

Deaths rising from Alzheimer's disease and drug overdoses

LOS ANGELES - A new report on recent mortality trends released last week by the Los Angeles County Department of Public Health indicates that death rates in LA County appear to be on the rise in some groups in recent years, while deaths from Alzheimer's disease and drug overdose have dramatically increased in LA County.

The overall mortality across the county decreased by 6.2% from 2008 to 2017, however, the decrease only occurred between 2008 and 2012.

From 2012 to 2017, overall mortality showed little change. In addition, between 2008 and 2017, deaths from Alzheimer's disease increased 71%, and deaths from drug overdose increased 28%.

"Mortality is one of the most important barometers of the health of our residents," said Dr. Barbara Ferrer, PhD, MPH, MEd, Director, of Public Health. "These findings indicate clear areas of concern which require a collective response to the complex social conditions that contribute to the many health challenges we face as a county, especially for those residents experiencing the worst health outcomes."

The report also found a lack of progress in reducing the large health disparities seen across different populations. For example:

Mortality among African-Americans remained 30% higher than the county average throughout the 10-year period.

Alzheimer's at a younger age?

By **Laura Dryjanska**

LA MIRADA - Every 65 seconds, someone in this country develops Alzheimer's disease or another form of dementia.

We think of the Alzheimer's disease as typical for old age. However, it can touch younger people as well, and until not too long ago, this group has been overlooked.

The Alzheimer's Association reports that an estimated 200,000 Americans under the age of 65 are currently living with the disease. People living with younger-onset Alzheimer's face unique challenges when it comes to family, work, and finances. Thankfully, our legislation is catching up.

Our congresswoman, Linda T. Sanchez, is taking an active stance on this issue by cosponsoring the bipartisan Improving Younger-Onset Alzheimer's Disease Act. This bill will help to ensure care planning services and resources are provided upfront to better prepare families affected by this disease and improve their quality of life, helping to fight the stigma that they may be facing.

For more information about younger-onset Alzheimer's disease, visit: <https://www.alz.org/help-support/i-have-alz/younger-onset>

Laura Dryjanska, Ph.D. is an Assistant Professor of Psychology at Biola University. She is also a member of the Alzheimer's Association.

Mortality among Native Hawaiians and other Pacific Islanders was 41% higher than the county average, and among Native Americans, mortality was 27% higher than the county average.

Mortality among residents of the Antelope Valley was 28% higher than the county average.

The Antelope Valley region was the only one of the county's eight service planning areas that had an increase in mortality from 2008 to 2017.

Mortality among residents of South LA was 20% higher than the county average.

On a positive note, significant declines in mortality were seen

for several of the leading causes of death.

Although coronary heart disease was the leading cause of death, accounting for 18% of all deaths in the county in 2017, mortality associated with this cause decreased by 29% from 2008 to 2017.

Mortality from lung cancer and chronic obstructive lung disease (COPD), both associated with smoking, decreased by 27% and 15%, respectively, during the 10-year period.

The report also included statistics on the leading causes of premature death, defined as deaths occurring before age 75, a standard cut-off used in public health analyses. Overall, the

leading cause of premature death in the county population was coronary heart disease, followed by drug overdose, suicide, motor vehicle crashes, and homicide.

"These premature deaths are particularly tragic, as they are almost always preventable," said Paul Simon, MD, MPH, Chief Science Officer for Public Health.

"Not only do we need to take action to enhance integrated health care, mental health, and drug treatment services, but we must all work to create safer environments and more equitable institutional supports to ensure that all people have the opportunities and resources they need to be healthy, irrespective of race or income."

At King Richard's, shoppers are in vintage heaven

The antique center draws thousands of visitors to its flea markets, where shoppers hunt for vintage treasures.

By **Jocelyn Arceo**
Staff Writer

WHITTIER - King Richard's Antique Vintage Center held their seasonal Vintage Flea Market on Dec. 14, inviting guests on a treasure hunt through three floors consisting of 36 vendors selling various antiques ranging from vintage clothing, restored furniture and knick-knacks from the past.

With 57,000 square feet of available space, the building was full of fascinating objects from floor to ceiling as curious onlookers paid view to every nook and cranny present. Walking by without stopping to really take a look at the items on display could have proved detrimental to any guest hoping to luck out on a purchase.

There were small items and large items alike that stacked among one another, making it far too easy to miss out on that special find if rushing through. From vintage music boxes holding porcelain jesters to statues of fairies set up in glass displays, and mirrors of all sizes strewn along clothing like fur coats and sheer petticoats, there was something for everyone to meander their way through.

Jackie Martinez, employee, said that they tend to host these flea markets every season, with the last one happening in October. She has worked three so far and says that they usually rake in anywhere between 500 to 2,000 customers each event.

"Customers really like the environment, it's huge here and you can spend a long while here—it's kind of like a mall," Martinez said. "People like to

hang out here and talk to the dealers, you can get some pretty good deals and people really like that."

Martinez also added that at each event owner Chuck Garcera tries to have more than just the various antique vendors, but food, drinks and special guests as well. At this event in particular, Café Santa, Aguas Tijuana's, Hot Dog on a Stick and Fosselman's Ice Cream were offered to guests along with performances by the Uptown Whittier Shakers, Sylvia Bosco and a special guest appearance from Butch Patrick, otherwise known as Eddie Munster from "The Munsters."

The Uptown Whittier Shakers brought high, quick-paced energy to the second floor of the flea market as several dancers embellished in red, black and white matching outfits dashed along the hardwood floor in rapid steps, even inviting Santa Claus out for a few numbers. Guests were gathered around, encircling the group as they bopped along to the lively, upbeat swing jazz music playing out loud.

Vanessa Adams and Patricia Nooner share partnership over the business. Adams said the group started off years ago as the Memory Swing Team but went through a rebranding after a change in management.

"We felt more of a connection to Uptown Whittier since we do a lot of the community events there like the Holiday Sonata, the car show, and the antique fair," Adams said. "Which is how we actually ended up here."

Both Nooner and Adams expressed that those involved in the group all come from various backgrounds, with some specializing in Salsa, Cumbia and even Ukrainian dancing.

"We all come from different backgrounds here, and we all just came together through the love of swing music, Lindy Hop and performance," Nooner said. "We really want to bring that back,



we remember how there was a resurgence in the 90's and we'd love to see that again."

Downey resident Britney Steffans, an avid lover of vintage items, said she attended the event after noticing a flyer and inviting her friends to come along with her.

"I came to see Eddie Munster but was really surprised when I saw the choreographed dancing," Steffans said. "I love vintage items, so I had to come

and check it out."

Adrian Maciel, a friend of Steffans, said he found great vintage items at the event, and was very pleased with the ice cream available.

"This is a really cool place, I found a gorgeous red fur coat and the ice cream man they have is really cool too," Maciel said. "We came for Eddie Munster but haven't found him yet, but this place is still really cool to look around and shop."

Norwalk celebrating Las Posadas this Saturday

NORWALK - Norwalk will mark the New Year with Las Posadas this Saturday, Jan. 4, a traditional cultural celebration.

The festive event will begin with a candlelit procession and caroling of holiday songs.

Other highlights include cultural activities for children such as pinatas, and special performances by mariachis, including Norwalk's own youth mariachi group, the Miniachis.

There will also be ballet folklorico and Aztec dancers, along with food including tamales, churros and champurrado.

The free event begins at 6 p.m. on the civic center lawn.

Norwalk restaurant grades

Church's Chicken
15816 s Pioneer Blvd.
Date Inspected: 12/26/19
Grade: **A**

7 Eleven
14835 S Pioneer Blvd.
Date Inspected: 12/20/19
Grade: **A**

McDonalds
11053 Rosecrans Ave.
Date Inspected: 12/17/19
Grade: **A**

Subway
10995 Rosecrans Ave.
Date Inspected: 12/17/19
Grade: **A**

Pizza Hut
11006
Date Inspected: 12/17/19
Grade: **A**

Subway
15925 Pioneer Blvd.
Date Inspected: 12/17/19
Grade: **A**

Randy's Donuts
10989 Rosecrans Ave.
Date Inspected: 12/17/19
Grade: **A**

Target
10600 Firestone Blvd.
Date Inspected: 12/16/19
Grade: **A**

Target Cafe
10600 Firestone Blvd.
Date Inspected: 12/16/19
Grade: **A**

Starbucks (Target)
10600 Firestone Blvd.
Date Inspected: 12/16/19
Grade: **A**

Home Style Donuts
12840 Pioneer Blvd.
Date Inspected: 12/16/19
Grade: **A**

Spoon Me Latin Delights
14431 Pioneer Blvd.
Date Inspected: 12/16/19
Grade: **A**

Extra Fresh Drinking Water
14507 Pioneer Blvd.
Date Inspected: 12/13/19
Grade: **A**

