

The Norwalk Patriot

Friday, Nov. 29, 2019

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14783 Carmenita Road, Norwalk, CA 90650

Norwalk marks Small Business Saturday

NORWALK - As part of Small Business Saturday, the Norwalk Chamber of Commerce will host a "coffee kick-off" from 9:30-10:30 a.m. at its Norwalk office.

Drop by for a cup of coffee and conversation before starting your day of shopping small businesses.

This year marks the 10th annual Small Business Saturday, which was started by American Express to support local business owners.

The Norwalk Chamber has promoted and celebrated Small Business Saturday each year for the past 10 years.

"We encourage everyone to get out in the community and support local small business on Small Business Saturday," said Norwalk Chamber Executive Director Caren Spilsbury.

The Norwalk Chamber of Commerce is located at 14783 Carmenita Rd.

Norwalk library holding boutique sale

NORWALK - Norwalk Library is hosting a holiday boutique and book sale Saturday, Dec. 7, from 9 a.m. to noon.

Books will be sold at low prices, along with holiday craft items.

The library is located at 12350 Imperial Hwy.

Arthur Miller's 'All My Sons' performed at college

NORWALK - "All My Sons," a play by Arthur Miller about a post-war American family in a tragic downfall of lies, greed, love and loss, will be performed next month at the Burnight Studio Theatre at Cerritos College.

How far would a man go to protect his family, his interests and his legacy?

Joe Keller, the patriarch in "All My Sons," desperately wants to secure and maintain the financial security and legacy he spent so many years building, ready to hand it down to his surviving son, Chris.

At the same time, Joe's wife, Kate, is still waiting for their eldest son, Larry, to return from the war, determined that he is alive and will marry the former girl-next-door Ann, the daughter of Joe's former business partner who is in prison, punished for Joe's crimes.

To complicate this family drama, Chris and Ann are in love and want to get married.

Performances are Dec. 6-7 and Dec. 12-14 at 8 p.m., with a Dec. 15 matinee at 2 p.m.

Pre-sale tickets are \$15 and can be purchased online. Tickets are \$17 at the door.

After crash, Sanchez calls for improvements at railroad crossing

SANTA FE SPRINGS - U.S. Rep. Linda Sánchez (CA-38) released the following statement after a collision between a Metrolink train and a RV near the intersection of Rosecrans and Marquardt avenues in the City of Santa Fe Springs.

"Thankfully there were no injuries in [Friday's] crash," said Rep. Linda Sánchez. "This intersection needs to be fixed as soon as possible, which is why I've worked to get federal funding for this project. A grade separation project will drastically reduce the risk of potentially fatal accidents and improve traffic flow."

The California Public Utilities Commission rates the Rosecrans/Marquardt grade crossing as the most dangerous in California because the railroad comes in at an angle and crosses the middle of the two streets. Over 112 trains and over 45,000 vehicles use this crossing each day.

In 2016, Congresswoman Sánchez helped secure a \$15 million Transportation Investment Generating Economic Recovery (TIGER) grant from the U.S. Department of Transportation for the Rosecrans/Marquardt grade separation project in Santa Fe Springs. Construction for the project is set to begin by January 2021.

Cerritos College is transforming lives, president says at State of the College

In his annual address, Dr. Jose Fierro shares personal stories of student success.

NORWALK - President/Superintendent Dr. Jose L. Fierro delivered Cerritos College's State of the College address on Oct. 30, focusing on the college's efforts to transform the lives of students and the district's economic impact on the region.

Dr. Fierro highlighted three extraordinary students who have persevered against the odds to become successful.

He told Jesus Ayala's story, a 31-year-old single father who survived a violent crime that left him with paraplegia. Jesus is the recipient of the Cerritos College Foundation's Darleene Gomez Memorial Scholarship.

Nicole Rodriguez-Cano and Edgar Romo-Munoz are students in the College's Court 2 College (C2C) program. Both students transformed their lives after enrolling in Cerritos College in 2016 as a condition of their probation.

Court 2 College is a partnership between Cerritos College and Los Angeles County Superior Court Norwalk that provides an alternative to jail time. Since its inception in 2015, more than 80 participants have enrolled.

Dr. Fierro also highlighted the College's efforts to accelerate student success and the District's effect on economic growth across the region:

Pioneering Student Programs - Cerritos College boasts innovative student programs, including the College's award-winning California Promise Program Cerritos Complete. Since 2015, Cerritos Complete has benefited 4,376 students. The College is one of only 12 California community colleges that offers two years of free tuition.

Robust Academic Programs - The College's NASA Community College Aerospace Scholars (NCAS) partnership makes it possible for underserved students to flourish in STEM-related education. Subsequently, the new Stats in Motion program features a collaboration between the mathematics and athletics departments that provides a customized curriculum for athletes.

Meeting the Needs of Students - The College is addressing ways to meet the basic needs of students. The District co-sponsored AB 612,



Cerritos College President Dr. Jose Fierro, center, with students in 2018.

CalFresh Restaurant Meals Program. AB 612 will make it easier for campus food vendors to become eligible to accept CalFresh/EBT benefits from students who are enrolled in the state's food assistance program. The College is also working to acquire a small housing development in the City of Norwalk to provide transitional housing for students who face housing insecurity.

Regional Impact and Strong Community Partnerships - Bristol Farms and Lazy Acres are stand-out examples of the District's workforce training efforts. The Economic Development office helped provide leadership training to more than 500 employees.

Major Gifts Supporting Student Success - Cerritos College has generous partners that believe in student success. The Cerritos College Foundation received a \$2.3-million gift from the estate of late alumnus John B. Smith, Jr. and established the John B. Smith Woodworking Scholarship.

Additionally, the award-winning TeacherTRAC program received more than \$1 million to

prepare future educators. Late Dr. Connie Mayfield, professor of music, and her mother Lois Mayfield, gifted the College with \$500,000. During the 2018-19 academic year, the Cerritos College Foundation awarded 400 scholarships, totaling nearly \$200,000.

"Transforming the Footprint of Campus - New state-of-the-art facilities and resources continue to transform the footprint of Cerritos College. In April, the College officially opened a substantial portion of its new Health & Wellness Complex as the campus' first green-certified building. A new Performing Arts Center is scheduled for completion in fall 2021. Cerritos College secured a reduced Bond interest rate and saved taxpayers \$22.4 million dollars.

"Thanks to the leadership and support of the Board of Trustees, our efforts to transform the lives of our students is more laser focused than ever. We have been able to allocate more resources to ensure that students are able to cross the finish line whether to earn a degree, certificate, or transfer," said Dr. Fierro.

Former strawberry field is topic of community forum

NORWALK - Cerritos College will host its last community forum of the year Dec. 3 to update residents about changes to its property located at the 166th Street and Studebaker Road corner lot.

In 2017, the college received a permit to turn the former strawberry field into a vehicle storage lot for nearby Cerritos Auto Square.

The forum begins at 5 p.m. in room FA 134 in the college's Fine Arts Building.

Norwalk restaurant grades

Western Refining Retail
11821 Rosecrans Ave.
Date Inspected: 11/20/19
Grade: **A**

CVS / Pharmacy
11623 Rosecrans Ave.
Date Inspected: 11/20/19
Grade: **A**

Mexicana Markets
13208 San Antonio Dr.
Date Inspected: 11/20/19
Grade: **A**

Happy's Liquor
12554 Rosecrans Ave.
Date Inspected: 11/20/19
Grade: **A**

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**

Weekend at a Glance

Friday 58° ☁

Saturday 60° ☁

Sunday 64° ☁



Downey Christmas Parade

Sunday - Downey Avenue, 1 pm

The 68th annual Downey Christmas Parade featuring live bands, dance troupes, classic cars, equestrian units, five grand marshals, and Santa Claus.



