



Detectives seek missing Norwalk woman

By Eric Pierce
Editor

NORWALK – Sheriff’s detectives are asking the public’s help in finding a Norwalk woman who has been missing for more than a year.

Lidia Jovanna Huerta, 27, disappeared Sept. 1, 2018, after leaving her home on the 11400 block of Adonis St. Friends and family have not heard from her since.

Huerta is Hispanic, 5 ft. 6 inches tall, 150 lbs., with brown hair and brown eyes.

Anyone with information on her whereabouts is asked to call the Los Angeles County Sheriff’s Department’s Missing Persons Unit at (323) 890-5500. Tips can be left anonymously at lacrimestoppers.org.



Liquor store robber sought

NORWALK – Los Angeles County sheriff’s officials on Wednesday released video of armed robberies that occurred last month and were asking for help from the public in identifying the man responsible.

The first incident occurred about 2:30 p.m. Oct. 19 along the 10000 block of Rosecrans Avenue in Bellflower.

About 45 minutes later, investigators believe the same man robbed a liquor store along the 10000 block of Alondra Boulevard in Norwalk, but this time brandished a gun.

In the second incident, the man allegedly pointed a gun at the cashier while customers were inside the store, Sheriff’s Detective Gamielle Marshall said during a news conference Wednesday. Fearing for his life, the cashier gave the man cash, and the man ran from the scene.

Marshall called both incidents “brazen.”

It is unclear how much money was taken during the robberies.

The suspect was described as being between 20 and 25 years old, between 5 feet 6 and 5 feet 9 and between 150 and 170 pounds.

Anyone with information about the incidents or about the man involved can call Marshall at 562-466-5148.



PHOTO COURTESY JANICE HAHN’S OFFICE

Los Angeles County Supervisor Janice Hahn (middle), Attorney General Xavier Becerra (right) and Los Angeles District Attorney Jackie Lacey (left) announce a joint lawsuit filed Monday morning, Nov. 18 against San Francisco-based electronic cigarette maker, JUUL, Labs, Inc (JUUL). The lawsuit alleges that JUUL targeted young people through advertising and failed to give warnings about the product’s chemical exposure.

State sues JUUL for targeting teens with vaping ads

The lawsuit accuses the e-cigarette maker of targeting teens through advertising and failing to disclose chemical exposure.

LOS ANGELES – California has filed a lawsuit against San Francisco-based electronic cigarette maker JUUL, alleging that the company targets young people through advertising and failed to give warnings about the product’s chemical exposure and risks for cancer, birth defects, and reproductive harm.

The lawsuit also alleges that JUUL unlawfully failed to verify the age of California consumers and then violated the privacy rights of minors by keeping the personal email addresses of underage individuals who failed age verification on their website and using those email addresses to send them marketing materials.

The lawsuit was announced Monday at a press conference hosted by L.A. County Supervisor Janice Hahn, California Attorney General Xavier Becerra and Los Angeles District Attorney Jackie Lacey.

“Nearly 1 in 10 high school students in LA County report using e-cigarettes. That is not by chance,” said Hahn. “JUUL has systematically targeted the teen market with everything from the design of their products to their advertisements.”

“With this lawsuit we are going to hold JUUL accountable for their hand in this public health crisis and do what we can to stop this company from creating a new generation of nicotine addicts.”

“We’ve worked too hard, committed our hard-earned money for too long combatting harmful tobacco use to stand idly by as we now lose Californians to vaping and nicotine addiction,” said Becerra.

“JUUL adopted the tobacco industry’s infamous playbook, employing advertisements that had no regard for public health and searching out vulnerable targets. Today we take legal action against the deceptive practices that JUUL and the e-cigarette industry employ to lure our kids into their vaping web. We will hold JUUL and any other company that fuels a public health crisis accountable.

“Our goal today is to safeguard the health,

development and well-being of children, teenagers and young adults throughout California and the nation,” added Jackie Lacey. “JUUL and other nicotine product makers must be held accountable when they knowingly fail to take the necessary protective measures and allow the sale of nicotine products to underage buyers. California and Los Angeles County have long been leaders in the fight against tobacco and nicotine use.

“This lawsuit takes that fight to a new front, against a new threat. We will stay vigilant. We will aggressively prosecute offending vape and tobacco companies. And we will win this battle.”

The use of flavored e-cigarettes, or vaping, by young people in the United States, including middle and high schoolers, continues to increase rapidly, according to reports from the U.S. Centers for Disease Control and Prevention and the Food and Drug Administration. JUUL sales have grown dramatically and now make up more than 64 percent of the U.S. e-cigarette market.

Smoking remains the number one preventable killer in the United States and causes over 480,000 deaths per year. Medical researchers have shown that many JUUL users continue to smoke cigarettes and that children who were not likely at risk to start smoking cigarettes have done so as a result of their use of nicotine-containing e-cigarettes.

Further, as of November 13, 2019, the CDC reported 42 deaths in patients with e-cigarette or vaping product use, with a further 2,172 cases of associated lung injury reported nationwide. Four of the deaths reported were patients in California.

Monday’s lawsuit, filed in the Alameda County Superior Court, alleges that JUUL’s viral marketing campaigns led millions of American youth to start vaping or “JUULing” without knowing the potential harms associated with nicotine or, in many cases, that the product even contained nicotine.

JUUL launched its sponsored promotional events in cities across California and elsewhere to distribute free samples of JUUL devices and their flavor pods to a young, trend-setting audience. The company engaged in a targeted social media campaign by marketing flavors that appeal to youth, such as mango, cool mint, crème brûlée, and cucumber.

JUUL devices work by heating up a cartridge or “pod” containing liquids to create an aerosol, often called a vapor, that users inhale. The liquid contains nicotine, flavorings like mint or mango, and many other chemicals.

The cartridges are small, potent and convenient. They plug into a USB drive and emit a small cloud of vapor when inhaled.

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The Norwalk Rugrats attended Saturday night’s Cerritos College football game, which they attended as guests of the Falcons.

The Rugrats have won only one game this season but have their final game Nov. 16. “I know this raised their spirits and motivated them,” said Jonathan Valle. “The kids had a blast.”

Norwalk restaurant grades

Toros Taqueria
15617 Studebaker Rd.
Date Inspected: 11/15/19
Grade: **A**

Tacos Y Mariscos Las Islas
14419 S Pioneer Blvd.
Date Inspected: 11/15/19
Grade: **A**

El Marinero
11025 Alondra Blvd.
Date Inspected: 11/14/19
Grade: **A**

Original Rosewood
10640 Rosecrans Ave.
Date Inspected: 11/14/19
Grade: **A**

Chuchi’s Bionicos
16220 Pioneer Blvd.
Date Inspected: 11/14/19
Grade: **A**

Tam’s Super Burgers
11700 Rosecrans Ave.
Date Inspected: 11/14/19
Grade: **A**

El Cortez Meat Market
16214 Pioneer Blvd.
Date Inspected: 11/14/19
Grade: **A**

Tommy’s Original
15911 Pioneer Blvd.
Date Inspected: 11/14/19
Grade: **A**

Angie’s Deli
14346 Pioneer Blvd.
Date Inspected: 11/14/19
Grade: **A**

Los Compadres
11600 Rosecrans Ave.
Date Inspected: 11/14/19
Grade: **A**

RJM Vallejo Mini Market
12331 Imperial Hwy.
Date Inspected: 11/13/19
Grade: **A**

Cerritos College Cafeteria
11110 Alondra Blvd.
Date Inspected: 11/12/19
Grade: **A**

La Corona Bakery
15708 1/4 Pioneer Blvd.
Date Inspected: 11/12/19
Grade: **A**

La Lupita Supermarket
15704 Pioneer Blvd.
Date Inspected: 11/12/19
Grade: **A**

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**

Weekend at a Glance

Friday 71°

Saturday 76°

Sunday 75°



Winter Fantasy

All Weekend - Sawdust Art Festival in Laguna Beach

A 3-acre art village is turned into a winter wonderland with falling snow, a petting zoo, carolers, live entertainment, and thousands of Christmas lights and trees. \$4 for kids, \$8 adults



Crane-Making

Saturday - Barbara J. Riley Center, 11 am to 1 pm

The Downey Rose Float Association is working to fold 10,000 origami cranes. Help them reach their goal.



Youth Fishing Derby

Saturday - El Dorado Regional Park in Long Beach, 8 am

A free fishing derby for kids ages 15 and younger. Fishing poles and tackle provided at no cost. Kids 16 and older require a state fishing license.