Del Taco
10644 Alondra Blvd.
Date Inspected: 12/13/19
Grade: **B**

Circle K
11405 Firestone Blvd.
Date Inspected: 12/12/19
Grade: **A**

Keystone Lounge
11459 Imperial Hwy.
Date Inspected: 12/12/19
Grade: **A**

Zury's Raspados
11405 Firestone Blvd.
Date Inspected: 12/11/19
Grade: **A**

Tutti Frutti
12417 Norwalk Blvd.
Date Inspected: 12/11/19
Grade: **A**

Jimmy John's
12431 Norwalk Blvd.
Date Inspected: 12/11/19
Grade: **A**

Godwin's Coffee / Snack Shop
12720 Norwalk Blvd.
Date Inspected: 12/11/19
Grade: **A**

Wienerschnitzel
11660 E Imperial Hwy.
Inspected: 12/10/19
Grade: **A**

La Michoacana Ice Cream and Snacks
11788 Firestone Blvd.
Date Inspected: 12/10/19
Grade: **A**

Weekend at a Glance

Friday 73°

Saturday 70°

Sunday 70°

THINGS TO DO



Monster Energy Supercross

Saturday - Angel Stadium, 6:30 pm

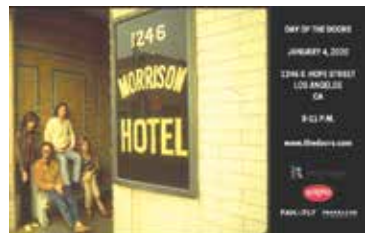
The 2020 Motocross season officially kicks off. Tickets range from \$25-\$100.



Nerf Challenge

All weekend- LA Lives Event Deck, 3 pm

All the action and fun of NERF into a 50,000 square foot, adrenaline-pumping, act.



Day of the Doors 2020

Saturday - Morrison Hotel in Los Angeles, 3 pm

Celebrate The Doors at the fourth annual festival. Food trucks, beer garden, photo exhibit, signings, documentary screenings, and more.



Kings Star Wars Night

Saturday - Staples Center, 5:30 pm

Come join the LA Kings and the Southern California Garrison as they celebrate Star Wars on the ice.



Festival of Chocolate

Sunday - Bowers Museum, 11 am - 3:30 pm

Sample chocolate of all kinds while enjoying several informative displays. Plus live dance and music, and a lecture on the history and politics of chocolate. Admission is free but there is a fee for samples and the lecture.



Santino Bros. Wrestling

Saturday - Leo P Turner Hall, 8:30-10:30 pm

Live pro Wrestling. Featuring: Ray Rosas (C), Los Luchas, Heather Monroe, Andy Brown, Rico Dynamite, Eli Everfly, and others. Tickets \$10-\$20

Ernie Nishii thanked for year as school board president

NORWALK - The ABC Unified School District Board of Education went through its annual reorganization at the Dec. 3 meeting. Elected officials, community leaders, educators, and the District thanked outgoing President Ernie Nishii for his year of service.

"I'm proud of what the District has accomplished over the past year," said outgoing President Nishii. "Together, we have worked to strengthen the district by hiring mental health professionals at all schools and equity training continues across the District within our schools and departments.

"We've weighed in on issues like the dangers of vaping, and the day of remembrance demonstrated how history needs to be deeply taught to our future leaders through the eyes of eyewitnesses. We have much more to do, but I leave the President's seat with a sense of pride, and I look forward to working hard as a board member to make sure every student can reach his or her dreams."

The board elected Dr. Olga Rios to serve as President. Dr. Rios is an elementary school principal in the Bellflower Unified School District and the elected representative from Trustee Area 6. A Lakewood resident, she grew up in Hawaiian Gardens and attended ABC schools, graduating from Artesia High School.

"I was raised in ABC schools, and I'm so proud to serve as President," said Dr. Rios. "My goals remain the same: to see all students succeed, to promote equity throughout the District, and to support our hard-working teachers and staff."

Letty Mendoza was elected to serve as Vice President. Mendoza, representing Trustee Area 1, is a teacher in the Los Angeles Unified School District and lives in Artesia.

Soo Yoo was elected to serve as clerk of the board. Mrs. Yoo,



representing Trustee Area 2, is the founder and director of a college preparatory academy and resides in Cerritos.

"Outgoing President Nishii has served ABC students well," said Superintendent Dr. Mary Sieu. "His commitment and tireless efforts made the District stronger. Although he will be missed, we know he will continue to serve as an involved board member. We are thrilled to have Dr. Rios serve as President. As an educator and product of ABC schools, she brings a unique perspective to the needs of the District."

The ABC Unified School District serves the city of Artesia, most of Cerritos and Hawaiian Gardens, and portions of Norwalk, Lakewood and Long Beach.

Signal Hill woman wins \$1,800 scholarship

NORWALK - The Cerritos College Foundation recently awarded Diana Navarro of Signal Hill with the \$1,800 Carmen Solis Pratt Scholarship.

Judge Dan Pratt established the Carmen Solis Pratt Re-Entry Scholarship in 2001 in memory of his mother who valued education, but was unable to attend college herself.

Each year, a recipient is selected among applicants who are returning to school, and are 35 years of age or older.

Diana is a returning student pursuing a new career in cybersecurity. She has earned a perfect 4.0 GPA and serves as the Vice President of the Computer Club.

"I am both honored and excited to have been chosen as the recipient of the Carmen Solis Pratt Scholarship. I am also most grateful to Mr. Dan Pratt for his generosity. Receiving this scholarship means a great deal to me because it has made it possible for me to continue to pursue my educational goals, improve my circumstances and provides much needed encouragement," said Diana.

Homeless woman dies at Parnell Park

WHITTIER - A homeless woman was found dead at Parnell Park on New Year's Day.

Police said they do not suspect foul play. The woman was identified as 23-year-old Corinna Megan Ortega.

Whittier residents have pushed for the city to dismantle the encampment at Parnell Park but officials said their options are limited due to a federal court ruling.

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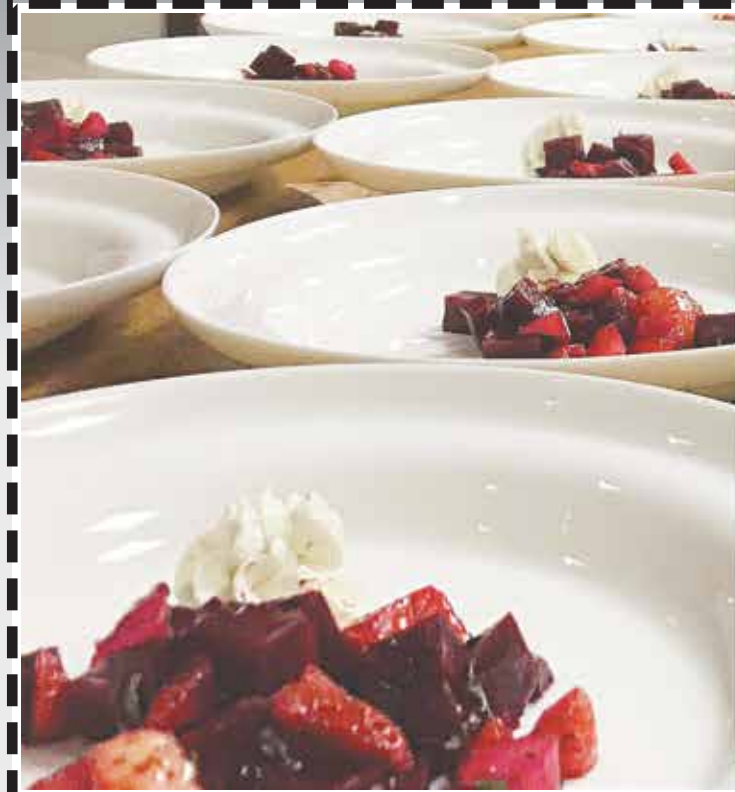
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It's no coincidence that our politics and our mental health have declined so rapidly

BY LEE SIEGEL

Everyone has his or her own definition of a political crisis. Mine is when our collective mental health starts having a profound effect on our politics — and vice versa.

It cannot be a simple coincidence that the two have declined in tandem. The American Psychiatric Association reported that from 2016 to 2017, the number of adults who described themselves as more anxious than the previous year rose 36 percent. In 2017, more than 17 million American adults had a new diagnosis of a major depressive disorder, as well as three million adolescents ages 12 to 17. Forty million adults now suffer from an anxiety disorder — nearly 20 percent of the adult population. (These are the known cases of depression and anxiety. The actual numbers must be dumbfounding.)

The really sorrowful reports concern suicide. Among all Americans, the suicide rate increased by 33 percent between 1999 and 2017.