Selena Tribute

Saturday - Santa Fe Springs Swap Meet, 12 pm

Tribute band Anything for Salinas performs live throughout the day in this all-ages show.



Holiday Festival

Sunday - Pico Rivera City Hall, 5-9 pm

Pico Rivera kicks off the holiday season with a snow play area, live entertainment, family activities, and a tree-lighting ceremony.



Hollywood Christmas Parade

Sunday - Hollywood Boulevard, 6 pm

Floats, marching bands, celebrities, equestrian units, and live performers. Mario Lopez is grand marshal.



Social Media Sunday

Sunday - Gonz's Decorations in Whittier, 10 am to 4 pm

Over 40 local artisans, food, live music, raffles, and activities for the entire family. A free outdoor event.

TWEET OF THE WEEK

@Astro_Mason: "I'm from California"

"What part?"

"La Mirada"

"Where's that?"

"You heard of Biola University? Norwalk? Whittier?"

"Huh?"

"Anaheim. I'm from Disneyland - I live in the castle."

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

NORWALK HAPPENINGS

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, Peabrains, 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



Majority Leader Ian Calderon speaks at a community event at the Knotted Apron in Whittier.

Ian Calderon won't seek re-election in 2020

Only 34, Calderon became California's youngest majority leader in 2016. He says he wants to spend more time with family.

WHITTIER - Assembly Majority Leader Ian Calderon won't seek re-election in 2020, citing a desire to spend more time with family.

Calderon, 34, made the announcement Tuesday afternoon on Twitter.

He and his wife, Elise, have two children, with a third on the way.

"I have thought a lot about what's most important to me as a husband and a father, and how I can be the best partner and parent," Calderon said in a prepared statement.

"These are the two most important things in the world to me. As a result, and after much thought and consideration, I have decided that I will not be seeking re-election to the State Assembly in 2020.

"Most wouldn't argue with the fact that this job can be difficult for those with a family, especially those with a young

and growing one. This is an important time for our family. We will soon have three children under the age of 3 and are excited to experience all that that entails. The one regret I've heard most from other parents I've asked is that they wished they had spent more time at home while their kids were young. This isn't a regret I wish to share.

"I've asked a lot of Elise, and without her support I never would have been able to serve as long as I have. I struggle trying to articulate how much I love and respect her for always understanding how important this job is and for helping and pushing me to be the representative the 57th Assembly District deserves.

"This was a difficult decision. I have been so proud to represent my community in the Assembly and have so much respect and admiration for my colleagues. I look forward to a productive year ahead closing out my tenure as a member of the Legislature."

Calderon was elected to the Assembly in 2012 to represent California's 57th Assembly District, becoming the first millennial elected to the State Legislature.

A product of the 57th

District, prior to his election to the Assembly, Calderon worked as a field representative for the Legislature, which allowed him to assist residents in his community to navigate state and local government.

In March 2016, he became the youngest Majority Leader in the history of the state of California. As Majority Leader, Ian has led the Assembly to pass legislation, such as raising the minimum wage to \$15 per hour by 2022 and reducing greenhouse gas emissions.

He also authored legislation that allows terminally ill Californians to attempt experimental treatments to try to save their own lives.

Calderon currently serves as the Chair of the Select Committee on Youth and California's Future, Co-Chair of the Legislative Technology and Innovation Caucus, and Co-Chair of the Legislative Millennial Caucus. He is a member of the Insurance Committee, Appropriations Committee, Privacy and Consumer Protection Committee, and the Elections and Redistricting Committee.

He and his family reside in Whittier.

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In case of emergency, call 911

For one day, concentrate on family and put away your phone

BY DAVID LEONHARDT

This week, Americans will endure flight delays, traffic jams and other logistical miseries to spend time with family and friends. And when the holiday weekend is ending, many will lament that they don't get to spend enough time with those relatives and friends.

But during the weekend itself, these same lamenters will spend a lot of time ignoring the people around them and distractedly staring into their phones. They will get a notification and disappear down a digital rabbit hole of Facebook posts, text messages and fantasy-football updates. They will monitor the comments on the photos they just posted, instead of engaging with the human beings in those photos.

Many of us have a complicated relationship with our phones. We enjoy them in the moment. Yet when we reflect on all the time we spend looking at a tiny screen, we feel lousy about it. We pine for a less addictive relationship with the online world.

So let me make a suggestion for this Thanksgiving weekend: Turn off your phone, and keep it off for a full 24 hours. I predict you'll be surprised by how much you'll like it.

About a month ago, my wife and I decided that our family would spend a Saturday without the internet, a practice known as a Tech Shabbat (a reference to the Jewish day of rest). I wasn't sure whether I'd like it, I'll admit, and our kids were even less sure.

But it was wonderful. We hung out with friends, without distraction. We never had to ask, guiltily, "Sorry, what'd you say?" because we had been only semi-listening. In between scheduled activities, we took a walk and played a board game, Settlers of Catan. I spent time thinking about long-term projects instead of replying to unimportant emails. It felt productive, rejuvenating and, yes, fun.

Tiffany Shlain, a filmmaker who popularized the idea of a Tech Shabbat, says that on her day without screens, she laughs more, sleeps better and feels healthier. As she writes in her recent book, "24/6": "Having one day off each week shocks you anew into the realization of how bizarre it is that everyone is head-down, looking at screens all the time. That should never feel normal."

My family liked it so much that we did it again a week ago. This coming Saturday, we will put away the phones for a third time, while we are with my extended family.

You should try it, too. In between the material glut of Black Friday and Cyber Monday, enjoy a Phone-Free Saturday or Sunday (or, for that matter, Thanksgiving Day).

You'll have company if you do. When I mentioned my first Tech Shabbat in the email newsletter that I write for The Times, I heard from dozens of readers who have done their own version. Some were Christians who put away phones on Sunday. Some were Jews who observe a full day of rest. Many were secular. Nearly all were trying to find a better balance in our digitally added world.

"At first, it does feel awkward, not having screen time," Barbara Mutezdi said. "But with time, it becomes a habit you crave." Chantel Hanks said her three young boys make crepes with her husband or

We hate data collection. But what do we do about it?

BY FARHAD MANJOO

We're being watched. We know we're being watched, and we don't think the watchers have our best interests at heart. They try to mollify us, arguing that we're being watched for our own good and that in fact we're the ones in charge of the scale and scope of all the watching, but deep down most of us are confused and suspicious about this sudden state of affairs. Why are they watching us so closely? What will they do with all they learn about us? Is there any hope of stopping them? And does it even matter that we do not want to be watched — or is it of no consequence, because they know we're trapped, and so do we?

The above may sound like the ravings of a wretch imprisoned in the Panopticon, but according to a survey of more than 4,000 people conducted this summer by the Pew Research Center, it is the widespread sensibility of the day.

According to the survey, Americans in 2019 feel adrift and powerless about living under the glare of digital surveillance. Two-thirds of Americans believe that surveillance is an inevitable consequence of modern existence — it is not possible to go through daily life, they say, without companies and the government collecting data about them. More than 70 percent believe that most or all of what they do online is being tracked, and nearly that many believe the same is true of what they do offline. And more than 80 percent feel like they have very little or no control over the data being collected about them.