L.A. Car Show

All Weekend - Los Angeles Convention Center

One of the world’s largest auto shows with 1,000 vehicles, free test drives, celebrity appearances, virtual reality, and pet adoptions.



Whittier Symphony

Sunday - Vic Lopez Auditorium in Whittier, 3 pm

The Whittier Regional Symphony’s 65-piece orchestra performs music from “Star Wars.” Free admission.

TWEET OF THE WEEK

@NorwalkLASD: A year ago today, Marilyn Haight was run down as she carried #Thanksgiving groceries home.

Next day (Thanksgiving), family came from out of town to find her missing from home. They helped us ID her body. Please help

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NORWALK HAPPENINGS

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 lacitylibrary.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

Vaping company failed to disclose chemical toxins, according to lawsuit

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Their use is hard to supervise and keep out of the hands of adolescents because the devices are easily concealed, officials said.

JUUL was founded and launched in 2015. Before that, the founders studied the "Truth Tobacco Industry Documents," internal tobacco industry

corporate documents obtained during litigation between the state attorneys general and the tobacco industry.

The documents include information on nicotine formulations and advertising techniques used to sell cigarettes.

Since JUUL's launch in 2015, youth vaping in the United States has almost doubled. From 2017 to 2019, e-cigarette use

among high school students rose by 135 percent.

In 2019, five million middle and high school students used e-cigarettes - an alarming increase of nearly 3 million students in two years. The majority of underage e-cigarette users report that JUUL is their usual brand.

Monday's lawsuit alleges that JUUL violated California law by

Failing to include required warnings about exposure to chemicals linked to cancer, birth defects, or other reproductive harm.

Delivering tobacco products directly to underage persons.

Delivering tobacco products directly to consumers without properly verifying their age.

Violating the privacy rights of minors by sending marketing

material to the email addresses of underage individuals who failed age verification on JUUL's website.

Creating a public health epidemic, particularly among young people, with an addictive and harmful product. This epidemic has had serious negative effects on public schools across the state.

This lawsuit is only the latest action taken by the Los Angeles

County Board of Supervisors to combat the growing problem of underage e-cigarette use.

In September, the Board approved a landmark ban on the sale of flavored tobacco products in unincorporated areas of the County and subsequently launched a targeted public health campaign to educate young people on the dangers of vaping.

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Another looming threat to e-cigarettes

BY JACOB SULLUM

President Donald Trump reportedly has reconsidered a plan to ban flavored e-cigarettes, a reversal that was widely portrayed as a triumph of politics over public health. Yet that criticism more aptly describes the proposed ban, which would have sacrificed the interests — and potentially the lives — of current and former smokers in the name of curtailing underage vaping.

There were political arguments on both sides of this debate. Advocates of the flavor ban argued it would appeal to suburban women concerned about the recent rise in e-cigarette use by teenagers, while opponents warned that it would alienate vapers who were otherwise inclined to support the president, endangering his reelection.

The opponents, bolstered by rallies and polling data suggesting that vapers were highly motivated and apt to vote (or refrain from voting) based on this issue, seem to have prevailed. But they not only had the stronger political argument; they also had the stronger public health argument.

Millions of Americans have quit smoking by switching to vaping, a far less hazardous source of nicotine. Consumer surveys and sales data show they overwhelmingly prefer the products targeted by the proposed ban.

That policy, which was expressly designed to make vaping products less appealing, would have driven some former smokers

back to their old habits while deterring current smokers from making a switch that could save their lives. Even The New York Times saw the folly of this approach, warning that it “would almost certainly force people who already use these products, including roughly 11 million adults, to choose between traditional cigarettes (which remain widely available, despite being deadlier than e-cigarettes) and black-market vaping products.”

For the time being, the vaping industry, including thousands of mom-and-pop shops across the country, seems to have dodged a bullet. But it still faces the looming threat of federal regulations that are expected to drive most businesses and products from the market.

Under a 2016 rule, manufacturers, which include vape shops that mix their own e-liquids, have to persuade the FDA that allowing sales of their products is “appropriate for the protection of public health.” Although it’s still not clear exactly what that means, vaping businesses must submit a “premarket tobacco application” (PMTA) for each of their products by May 12 — less than six months from now.

A PMTA is required for every product variation. The FDA puts the “average cost” at \$132,000 for e-liquids and \$467,000 for devices, although it says some applications could cost more than \$2 million.

Either way, those costs are likely to deter all but the largest vaping companies. The FDA itself predicts that “54 percent of delivery systems and somewhere between 50 and 87.5 percent of e-liquids”

will “exit the market” before the application deadline.

If a business manages to file adequate applications in time, it will be allowed to keep those products on the market for up to a year while the FDA decides whether to approve them. But even at this late date, the requirements for approval remain opaque, as a lawsuit filed last month by a coalition of small vaping companies points out.

The FDA, for instance, demands “sufficient information regarding the potential abuse liability” of each product and suggests it would be satisfied with “a double-blind, placebo-controlled, within-subject study comparing several doses of a new product to a comparator product with a known abuse liability.” It’s not clear whether anything short of that prohibitively expensive option would suffice. And while manufacturers are supposed to list “harmful or potentially harmful constituents,” the FDA still has not fully specified what those are.

“Our next focus will be on ensuring that the Trump administration recognizes the need to reform the FDA’s regulatory system for these products,” says Gregory Conley, president of the American Vaping Association, an advocacy group that supports vaping as a harm-reducing alternative to smoking. “If President Trump wants to win in 2020, mere inaction on this issue is not enough.”

Jacob Sullum is a senior editor at Reason magazine. Follow him on Twitter: @JacobSullum

Elizabeth Warren’s crazy healthcare plan

BY LARRY ELDER

Sen. Elizabeth Warren, D-Mass., wants “Medicare for All,” as does Sen. Bernie Sanders, D-Vt., her self-described “Democratic socialist” rival. Unlike Sanders, however, Warren claims she can finance her plan by raising taxes only on the superrich. The middle class, Warren insists, will see their health care costs go down and their taxes will not go up.

Some of her nearly equally left-wing rivals demanded specifics. Who pays? And how much? After a Democratic debate, one rival, Mayor Pete Buttigieg of South Bend, Indiana, said Warren was “more specific and forthcoming about the number of selfies she’s taken” than about her plan.

Buttigieg said: “Not only is it important to have ‘yes-or-no’ answers to ‘yes-or-no’ questions at a time when people are so frustrated with Washington-speak, but also there’s still been no explanation for a multitrillion-dollar hole in this plan.”

Not that Democrats and their media sympathizers truly care about costs or whether promises about costs are even kept. President Barack Obama made numerous unrealized promises about his health care plan. He insisted Obamacare would save the average family \$2,500 a year, that it would “bend the cost curve” downward and that people could keep their health care plan if they wanted to. PolitiFact pronounced Obama’s “if you like your health care plan, you can keep it” promise 2013’s “Lie of the Year.”

Democrats, of course, quickly employed their fallback position on

rising costs: blame Republicans. Sally Pipes of the Pacific Research Institute, a conservative think tank, said last year: “Despite the fact that premiums rose throughout President Barack Obama’s second term, Democrats claim that the most recent rate increases are President Donald Trump’s fault. In August, four liberal cities — Baltimore, Chicago, Columbus and Cincinnati — filed a lawsuit alleging that Trump is ‘waging a relentless campaign to sabotage and, ultimately, to nullify the law.’ That’s nonsense. Obamacare is imploding under the weight of its own regulations.”

A month before Warren finally revealed the cost of her plan, the Urban Institute, a center-left think tank, estimated the cost of a single-payer plan for everyone, including illegal aliens, at \$34 trillion “in additional federal spending” over 10 years. Other conservative groups, like the Heritage Foundation, put the price almost as high. Last year, Heritage estimated the cost at \$32.6 trillion. The American Enterprise Institute warns that these cost estimates don’t consider the number of health care-related jobs that will be lost. According to a recent article in The Washington Post, some economists estimate the number of jobs lost at 2 million.

About Medicare for All’s price tag, the center-left Atlantic magazine said: “That’s more than the federal government’s total cost over the coming decade for Social Security, Medicare, and Medicaid combined, according to the most recent Congressional Budget Office projections. ... Over the next decade, the plan on its own would represent a nearly 60 percent increase in total expected federal spending, from national defense to interest on the national debt.”