All of this mental carnage is occurring at a time when decades of social and political division have set against each other black and white, men and women, old and young. Beyond bitter social antagonisms, the country is racked by mass shootings, the mind-bending perils of the internet, revelations of widespread sexual predation, the worsening effects of climate change, virulent competition, the specter of antibiotic-resistant bacteria, grinding student debt and crises in housing, health care and higher education. The frightening environment helps cause depression, depression causes catastrophic thinking, and catastrophic thinking makes the environment seem even more terrifying than it is.

Out of this dark cast of mind arose the hunger for a strong, avenging figure whose arrival has sent even more mentally harrowing shock waves through society. If President Trump is indeed mentally ill, as so many of his critics claim, he may well be the most representative leader we have ever had.

Yet as everyone whose mind is in jeopardy knows, it is not sufficient to speak about mental illness in general, abstract terms. A person's individual challenges are not simply extractions from a national malaise.

I would not have sat down to write this if I had not been tormented over the past few years by my own individual challenges, including frequent thoughts of suicide. Even today, the idea of jumping off a bridge or swallowing a lethal amount of pills enters my mind and holds me in its grip.

But with the exception of one morning a year and a half ago, when the effects of the withdrawal from the Valium that I had been taking nightly for 18 months were so overpowering that I nearly stepped in front of a subway train, my fantasies of killing myself have been just that: dreams of escape that would obliterate my pain without ending my life.

Along with visits to a therapist — since my experience with Valium, I have refused for now to take psychiatric medication — I have my own coping strategies. Picking out “Over the Rainbow” on

the piano my wife and I have rented for our 9-year-old daughter, I realized that the first two notes — “Some-where” — are identical, separated by an octave. The seven notes between them correspond to the seven colors of a rainbow. Thus the song musically embodies the leap from unfulfilling Kansas to the enchanted world of Oz.

The process of struggling to conceive of a positive idea of the future that would enable me to leap out of my depression I have begun to call, to myself, “octave thinking.”

Particular instances that make it possible for me to climb out of despair I imagine as pitons, the iron spikes mountain climbers drive into rock to ascend, sometimes hand over hand. Work is a piton. The enjoyment of art is a piton. Showing kindness to another person is a piton. Helping to raise our two children — our son is 13 — is the strongest piton of them all.

Freud famously said that depression was anger turned inward. We know now that depression is a result of numerous factors: social environment, economic pressure, cognitive misreading, a random event, trauma, neurobiology and genes.

Like anyone who has confronted depression, I know that this is, first and foremost, my challenge, unique to my life. And yet the line between the self and all the external forces that continually shape and reshape the self is blurrier than we like to believe. There are very particular external factors that make their way into my head and impel me toward thoughts of taking my own life.

There is the constant, relentless, unremitting financial triage as our financial obligations slowly overwhelm our means of meeting them. The choices are especially painful when they involve responding to one child's needs over another's. We have to weigh expensively nurturing a child's gift against expensively responding to a child's challenge.

It's not just the money. To say that there is less use for a 62-year-old white male (unless you happen to be running for president) these days is not to devalue the social transformations that are rapidly occurring in the age of Trump. You can hail necessary social change and complain about being, to some degree, a casualty of it, both at the same time.

In this way, I view myself — and imagine others — caught in a double bind. My depression springs from my biology, my biography, my choices. But it occurs within a far broader context that could bring just about anyone down, and apparently does. The fact is that the country is not red and blue. It is almost entirely blue.

The real national division, as I see it, is between people who have the resources, inner and outer, to survive their mental illness and those who don't.

Affording a therapist and finding the right therapist — it is rare: wisdom, empathy and kindness cannot be taught — they are the first obstacles to overcome. Then you might have to find the right and affordable psychiatrist, who will help you make an informed decision about whether to take psychiatric drugs that will or will not help, perhaps even saving your life.

New study reveals Americans may not value time off

BY FROMA HARROP

A new Gallup survey finds that about half of Americans who hold second jobs say they don't do it out of financial necessity. Why, then, do they put in the extra hours? Do they just like working?

Europeans, in stark contrast, relish their free time. Workers in Denmark actually went on a general strike because they were entitled to only five weeks of vacation. They wanted six.

Many American workers get a lousy one or two weeks off, if that much. Yet 55 percent of Americans with paid vacation said they didn't even use all the time off, according to the U.S. Travel Association.

John de Graaf, who writes on free time and consumption, has a theory on why Americans don't pound the table for more paid vacation. “Until you actually get a block of time off,” he said, “you don't really appreciate it.”

He cites an interesting case in Amador County, California. After the 2007-09 financial crisis, California trimmed its contribution to every county by 10 percent. County officials in Amador decided that rather than lay off public workers, they would cut their working hours by 10 percent.

The Service Employees International Union cried foul. It preferred layoffs of low-seniority people over a shorter workweek for other public employees. The county stood firm but said that it would honor the union's preference in two years if money remained tight.

Two years later, the budget still needed cutting. The union leadership predictably chose layoffs and restoring the five-day week for the others. But the workers said, “Wait a minute.” They weren't asked. The union put the matter before the rank and file, which voted 71 percent to 29 percent to stay on four days with less pay.

What happened? As de Graaf observed, “Workers were now saying

things like, ‘Now I go fishing on Fridays.’” (Only a few, mainly men, used the freed-up day to take on outside work.)

The female employees tended to like the four-day week more than the men, according to de Graaf. They would tell him, “Well, now what I do is the kids are in school on Fridays, so I do various chores on Friday, and then I have the whole weekend off.”

Amador County workers enjoyed the added advantage of all having the same day off, so they had friends to go fishing with. That's the thinking in Europe, where nearly everyone gets vacation time during the same weeks of August. Europeans realized that people want time off when friends and family do.

During the Great Depression, a number of big American companies moved to 30-hour weeks. One of them, Kellogg's in Battle Creek, Michigan, adopted a kind of compromise. The workweek was reduced to 30 hours, but the company paid the employees for 35 hours. Interestingly, Kellogg's found that these workers had become more productive during the hours worked.

If you owned the power company

BY JIM HIGHTOWER

About 40 years ago, a right-wing codger named Eddie Chiles became a momentary political celebrity in my state by buying airtime on hundreds of radio stations to broadcast his daily political rants. Having made a fortune in the Texas oil fields, he pitched himself as a rags-to-riches, self-made success story. “I'm Mad Eddie,” as he was known, repeatedly proclaimed that he was “mad” about big government — particularly federal programs that taxed him to help poor people, who should help themselves by becoming oil entrepreneurs like him. It's simple, he instructed in the tagline to his tirades: “If you don't own an oil well, get one.”

Well, maybe you can't afford an oil well, but what if you could own something even bigger — an entire electric utility? What if you were to control an energy business that's also an economic development engine and a grassroots force for advancing social justice? You wouldn't own it all by yourself, but you would indeed be a full-fledged owner, with a voice on everything from hiring to setting rates, from green energy to community investment.

This empowering populist possibility has quietly existed for millions of Americans since 1937, when then-President Franklin Delano Roosevelt's New Deal helped people create a vast network of member-owned and member-run rural electric cooperatives, or RECs. While the barons of corporate-owned utilities serviced densely populated, easy-to-wire cities, they ignored rural areas as unprofitable, leaving families, businesses, schools and communities literally in the dark. Co-op ownership offered a bridge across this rural gap in our country's vital infrastructure — and the people rushed to cross it. Before the New Deal, some 90% of farm families had no electricity. By 1953, just 16 years later, more than 90% of them were wired, opening rural America to a world of new economic, social and cultural opportunities.

Co-op electricity has transformed rural America, but the co-ops offer something even more electrifying: democratic power.

By law, every household that uses the electricity is a member and can vote for a board that has actual decision-making authority to control resources including cash flow, good jobs, a customer base, facilities and financial acumen. Moreover, unlike the corporate ethic of shareholder supremacy (in which maximizing profits of investor elites reigns supreme), these decentralized, grassroots utilities were guided by an egalitarian ethic formulated in 1937: the seven Rochdale Principles of cooperative organization:

Even more people never receive an actual psychiatric diagnosis. A 2014 study found that 80 percent of all prescriptions for antidepressants were being issued by primary care physicians who had no psychological, psychiatric or psychopharmacological training at all.

Yet even as our mental health crisis proliferates, even as streams of books and articles are published about depression and anxiety, the subject of mental illness has become another voyeuristic exhibition in the carnival of commerce. We talk about it, but we don't talk about how to address it.

In 1977, Jimmy Carter established the President's Commission on Mental Health, which led to the Mental Health Systems Act of 1980. Much of that legislation was repealed by Ronald Reagan, but it led to many good policy ideas, including a new emphasis on treatment for African-Americans and women, and for people with a nonbinary sexual identity or a disability. There was also a new focus on organized psychiatric care for children and adolescents, older Americans, those living in rural areas and victims of rape.

Many of these ideas, however, never took hold in practice. And mental health has not been addressed at a sweeping national level since then. Our pandemic of mental illness simply does not come up in the presidential debates.