In some ways the numbers are unsurprising; of course people

build Lego robot vehicles, rather than playing video games.

Arlaana Black, a high-school teacher, has assigned her students to put away their phones for an entire weekend and write a report about it. "Although it was difficult (like any addict weaning from addiction), most reported considerable less stress," Black wrote to me, "and a few said that they actually sat down for dinner with their parent or parents and had meaningful dialogue for the first time in months."

To have a successful Tech Shabbat, you should choose ground rules that work for you. We turn off our cellphones, tablets and laptops and stick them in a cabinet. We're willing to watch sports on television, if more than one person is doing so. We rely on our landline to reach other people.

You may prefer stricter or looser rules. But I recommend against half measures, like keeping your cellphone in your pocket and claiming you'll look at it only if it rings. Out of sight, out of mind.

There are certainly parts of Tech Shabbat that I find uncomfortable. Making a last-minute plan is tricky, and looking up the answer to an intriguing question is nearly impossible. That's part of the point, though — to slow down and stop obsessing about the immediate. Many people come up with their freshest ideas when they're not occupied.

You can also minimize the downsides with a little advance planning. Print out your family's schedule, as well as anything you need for a looming work project. (I wrote part of this column with a pen.) Print out directions. If you're smarter than I am, you'll remember to print directions both to and from where you're going. Following them in reverse doesn't always work.

Part of an advance plan is telling friends and colleagues that you're unplugging for 24 hours. They will probably respect you for it. Margaret Diddams, the provost of Wheaton College in Illinois, doesn't check her email on Sundays. Her colleagues know to reach her on her phone if an urgent problem comes up. Most problems, of course, are not urgent.

I recognize this approach will be harder for teenagers, who have grown up with texting. But they may need a break more than anyone.

Perhaps most important, make sure that your Tech Shabbat includes a big dose of joy. Shlain's family starts its 24 tech-free hours by eating a rollicking Friday dinner with friends. If you're taking your first Tech Shabbat and need to win over a skeptic in the family, you could go out to a favorite restaurant for a meal.

The beauty of turning off your phone this holiday weekend is that there are so many joyful alternatives. Take a hike or play touch football with relatives or friends. Go with them to a museum or local bookstore. Cook an ambitious recipe.

And take a few minutes to give thanks, which is a whole lot easier when you aren't staring into a screen.

David Leonardt is an op-ed columnist for the New York Times.

who are being watched all the time feel that they're being watched all the time.

Yet the survey also suggests a major failing on the part of corporations and the government to mitigate our concerns about the trade-offs we're making for digital conveniences. In the past few years, Google, Facebook and other companies that collect and keep gigantic troves of data about us have stepped up their efforts to give us control over that data. Their primary argument is that users, not the companies, are in charge of the whole game — we can affect what data is collected about us and how it's used.

That message doesn't seem to be getting through. Large majorities of Americans feel as we have little or no control over our search and purchase and browsing histories; that our texts and social media wandering are easily monitored; and that even our physical location may be up for grabs.

It gets worse. Not only do we feel we have no control over our data, but we're also sure there will be few consequences for misuse.

Most Americans say they don't trust companies to own up to mistakes in the handling of our data, or to suffer any serious punishment when things go wrong. Most of us say the companies' own privacy policies are meaningless.

Not that this is a paranoid view. If you consider recent history — say, the fact that Equifax was allowed to stay in business after its gargantuan 2017 breach in which it failed at its one job, collecting and maintaining Americans' financial data — it stands to reason that punishments for wrongdoing will be light. In July, Facebook was fined \$5 billion by the Federal Trade Commission for its role in the Cambridge Analytica privacy scandal — a fine that set a record, but was of so little consequence to Facebook's business that its stock price actually rose after the punishment was announced.

The Pew survey shows Americans are eager for more power over our data. Three-quarters of respondents said there should be more regulation of what companies can do with our data; the view was shared across the political spectrum.

And Americans are wary of the fundamental trade-off we're making for technology. Data-hungry corporations insist that we're benefiting from the surveillance state — and that our very acquiescence to the collection is a signal of our contentment. In fact, the vast majority of Americans say that the potential risks of data collection by companies and the government outweigh the benefits.

But where does all this leave us? Ordinarily a finding of widespread discontentment should spark a sense of optimism — if people hate the status quo so much and are begging for a new way forward, won't the market or the government step in and give us something better?

But there is another, more pessimistic way to read this survey. The tech companies still enjoy enormous financial success, and have seen little impact from increasing scrutiny on their businesses. This suggests none of it matters. We hate the way things are, but we've traded away our power to stop it, and our worries won't change anything.

The prison is terrible. We all know it. Enjoy your stay.

Farhad Manjoo is the author of "True Enough: Learning to Live in a Post-Fact Society."

Downey tells renters to take a hike

By Lawrence Christon
Contributor

DOWNEY—The City of Downey was incorporated in December of 1956, and it's hard to think of a more shameful episode in its history than the city council's recent vote to deny a moratorium request on no-fault evictions through the end of the year.

The issues of California's lack of affordable housing, and its corresponding rise in homelessness — currently 32,000 in Los Angeles County alone — have been simmering for years, and reached a critical enough boiling point that led Governor Gavin Newsom to sign into law AB1482, which caps rent increases statewide and codifies "just cause" evictions.

There has been an unintended consequence: the law was signed in October and doesn't go into effect until January 1, 2020. In the meantime, many property owners, landlords, realtors and real estate corporations have leaped into action, rent-gouging by 100% increases or more, and issuing eviction notices to untroublesome tenants in order to clean house, so to speak, and rent anew in January at considerably higher rates.

The shock waves from these actions have reverberated throughout the state as frightened and near-desperate petitioners, many of whom have already fallen under the axe of eviction or are facing imminent orders to vacate, have flooded city council auditoriums with pleas for help.

Some cities, like Santa Ana, scoff at their claims, saying that the numbers don't bear out their concerns. Others, like Los Angeles, South Pasadena, Alhambra, and Redondo Beach — three dozen in all statewide, according to the L.A. Times — have enacted emergency measures to keep a lid on rent raises and unjustified evictions. On November 1st, the Los Angeles County Board of Supervisors voted a 3% maximum limit on rent raises through the end of 2019.

In the meantime, a blizzard of statistics has swirled through the news media, exposing the social and community costs of rising rents and what happens when people can't afford them. In June of this year, L.A. Curbed reported that 600,000 L.A. residents fork over 90% of their monthly salaries for rent; and that, over the past eight years, for every homeless person moved off the street and into shelter, nearly two take his or her place.

The casualty count rests, as it usually does, mainly on minorities, the poor, people with mental and physical disabilities, and substance abusers. A substantial number, 14%, consists of ordinary middle or lower middle class tenants who have been priced out of their apartments and homes. In other words, over 4,500 residents of what NBC News calls "Streets of Shame," (a thinly veiled mirror of genteel disdain for the underclass) are stuck in downward-spiraling squalor because they can't find a place to live. The increasing social division between haves and have-nots is also reflected here, as luxury hi-rises crowd the L.A. skyline at a million dollars a pop for a condo or co-op, while the streets below fill up with the tents of the dispossessed.