Under pressure, Warren recently revealed the cost of her plan: \$52 trillion over 10 years, including \$20.5 trillion in new federal spending. About Warren’s plan and her promise not to raise taxes on the middle class, the executive vice president of Third Way, a “centrist” Democratic organization, said: “The gap between what she says it will cost and what it will really cost is in the trillions of dollars, and the middle class will be on the hook to fill that gap. My guess is that with accurate numbers, she’s somewhere between \$5 trillion and \$10 trillion short. (Her plan taps) the rich and corporations as much as possible. Who’s left? The middle class.”

The Kaiser Family Foundation executive vice president for health policy told The Atlantic: “The only way to make that math add up is to pay doctors and hospitals and drug companies a lot less, as Warren has proposed. The fundamental question here is: Can you lower health-care prices enough to offset the increased costs from universal coverage and very comprehensive benefits?”

The answer to that question is an unequivocal yes, provided one doesn’t care who pays, how much or whether a Medicare for All plan can actually achieve its objectives of insuring everyone for less money while maintaining quality. To Democrats, this isn’t even a heavy lift. They believe there is such thing as a free lunch and the Republicans are stopping them from eating it.

Larry Elder is a bestselling author and nationally syndicated radio talk show host.

Medicare for all or endless wars?

BY LINDSAY KOSHGARIAN

If you’re following the presidential race, you’ve heard plenty of sniping about Medicare for All and whether we can afford it. But when it comes to endless war or endless profits for Pentagon contractors, we’re told we simply must afford it — no questions asked.

According to one study, even if universal health insurance didn’t bring health care prices down — an unlikely worst-case scenario — we’d need an extra \$300 billion a year beyond our current spending to provide full insurance for everyone.

Where can we find it? In a giant pot of money that’s already rampant with waste and abuse: the Pentagon.

Right now, only about one quarter of the \$738 billion Pentagon budget goes to our troops. The rest is mainly three things: the cost of maintaining 800 military installations all over the world; lucrative Pentagon contracts, which account for nearly half of the entire Pentagon budget; and, of course, our never-ending wars in the Middle East.

According to my research, if we end those wars, shut down wasteful and failing weapons programs, and close unnecessary foreign bases, we could come up with an extra \$350 billion to spend on Medicare for All — without sacrificing security.

As experts of various political stripes will tell you, the U.S. military is carrying out a costly 20th-century security vision in a 21st century world. For instance, the Pentagon still keeps tens of thousands of troops in Germany and Italy. Maybe 75 years after the end of World War II (and nearly 20 years into our ill-fated Iraq adventure) is a good time to finally bring those troops home?

Closing 60 percent of our foreign bases would save \$90 billion a

year. There’d be enough left over for more than one foreign military installation in each country on earth, if we insisted.

Right now, those bases enable our endless wars. Troops rotate from Germany into the Middle East and Africa, and tens of thousands are stationed in the conflict-ridden Middle East at any given time. Yet our wars have only further destabilized the region. It’s time we brought our troops home for good — and saved \$66 billion each year in the bargain.

Then there are those highly paid contractors. For instance, the F-35 fighter jet is projected to cost more than the entire military budget of Iran. But even after many years and massive cost overruns, the lead Pentagon tester just reported that the F-35 is still “breaking more often than planned and taking longer to fix.”

We should halt the F-35 boondoggle, cut back on 20th century war technology like the aircraft carrier, and freeze nuclear weapons spending, with the eventual goal of eliminating these weapons that could wipe us all out at a keystroke.

It’s time to regulate CBD

BY PAUL ARMENTANO

One in seven Americans say they use CBD products, according to Gallup.

The rising popularity of these products — which range from oils and gummies to topical salves and most everything in between — is staggering, especially when one considers that much of the public had never even heard of CBD two or three years ago.

CBD stands for cannabidiol, one of over 100 distinct compounds found in the marijuana plant. Unlike THC, it is not significantly mood-altering. Instead, many consumers believe the compound helps treat pain, anxiety, and other ailments.

But Americans’ exuberance for CBD could well be short-lived. That’s because many products currently marketed under the CBD banner are of low or variable quality.

Back in 2017, the Journal of the American Medical Association reported that only 31 percent of commercially available CBD products contained percentages of cannabidiol that accurately reflected the products’ labeling. Since then, little has changed.

An October 2019 analysis of 30 leading CBD products by the watchdog group LegitScript.com reported that two-thirds possessed significant deviations in CBD content from what was advertised. Typically, these products contained far lower percentages of CBD than the manufacturer promised — a finding that is woefully consistent with prior analyses.

Investigators also reported that some of the products evaluated in the LegitScript analysis tested positive for either solvent residue or elevated levels of heavy metals — findings that are also similar to those of prior reports.

Other analyses have identified even more problematic issues. Some CBD products, for instance, have tested positive for the presence of THC, the primary psychoactive constituent in cannabis, despite being advertised as “THC-free” — an oversight that could cost customers their jobs if they fail a drug test they expected to pass.

Most concerning, some CBD products have tested positive for added psychotropic adulterants — such as dextromethorphan or synthetic

cannabinoid agonists. Exposure to these latter agents, typically found in illicit so-called “synthetic marijuana” products like Spice, can lead to serious health consequences.

All this is rapidly creating a “buyer beware” environment for consumers — and potentially placing them at risk.

This situation persists because the federal government — and the Food and Drug Administration in particular — doesn’t regulate either the manufacturing or testing of these products. Despite the presumption of most Americans, the commercial CBD market is entirely unregulated by the FDA.

This is because, until recently, federal law defined all cannabis-derived products as illicit. Now, the FDA and other agencies are playing catch up, with the federal regulators estimating it could take years before the FDA finalizes rules governing the commercial CBD market.

This intransigence is no longer acceptable.

Currently, the heavy burden of overseeing the CBD marketplace falls solely on state regulators in jurisdictions that have legalized cannabis use. But these regulations are not consistent from state to state, and are often far from comprehensive.

Further, state-specific regulations typically only govern CBD products that are sold in licensed dispensaries or retail outlets that exclusively sell cannabis products. They may not cover products sold online or at gas stations, which are subject to virtually no oversight.

Congress facilitated the growth of the commercial CBD market by passing legislation in 2018 that, for the first time, recognizes the production and distribution of certain hemp-derived CBD products. But without federal rules, standards, and oversight, this new market is a wild west — rife with questionable players hawking low-quality or even fraudulent products upon a largely unsuspecting public.

The tens of millions of Americans soliciting this market deserve better. It’s time for federal officials to set appropriate standards to govern this industry — so consumers can be assured, once and for all, they are getting what they pay for.

The Norwalk Patriot STAFF

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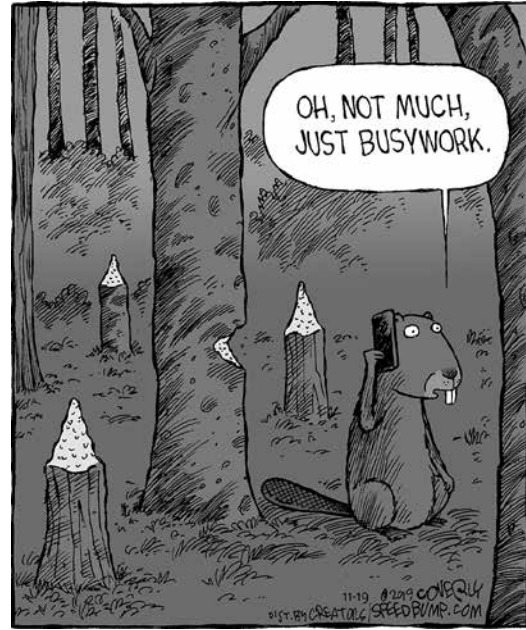
LORINE PARKS
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CALENDAR OF EVENTS

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...