We need a national leader who will, as President Carter tried to do, address the urgent issue of mental illness, not with piecemeal legislation but with a national crusade. We need a leader who will elevate this crisis to the same level of national urgency as gun control and climate change.

I know what I rationally expect in a president: reason, character, dignity. But I will not feel hopeful about anyone who does not respond to my turbulent unconscious, to my brute, irrational need to be the object of empathetic concern as an individual and to be affirmed as a person.

There are positive and negative means of appealing to that almost biological desire to be protected and empowered. Sadly, Mr. Trump has known how to make that appeal better than anyone on the national stage so far. He addresses himself to the meanest, basest sources of emotion, and this has the effect of making everyone who is indifferent to his appeal feel imperiled and unnerved.

A positive alternative had better come along soon. In the absence of a national resolve to address surging mental illness in America, our politics and its social consequences will continue to toss on waves of depression, anxiety and despair, themselves both a cause and an effect of our collapsing public realm.

As for me, I will keep thinking octavely and grasping my pitons; I will do whatever I can to go on living and to flourish, my loving wife by my side, my rare and precious children ever in my mind.

Lee Siegel is the author of “The Draw: A Memoir.”

Those holding multiple jobs — now about a quarter of U.S. workers — are far rarer in Canada and France, according to Gallup. Why would that be?

Perhaps the stronger social safety nets in those countries make ordinary people feel more economically secure. Perhaps a consumer culture flashing luxury in our faces makes Americans see some expenditures not as extravagances but as basic necessities. Work is how they can afford them.

“Other things being equal,” de Graaf adds, “when Americans are given the choice of time or money, most will choose the money.”

But looking at the experience in Amador County, it's possible that we just don't understand the value of time off because we've had so little experience with it. If so, what a sad commentary on the American way of life.

Follow Froma Harrop on Twitter @FromaHarrop. She can be reached at fharrop@gmail.com.

Voluntary and open membership; Democratic member control; Members' economic participation; Autonomy and independence; Education, training and information; Cooperation among cooperatives; and Concern for community.

With such a potent combination of power and principles — later expanded to include anti-discrimination, financial fairness and other components — RECs can be a mighty force for helping rural Americans make broad-based social progress. Indeed, in the past 30 years, some RECs have formally expanded their official purpose from simply providing electricity to also investing in such community needs as solar power, high-speed internet and financing for conservation retrofits.

Despite the strength and popular appeal of the co-op approach, RECs in regions where they are large and numerous (the South, Midwest and Plains) have hardly been models of dynamic progress. Even when they face stagnant economies and widespread poverty, many co-ops charge exorbitant rates and cling to a toxic legacy of coal-fired power plants spewing pollutants.

What happened? In effect, these co-ops got taken over by closed networks of entrenched rural power (bankers, real estate developers, ag-biz execs, old money families, trusted political retainers, et al.). These interests have steadily tightened their grip on these valuable utilities by using their financial power, social standing and legal cunning to dominate board elections.

Once in, these boards throw Rochdale principles out the window. Professional managers slide the decision-making and co-op books behind closed doors. In co-ops like these, the term “member” has effectively been shriveled to mean powerless consumer. Thus, shut out of the governing circle, members lose the will to participate, leaving the co-op a hollowed-out shell of its big democratic idea. A 2016 survey by the Institute for Local Self-Reliance found that 72% of America's REC board directors were elected by less than 10% of members.

But as a co-op member, you do have a voice. The good folks at the New Economy Coalition recently released their Rural Electric Cooperative Toolkit with resources for member-owners seeking to reassert the democratic principles on which their co-ops were founded. The NEC works for an economy “that meets human needs, enhances the quality of life, and allows us to live in balance with nature.” Doesn't that sound good? Check them out: neweconomy.net.

The Norwalk Patriot STAFF

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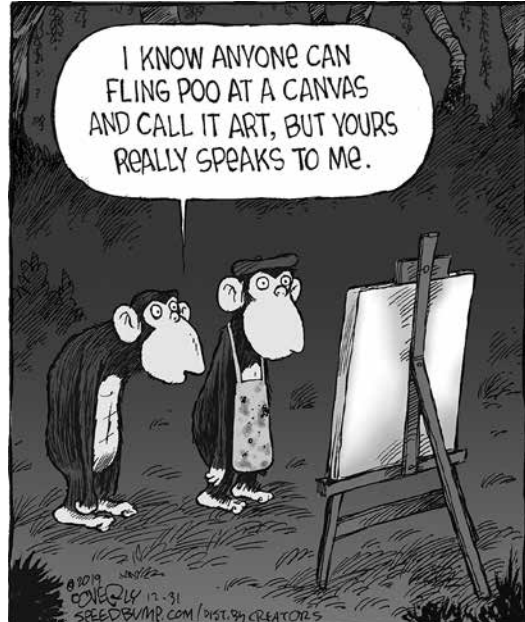
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SPEED BUMP

DAVE COVERLY



SUPERMAN WALKS HIS DOG



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Norwalk, CA 90650
Email:
news@thedowneypatriot.com

CALENDAR OF EVENTS

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

TUESDAYS
8:00 a.m. - 1:00 p.m. - Farmers Market - Excelsior High School
12:00 p.m. - Rotary - Doubletree Hotel
1st & 3rd 6:00 p.m. - Toastmasters Meetings - Registrar Recorder/County Clerks Office
1st & 3rd, 6:00 p.m. - City Council - Council Chambers
3rd, 5:45 p.m. - Housing Authority - Council Chambers

WEDNESDAYS
1st, 12:30 p.m. - Soroptimist International - Soroptimist Village
1st & 3rd, 7:00 p.m. - Lions Club - Bruce's Restaurant
2nd, 10:30 a.m. - Norwalk Woman's Club - Masonic Lodge
2nd & 4th, 1:30 p.m. - Alondra Senior Citizens - Social Services Center
2nd & 4th, 7:30 p.m. - Planning Commission - Council Chambers
4th, 11:30 a.m. - Coordinating Council - Arts & Sports Complex

THURSDAYS
7:00 p.m. - Boy Scouts Troop 924 - Norwalk United Methodist Church
2nd, 7:30 p.m. - Golden Trowel -Norwalk Masonic Lodge
3rd, 8:00 p.m. - American Legion Post No. 359 - 11986 Front St.

SATURDAYS
2nd, 8:30 a.m. - 10:30 a.m. - Pancake Breakfast - First Christian Church of Norwalk

Have an event you want listed? E-mail news@thedowneypatriot.com

On This Day...

- Jan. 3, 1925: In Italy, Mussolini announced that he would take dictatorial powers.
- 1938: The March of Dimes was established by U.S. President Franklin Delano Roosevelt. The organization fights poliomyelitis. The original name of the organization was the National Foundation for Infantile Paralysis.
- 1973: The Columbia Broadcasting System (CBS) sold the New York Yankees to a 12-man syndicate headed by George Steinbrenner for \$10 million.
- 2004: NASA's Spirit rover landed on Mars. The craft was able to send back black and white images three hours after landing.

THE NEWSDAY CROSSWORD
Edited by Stanley Newman (www.StanXwords.com)
AFTERTHOUGHTS: Last-minute wordplay
by Doug Peterson

