable items were collected.

Food will be donated to the Social Service Center's Emergency Food Cupboard to help feed local families this holiday season.

For more details, call Norwalk transit at (562) 929-5550.

# Recalling a sunrise and a sunset

By **Mario Amado Castaneda**  
Contributor

If you ever have a chance to see one, do it; especially if it is with someone you love.

These two stories cover a long space in time about my biggest fan, my mother. She did the best that she knew how and I loved her for that. Her name was Virginia Castaneda but I always called her Mama. She liked to call me Amado, which in Spanish means "beloved."

Together we saw the seasons change year after year. At a very early age, I noticed she was always awake before the sunrise and by the time sunset was ending, my mother was ready for tomorrow.

I remember a vague childhood memory of seeing

my first sunrise with my dear mama. We were going someplace. The only thing out that night were the stars. I was asleep but I do remember tossing and turning in the backseat of our vehicle when my mother lovingly said in Spanish, "ninos, ninos, wake up, we are here now."

I woke up and rubbed my eyes. I saw my mother and this beautiful sunrise in front of her. I wanted to get a little bit closer so I climbed up on the back of the seat and grabbed her shoulders. She picked me up and then both of us looked at the marvelous sunrise together. It was a sight to see.

It seems like yesterday even though she passed away about 15 years ago.

Years later, sitting in the patio of our cozy apartment

with my lovely wife Rosa, something caught my eye and another memory of my mother came over me; and so my sunset story begins.

It was one late afternoon when my mother and I were cleaning some offices in the city of Vernon. The building had remarkable views facing downtown Los Angeles and the ocean.

My mother was rushing me to hurry up. She did not want to be late for church that day. I was working in one of the offices when suddenly I heard my mom yelling and screaming my name out loud.

"Amado, Amado, come here!"

Even though Amado means beloved, something in the sound of her voice told me

something was very wrong.

I dropped what I was doing and ran very fast to the back of the building. The door was wide open when I got there.

I was expecting the worst. My mother was standing and pointing at something outside in the distance. I didn't look to see what she was pointing at because I was in a panic mode. My eyes were too busy making sure my mother was not hurt in any way.

To tell you the truth, my heart was beating very fast. I thought I was going to have a heart attack.

Throughout this whole time, my mother kept repeating, "Mijo, mira" (son, look). I turned around to see what she was pointing at. Oh, believe me, I wanted to say something

to scold her for scaring me but I couldn't. The only words that came out of my mouth were, "Si, mama, it's a beautiful sunset."

She turned around and gave me the biggest and most calming smile I ever saw. At that moment, I was looking at something magical in front of me. The light from the sunset was kissing her pale white skin and seemed to be dancing in her curly brown hair. We gazed at the view for a very long time before the sunset said goodnight to the both of us.

While I may sometimes miss a sunrise and sunset, I will always remember the first one's I saw. Gracias, mama, from your loving son, Amado.

**Mario Amado Castaneda is a student in the Downey City Library's Adult Literacy Program.**

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# The Best Marine I Ever Met

By **Gail Earl**  
Contributor

Back in the day when patriotism was on the mind of every young man and woman in the country, all very willing to do their part and serve in the war effort, my father enlisted on 10/7/1943. I'm told that he was enthusiastic and proud to do what he could. His patriotism and honor toward the country superseded his own fear.

He was in service for almost two years when he was shipped to Iwo Jima. On Feb. 19, 1945, 30,000 troops landed on the island of Iwo Jima. The task at hand was to take this dirt and rock island and use it for a much-needed air strip for the continued attacks in an epic military campaign.

The enemy waited in their foxholes and caves until everyone was on the beach

before they opened fire, causing a complete bloodbath. One hundred percent of my father's platoon was either killed or wounded. That fact astounds me.

There is no way that I can even imagine the horror of laying on the ground with thousands of wounded and dead soldiers. Dad was a mere 24 years old and was only there on the island two days when he had his knee and shoulder blown apart by mortar fragments. He was loaded onto a hospital ship and transferred to a Navy hospital in Hawaii and then to New York. He spent over a year in the hospital recovering and rehabbing.

The hideous and disturbing images that I have seen from file footage from the Battle haunt me to my core. I can't imagine someone living with those actual memories. I question how any

soldier that has been in battle is able to put life back into prospective. I can't imagine how they can possibly emotionally move past the visions in their heads.

The letter that my grandmother received said the following:

3/20/1945

My dear Mrs. Steensma,

A report has just been received that your son, Private First Class Donald Steensma USMC, was wounded in action Feb. 22, 1945 at Iwo Jima, Volcano Islands.

Because of the great volume of communications now required for essential military operations, the report received was necessarily brief and did not disclose the extent of his

injuries. It is hoped that he will communicate with you soon, informing you of his welfare.

Your anxiety is realized and you may be sure that when any new information is received it will be forwarded. Meanwhile you have been furnished all the details, and you'll help this headquarters if you will only write to notify us of any change in your address.

Sincerely Major F Belton.

How does a mother breathe after opening that letter?

The part of all of this that troubles me the most is how such an injured man, both physically and emotionally, moves forward, gets married and has four children and has an especially wonderfully admirable and happy life? Dad was the warmest, most loving tender man you could ask for.

In all of the years up until his death in 1993, he never once talked about the service. Over my entire life, not once did I see him raise his voice in anger or even have an argument.

There are so many questions that I wish I had known to ask. Because he never mentioned it, we as children never thought to ask. I don't have an answer as to why as an adult I never asked questions.

I am saddened to think of the silent pain he kept in his mind for all those years. I think it was just probably too tormenting to speak of. I knew he was a proud Marine but that's all I knew. Maybe all the horror is what made his heart so tender to all that knew him after the service.

Daddy, for whatever your reason, I'm sorry that you had to keep all your pain inside. I have loved you every day of my life and I thank you for your service.

**Gail Earl is a member of the writing class offered through the Cerritos College Adult Education Program. It is held off-campus at the Norwalk Senior Center.**

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