The City of Downey began getting into the story when complaints of coercive buyouts at an Eden Roc property on Western Avenue began to reach the antennae of the news media, and tenants complained of bad management and indoor property neglect, followed by the velvet glove of financial inducement covering the hard fist of eviction. It was a complex story that needed sorting out, but it fit in with the ongoing California housing crisis narrative. The Eden Roc tenants were mostly Latinx, at least one of them elderly and infirm.

Soon City Council meetings were filled with aggrieved tenants, advocacy spokespeople, professional blowhards who stood like roosters criticizing the dawn, and in general, angry protesters who cursed and shouted, fed each other's resentment and directed it at the Council.

Council members suffered them with a mix of cautions and sympathy, until, facing a rising crescendo of abuse, Claudia Frometa lashed back in a magnificent speech that showed both solidarity and a resolve rare for our lawsuit-averse (meaning timid) leadership.

"I have been listening to you," she reportedly said (in part). "I have been paying attention to your plight, [but] I am not going to be bullied or threatened by any kind of charade you bring... Let me be very clear, this mob mentality cannot continue... It is not us against you and you against us. That is not how it works."

Added Councilman Sean Ashton, "Your issues are my issues... we're giving some landlords the opportunity to be greedy and take advantage of the situation. That's what truly bothers me."

To his everlasting credit, Ashton was the first on the council to recognize earlier, at least out loud, the source and validity of the protests, and was the only one to call for placing a rent moratorium on the next meeting's agenda.

In the meantime, Dan Nevarez, president of the Greater Downey Association of Realtors, wrote a letter to Mayor Rick Rodriguez in which he threatened a lawsuit if the moratorium were to go through. On November 20th, in a packed house, the matter came up for a vote, with anguished comment on all sides.

"I realize this is a very emotional issue," said Councilman Alex Saab. "... It touches people's hearts involving housing, children, our freedoms, whatever it may be." He acknowledged the crisis in affordable housing, but added "Owning a property is essentially having a business, and passing an ordinance that usurps that right goes against property rights."

Aside from the ominous tone of the Nevarez letter to Mayor Rodriguez (who, as a landlord, had to abstain from the vote), one would have thought that the legal eyes of Saab and Pacheco would have sharpened on the phrase, "If the City Council shares our goal to protect the rights of all property owners and the safety of all tenants, you will join us in waiting until... AB1482 goes into effect..."

The phrase echoes the famous line from the Vietnam era, "We destroyed the village in order to save it." Just how is "the safety of all tenants" maintained by forcing them out with no place to go to?

But Saab and Pacheco didn't, and by the end of that long night, the city had caved to the realtors. In Alex Dominguez's tinder dry words in the Downey Patriot, "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 final vote."

You may notice that in all the rhetoric we've heard about property rights, no one has mentioned human rights. It's been depressingly routine, through the years I've been observing Downey city life, for the civic community to genuflect to the business community, as if the sum total of society were the enshrinement of the profit motive. It's not just true of Downey, it's also part of the modern American grain, as when 1920s President Calvin Coolidge said "The business of America is business" and everyone solemnly nodded, like they did in hearing the 1980s mantra "greed is good," as if hearing a Delphic utterance.

But the business of America isn't only business. It's the just administration of freedom and equality, and the defense and security of its citizens, and yes, their property. There are people out there now, during this holiday season and at decade's end, that aren't thinking much about noble abstractions. They're worrying about where they can find a clean, livable space to sleep and cook a meal in.

All they know for sure is that our little city of magical thinking has let them down.

The Norwalk Patriot STAFF

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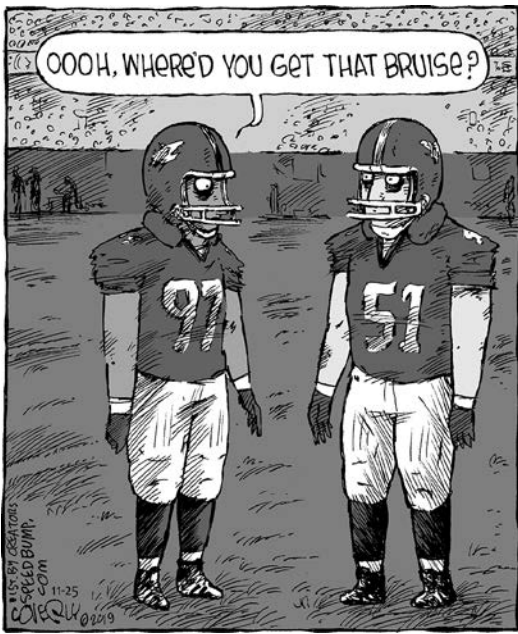
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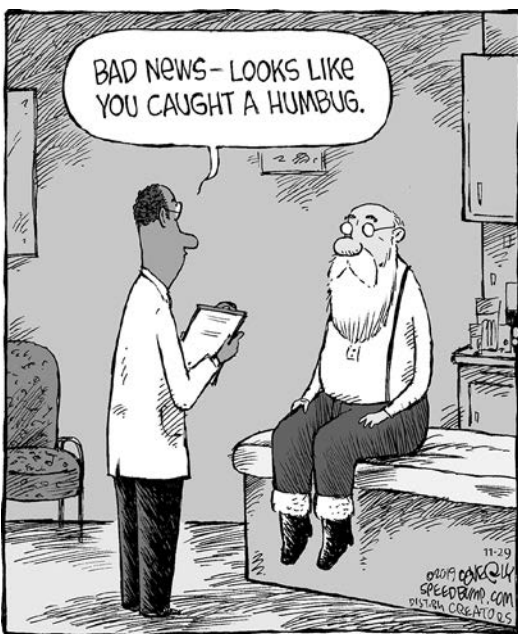
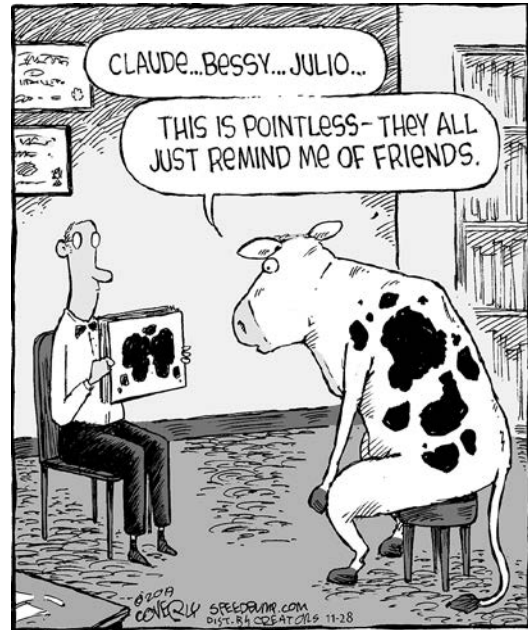
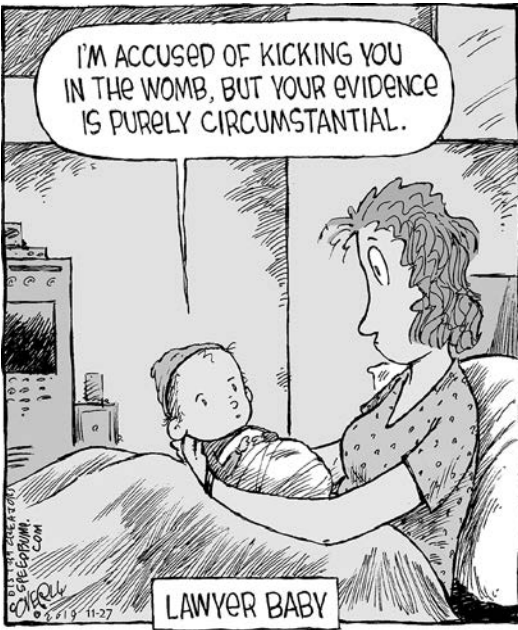
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CALENDAR OF EVENTS

MONDAYS

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

TUESDAYS

8:00 a.m. - 1:00 p.m. - Farmers Market - Excelsior High School
12:00 p.m. - Rotary - Doubletree Hotel
1st & 3rd 6:00 p.m. - Toastmasters Meetings - Registrar Recorder/County Clerks Office
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...