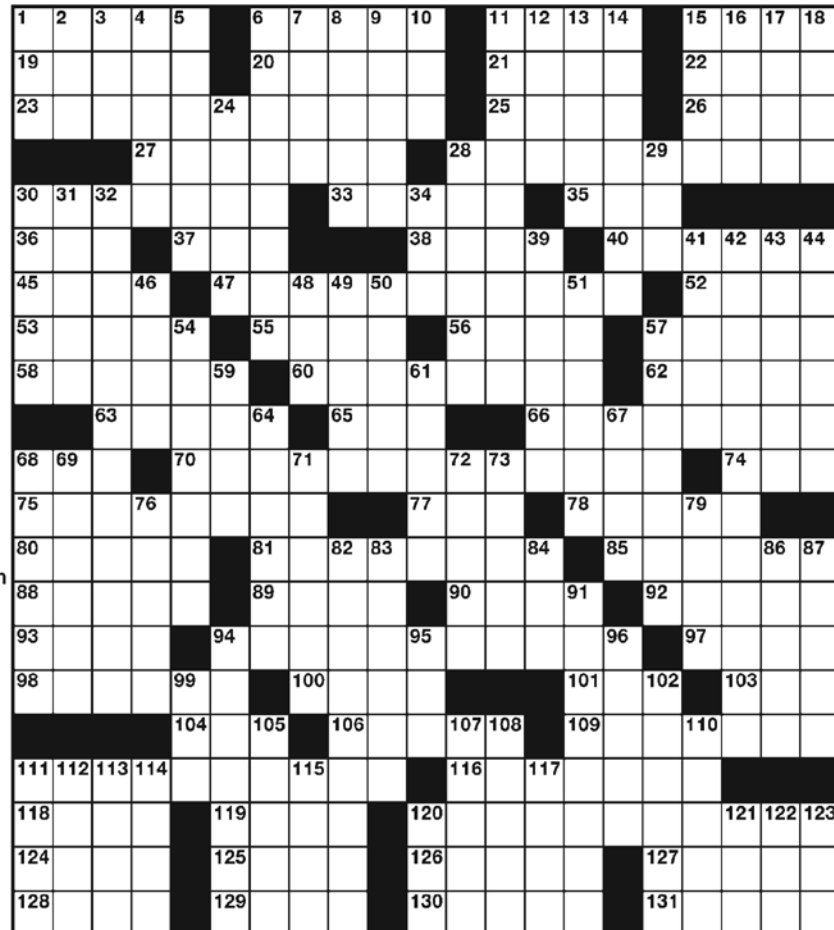
Nov. 22, 1963: President John F. Kennedy was assassinated while riding in a motorcade in Dallas. Suspected gunman Lee Harvey Oswald was arrested. Vice President Lyndon B. Johnson was sworn in as the 36th president of the United States.
 1718: English pirate Edward Teach - better known as "Blackbeard" - was killed during a battle off the North Carolina coast.
 1998: "60 Minutes" aired video of Dr. Jack Kevorkian administering lethal drugs to a terminally ill patient.
 2005: The Microsoft video game console Xbox 360 went on sale.

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)
RATING MOVIES: A double-feature theme
 by S.N.

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ADVERTISING POLICY

The Norwalk Patriot reserves the right to censor, reclassify, revise or reject any ad. The Norwalk Patriot is not responsible for incorrect ads beyond the first business day of an ad scheduled. Please check your ad on the first day of publication and report any errors we have made to the Classified Department at 562-904-3668 at the beginning of the next business day to have it publish correctly for the remainder of the schedule.

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

and farm of the 34th president. Gettysburg, encompasses the home mouth. The Eisenhower National before finally docking at Plymouth. The Eisenhower National to CAPE COD by rough seas, Myflower (30 Across) was diverted Originally bound for Virginia, the on his hometown of Mason City, Iowa setting of The Music Man (27 Across) based the River City, Composer Meredith WILLSON



LEGALS

FICT. BUS NAME

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2019301867
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) PSP POOL AND SPA PRODUCTS, 14435 PIONEER BLVD, NORWALK, CA 90650, LA COUNTY, SAME
 Articles of Incorporation or Organization Number (if applicable): AI #ON: 4526212
 REGISTERED OWNERS(S): (1) PSP POOL AND SPA PRODUCTS, 14435 PIONEER BLVD, NORWALK, CA 90650
 State of Incorporation: CA
 THIS BUSINESS IS CONDUCTED BY: a Corporation
 The date registrant started to transact business under the fictitious business name or names listed above: N/A
 I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
 S/ PSP POOL AND SPA PRODUCTS, PRESIDENT, ROGER VARGAS FRANCO
 This statement was filed with the County Clerk of Los Angeles on NOVEMBER 18, 2019
 Notice - In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other than a change in the residence address of a registered owner. A new Fictitious Business Name Statement must be filed before the expiration. Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by the affidavit of identity form.
 The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State or Common Law (see Section 14411 et seq., Business and Professions Code).

The Norwalk Patriot
 11/22/19, 11/29/19, 12/6/19, 12/13/19

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2019284011
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) YOGURTLAND #CA257, 13933 PIONEER BLVD, NORWALK CA 90650, LA COUNTY, 2775 W. MADISON CIRCLE, ANAHEIM CA 92801
 Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
 REGISTERED OWNERS(S): (1) TOMMY THONG VO, 2775 W. MADISON CIRCLE, ANAHEIM CA 92801
 State of Incorporation: (1) N/A
 THIS BUSINESS IS CONDUCTED BY: an Individual
 The date registrant started to transact business under the fictitious business name or names listed above: N/A
 I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
 S/ TOMMY THONG VO, OWNER
 This statement was filed with the County Clerk of Los Angeles on OCTOBER 28, 2019
 Notice - In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other than a change in the residence address of a registered owner. A new Fictitious Business Name Statement must be filed before the expiration. Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by the affidavit of identity form.
 The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State or Common Law (see Section 14411 et seq., Business and Professions Code).

The Norwalk Patriot
 11/11/19, 11/8/19, 11/15/19, 11/22/19

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2019284415
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) PRO-TEK PAVE, 12171 FRONT STREET, NORWALK CA 90650, LA COUNTY, PO BOX 522, NORWALK CA 90651
 Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
 REGISTERED OWNERS(S): (1) HECTOR GOMEZ, 14429 FUNSTON AVE, NORWALK CA 90650
 State of Incorporation: (1) N/A
 THIS BUSINESS IS CONDUCTED BY: an Individual
 The date registrant started to transact business under the fictitious business name or names listed above: 02/2004
 I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
 S/ HECTOR GOMEZ, OWNER
 This statement was filed with the County Clerk of Los Angeles on OCTOBER 28, 2019
 Notice - In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other than a change in the residence address of a registered owner. A new Fictitious Business Name Statement must be filed before the expiration. Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by the affidavit of identity form.
 The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State or Common Law (see Section 14411 et seq., Business and Professions Code).

The Norwalk Patriot
 11/8/19, 11/15/19, 11/22/19, 11/29/19

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2019287984
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) GOLDEN WEST SALES, 16730 GRIDLEY RD, CERRITOS CA 90703, LA COUNTY
 Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
 REGISTERED OWNERS(S): (1) U.F.O. DESIGNS, 5218 MACHINE DRIVE, HUNTINGTON BEACH CA 92649
 State of Incorporation: (1) CA
 THIS BUSINESS IS CONDUCTED BY: a Corporation
 The date registrant started to transact business under the fictitious business name or names listed above: 02/2004
 I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant

knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
 S/ U.F.O. DESIGNS, PRESIDENT, JITENDRA PATEL
 This statement was filed with the County Clerk of Los Angeles on OCTOBER 31, 2019
 Notice - In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other than a change in the residence address of a registered owner. A new Fictitious Business Name Statement must be filed before the expiration. Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by the affidavit of identity form.
 The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State or Common Law (see Section 14411 et seq., Business and Professions Code).

The Norwalk Patriot
 11/8/19, 11/15/19, 11/22/19, 11/29/19

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2019288775
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) POSITIVITEEZ, 15065 WATKINS DRIVE, LA MIRADA CA 90638, LA COUNTY
 Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
 REGISTERED OWNERS(S): (1) DEANN URIARTE, 15065 WATKINS DRIVE, LA MIRADA CA 90638 (2) ANITA HERNANDEZ, 9618 BURMA RD, PICO RIVERA CA 90660 (3) SYNDY SANCHEZ, 2045 S. ST. COLLEGE #323, ANAHEIM CA 92806
 State of Incorporation: (1) N/A (2) N/A (3) N/A
 THIS BUSINESS IS CONDUCTED BY: a General Partnership
 The date registrant started to transact business under the fictitious business name or names listed above: N/A
 I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
 S/ DEANN URIARTE, PARTNER
 This statement was filed with the County Clerk of Los Angeles on OCTOBER 31, 2019
 Notice - In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other than a change in the residence address of a registered owner. A new Fictitious Business Name Statement must be filed before the expiration. Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by the affidavit of identity form.
 The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State or Common Law (see Section 14411 et seq., Business and Professions Code).