<p>ACROSS</p> <p>1 Put on an act</p> <p>6 Steers clear of</p> <p>11 Mohawk Valley city</p> <p>16 O'Hare arrival</p> <p>19 Garlicky sauce</p> <p>20 Measure of purity</p> <p>21 Big wheel</p> <p>22 Hearth residue</p> <p>23 CD problems on a coast-to-coast trip?</p> <p>26 One of the ladies</p> <p>27 Aired</p> <p>28 Pride member</p> <p>29 Squabble</p> <p>30 Actor Milo</p> <p>32 Smartphone ancestors: Abbr.</p> <p>33 Bizet genre</p> <p>34 Look at casually</p> <p>38 Gallery exhibit of defective lumber?</p> <p>42 Asterisk's key</p> <p>43 Educ. auxiliary</p> <p>44 Map explanation</p> <p>45 Former freeway exits near the Gateway Arch?</p> <p>50 Consist of</p> <p>51 My Name Is (Jason Lee sitcom)</p> <p>55 Golf-ball holders</p> <p>56 Twosome</p> <p>57 Light-bulb circler</p> <p>59 Alien-wrench shape</p> <p>61 Name for an unknown</p> <p>62 Totalities</p> <p>65 Smear</p> <p>67 2009 Peace Nobel</p> <p>69 Where shades can be found?</p> <p>73 Seaside sand dunes?</p> <p>76 Peer's title</p> <p>77 Drains of energy</p> <p>79 Boors</p>	<p>80 Lennon's lady</p> <p>81 Matched, as a bet</p> <p>84 Vintage soda pop</p> <p>86 Life story, briefly</p> <p>87 Firecracker feature</p> <p>91 Enjoys a buffet</p> <p>93 Unruly bunch</p> <p>95 Pithy complaints?</p> <p>98 Largest city on the Illinois</p> <p>101 World Cup team</p> <p>102 Satellite circuit</p> <p>103 Word contest signals?</p> <p>108 Guatemala gala</p> <p>109 Brunch time, perhaps</p> <p>110 Cap'n's subordinate</p> <p>111 Very short putt</p> <p>114 Host</p> <p>115 Fuel-mining site</p> <p>118 Scholarly paper</p> <p>123 Long-running CBS franchise</p> <p>124 Losing one's ability to be shocked?</p> <p>126 Set of parts</p> <p>127 Future flowers, perhaps</p> <p>128 Short skirts</p> <p>129 Dazzling success</p> <p>130 Recite</p> <p>131 Bin contents</p> <p>132 "Curiouser and curiouser!" speaker</p> <p>133 Snifter parts</p>	<p>DOWN</p> <p>1 Fiction alternative</p> <p>2 Ending for billion</p> <p>3 -Aid</p> <p>4 Ultimatum ender</p> <p>5 Leisure-suited</p> <p>6 Simpsons character</p> <p>7 Teensy bit</p> <p>8 Spigoted vessel</p> <p>9 L.A. Dodgers' league</p> <p>10 Sign of rank</p> <p>11 Disentangle</p> <p>12 Has an afternoon snack, in Britain</p> <p>13 Long-billed wader</p> <p>14 Speeder stoppers</p> <p>15 Sit-up muscles</p> <p>16 Modern artist Johns</p> <p>17 F equivalent</p> <p>18 Greek consonants</p> <p>24 Job for a slouth</p> <p>25 Return of the Jedi sage</p> <p>29 Trench-making tool</p> <p>31 Encouraging start</p> <p>33 Possess</p> <p>34 Second to none</p> <p>35 Ceremonial act</p> <p>36 Eyeball rudely</p> <p>37 List of notables</p> <p>39 Soccer great Mia</p> <p>40 Grimm goon</p> <p>41 Have a hunch</p> <p>43 Introductions</p> <p>46 Mega-celebrity</p> <p>47 Toni Morrison novel</p> <p>48 Sci-fi vehicle</p> <p>49 Shot in the dark</p> <p>52 Economist Smith</p> <p>53 Cavort</p> <p>54 Idyllic meadows</p> <p>58 One of Donald's nephews</p> <p>60 Rio (John Wayne film)</p> <p>63 Female turkeys</p> <p>64 Duration</p> <p>66 Cote cries</p> <p>68 Cost of leaving</p> <p>69 Wind-quartet member</p> <p>70 Papa's mama</p> <p>71 Moderate pace</p>
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<p>72 On __ (without a contract)</p> <p>74 Fashionable</p> <p>75 Cry of derision</p> <p>78 HBO alternative</p> <p>82 Mine, in Marseille</p> <p>83 Dog-eared</p> <p>85 "It's my turn"</p> <p>88 City areas, informally</p> <p>89 Rotisserie rod</p> <p>90 Are: Sp.</p> <p>92 Spread apart</p>	<p>94 Swing Era ensembles</p> <p>96 Hushed "Hey!"</p> <p>97 Newly invented words</p> <p>99 Stately shader</p> <p>100 Do away with</p> <p>103 Arranges in piles</p> <p>104 Iran, formerly</p> <p>105 Ill will</p> <p>106 SportsCenter aier</p> <p>107 Conundrum</p> <p>108 Lord's holding</p>	<p>112 Room at the top</p> <p>113 Regular writing</p> <p>115 Signal giver</p> <p>116 __-day (common vitamin dose)</p> <p>117 Plug away</p> <p>119 Mediator's skill</p> <p>120 Land in the ocean</p> <p>121 Cyberjunk</p> <p>122 More-or-less figs.</p> <p>124 Q-U connection</p> <p>125 One, for openers</p>
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Reach Stan Newman at P.O. Box 69, Massapequa Park, NY 11762, or at www.StanXwords.com

ADVERTISING POLICY

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

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

anchors responsible for a ship's rigging and short for "boatwain" is typically actor. The BOSS'N (110 Across), board before becoming a prominent professional skate-star Jason Lee (51 Across) was and operas. My Name Is EARL wrote over a dozen other OPERAS composer Georges Bizet (33 Across) In addition to Carmen, French

LEGALS

FICT. BUS NAME

FICTITIOUS BUSINESS NAME STATEMENT

File Number 201931440
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) VISION888, 20821 NORWALK BLVD UNIT 19, LAKEWOOD CA 90715, LA COUNTY
Articles of Incorporation or Organization Number (if applicable): AI #0N: N/A
REGISTERED OWNERS(S): (1) LUSHANDRA PRIOLEAU, 20821 NORWALK BLVD UNIT 19, LAKEWOOD CA 90715
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: 12/2019
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/ LUSHANDRA PRIOLEAU, OWNER
This statement was filed with the County Clerk of Los Angeles on DECEMBER 13, 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 12/20/19, 12/27/19, 1/3/20, 1/10/20

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2019318884
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) GRAND SIMPLE CO., 10240 MATERN PLACE, SANTA FE SPRINGS CA 90670, LA COUNTY
Articles of Incorporation or Organization Number (if applicable): AI #0N: 201911510342
REGISTERED OWNERS(S): (1) VF & CO, LLC, 10240 MATERN PLACE, SANTA FE SPRINGS CA 90670
State of Incorporation: CA
THIS BUSINESS IS CONDUCTED BY: a Limited Liability Company
The date registrant started to transact business under the fictitious business name or names listed above: 10/2019
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/ VF & CO, LLC, CFO, EASWARA M HARISSANKARALINGAM
This statement was filed with the County Clerk of Los Angeles on DECEMBER 11, 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 12/20/19, 12/27/19, 1/3/20, 1/10/20

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2019311619
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) BEAUTIFUL MASTERPIECE EVENTS, 12459 HAYFORD ST., NORWALK CA 90650, LA COUNTY
Articles of Incorporation or Organization Number (if applicable): AI #0N: N/A
REGISTERED OWNERS(S): (1) VIRGINIA GALLAGHER, 12459 HAYFORD 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/ VIRGINIA GALLAGHER, OWNER
This statement was filed with the County Clerk of Los Angeles on DECEMBER 2, 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 12/20/19, 12/27/19, 1/3/20, 1/10/20

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2019311891
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) ANDERSON DENTAL TECHNOLOGIES, 13923 SAN ANTONIO DRIVE, NORWALK CA 90650, LA COUNTY
Articles of Incorporation or Organization Number (if applicable): AI #0N: N/A
REGISTERED OWNERS(S): (1) ANDERSON DENTAL TECHNOLOGIES, 13923 SAN ANTONIO DRIVE, 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/ ANDERSON DENTAL TECHNOLOGIES, PRESIDENT, HANS ANDERSON
This statement was filed with the County Clerk of Los Angeles on DECEMBER 3, 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 12/13/19, 12/20/19, 12/27/19, 1/3/20

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

2019311045
FILE NO: 2018-250542 DATE FILED: 10/02/2018
NAME OF BUSINESS(ES): GREMER MACHINE & TOOL
STREET ADDRESS, CITY, STATE, ZIP CODE: 13007 LAKE LAND RD, SANTA FE SPRINGS, CA 90670
REGISTERED OWNERS(S): (1) CALIFORNIA AUTOMATION PROTOTYPES, LLC, 21151 S WESTERN AVENUE, STE 213, TORRANCE CA 90501
If Corporation or LLC - Print State of Incorporation/Organization: CALIFORNIA
Business was conducted by: a Limited Liability Company
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/ CALIFORNIA AUTOMATION PROTOTYPES, LLC, MANAGER, THOMAS VANZANDT
This statement was filed with the County Clerk of LOS ANGELES on DECEMBER 02, 2019

The Norwalk Patriot 12/13/19, 12/20/19, 12/27/19, 1/3/20

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2019322698
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) HELLO HALO, 11408 SOUTH STREET, CERRITOS CA 90703, LA COUNTY
Articles of Incorporation or Organization Number (if applicable): AI #0N: 201315410334
REGISTERED OWNERS(S): (1) LEBEOBA GROUP LLC, 11408 SOUTH STREET, CERRITOS CA 90703
State of Incorporation: CA
THIS BUSINESS IS CONDUCTED BY: a Limited Liability Company
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/ LEBEOBA GROUP LLC, MANAGING MEMBER, RICHMOND H. WYNN
This statement was filed with the County Clerk of Los Angeles on DECEMBER 17, 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 12/20/19, 12/27/19, 1/3/20, 1/10/20