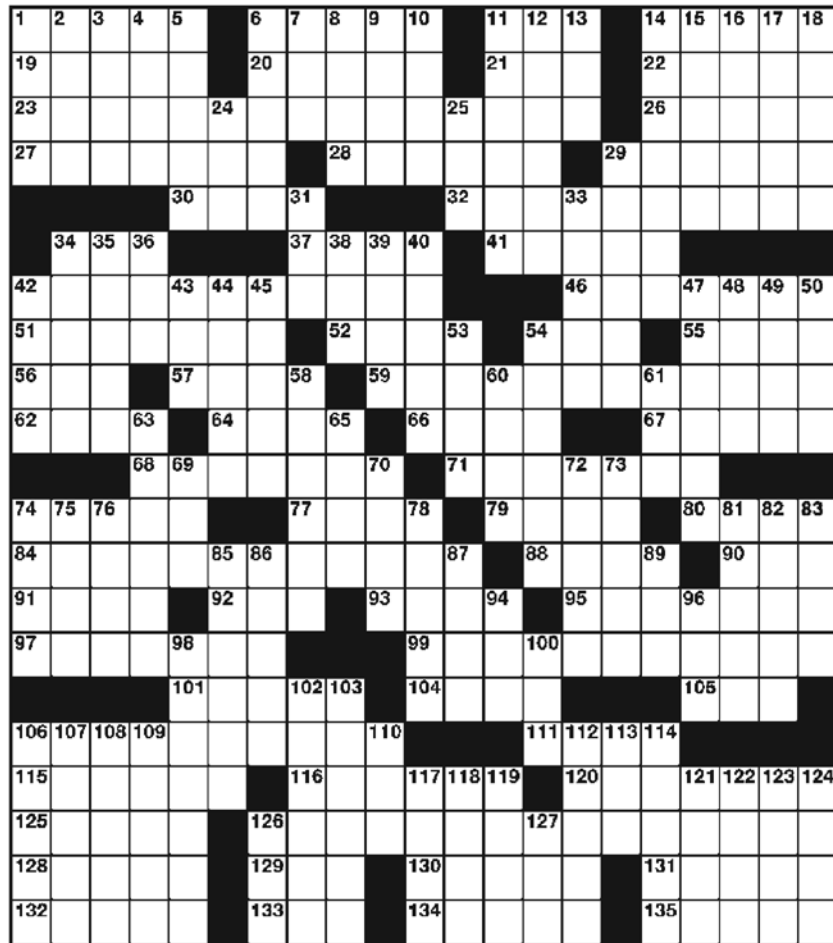
- Nov. 29, 1890: Navy defeated Army by a score of 24-0 in the first Army-Navy football game. The game was played at West Point, NY.
- 1975: Bill Gates adopted the name Microsoft for the company he and Paul Allen had formed to write the BASIC computer language for the Altair.
- 2004: The French government announced plans to build the Louvre II in northern France. The 236,808 square foot museum was the planned home for 500-600 works from the Louvre's reserves.
- 2004: Godzilla received a star on the Hollywood Walk of Fame.

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)
LETTER CARRIERS: For which one-letter clues will do
by Gail Grabowski

- | | | |
|--|--|------------------------------------|
| ACROSS | 91 School near Windsor Castle | 14 Purplish hue |
| 1 Long French river | 92 Verizon ISP | 15 Customary |
| 6 Pulls with force | 93 German tennis great | 16 Martini's vermouth partner |
| 11 Traveler's app | 95 Smart aleck | 17 Playwright Chekhov |
| 14 Work on a wall | 97 Rat Pack leader | 18 Spaghetti western director |
| 19 Footnote abbr. | 99 A | 24 Yoko |
| 20 Heart chambers | 101 Dustin's <i>Midnight Cowboy</i> role | 25 Out of sorts |
| 21 ___ and aah | 104 Leave rolling in the aisles | 29 Most widespread |
| 22 In unison | 105 "Finder's" charge | 31 Longing |
| 23 H | 106 H | 33 Lacking enthusiasm |
| 26 Great enthusiasm | 111 Roof gutter site | 34 Not subject to haggling |
| 27 Where a touchdown happens | 115 Request politely | 35 Musical set in Buenos Aires |
| 28 Word hollered in ... <i>Streetcar</i> ... | 116 Camel cousins | 36 Clever one |
| 29 Sound judgment | 120 Register reading | 38 L.L.D. holder |
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| 32 E | 126 C | 40 Gave it a go |
| 34 Not a lot | 128 Public persona | 42 Espresso servings |
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| 46 Chinese cuisine staples | 132 Church council | 47 Talent show groups |
| 51 Bodysuit | 133 ___ Arbor, MI | 48 Savory stimulus |
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| 55 "Zip-__Doo-Dah" | | 53 University sports org. |
| 56 Light touch | | 54 CSI analysis site |
| 57 Winter Games vehicle | | 58 All that can be viewed |
| 59 O | DOWN | 60 Nothing more than |
| 62 Czech or Slovakian | 1 Place for an earring | 61 Text-scanning technology: Abbr. |
| 64 Recites | 2 Pop the cork from | 63 Juliet's home |
| 66 Actress Delany | 3 Topped with frosting | 65 Briny expanses |
| 67 Altoids alternative | 4 Palatial Paris hotel | 69 IRS ID |
| 68 Springsteen's ___ Band | 5 Moral code | 70 Piece of a nest |
| 71 Like Miss Porter's prep school | 6 Place of refuge | 72 Dog's warning |
| 74 Places to hibernate | 7 Grabbed a bite | 73 Non-studio, for short |
| 77 Young deer | 8 Large vases | 74 Tells tales |
| 79 Knitter's need | 9 Memo brought to a market | 75 Prefix for virus |
| 80 Chef's pinch | 10 Well protected | |
| 84 N | 11 Deflate | |
| 88 Be an omen of | 12 Soap ingredient | |
| 90 London lav | 13 "Zip it!" | |

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- | | | |
|-------------------------------------|------------------------------|-----------------------------|
| 76 Smartphone symbol | 96 Arctic assistant | 113 Actor Kilmer |
| 78 Societal expectations | 98 Introduced, with "out" | 114 Construct on a lot |
| 81 Pool owner's concern | 100 Darken or lighten, say | 117 Is forced to |
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| | 112 Bottomless pit | 127 Drink served with sushi |

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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.

At a length of 629 miles, the LOIRE (1 Across), is France's longest river. Unlike a leopard, a UNITARD (51 Across) has long legs. Bruce Springsteen's E STREET Band (68 Across) was named for the address of keyboarder David Sancious' mother, who let the band rehearse in her garage.