The Norwalk Patriot
 11/8/19, 11/15/19, 11/22/19, 11/29/19

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2019290979
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) BLUE DIAMOND REALTY & PROPERTY MANAGEMENT, 12068 ROSECRANS AVE, NORWALK CA 90650, COUNTY OF LOS ANGELES, 14425 IBEX AVENUE, NORWALK CA 90650
 Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
 REGISTERED OWNERS(S): (1) MARIA EXQUIJA SANCHEZ, 14425 IBEX AVENUE, NORWALK CA 90650
 State of Incorporation: (1) N/A
 THIS BUSINESS IS CONDUCTED BY: an Individual
 The date registrant started to transact business under the fictitious business name or names listed above: N/A
 I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
 S/ MARIA EXQUIJA SANCHEZ, OWNER
 This statement was filed with the County Clerk of Los Angeles on NOVEMBER 4, 2019
 Notice - In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other than a change in the residence address of a registered owner. A new Fictitious Business Name Statement must be filed before the expiration. Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by the affidavit of identity form.
 The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State or Common Law (see Section 14411 et seq., Business and Professions Code).

The Norwalk Patriot
 11/8/19, 11/15/19, 11/22/19, 11/29/19

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2019297008
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) ELEVEN POINT DESIGN GROUP, 8320 ALBIA STREET, DOWNEY CA 90242, LA COUNTY
 Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
 REGISTERED OWNERS(S): (1) RAUL MERAZ CHAVEZ, 8320 ALBIA STREET, DOWNEY CA 90242 (2) ARCELIA MARIA CHAVEZ, 8320 ALBIA STREET, DOWNEY CA 90242
 State of Incorporation: (1) N/A (2) N/A
 THIS BUSINESS IS CONDUCTED BY: a Married Couple
 The date registrant started to transact business under the fictitious business name or names listed above: 05/2002
 I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
 S/ ARCELIA MARIA CHAVEZ, WIFE (CO-OWNER)
 This statement was filed with the County Clerk of Los Angeles on NOVEMBER 12, 2019
 Notice - In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other than a change in the residence address of a registered owner. A new Fictitious Business Name Statement must be filed before the expiration. Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by the affidavit of identity form.
 The filing of this statement does not of itself

authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State or Common Law (see Section 14411 et seq., Business and Professions Code).

The Norwalk Patriot
 11/22/19, 11/29/19, 12/6/19, 12/13/19

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2019296442
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) REAAL TRAVEL & REGISTRATIONS, 5001 CLARA STREET UNIT C, CUDAHY CA 90201, LA COUNTY
 Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
 REGISTERED OWNERS(S): (1) ALEJANDRO GALICIA, 5001 CLARA ST UNIT C, CUDAHY CA 90201 (2) ELIA GALICIA LOPEZ, 5001 CLARA ST UNIT C, CUDAHY CA 90201
 State of Incorporation: (1) N/A (2) N/A
 THIS BUSINESS IS CONDUCTED BY: a General Partnership
 The date registrant started to transact business under the fictitious business name or names listed above: N/A
 I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
 S/ ALEJANDRO GALICIA, PARTNER
 This statement was filed with the County Clerk of Los Angeles on NOVEMBER 6, 2019
 Notice - In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other than a change in the residence address of a registered owner. A new Fictitious Business Name Statement must be filed before the expiration. Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by the affidavit of identity form.
 The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State or Common Law (see Section 14411 et seq., Business and Professions Code).

The Norwalk Patriot
 11/15/19, 11/22/19, 11/29/19, 12/6/19

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2019284839
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) TRINITY HOME SOLUTIONS, 12100 IMPERIAL HWY. SUITE 103, NORWALK CA 90650, LA COUNTY
 Articles of Incorporation or Organization Number (if applicable): AI #ON: C4204554
 REGISTERED OWNERS(S): (1) TRINITY HOME SOLUTIONS, 910 N. WICHITA ST., ANAHEIM CA 92801
 State of Incorporation: CA
 THIS BUSINESS IS CONDUCTED BY: a Corporation
 The date registrant started to transact business under the fictitious business name or names listed above: 09/2019
 I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
 S/ TRINITY HOME SOLUTIONS, VICE PRESIDENT, MARY HELEN JOHNSON
 This statement was filed with the County Clerk of Los Angeles on OCTOBER 28, 2019
 Notice - In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other than a change in the residence address of a registered owner. A new Fictitious Business Name Statement must be filed before the expiration. Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by the affidavit of identity form.
 The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State or Common Law (see Section 14411 et seq., Business and Professions Code).

The Norwalk Patriot
 11/22/19, 11/29/19, 12/6/19, 12/13/19

CITY OF NORWALK SUMMARY

ORDINANCE NO. 19-1712
 The Norwalk City Council, at a meeting held November 19, 2019, introduced proposed Ordinance No. 19-1712, AN ORDINANCE OF THE CITY OF NORWALK SETTING FORTH ITS FINDINGS OF FACT AND DECISION APPROVING ZONE CHANGE NO. 357, which will amend the Norwalk Municipal Code to re-zone 12038 Olive Street, also known as Assessor's Parcel Number (APN) 8048-029-007 from the Multi-Family High Density Residential, Parking ("R-3-P") zone to the General Commercial ("C-3") zone and further apply the newly created Live-Work Overlay (L-W) zone to 13211-13253 San Antonio Drive, 12027-12033 Sprout Street and 12038 Olive Street, also known as APN's 8048-029-007 through 013, by the following roll call vote:
AYES: Councilmembers Ayala, Perez, and Shryock, Vice Mayor Vernola, and Mayor Rios
NOES: None
ABSENT: None
 The full text of Ordinance No. 19-1712 is available for review in the Office of the City Clerk during regular business hours.
 Theresa Devoy, CMC
 City Clerk
 November 20, 2019

The Norwalk Patriot
 11/22/19

CITY OF NORWALK PUBLIC NOTICE

NOTICE OF AVAILABILITY OF COMMUNITY DEVELOPMENT BLOCK GRANT FUNDS FOR FISCAL YEAR 2020/21
 NOTICE IS HEREBY GIVEN that the City of Norwalk is investing Social Service Agencies and/or interested, non-profit groups who provide support services to residents of the City of Norwalk to submit applications for Community Development Block Grant (CDBG) Funds for fiscal year 2020/2021. Applications are available at the City of Norwalk - CDBG, 12700 Norwalk Blvd., Room 12, Norwalk, CA 90650.
 CDBG funds may be used for the provision of social services (including labor, supplies, and materials), for activities such as job training, crime prevention, child care, health, drug abuse, education programs, energy conservation, senior citizens programs, or services for homeless persons. Certain types of activities may receive funding priority. Please check the application instructions for information about the City's priorities.

The Norwalk Patriot
 11/22/19

CITY OF NORWALK SUMMARY

ORDINANCE NO. 19-1711
 The Norwalk City Council, at a meeting held November 19, 2019, introduced proposed Ordinance No. 19-1711, AN ORDINANCE OF THE CITY OF NORWALK AMENDING TITLE 17 OF THE NORWALK MUNICIPAL CODE TO ESTABLISH LIVE-WORK OVERLAY ZONE AND REGULATIONS FOR THE LIVE-WORK OVERLAY ZONE, which will amend the Norwalk Municipal Code to establish the Live-Work Overlay zone, defining a "live-work unit", include a list of permitted and prohibited uses within the overlay zone, establish development standards related to building height, yard setbacks, density, lot coverage, lot area, open space requirements, parking requirements, minimum architectural and building design standards, and performance standards for projects within a Live-Work Overlay zone, by the following roll call vote:
AYES: Councilmembers Ayala, Perez, and Shryock, Vice Mayor Vernola, and Mayor Rios
NOES: None
ABSENT: None
 The full text of Ordinance No. 19-1711 is available for review in the Office of the City Clerk during regular business hours.
 Theresa Devoy, CMC
 City Clerk
 November 20, 2019

The Norwalk Patriot
 11/22/19

to be eligible for CDBG assistance, the service must be a new service, continuation of a program funded by the City of Norwalk's CDBG program in the previous program year, or quantifiable increase in the level of an existing service above which has been provided with State or Local funds in the previous twelve (12) calendar months.

Applications must be completed and returned no later than 5:00 p.m., Friday, December 20, 2019 to the City of Norwalk, Community Development Department, Attn: Carolina Moreno, 12700 Norwalk Blvd., Room 12, Norwalk, CA 90650.

Please contact the City of Norwalk Community Development Block Grant program at (562) 929-5951 for additional information.

Dated this 22nd day of November 2019.