GOVERNMENT

CITY OF NORWALK NOTICE OF PUBLIC HEARING PROPOSED FIVE YEAR 2020 - 2025 AND FISCAL YEAR 2020 - 2021 PUBLIC HOUSING AGENCY PLANS FOR SECTION 8 HOUSING CHOICE VOUCHER AND FAMILY SELF-SUFFICIENCY PROGRAMS

Date: February 18, 2020
Time: 5:45 p.m. or as soon thereafter as the matter may be heard.
Place: City Council Chambers, Norwalk City Hall, 12700 Norwalk Boulevard, Norwalk, CA 90650
Description: The Housing Authority of the City of Norwalk will conduct a public hearing to consider the proposed Five Year and Fiscal Year 2020/21 Public Housing Agency Plans. The proposed plans include:
• Five-year goals for the Housing Authority;
• Continued implementation of the Section 8 Housing Choice Voucher and Family Self-Sufficiency Programs and intent to use Project-Based assistance; and
• Progress in meeting goals described in the 2015 - 2020 Five-Year Plan.
Public Comment: Interested persons are invited to attend this hearing and be heard regarding this matter or submit written comments. The proposed Plan is available to the public for examination January 3, 2020 through February 18, 2020 on the City's website at <http://www.norwalkca.gov/section8> or during normal business hours at the following locations:
• Housing Authority, 12700 Norwalk Blvd., Room 11, Norwalk, CA
• Social Services Center, 11929 Alondra Blvd., Norwalk, CA
• Norwalk Regional Library, 12350 Imperial Hwy., Norwalk, CA
More Information: Written comments should be submitted by 12:00 p.m. on February 18, 2020 to Nicole Amescua, City of Norwalk, P.O. Box 1030, Norwalk, CA 90651-1030 or emailed to: namescua@norwalkca.gov. Questions concerning the public hearing matter should be directed to Nicole Amescua at (562) 929-5769 or amescua@norwalkca.gov.
Accessibility: In compliance with the Americans with Disabilities Act, if you need special assistance to participate in a City meeting or other services offered by this City, please contact the City Clerk's Office at (562) 929-5720. Notification at least 48 hours prior to the meeting or time when services are needed will assist the City staff in assuring that reasonable arrangements can be made to provide accessibility to the meeting or service. Assisted hearing devices will be available at this hearing without prior notification.

Dated this 3rd day of January 2020.

Theresa Devoy, CMC, City Clerk

The Norwalk Patriot

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

01/22/20 12:30pm

Michael Minikwu
Household items

Adrienne Ponce
Household items

Cesar Perez
Household items

Eduardo Deamas
Household items

Eva Hoffman
Household items

Avis C Brumfield
Household items

Iris Jackson
Household items

Eddie Sandoval
Household items

Rafael Urbina
Household items

Jessica Rivera
Household items

Melinda Dart
Household items

Andrea Valdez
Household items

Doug Carpenter
Household items

Carolina Vega
Household items

Jose Lopez
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 1/3/20, 1/10/20

NOTICES

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES
ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NUMBER: 19NWCP00441
TO ALL INTERESTED PERSONS: Petitioner JAMIE ALVARADO filed a petition with this court for a decree changing names as follows:
Present name (1) JAMIE ALVARADO to Proposed name (1) JAMIE GISELLE ALVARADO
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 29, 2020, Time: 1:30 p.m., Department: C, Room: N/A
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, THE NORWALK PATRIOT NOVEMBER 26, 2019
Judge Margaret M. Bernal
Judge Of The Superior Court
Petitioner or Attorney, In Pro Per JAMIE ALVARADO 12158 HOPLAND ST. NORWALK, CA 90650 562-387-3532 ALVARADOTINY@YAHOO.COM

The Norwalk Patriot 12/27/19, 1/3/20, 1/10/20, 1/17/20

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES
ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NUMBER: 19NWCP00473
TO ALL INTERESTED PERSONS: Petitioner AHMED FAWZY IBRAHIM REFAAY filed a petition with this court for a decree changing names as follows:
Present name (1) AHMED FAWZY IBRAHIM REFAAY to Proposed name (1) JOHN NEWTON WAYNE
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: FEBRUARY 19, 2020, Time: 1:30 p.m., Department: C, Room: N/A
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 DECEMBER 19, 2019
Judge Margaret M. Bernal
Judge Of The Superior Court
Petitioner or Attorney, In Pro Per AHMED FAWZY IBRAHIM REFAAY 14170 GLADESIDE DR. LA MIRADA, CA 90638 562-832-8745

The Norwalk Patriot 12/27/19, 1/3/20, 1/10/20, 1/17/20

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES
ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NUMBER: 19NWCP00479
TO ALL INTERESTED PERSONS: Petitioner MICHELLE HONG NGUYEN filed a petition with this court for a decree changing names as follows:
Present name (1) MICHELLE HONG NGUYEN to Proposed name (1) MICHELLE ROSE HOANG
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: FEBRUARY 26, 2020, Time: 1:30 p.m., Department: C, Room: N/A
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, THE NORWALK PATRIOT DECEMBER 20, 2019
Judge Margaret M. Bernal
Judge Of The Superior Court
Petitioner or Attorney, In Pro Per MICHELLE HONG NGUYEN 11531 CHESHIRE ST NORWALK, CA, 90650 (714) 330-1006 michellenguyen618@gmail.com

The Norwalk Patriot 1/3/20, 1/10/20, 1/17/20, 1/24/20

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES
ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NUMBER: 19NWCP00453
TO ALL INTERESTED PERSONS: Petitioner JESUSITA MAY BOTELLO filed a petition with this court for a decree changing names as follows:
Present name (1) JESUSITA MAY BOTELLO to Proposed name (1) JESSICA MAY BOTELLO
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: FEBRUARY 5, 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 DECEMBER 4, 2019
Judge Margaret M. Bernal
Judge Of The Superior Court
Petitioner or Attorney, In Pro Per JESUSITA MAY BOTELLO 15025 NORWALK BL NORWALK, CA 90650 (562) 868-0646

The Norwalk Patriot 12/13/19, 12/20/19, 12/27/19, 1/3/20

PROBATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF STANLEY EUGENE MONTGOMERY
Case No. 19STPB07560
To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of STANLEY EUGENE MONTGOMERY
A PETITION FOR PROBATE has been filed by Robert Martin in the Superior Court of California, County of LOS ANGELES.
THE PETITION FOR PROBATE requests that Robert Martin be appointed as personal representative to administer the estate of the decedent.
THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless, they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.
A HEARING on the petition will be held on January 16, 2020 at 8:30 AM in Dept. No. 79 located at 111 N. Hill St., Los Angeles, CA 90012.
IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.
IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.
Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.
Petitioner: ROBERT MARTIN
15115 GREYSTONE AVE
NORWALK CA 90650
CN966650 MONTGOMERY Dec 20, 27, 2019, Jan 3, 2020

CN966650
The Norwalk Patriot 12/20/19, 12/27/19, 1/3/20

TRUSTEE SALES
T.S. No.: 19-22489 A.P.N.: 8070-018-022
NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 6/1/2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or federal credit union, or a check drawn by a state or federal savings

T.S. No.: 14-3360-11
NOTICE OF TRUSTEE'S SALE NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED 注: 本文件包含一个信息摘要 참고사항: 본 첨부 문서에 정보 요약서가 있습니다
NOTA: SE ADJUNTA UN RESUMEN DE LA INFORMACION DE ESTE DOCUMENTO TALA: MAYROONG BUOD NG IMPORMASYON SA DOKUMENTONG ITO NA NAKALAKIP LUU Y: KEM THEO DAY LA BAN TRINH BAY TOM LUOC THE THUNG TIN THONG TAI DAU HUENH PLEASE NOTE THAT PURSUANT TO CIVIL CODE § 2923.3(d)(1) THE ABOVE STATEMENT IS REQUIRED TO APPEAR ON THIS DOCUMENT BUT PURSUANT TO CIVIL CODE § 2923.3(a) THE SUMMARY OF INFORMATION IS NOT REQUIRED TO BE RECORDED OR PUBLISHED AND THE SUMMARY OF INFORMATION NEED ONLY BE MAILED TO THE MORTGAGOR OR TRUSTOR. YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 3/12/2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state will