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

LEGALS

FICT. BUS NAME

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 EXIQUIA 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 EXIQUIA 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 2019288017
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **HANDYMAN911, 12017 EXCELSIOR DR, NORWALK CA 90650, LA COUNTY**
 Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
 REGISTERED OWNERS(S): (1) CHRIS MACIAS, 12017 EXCELSIOR DR, NORWALK CA 90650
 State of Incorporation: N/A
 THIS BUSINESS IS CONDUCTED BY: an Individual
 The date registrant started to transact business under the fictitious business name or names listed above: N/A
 I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
 S/ CHRIS MACIAS, OWNER
 This statement was filed with the County Clerk of Los Angeles on OCTOBER 29, 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
 11/29/19, 12/6/19, 12/13/19, 12/20/19

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

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 2019237008
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **ELEVENPOINT 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 2019295261
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **GOLDEN BOWL ENTERPRISE, 11841 CEDARVALE ST, NORWALK CA 90650, LA COUNTY**
 Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
 REGISTERED OWNERS(S): (1) SIRVTEE HAONG, 11841 CEDARVALE ST, NORWALK CA 90650
 State of Incorporation: N/A
 THIS BUSINESS IS CONDUCTED BY: an Individual
 The date registrant started to transact business under the fictitious business name or names listed above: N/A
 I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
 S/ SIRVTEE HAONG, OWNER
 This statement was filed with the County Clerk of Los Angeles on NOVEMBER 8, 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
 11/29/19, 12/6/19, 12/13/19, 12/20/19

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2019292642
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **REAAAL 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 2019301867
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **POCOPAC ID SP 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 20192288775
 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 URRARTE, 15065 WATKINS DRIVE, LA MIRADA CA 90638 (2) ANITA HERNANDEZ, 9618 BURMA RD, PICO RIVERA CA 90660 (3) SYNDEY 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 URRARTE, 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

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME
2019303666
 FILE NO: 2015105567 DATE FILED: APRIL 20, 2015
 NAME OF BUSINESS(ES): AMOR NAIL SPA AND HAIR
 STREET ADDRESS, CITY, STATE, ZIP CODE: 7016 SANTA FE AVENUE 7016 SANTA FE AVENUE, HUNTINGTON PARK, CA 90255
 REGISTERED OWNERS(S): (1) THUYLAM VU, 12141 DITMORE DR., GARDEN GROVE CA 92841
 If Corporation or LLC - Print State of Incorporation/Organization: N/A
 Business was conducted by: an Individual
 I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
 S/ THUYLAM VU, OWNER
 This statement was filed with the County Clerk of LOS ANGELES on NOVEMBER 20, 2019

The Norwalk Patriot
 11/29/19, 12/6/19, 12/13/19, 12/20/19

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2019303679
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **AMOR NAIL SPA AND HAIR, 7016 SANTA FE AVENUE, HUNTINGTON PARK CA 90255, LA COUNTY**
 Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
 REGISTERED OWNERS(S): (1) THUY T NGUYEN, 983 DENVER DRIVE, COSTA MESA CA 92626
 State of Incorporation: N/A
 THIS BUSINESS IS CONDUCTED BY: an Individual
 The date registrant started to transact business under the fictitious business name or names listed above: 11/2019
 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/ THUY T NGUYEN, OWNER
 This statement was filed with the County Clerk of Los Angeles on NOVEMBER 20, 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
 11/29/19, 12/6/19, 12/13/19, 12/20/19

FICTITIOUS BUSINESS NAME STATEMENT
File Number 2019295847
 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) **MC GARCIA TRUCKING, 8750 WALNUT ST, BELLFLOWER CA 90706, LA COUNTY, 15408 LONGWORTH AVE, NORWALK CA 90650**
 Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
 REGISTERED OWNERS(S): (1) MARICEL GARCIA, 15408 LONGWORTH AVE, NORWALK CA 90650
 State of Incorporation: N/A
 THIS BUSINESS IS CONDUCTED BY: an Individual
 The date registrant started to transact business under the fictitious business name or names listed above: 11/2019
 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/ MARICEL GARCIA, OWNER
 This statement was filed with the County Clerk of Los Angeles on NOVEMBER 8, 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
 11/29/19, 12/6/19, 12/13/19, 12/20/19

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, JIENDRA 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

LIEN SALES

Extra Space Storage will hold a public auction to sell personal property described below belonging to those individuals listed below at the location indicated:

10950 Firestone Blvd
 Norwalk, CA 90650

12/18/19 1:00pm

Shaquita Williams
 Household items

Keith Pearson
 Household items

Gretell Sarria
 Household items

Rudolph Martinez
 Household items

Alyssa Figueroa
 Household items

Jacqueline Arena
 Household items

Johnny Corrales
 Household items

Juanita Castro
 Household items

Esmeralda Vasquez
 Household items

Sangeet Gounder
 Household items

Mario Miranda
 Household items

Ronald Juarez
 Boxes

Rene Limuti
 Household items

Olga Murillo
 Household items

Krystopher Kabar
 Household items

Rafael Urbina
 Household items

Gloria Ann Hernandez
 Household items

Faustino Sanchez
 Electrical equipment

Jessica Cappetta
 Household items

Jason Adams
 Household items

Karen Head
 Household items

Avis C Brumfield
 Household items

Christian Gonzales
 Household items

Purchases must be made with cash only and paid at the above referenced facility in order to complete the transaction. Extra Space Storage may refuse any bid and may rescind any purchase up until the winning bidder takes possession of the personal property.

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

NOTICES

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NUMBER: 19NWCP00427
 TO ALL INTERESTED PERSONS: Petitioner MELANIE JAYE PFEIFFER filed a petition with this court for a decree changing names as follows:
 Present name (1) MELANIE JAYE PFEIFFER to Proposed name (1) MELANIE JAYE RAMIREZ
 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: JANUARY 22, 2020, 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 14, 2019
 Judge Margaret M. Bernal
 Judge Of The Superior Court
 Petitioner or Attorney, In Pro Per
 Melanie Jaye Pfeiffer
 10536 Bogardus Avenue
 Whittier, CA 90603
 (714) 512-4917
 Melramirez4ever@hotmail.com

The Norwalk Patriot
 11/29/19, 12/6/19, 12/13/19, 12/20/19

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NUMBER: 19NWCP00347
 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
 14638 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: RALPH DE LA TORRE GUERRERO CASE NO. 19STPB10913
 To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of RALPH DE LA TORRE GUERRERO
 A PETITION FOR PROBATE has been filed by SIDNEE GERALDINE ROBINSON in the Superior Court of California, County of LOS ANGELES.
 THE PETITION FOR PROBATE requests that SIDNEE GERALDINE ROBINSON be appointed as personal representative to administer the estate of the decedent.
 THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.
 A HEARING on the petition will be held in this court as follows: 12/19/19 at 8:30AM in Dept. 11 located at 111 N. HILL ST., LOS ANGELES, CA 90012
 IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.
 IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9092 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.
 In Pro Per Petitioner
 SIDNEE GERALDINE ROBINSON
 13958 DICKY STREET
 WHITTIER, CA 90605
 11/29, 12/6, 12/13/19
CNS-3317218#
THE NORWALK PATRIOT

CNS 3317218
The Norwalk Patriot
 11/29/19, 12/6/19, 12/13/19

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Need to run a Legal Notice?