Theresa Devoy, CMC, City Clerk

The Norwalk Patriot
 11/22/19

CITY OF NORWALK SUMMARY

PROPOSED ORDINANCE NO. 19-1709 ADOPTING BY REFERENCE THE 2019 CALIFORNIA CODES AND NOTICE OF PUBLIC HEARING
 The Norwalk City Council, at a meeting held November 5, 2019, introduced proposed Ordinance No. 19-1709, AN ORDINANCE OF THE CITY OF NORWALK ADOPTING BY REFERENCE THE 2019 EDITIONS OF THE CALIFORNIA BUILDING, RESIDENTIAL, FIRE, PLUMBING, ELECTRICAL, MECHANICAL, EXISTING BUILDING, AND GREEN BUILDING STANDARDS CODES AND RELATED MODEL CODES, WITH APPENDICES AND AMENDMENTS THERETO; AND AMENDING THE NORWALK MUNICIPAL CODE, as amended, by the following roll call vote:

AYES: Councilmembers Ayala, Perez, and Shryock, Vice Mayor Vernola, and Mayor Rios
NOES: None
ABSENT: None

NOTICE IS HEREBY GIVEN, that the Norwalk City Council will conduct a public hearing to consider adoption of Ordinance No. 19-1709, which will adopt by reference the 2019 California Codes, on **Tuesday, December 3, 2019, at 6:00 p.m.**, or as soon thereafter as the matter may be heard, in Council Chambers, Norwalk City Hall, 12700 Norwalk Boulevard, Norwalk, CA 90650. The proposed Ordinance No. 19-1709 will amend Chapters 15.04, 15.06, 15.08, 15.12, 15.16, 15.20, 15.24, 15.28, 15.30, and 15.32 of the City of Norwalk Municipal Code and adopt by reference the 2019 California Building Code, 2019 California Residential Code, 2019 California Fire Code, 2019 California Plumbing Code, 2019 California Electrical Code, 2019 California Mechanical Code, 2019 California Green Building Standards, and 2019 California Existing Building Code.
 Ordinance No. 19-1709 modifies these codes to provide for specific local climatic, geologic and topographic conditions. It also sets forth regulations that apply to all construction and development throughout the City. The provisions of the ordinance would take effect on January 3, 2020.
Public Comment: Interested persons are invited to attend this hearing and be heard regarding this matter. Written comments may be submitted to the City Council prior to the time set for the hearing. Address written comments: Attention: City Clerk at the address noted above or by email to clerk@norwalkca.gov. If you challenge the proposed Ordinance, you may be limited to only those issues raised at the public hearing described in this notice, or in written correspondence delivered prior to the public hearing.
More information: Copies of the agenda report and a complete copy of Ordinance No. 19-1709 will be available for public review at www.norwalkca.gov or at the City Clerk's Office during regular business hours. Should you have any questions regarding this matter, please contact Saeed Amirazizi Building & Safety Manager, at (562) 929-5733 or samirazizi@norwalkca.gov.
Accessibility: In compliance with the Americans with Disabilities Act, if you need special assistance to participate in a City meeting or other services offered by this City, please contact the City Clerk's Office at (562) 929-5720. Notification at least 48 hours prior to the meeting or time when services are needed will assist the City staff in assuring that reasonable arrangements can be made to provide accessibility to the meeting or service. Assisted hearing devices will be available at this hearing without prior notification.
 Dated this 8th day of November 2019.
 Theresa Devoy, CMC
 City Clerk

The Norwalk Patriot
 11/22/19

CITY OF NORWALK SUMMARY

ORDINANCE NO. 19-1711
 The Norwalk City Council, at a meeting held November 19, 2019, introduced proposed Ordinance No. 19-1711, AN ORDINANCE OF THE CITY OF NORWALK AMENDING TITLE 17 OF THE NORWALK MUNICIPAL CODE TO ESTABLISH LIVE-WORK OVERLAY ZONE AND REGULATIONS FOR THE LIVE-WORK OVERLAY ZONE, which will amend the Norwalk Municipal Code to establish the Live-Work Overlay zone, defining a "live-work unit", include a list of permitted and prohibited uses within the overlay zone, establish development standards related to building height, yard setbacks, density, lot coverage, lot area, open space requirements, parking requirements, minimum architectural and building design standards, and performance standards for projects within a Live-Work Overlay zone, by the following roll call vote:
AYES: Councilmembers Ayala, Perez, and Shryock, Vice Mayor Vernola, and Mayor Rios
NOES: None
ABSENT: None
 The full text of Ordinance No. 19-1711 is available for review in the Office of the City Clerk during regular business hours.
 Theresa Devoy, CMC
 City Clerk
 November 20, 2019

The Norwalk Patriot
 11/22/19

CITY OF NORWALK SUMMARY

ORDINANCE NO. 19-1712
 The Norwalk City Council, at a meeting held November 19, 2019, introduced proposed Ordinance No. 19-1712, AN ORDINANCE OF THE CITY OF NORWALK SETTING FORTH ITS FINDINGS OF FACT AND DECISION APPROVING ZONE CHANGE NO. 357, which will amend the Norwalk Municipal Code to re-zone 12038 Olive Street, also known as Assessor's Parcel Number (APN) 8048-029-007 from the Multi-Family High Density Residential, Parking ("R-3-P") zone to the General Commercial ("C-3") zone and further apply the newly created Live-Work Overlay (L-W) zone to 13211-13253 San Antonio Drive, 12027-12033 Sprout Street and 12038 Olive Street, also known as APN's 8048-029-007 through 013, by the following roll call vote:
AYES: Councilmembers Ayala, Perez, and Shryock, Vice Mayor Vernola, and Mayor Rios
NOES: None
ABSENT: None
 The full text of Ordinance No. 19-1712 is available for review in the Office of the City Clerk during regular business hours.
 Theresa Devoy, CMC
 City Clerk
 November 20, 2019

The Norwalk Patriot
 11/22/19

NOTICES

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NUMBER: 19NWC00347
 TO ALL INTERESTED PERSONS: Petitioner ANGELICA ISABEL LABADIE filed a petition with this court for a decree changing names as follows:
 Present name (1) ANGELICA ISABEL LABADIE to Proposed name (1) ISABEL LABADIE
 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: December 18, 2019, Time: 1:30 p.m., Department: C, Room: 312
The address of the court is 12720 Norwalk Blvd., Norwalk, CA 90650
 A copy of this Order to Show Cause shall be published at least once a week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in the county, **NORWALK PATRIOT** NOVEMBER 6, 2019
 Judge Margaret M. Bernal
 Judge Of The Superior Court
 Petitioner or Attorney, In Pro Per
Angelica Isabel Labadie
 14658 Longworth Avenue
 Norwalk, CA 90650
 (562) 298-2218

The Norwalk Patriot
 11/22/19, 11/29/19, 12/6/19, 12/13/19

PROBATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF: CHRISTOPHER ALLEN MATHIEU CASE NO. 19STPB08553

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of CHRISTOPHER ALLEN MATHIEU.
 A PETITION FOR PROBATE has been filed by MICHAEL C. MATHIEU, SR. in the Superior Court of California, County of LOS ANGELES.
 THE PETITION FOR PROBATE requests that MICHAEL C. MATHIEU, SR. be appointed as personal representative to administer the estate of the decedent. THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act with limited authority. (This authority will allow the personal representative to take any 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: 12/12/19 at 8:30AM in Dept. 5 located at 111 N. HILL ST., LOS ANGELES, CA 90012.
 IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.
 IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.
 YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.
 Attorney for Petitioner
ANDREA G. VAN LEESTEN - SBN 152628
VAN LEESTEN LAW CORP
 6101 W. CENTINELA AVENUE, SUITE 392
 CULVER CITY CA 90230
 11/8, 11/15, 11/22/19
CNS-3294642#
THE NORWALK PATRIOT
CNS 3294642
The Norwalk Patriot
 11/8/19, 11/15/19, 11/22/19

NOTICE OF PETITION TO ADMINISTER ESTATE OF DANNY RAY BOLDING Case No. 19STPB10366

Downey declines to vote on tenant protections

Citing private property rights, the City Council declined to join other cities in stopping no-fault evictions.

By Alex Dominguez
Staff Writer

DOWNEY - An attempt to establish a moratorium on no-fault evictions went for naught on Wednesday, failing to convince a majority of the council to side with several frustrated renters.

Rising rental rates and no-fault evictions have been one of the city's hot-button issues for the last several weeks, stemming primarily from the concerns of tenants at the Eden Roc apartment complex.

With AB 1482 - a legislative bill designed to protect renters signed by Gov. Gavin Newsom in October - only a few weeks

away from taking effect, there have been several concerns surrounding landlords potentially hiking rental prices or evicting their tenants outright in an attempt to "get ahead" of the new law.