be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE. Trustor: ROBERT JIMENEZ, A SINGLE MAN Duly Appointed Trustee: Carrington Foreclosure Services, LLC Recorded 6/12/2006 as Instrument No. 06 1279444 in book , page of Official Records in the office of the Recorder of Los Angeles County, California. Described as follows: AS INSTRUMENT NO. 2010003294 IN THE AMOUNT OF \$476,017.01 Date of Sale: 1/16/2020 at 10:00 AM Place of Sale: Behind the fountain located in Civic Center Plaza located at 400 Civic Center Plaza, Pomona, CA 91766 Amount of unpaid balance and other charges: \$304,487.57 (Estimated) Street Address or other common designation of real property: 14517 PONTLAVOY AVENUE NORWALK, CA 90650 A.P.N.: 8070-018-022. The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse against the Mortgagor, the Mortgagee, or the Mortgagee's Attorney. If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the note holder's rights against the real property only. THIS NOTICE IS FOR THE PURPOSES OF COLLECTING A DEBT. THIS FIRM IS ATTEMPTING TO COLLECT A DEBT ON BEHALF OF THE HOLDER AND OWNER OF THE NOTE. ANY INFORMATION OBTAINED BY OR PROVIDED TO THIS FIRM OR THE CREDITOR WILL BE USED FOR THAT PURPOSE. AS required by law, you are hereby notified that a negative credit report reflecting on your credit record may be furnished to a credit report agency if you fail to fulfill the terms of your credit obligations. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 916-939-0772 or visit this Internet Web site www.nationwideposting.com, using the file number assigned to this case 19-22489. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Date: 12/10/2019 The Wolf Firm, A Law Corporation 2955 Main Street, 2nd Floor Irvine, California 92614 Foreclosure Department (949) 720-9200 Sale Information Only: 916-939-0772 www.nationwideposting.com Sindy Clements, Foreclosure Officer PLEASE BE ADVISED THAT THE WOLF FIRM MAY BE ACTING AS A DEBT COLLECTOR, ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION YOU PROVIDE MAY BE USED FOR THAT PURPOSE. NPP0364911 T: NORWALK PATRIOT 12/20/2019, 12/27/2019, 01/03/2020

NPP0364911
The Norwalk Patriot 12/20/19, 12/27/19, 1/3/20

and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE. Trustor: ROBERT JIMENEZ, A SINGLE MAN Duly Appointed Trustee: Carrington Foreclosure Services, LLC Recorded 6/12/2006 as Instrument No. 06 1279444 in book , page of Official Records in the office of the Recorder of Los Angeles County, California. Described as follows: AS INSTRUMENT NO. 2010003294 IN THE AMOUNT OF \$476,017.01 Date of Sale: 1/16/2020 at 10:00 AM Place of Sale: Behind the fountain located in Civic Center Plaza located at 400 Civic Center Plaza, Pomona, CA 91766 Amount of unpaid balance and other charges: \$585,176.83, estimated The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 916-939-0772 or visit this Internet Web site www.nationwideposting.com, using the file number assigned to this case 14-3360-11. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Date: 12/10/2019 The Wolf Firm, A Law Corporation 2955 Main Street, 2nd Floor Irvine, California 92614 Foreclosure Department (949) 720-9200 Sale Information Only: 916-939-0772 www.nationwideposting.com Sindy Clements, Foreclosure Officer PLEASE BE ADVISED THAT THE W

'Rise of Skywalker' is satisfying but a flawed conclusion to Star Wars Saga

By Alex Dominguez
Staff Writer

It's been a while since we've done a movie review in the paper here, so why not jump back into it with the final installment of the "Skywalker Saga."

It's no secret that the sequel trilogy of Star Wars films has produced a mixed bag of review and emotion, so it's understandable that much of the saga's fanbase entered into the Rise of Skywalker with a healthy dose of cautious optimism.

Let's start out with the good: The Rise of Skywalker is a solid good time that - at the very least - is a mostly satisfying conclusion to the adventures of Rey, Poe, Finn, and Kylo Ren.

This isn't going to be your record-setting 16 Emmy-nominated feature classic; that's not what you go to a Star Wars movie for anyways.

At its core, Rise of Skywalker gives us the light sabers, spaceships, and "pew-pews" that Star Wars fans clamor for. It does a decent job tying up some of the loose ends that episodes seven and eight created, while providing a fair amount of reasonable and believable fan service.

There are even flashes of brilliance that show a somewhat bittersweet glimpse into what this sequel trilogy could have been: a deeper look into Princess Leia's story in the immediate aftermath of Return of the Jedi, space battles with a nostalgic feeling to them, and lightsaber duels that are a great balance between the high-octane acrobatics of the prequels and the clunky hack and slash of the original films.

However, these moments do not exempt The Rise of Skywalker from making several eye-roll worthy follies.

Character development is something to be desired in this film, none more so than for Oscar

Isaac's Poe Dameron.

When we last left Poe, he was just starting to grow out of being a trigger-happy space ace ("Permission to jump in an X-Wing and blow something up"), and was just starting to grow into the leader of the Resistance that we all knew he was destined to be.

While this narrative continues into the most recent installment, Poe also takes on a new backstory element that is almost instantly ignored and forgotten out of the gate.

It's a storyline that is swept so under the rug, in fact, that even John Boyega's Finn hilariously and ironically asks what we are all thinking: "Are we really not going to talk about this?"

Speaking of Finn, he seems to be more of a casualty in this film than your basic run-of-the-mill storm trooper (see what I did there).

Even if you know the definition of a "red herring," it is sad to see just how far Finn has fallen since we first saw him wielding the iconic Skywalker lightsaber in trailers for The Force Awakens over four years ago.

While it was Daisy Ridley's Rey who was revealed to be the Force-wielding face of the new trilogy, Finn still managed to keep a firm grasp on relevant storylines and character arcs going into the penultimate film.

Unfortunately, that momentum is all but lost come Rise of Skywalker.

Finn feels more like an afterthought in episode nine, as does much of his previous development (Kelly Marie Tran's Rose might as well not be in the film at all).

Instead, Finn feels as though he's just there, and seems to just be handed plot developments for the sake of making him still seem important.

There is a lack of development in a few crucial plot points as well. Unfortunately, there is no way to delve into those here without spoiling the movie.

Rise of Skywalker also is incredibly hit and miss with its manipulation of the viewers' emotions.

Maybe it's just that we've been taken on an emotional rollercoaster in the last two movies already with heart-stopping moments like the deaths of Han Solo and Luke Skywalker, but there were a handful of moments within the Rise of Skywalker that you could tell were meant to be tear-jerkers that, well, just weren't.

For example, I was almost flabbergasted how flat the moment when C3PO drops his "I'm taking one last look at my friends" line felt (it was in the trailer, so I don't really feel I'm spoiling anything).

Yet, there are other moments that absolutely grab and pull you in; one scene, prior to the film's climactic final battle, had me ready to jump through the movie screen and into the cockpit of an X-wing.

All things considered, Rise of Skywalker is a decent film that answers most of the questions its predecessors created while not fumbling into too many new ones.

Is it a perfect movie? No. Is it a perfect Star Wars story? No.

But neither were episodes one through eight.

In the end, the conclusion of an over 42-year-old story does what it needs to do, and should provide an entertaining night out for Resistance fighters, First Order loyalists, Jedi Knights and Sith Lords alike.

Star Wars Episode 9: The Rise of Skywalker is currently playing in theaters, with a PG-13 rating and a run time of 142 minutes.



High school students beat Whittier College in math competition

WHITTIER - Pioneer High School students cheered loudly during a recent math competition that pitted Pioneer calculus students against Whittier College math majors, a contest that saw the high school math whizzes triumph over their collegiate peers.

The academic competition, dubbed the Derivative Bee, is now in its second year and was created by Dallas DeHart, a Whittier College senior and 2016 Pioneer High graduate.

DeHart - who is the daughter of Pioneer math teacher and Whittier Union 2019-20 Teacher of the Year Carolina DeHart - is also president of the college's math club.

"I think the Bee is a great way to bring the high school and college communities together," DeHart said. "Whittier professors and Pioneer faculty helped come up with the questions. Everybody was really pumped up and cheering. You couldn't ask for a better response."

The event presented Pioneer and Whittier College students with several round of calculus equations on Nov. 22.

Working individually, in pairs and as a team, the students were continually challenged with questions about limits, tangent lines and second derivatives.

"I was honored to see my Calculus AB and BC students work as a cohesive team and come out as winners," Pioneer calculus teacher Yolanda Johnson said.

"Credit must be given to our Jaime Escalante Summer Math Academy, which has put our kids in a position to both learn and excel in calculus at a rigorous college level. This is so great for Pioneer."

DeHart returned to Pioneer to help light the Titan Torch with the 21 winning calculus students. She hopes the Derivative Bee can continue after she has graduated from Whittier College.

"If I have to come back to bring them together, I will," DeHart said. "Pioneer is my family."



\$10.00

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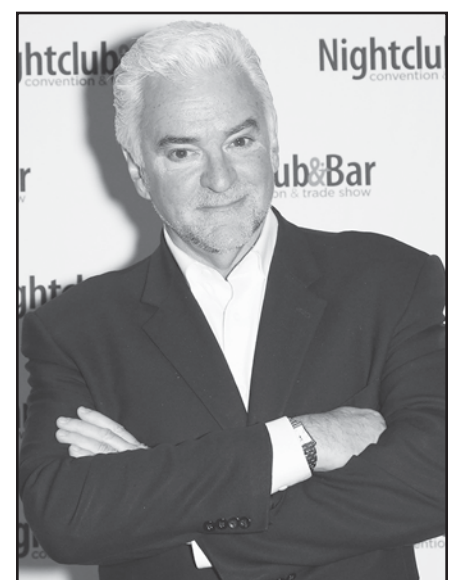
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John O'Hurley brings one-man show to La Mirada

LA MIRADA - "Seinfeld" star John O'Hurley is bringing his one-man show, "A Man with Standards," to the La Mirada Theatre for the Performing Arts on Jan. 18.