The Norwalk Patriot is a newspaper of general circulation – and has been adjudicated in the County and the City. We can take any and all legal ads.

Contact The Norwalk Patriot we can help!
Email: legals@thedowneypatriot.com
Phone: 562-404-3008 • Fax: 562-904-3124

Paging Dr. Frischer...

By Dr. Alan Frischer

The following happens frequently: I surprise a generally healthy patient with the news that their blood pressure numbers just aren't good enough – even when those same numbers were perfectly acceptable in the past. What makes the conversation harder is that often the patient feels just fine. What is the latest on hypertension?



Let's review: Blood pressure is recorded in two numbers. Systolic blood pressure (the first and higher number) indicates

how much pressure blood exerts against the artery walls when the heart is contracting. Diastolic blood pressure (the second and lower number) indicates how much pressure blood exerts against the artery walls while the heart is resting between beats. It is measured in millimeters of mercury, as this was used in the first accurate pressure gauges and remains the standard today.

Which number is more important? While more attention is given to the systolic (larger) number as a major risk factor for heart disease, a rise in either the systolic or diastolic blood pressure may qualify you for hypertension. For those of us aged 40 to 89, the risk of death

from ischemic heart disease and stroke doubles with every 20mm mercury rise above normal for systolic blood pressure, or every 10mm mercury for diastolic blood pressure. Note that systolic blood pressure rises steadily with age, due to the increasing stiffness of large arteries.

Not too long ago, normal blood pressure was considered to be 140/90 or below. This has changed significantly over the years, due to the many studies on heart disease and stroke. According to the American Heart Association, the current standards for blood pressure are:

Normal: Systolic is less than 120 and diastolic is less than 80

Elevated: Systolic is 120 – 129 and diastolic is less than 80

High blood pressure Stage 1: Systolic is 130 – 139 or diastolic is 80 – 89

High blood pressure Stage 2: Systolic is 140 or higher or

diastolic is 90 or higher

Hypertensive crisis: Systolic is higher than 180 and/or diastolic is higher than 120

Normal blood pressure means that your particular balance of diet, exercise and genetics is working just fine. At the elevated level, you are likely headed for high blood pressure, and now is the time to take steps to correct it. At Stage 1, your doctor will likely recommend lifestyle changes. At Stage 2, your doctor will likely start you on a combination of blood pressure medications along with lifestyle changes. At the hypertensive crisis stage, you need immediate medical attention. And, if you are experiencing symptoms such as chest pain, shortness of breath, back pain, numbness or weakness, changes in vision, or difficulty speaking, call 911 immediately.

There are many causes of hypertension. The most

important contributors include getting older, a high salt diet, sleep apnea (especially untreated), obesity, a sedentary lifestyle, drinking excessive amounts of alcohol, using recreational stimulant drugs like cocaine, amphetamines, or crystal methamphetamine, a diet high in sugars and fat, smoking cigarettes, chronic kidney disease, nutrient deficiencies (especially potassium and vitamin D), thyroid diseases (both overactive or underactive), diabetes mellitus, some birth control pills, stress which stimulates your adrenal glands to pump out excess cortisol...and of course, genetics.

What can you do to help prevent or minimize high blood pressure? Plenty! Start by reducing the salt in your diet. This is hard to do; our country loves to add way too much salt to most processed foods. But certain foods are the low hanging fruit, so to speak – like fast food, processed foods, canned foods, frozen foods,

snack foods, and most restaurant foods. Start with fresh food and make it yourself. Use other spices instead of salt. Add some exercise to your daily routine, cut back on your use of alcohol, stop your use of recreational drugs, lose some of those extra pounds, and work hard on how you handle stress.

I urge you to consult your doctor and continue to monitor your blood pressure. This is one of the easy conditions to detect, and there are a number of different medications available to bring your numbers down. Hypertension is the leading cause of cardiovascular disease and death. Untreated high blood pressure can be fatal – don't ignore it!

Dr. Alan Frischer is former chief of staff and former chief of medicine at Downey Regional Medical Center. Write to him in care of this newspaper at 8301 E. Florence Ave., Suite 100, Downey, CA 90240.

Read this before buying a puppy or kitten for Christmas

By Anna Berardini

Good day to everyone, especially those who are thinking about getting someone in their family or their friend a puppy or kitten for Christmas.

I am Anna's Pet Grooming in Norwalk and every week someone calls me to asks to help find their animal a home because they don't want to take them to the pound. I have a network of people I work with and we find animals homes all the time without advertising them on social media simply because I have so many customers that I put up signs and show pictures and someone will take them and give them a wonderful home.

Everyone needs to know that

you should never advertise any dog or cat, puppy or kitten, for free; there are terrible people out here who will mistreat them and kill them for sport. A lot of people who call me consider me their last hope before taking them to a pound and I always help. I have placed so many dogs and cats in homes over the years without advertising them in the media, especially adult cats and dogs.

There are people you can call if you can't find your pet a home. Just Google rescues for that particular breed. You can also try the ASPCA in Long Beach and contact the local rescues. If they're full, they can tell you the names of other associations that foster and place dogs and cats in the right homes.

Yes, I know, very often the rescue people are very cautious and untrusting. They mean well, so be patient.

Please use your head as well as your heart when you purchase an animal as a gift. It's very often a good idea to talk to other members of your family or friends that know this person and are positive that they can care for and have time for a dog or cat. Because it can be very heartbreaking for them to have to give up the animal because they just don't have time for one.

There are many daycares out there. I have one at my shop; we watch people's pets for them during the day if they won't want them to be alone at home. Also, there are certified pet caretakers

that will visit your home and take care of your animals during the day or when you're gone on vacation.

So remember all these things when the person you give a gift to -- and the gift wags its tail -- and the person says they don't have time. And of course, the best thing is to simply ask your loved one if you can get them a pet for Christmas and the kind they'd like.

Big dogs need a big backyard unless you have time to walk them every day. Small dogs are much easier; some need grooming every couple of months. You need to know if the people you're giving the dog to want a fluffy one that needs a grooming or a shorthair that can

bathe itself. Easy maintenance.

Also, remember there are lots of trainers out there because the biggest reason people don't want their dog anymore is because they can't get the dog to behave. Dogs need school just like humans. There are lot of people that train dogs, just Google them near you. You will be spending an hour a week with the trainer and they teach you simple training tricks. You can also call me; I know some very good dog trainers.

Now, understand something about cats. They're a lot easier than dogs. They're super playful. They're very independent. Very easy to train. Thousands of cats are killed every year in his area by the animal controls.

Cats make great pets. You

don't have to start out with a kitten because adults are just as playful as kittens. SEACA in Downey has great prices for cats during the holidays. What could be more wonderful than saving a life for Christmas?

So in a nutshell, do a lot of homework before you buy someone an animal for Christmas. You want them to have a forever home, not just a Christmas home.

Thanks for reading. Everyone have a great and safe holiday... love to all.

Anna Berardini owns Anna's Pet Grooming in Norwalk.

The Norwalk Patriot



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Short Stories

A Good Golfer but a Better Police Officer

By Sharon Benson Smith

Many years before we met at Arden-Mayfair, my second husband, Dick Smith, was a police officer on the Buena Park Police Department. He and his partner, Jack Keeley, were the team that was sent on all the hardline calls. The Chief specified to dispatch Keeley-Smith to take care of the problem, and they had the reputation for doing just that.