Specifically, residents of the local Eden Roc Apartments have pleaded that AB 1482 is too little too late, and that intervention by the Council was needed in the meantime.

This climaxed in a late-night meeting last week, where the council - unable to take any action at the time due to the number of council members available - directed staff to prepare an emergency ordinance on no-fault evictions, which was spearheaded by Councilman Sean Ashton.

It would be an up-hill battle for the proposed ordinance from the get go, needing a "super majority vote" (four out of the five councilmembers) to pass.

With Mayor Rick Rodriguez abstaining from the item due to his status as a landlord in the city, the difficulty was only compounded, as this meant the ordinance would need a unanimous "yes" from the remaining four elected officials, allowing for no wiggle room.

An almost full house came out to speak on the issue, with a majority in favor of the moratorium.

Included in that number were several of the tenants from Eden Roc, who as they had in recent weeks, made appeals to the council's sympathy with anecdotes of poorly kept

properties, stubborn landlords, and families and children facing down the barrel of what seemed to be imminent homelessness.

On the opposite end, many of those opposed to the moratorium were realtors or property owners. This group, significantly outnumbered by the former, spoke to the point of property owners' rights, and that any kind of control on rent and evictions would be damaging to the housing market as a whole.

However, when it came time for the council's input, it became clear almost immediately that the evening would not fall in renters' favor, starting with comments made by Councilman Alex Saab.

"I realize this is a very emotional issue...especially one when it touches people's hearts involving housing, children, our freedoms, whatever it may be," said Saab. "Yes, we are in the middle of a housing crisis. Yes, there is a need for affordable housing. The experts all agree, there is a need for housing."

"However, the means by which we're going to try and resolve that is obviously a big point of contention. Owning a property is essentially having a business, and passing an ordinance that usurps that right goes against property rights..."

Saab continued, saying that rent control had been proven "time and time again" to hurt the housing market, and that such an ordinance "would not have an effect on [fixing] homelessness."

He also added that passing the ordinance would send the wrong message to the community.

"...That at any time the government is going to push pause when there is an issue that is going to affect one part of the community and not the other? What kind of confidence is that going to give the community," said Saab. "That just creates havoc, it reduces the law and order we have in our community, and that just doesn't make sense."

"There are many rules that protect our tenants... although I'm very sympathetic to the situation, obviously we're all sympathetic, I simply can't support this. It has way too many unintended consequences on the tenants themselves, on the property owners, on the real estate market, and the community in general."

Councilman Ashton took a different stance than his colleague.

"We were kind of given AB 1482 and told 'Okay, here it is. You've got this, you get to deal with the ramifications of it.' Some of those ramifications aren't our fault, per se," said Ashton. "We are dealing with residents who are given 60 day, no-cause evictions to correct market inequalities, and we're being asked to help those residents to at least give them the opportunity to have some safety during this time until the law takes into effect."

"I'm the one who asked for this; obviously, you kind of know where I stand on it. This is something that might not be



PHOTO BY ERIC PIERCE

A vacancy sign hangs at the Eden Roc Apartments in Downey on Thursday. Residents of the complex claim they are being targeted with unfair rent increases and evictions.

the right law, but it's the law that we've been given and it's the ramifications that we're dealing with. There are certain things that were considered lawful, but not necessarily right...for me, the right decision at this time is to give our residents the opportunity to have a way to deal with this in a way that gives them an opportunity to at least stay

where they're at until things can stabilize."

Ashton made a motion to pass the moratorium but with Mayor Pro Tem Blanca Pacheco and Councilwoman Claudia Frometa aligning with Saab, the motion died without a second or a final vote.

AB 1482 takes effect Jan. 1, 2020.



A motion by Councilman Sean Ashton seeking a moratorium on no-fault evictions failed to get a second at Wednesday's City Council meeting.

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The Norwalk Patriot
Friday, July 20, 2018 Vol. 12 No. 24 14783 Carmonita Road, Norwalk, CA 90650

Norwalk man charged with murder

NORWALK - A Norwalk man was charged today with killing two people and injuring others in a DUI crash on the 605 Freeway.

Alex Barragan (dob 8/27/86) faces two counts of murder and one count each of driving under the influence of alcohol within 10 years of another DUI offense and driving with a .08 percent blood alcohol content causing injury within 10 years of another DUI offense.

Arraignment was scheduled for Wednesday at Los Angeles County Superior Court, Bellflower Branch.

On July 16, Barragan was allegedly driving his car on the freeway near Alondra Boulevard when he rear-ended a disabled van, prosecutors said. The van erupted in flames and two people died and three others were injured, prosecutors added.

If convicted as charged, Barragan faces a possible maximum sentence of 44 years to life in state prison. Bail is set at more than \$2.19 million.

The case remains under investigation by the California Highway Patrol, Santa Fe Springs Area.

Freeway off-ramp closed for 3 months

NORWALK - Caltrans announced the scheduled closure of the Norwalk Boulevard off ramp from northbound Interstate 5 (Santa Ana Freeway) at 10 p.m., Sunday July 15.

The off ramp will remain closed for up to 90 days for reconstruction and paving.

The reconstruction of this ramp is part of the I-5 widening project which is adding two lanes to each direction of I-5 between I-605 (San Gabriel River Freeway) and the Orange County line.

This segment of the project includes reconstruction of the Norwalk Boulevard interchange and the San Antonio Drive Bridge.

Travelers are advised to

SUMMER CONCERTS ON THE LAWN

Photos by city of Norwalk Next week: The Hodads

Norwalk restaurant grades

Rancho Grande
10935 E Rosecrans Ave.
Date Inspected: 7/17/18
Grade: A

Diana's Mexican Foods Market
16310 S Pioneer Blvd.
Date Inspected: 7/17/18
Grade: A

Rancho's Grill
12405 E Rosecrans Ave.
Date Inspected: 7/17/18
Grade: A

United Oil
11355 E Imperial Hwy.
Date Inspected: 7/17/18
Grade: A

Tacos y Mariscos Mi Pueblo
13001 Rosecrans Ave.
Date Inspected: 7/17/18
Grade: A

Lima Services Corp
11405 E Firestone Blvd. #1
Date Inspected: 7/13/18
Grade: A

AMC Norwalk
12300 E Civic Center Dr.
Date Inspected: 7/13/18
Grade: A

AMC Norwalk Restaurant Bar
12300 E Civic Center Dr.
Date Inspected: 7/13/18
Grade: A

Joe's Food Mart and Liquor
10541 Imperial Hwy.
Date Inspected: 7/13/18
Grade: A

El Paraiso Juice Bar
15002 Pioneer Blvd.
Date Inspected: 7/12/18
Grade: A

Lucian's Pizza
15008 Pioneer Blvd.
Date Inspected: 7/12/18
Grade: A

Tacos Chihuahua
11725 The Pits
Date Inspected: 7/12/18
Grade: A

Home Style Donuts
12840 S Pioneer Blvd.
Date Inspected: 7/12/18
Grade: A

Sp Food Market
12304 Pioneer Blvd.
Date Inspected: 7/12/18
Grade: A

Ana's Blancas
10977 Rosecrans Ave.
Date Inspected: 7/11/18
Grade: A

Ella's Cafe
13220 San Antonio Dr.
Date Inspected: 7/11/18
Grade: A

Weekend at a Glance

Friday 86°
Saturday 85°
Sunday 87°

Movie Nights: "Wonder"
Friday - Norwalk Park, 7:30 pm
The City of Norwalk presents a free outdoor screening of "Wonder" bring a blanket or lawn chair. Food will be available for purchase.

Summer Soul Festival
Friday - Norwalk Beach Performing Arts Center, 5 pm
Hip-hop themed festival with performances by Doug E. Fresh, Big Daddy Kane, EPMD, and Rhyme. \$10

Jenni and Selena
Saturday - Sage Lounge in Whittier, 8 pm
Jenni Rivera and Selena impersonators perform live, along with full band La Sonora Dinamita.

Colombian Festival
Sunday - Pico Rivera Sports Arena, 12 pm
A celebration of all things Colombia. Three stages of live music, including tropical, reggaeton, and electric. Sponsored by Mega 98.3 FM. \$10

Cal High freshman wins national essay contest

Sophia Martinez's essay described the role golf has played in her life. She accepted her prize in New York City last month.

WHITTIER - California High School freshman and girls golf team member Sophia Martinez was recently honored by the Women's Sports Foundation for her essay, "What Inspires Me to Keep Playing," during the foundation's 40th Annual Salute to Women in Sports gala, held Oct. 16 in New York City.