However, one day while he was working alone, Dick got a call to proceed to an area near Knotts Berry Farm. On his arrival, he was ambushed by a gang of young hoods. They managed to take his gun from him, knife him, beat him up pretty badly, and shoot him in the leg. He was left on the pavement outside the patrol car door in a fetal position.

He was fortunate in that he was able to get an "officer down" call through to the dispatcher. Assistance arrived immediately and he was taken to the hospital. For some unknown reason, the doctors decided not to remove the bullet from his leg. That bullet remained in his leg the rest of his life, without incident.

On the brighter side of his being on the Police Department, he was a 4-handicap golfer and represented the Department in all the major area tournaments. He and LAPD Chief, Darrell Gates, managed to win a tournament. The Olympic Gold Classic Tournament included the country music singer/

songwriter, Mac Davis, whose career produced many hits.

Also, at that same tournament was Marlene Floyd, a popular PGA golfer of the 70's who was the sister of another notable golfer, Ray Floyd. Last but certainly not least, was Nancy Lopez, one-time ladies Champion winning three major championships.

My daughter, Tracy, and I were guests at the tournament where Dick was paired with the comedy sitcom star, Hal Linden, who played Barney Miller. His son was also there, and showed some interest in Tracy. He asked for her phone number and called her later that night. But she had zero interest in him ... and so that was the end of that!

After our marriage, he introduced my three kids to the game of golf and they too became very interested in the game, and became quite good at it also. However, of the three, Dick said Tracy was so good that he would have liked for us to be able to put her on the tour...but the cost of doing so was just not feasible.

Dick Smith enjoyed both immensely...being a police officer and playing the game of golf.

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.

An Angel on Wheels

By Yolanda Adele

When I first met this unassuming angel at the Norwalk Senior Center, I had no idea of the imprint she'd leave on my heart. Every time I saw her, she had effervescent, contagious smiles for everyone she saw, even for those who didn't have smiles of their own.

K.T. is a contradiction in how society perceives people with physical challenges. Despite being petite and in a wheelchair due to her multiple sclerosis, she nonetheless has defining biceps. She eats a consciously healthy diet, does yoga, lifts weights, and she even bounces on a small trampoline while holding onto a

piece of furniture. I think about that when I'm too lazy to exercise.

This angel's passion is educating people about the toxins in foods, and other byproducts with genetically modified organisms (GMO's or K.T.'s anagram: God Move Over) have been linked to cancers, diabetes, organ damage, immune and gastrointestinal disorders. Truth be told, some people may resent being informed about their lack of good health choices. I was one of them. Still, this angel takes courageous risk, becoming totally vulnerable in her quest.

Every day she gets up with a mission to change lives for the better, whether it's to help someone to read at the library

or buying shoes for a homeless person, helping them get SSI benefits, or going to the hospital/ER with them. She often does errands for people who have their own car and/or can walk. K.T. encourages members of the senior center to attend classes with her in Memoir Group and American Culture, also to watch free movies, hear karaoke at the center, or meet her at concerts at on the grounds of Norwalk City Hall, especially if she knows they live alone and have no one waiting for them at home.

She attends the monthly Coffee with a Cop program (though K.T. does not drink the coffee) where she and other members of the community discuss their concerns with local law enforcement.

K.T. has great empathy, tenacity and conviction for helping people. It brings her joy. Joy is not simply the absence of trials in our lives; it is an affirmative state in which our lives have both meaning and purpose.

Yes, K.T. has multiple sclerosis -but she does not let it define her!

I'm thankful for her inspiring example. She is my hero.

Yolanda Adele 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.

Who Stole Our WWII Tank?

By Anthony Caldwell

Some people are kleptomaniacs who will steal anything: cans, money, stocks, and bonds. But here in South Gate, someone stole our WWII light M5A1 military tank that we played on as teenage kids.

The tank sat on a concrete pad in front of the parking lot at the General Motors assembly plant on Tweedy and Santa Fe Avenue.

The tank had a brass plaque that read: "Dedicated to the workers at the G.M. Assembly

Plant in W.W.II for their war efforts." The tank was completely operational minus the 37 mini gun breech block, machine guns and radios. We supplied our own periscopes (from the Army Surplus store at \$5 each).

The tank was our special toy in the 50's, until 1980 when the plant closed and it was moved to South Gate Park and welded shut. Then in 2000, it disappeared.

I inquired at the South Gate Museum (now closed) and was told a child had fallen off the tank and was injured. Consequently, the child's mother sued the city and

got a million dollars.

The Army tank was given away. The mayor took the fire truck that had stood beside it to his own home, across the street. There was an investigation from the War Department that found that the new owner were not from the V.F.W (Veterans of Foreign Wars) or the American Legion; nor did they have a permit to buy an implement of war.

A Mr. Nelson from Pomona Memorial Tank Museum on Rosemead Boulevard confirmed the tanks had been donated to the Patton Historical Museum at

Chirico Pass in San Bernardino County and then the man went to jail.

At least I can visit that old play thing but the plaque, just like GM, is long gone. But I can honestly say I had a personal 22-ton toy to play with as a kid.

Anthony Caldwell 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 hot air balloon ride

By Anthony Kingsley

One of my dreams has been to ride in a hot-air balloon, so in 2019 I set out for Phoenix, Arizona to satisfy this dream.

I got my paper maps from AAA and directions from MapQuest which I thought said exit at North 7th Ave. in Phoenix. After getting lost, I asked for directions and was told I was way off. With the new directions I found the Deer Park Airport. Later it turned out that I should have taken Interstate 7 north.

I found the two companies that offer flights. I booked with one of them two days in advance. I got a hotel and the next day went sightseeing to Tempe where once again I got lost. For some reason there is a shortage of building numbers in Tempe and needless to say I had to ask for directions a few times. All the people referred to

their phones for help.

Then back to my hotel for an early night. I had to be at a pickup location at 6 am. I asked the front desk for a wake-up call at 4 am and to order a taxi for a 5 am pickup. I told the clerk that I may be a little late checking out because I did not know how long the balloon ride would take. She said if I did not check out at 11 am, I would be charged for an extra day.

At 4:15 the phone rang. I packed my bags, checked out and put my bags in my car. Come 5:15, no taxi. The front desk called and got another taxi for me. It came within 10 minutes and I got to the pickup location on time.

We drove to the launch site and after setting up, we were off into the wild blue yonder. There were eight of us in the basket plus the pilot. I was at the end of the basket.

The balloon was 200 feet high and we went up to 2,800 feet. The view was fantastic and except for the occasional noise on the burner - silence. And 18-wheelers looked like miniature toys. And two coyotes scampered away and hid behind the cacti.

About 15 minutes into the flight, I had to put on my hat. Can you guess why? Because the burner base did not cover the whole basket and the heat from the burner was burning my bald spot. After an hour flight, we descended back down to Mother Earth.

After we landed, the pilot set up a table with champagne and orange juice. He served one drink to everyone and went to check on the preparations for leaving. I sneaked another drink minus the orange juice.

Then back to the office where they had a continental breakfast for us. And we were presented with

a flight certificate. One of their employees was also a Lyft driver and he offered to drive me back to my hotel.

On the way, I discovered that I had forgotten my flight certificate. He offered to turn around and go back for it but I said no, just continue on and have it mailed to me.

Back at the hotel, I picked up my car and headed for Apache Junction to satisfy another dream.

All in all - it was a very good trip.

And when I returned to California, I bought a smart phone.

Anthony 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.

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