Martinez, a member of the Southern California Golf Association junior program, was one of three winners of the WSF national essay contest, allowing her the chance to meet some of America's elite female athletes, including Women's World Cup star Megan Rapinoe and WSF founder and tennis star Billie Jean King.

"It was more exciting than anything I've ever felt before," said Martinez, who began playing golf at 6 years old. "These women are truly inspiring; they are helping the next generation of female athletes. I still can't wrap my head around it."

In her essay, Martinez explains that golf constantly motivates her to be a better version of herself.

"Golf teaches you to be independent, patient, honest, respectful, a problem solver, and numerous other values. When I am presented with a tough shot or a bad round, I always remind myself to remain positive and apply good decision-making steps to solve the problem," she wrote.

"I will be forever inspired to play this game in the future not only to challenge myself but to teach the beauty of this game to others."

Prior to the gala, Martinez received a prized piece of advice from U.S. Gymnastics Hall of Fame member Wendy Hilliard.

"Billie Jean King was rehearsing her speech and Wendy asked if I wanted to meet her. But the security guards wouldn't let us through," Martinez said. "Wendy turned to me and said, 'Sometimes you have to make your own rules.' That was so inspiring to me. I will never forget it."

Martinez's trip to New York was part of a whirlwind year that saw her score her first hole-in-one and be named one of two female golfers from Cal High to compete in the CIF-SS Northern Individual Tournament in Ojai on Oct. 28.

"I love my teachers at Cal High, they treat me like family," Martinez said.

Looking ahead to college, Martinez would like to attend UCLA or USC, study biology and play on a college golf team.

"Sophia exemplifies what can be achieved through hard work and dedication, and we are proud to have such a talented scholar-athlete on our campus," Cal High Principal Bill Schloss said.

"We look forward to continuing to nurture her talents, help shape her future and foster Condor spirit for years to come."



COURTESY PHOTO

California High School freshman golfer Sophia Martinez, pictured with Hall of Fame rhythmic gymnast Wendy Hilliard, attended the 40th Annual Salute to Women in Sports gala in New York City on Oct. 26 after winning a national essay contest.

PIH's final Medicare forum is Saturday

Seniors are invited to learn about their Medicare options, change their coverage, or select a new plan during open enrollment.

affecting the costs of plans," said Roberto Madrid MD, vice president of Medical Operations, PIH Health Physicians - Group Division.

During this time, recipients can select the health plan, doctors and hospital that work best for them. It's important to remember that when selecting a doctor and medical group, Medicare recipients are also choosing the hospital where they will be admitted, should the need arise in the future.

WHITTIER - To help provide Medicare enrollment information, PIH Health hosts free Medicare forums to answer questions and provide information for Medicare recipients.

The final forum for this year takes place on Saturday, Nov. 23 at 9:35 a.m. at PIH Health Hospital - Whittier.

A Spanish session will follow at 10:40 a.m.

Eligible Medicare recipients, primarily those aged 65 and older, can review their current Medicare coverage, make changes or choose a new plan during the annual election period (AEP) which takes place from October 15 to December 7 every year.

This year, PIH Health has added three new Medicare Advantage Plans to their list of accepted health plans: Alignment Health Plan (effective 1/1/20), Blue Shield of California, Blue Shield Promise Health Plan, CareMore (Contract ending on 12/31/19), Health Net, Humana, SCAN (effective 1/1/20), UnitedHealthcare.

"Medicare enrollment season is the perfect opportunity to review coverage options, especially since Medicare plans can change from year-to-year

For a full list of contracted health plans and PIH Health's free Medicare forums and benefit presentations, visit PIHHealth.org/AEP.

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The Norwalk Patriot

When I Leave

By Anthony R. Kingsley

When my mother was sick, I went home to see her. She died three days later. When my father died, I did not go home – he had already been dead when they got around to telling me.

I walk just about every night. I think of this as exercising. But in talking to my neighbor, we decided that the purpose was primarily socializing with the exercise being

secondary. I used to stop and talk to a neighbor. He used to sit out on the front porch with his dog and listen to his radio. I never saw any family members visiting him.

One day, his neighbor called me and said she had not seen him for a while and that the newspapers were on his front yard.

I went down and tried to get in. But he had steel doors all around the house. So, with no responses and his truck in the driveway, I

called the police. They came and also could not get in. They called the fire department who broke in. When they went in, they found him dead with his dog sitting on the floor beside him.

Then the family came from all over, including one all the way from Missouri. They had a big funeral and a catered event after. I did not go to either. Then came the estate sale and, of course, the sale of the house. They all disappeared, never to be seen again.

And I decided that that was not going to happen to me.

So, I got the forms from UCLA and USC and donated my body to them, first come first served. When I die, my wife will call them and they will arrange to pick me up. They will use me for educating future doctors and probably other purposes. After that, they will cremate me and scatter my ashes somewhere. But the ashes will not be returned to my wife.

Now why did I do this? Well, there are a number of reasons. I would like to think that my body will result in some great research that will benefit mankind. I can imagine the headlines now: "Donated Body of Anthony Kingsley Results in a Discovery that Will Benefit Mankind for Hundreds of Years."

And the funeral parlors will be disappointed at a loss of revenue

And the likes of Forest Lawn will also be disappointed.

And the probate lawyers will be really pissed.

Then my wife will be famous for carrying out my last wishes.

And all of you in my Norwalk writing class can say, "I knew him."

There will be a big Irish wake with lots of food and alcohol. No tears and no speeches. But a huge banner that says: "Regrets He Had a Few, But Then Again Too Few To Mention. He Did What He Had to Do, And He Did It His Way."

Anthony R. Kingsley 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.

My Acrostic Thanksgiving Dinner Thoughts

By Yolanda Reyna

T is for turkey and how big of one I'll decide to get this year

H is for handling the weight of the turkey when I hoist it this holiday season

A is for another year this holiday season and I will embrace one another

N is for the neatness I will use in setting my dinner table

K is for kitchen and how clean it will be when my bird is roasting in the oven

S is for the savory meal I will be enjoying when I sit and partake in it

G is for the gift that I have in preparing my yearly Thanksgiving meal

I is for In you go turkey at 350 degrees

V is for the vegetables that will cook in a fancy baking dish

I is for the impact of the day

that it will have on me

N is for the month of November that has come so swiftly

G is for the gratefulness that I cherish in my heart

D is for Dinner and how much my children and grandson look forward to it each year

I is for indigestion one might have after gobbling on a feast

N is for never forgetting to thank the Lord for everything

N is for looking forward to napping when one indulges on the meal

E for for all the effort that I put into my Thanksgiving holiday

R is for relaxing and putting my feet up after a full lengthy day of cooking, hosting, cleaning on this 2019 Thanksgiving day.

T is for the thoughts that I had in writing this piece

H is for the happiness I have for another holiday season

O is for being overjoyed with another year

U is for looking up and counting my blessings

G is for greeting everyone with a "Happy Thanksgiving!"

T is for thanking the Lord when I say my Thanksgiving prayer this year

H is for honoring passed loved ones and friends

S is for smiling because I'm alive for another year!

Yolanda Reyna 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.

Free movie night Saturday

NORWALK – Norwalk Little League is hosting a free movie night this Saturday, Nov. 23, starting at 4:30 p.m. at Gerdes Park.

The movie is "Monster House," rated PG.

Food and snacks will be available for purchase.



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Fashion Faux Pas

By Helen Hampton

During World War II, my sister and I were volunteers for the USO in Boston. I sang with the band and we both danced with the boys.

One night, I rushed home from work to change my clothes before going to the USO. I chose a beautiful light blue skirt with a matching blouse. In a rush, I put the skirt on and then I styled my hair. When I reached for the blouse, I found a button missing. I hurried to look for something else to wear and found a pretty red dress.

My sister and I hurried up the street to the subway. Running late, we ran to the USO and signed in. Within a few minutes, a boy asked me to dance.

As I was dancing away, I kept seeing my sister waving to me. I kept waving back. Finally my dance partner asked what I was doing.

I said, "Oh, my sister keeps waving to me."

He looked over at her and said, "I don't think she's waving. I think she wants you to come over."

We danced over and my sister pointed to me, laughing her head off. I looked down and saw a light blue accordion-pleated skirt hanging three inches below my red dress! I was so embarrassed!

I excused myself, rushed to the cloakroom, took off the skirt, hung it on a coat hook, and returned to the dance floor. Needless to say, my dance partner was not in sight!

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.



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