O'Hurley is perhaps best known for portraying J. Peterman on "Seinfeld" but his credits also include roles on Broadway ("Spamalot" and "Chicago") and show hosts ("To Tell the Truth," "Family Feud" and "The National Dog Show").

"A Man with Standards" will perform one night only starting at 8 p.m. Tickets start at \$15.



NORWALK HAPPENINGS

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.

2020 Pokémon Premier Challenge, 12-8pm. Entry Fee: \$5 cash/credit card. Please have your team sheet filled and ready to turn in at time of registration. This tournament will use the VGC 2020 Sword & Shield Standard Format. Unrated Gaming, 15617 Studebaker Rd. Suite #3.

SUNDAY, JANUARY 5

Juanita's Tour, 10 am. Juanita's Foods will be at Northgate Market offering samples of their products. There will also be a radio remote starting at 1:30 p.m. Northgate Market, 11660 Firestone Blvd.

TUESDAY, JANUARY 7

Legal Research Class: Estate Probate and Trusts, 1:30 pm. Learn about the legal process that happens when someone dies, including how probate court works, and resources available to help. Norwalk Library, 12350 Imperial Hwy.

THURSDAY, JANUARY 9

Chinese Calligraphy Class, 2 pm. Learn about Chinese culture in an exciting way through Chinese calligraphy in this one-hour class. You will learn how to write twenty-four Chinese characters and take home your work. Norwalk Library, 12350 Imperial Hwy.

FRIDAY, JANUARY 10

Meeting on Civic Center Redevelopment, 9-10 am. The City of Norwalk is exploring redevelopment options for its Civic Center and Civic Center Lawn and want your feedback. Held at Los Alisos Middle School, 14800 Jersey Ave.

SATURDAY, JANUARY 11

Harbor Groove Band, 9 pm. Live music by Harbor Groove Band,

L.A.'s ultimate dance and show band. IV Lounge, 12500 Firestone Blvd.

WEDNESDAY, JANUARY 15

2020 Census: What You Need to Know, 1 pm. The 2020 Census is closer than you think. Join library staff for a presentation of what the census is and why it's essential that everyone is counted. For ages 18 and up. Norwalk Library, 12350 Imperial Hwy.

FRIDAY, JANUARY 17

Drawing with Oil Colors, 12 pm. Learn about oil color art techniques and complete your own work of art. All materials will be provided. Advance registration is required. Please call the library or visit the Information Desk to sign up. Norwalk Library 12350 Imperial Hwy.

Paint Class & a Glass, 7 pm. The night will feature a predetermined painting, simple enough for first-time painters or with suggestions and instructions for those with a higher experience level. Norwalk Cultural Arts Center, 13200 Clarkdale Ave.

SUNDAY, JANUARY 19

20th Anniversary Services, 9 am. Pastor Jerry Scheidbach will be preaching at this special service to mark the 20th anniversary of

Liberty Baptist Church of Norwalk, 12029 Pine St.

TUESDAY, JANUARY 21

Comedy Fire, 9-11 pm. Darren Carter "The Party Starter" headlines this new comedy series. Kevin Lahaie also will perform. Torch Room Lounge, 10632 Imperial Hwy.

WEDNESDAY, JANUARY 22

Origami Lotus Flower Notebook, 4-5 pm. Join us as we create decorative mini-notebooks for notations, photos, mementos, and more. All materials will be provided. For ages 12-18. Alondra Library, 11949 Alondra Blvd.

THURSDAY, JANUARY 23

Resume Tutorial Workshop, 3 pm. Would you like to learn how to write a great resume? This class will provide guidance and examples of writing a powerful, compelling resume. Please bring a paper copy of your resume to exchange with other attendees. Norwalk Library, 12350 Imperial Hwy.

MONDAY, JANUARY 27

Lit Wits Book Club, 6:30 pm. Join us to read and discuss 11/22/63 by Stephen King. High-school teacher Jake Epping travels back in time to prevent the assassination of John F. Kennedy, a mission for which

he must befriend troubled loner Lee Harvey Oswald. New members welcomed. Norwalk Library, 12350 Imperial Hwy.

WEDNESDAY, JANUARY 29

DIY Comic Book, 4-5 pm. Be a writer and illustrator of your own comic book. We have all the materials for this cool project. For ages 12-18. Alondra Library, 11949 Alondra Blvd.

THURSDAY, JANUARY 30

Rhythmic L.A. 2020 Rhythmic Gymnastics Invitational, 8:30 am - 9:30 pm. Rhythmic Academy of Los Angeles welcomes the Rhythmic community, families and friends to the Rhythmic LA 2020 Rhythmic Gymnastics Grand Championships. Featuring top Rhythmic Gymnastics programs throughout the United States and many elite clubs around the with over 400 gymnasts participating, making it one of the largest and most prestigious Rhythmic Gymnastics Regional tournaments in the United States. Guest admission is \$25 for adults and only \$15 for children and seniors. Cerritos College gymnasium, 11110 Alondra Blvd.

FRIDAY, JANUARY 31

Relay for Life Silent Auction, 5-7 pm. Place your bid on a selection of unique donated items. Free entry if you donate an item worth \$10 or more. Proceeds will be donated to the American Cancer

Society's Relay for Life. Norwalk Arts & Sports Complex, 13000 Clarkdale Ave.

SATURDAY, FEBRUARY 1

Painting in Pajamas, 5 pm. Come enjoy and evening with your favorite little painter while enjoying a delicious pizza dinner. There will be an instructor who will provide step by step instruction on painting a beautiful masterpiece on canvas that both you and your little one can enjoy and take home. Norwalk Cultural Arts Center, 13200 Clarkdale Ave.

FRIDAY, FEBRUARY 7

Sneaker Giveaway, 12 pm. The first 50 guests will receive sneakers. For those who miss out on the sneaker giveaway, however, there will be a stickers giveaway & discounted shoe services. Norwalk Park, 12201 Sproul St.

TUESDAY, FEBRUARY 11

Seven Steps to Boost Metabolism, 10 am. Discover which foods and beverages cause you to store weight and which help you lose it. Coast Plaza Hospital, 13100 Studebaker Rd.

SATURDAY, FEBRUARY 15

Electronic Waste Collection, 9 am to 2 pm. Safely dispose of unwanted electronic waste and expired medications, as well as up to five boxes of documents for

shredding. City Hall, 12700 Norwalk Blvd.

Spiritual Block Party, 10 am to 10 pm. A wellness festival with three focus areas: movement, meditation and nourishment. Featuring vendors, dance, music, vegan food trucks, and more. Free and open to the public. Sanatan Dharma Temple and Community Cultural Center, 15311 Pioneer Blvd.

SATURDAY, MARCH 7

25-Year Anniversary, 7 pm. Rockabilly band Three Bad Jacks celebrates its 25-year anniversary. With special guests The Knockout Kings, No Que No, The Ripkatz and Los Paka Lolos. \$15 cover. American Legion Post 359, 11986 Front St.

FRIDAY, MARCH 20

Diabolic Lounge, 7 pm to 1:30 am. Live music by The Psyclocks, The Peabrains, Uptown Psychos, Johnny Dahmer, The Syndicates, Six Silver Bullets and Lost Boys. \$15 presale, \$20 at the door. American Legion Post 359, 11986 Front St.

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

Mexican folklorico group performing in Cerritos

CERRITOS - Watch Mexican dance and culture flourish at the Cerritos Center for the Performing Arts (CCPA) when Ballet Folclorico Nacional de Mexico de Silvia Lozano performs on Saturday, Feb. 1, at 8 p.m.

Tickets start at \$50 and are available at the CCPA Ticket Office, cerritoscenter.com, or by calling (562) 916-8500.

Founded in 1960, Ballet Folclorico Nacional de Mexico de Silvia Lozano has brought the essence, tradition, and heritage of Mexico to the world. Presenting the works of Mexico's leading researchers and practitioners of folklore, dance, music, and costumes, the troupe has been designated an "Ambassador of Mexican Culture."

In its long career, the group has performed in more than 40 countries and five continents, receiving numerous awards and prizes. Ballet Folclórico Nacional de México, which maintains residencies in Mexico City and Cancun,

frequently performs for presidents, world leaders, royalty, and ambassadors from all around the world.

In addition to its international tours, previous noteworthy performances by the ensemble include the 2016 El Grito Mexican Independence Day Celebration at the Miller Outdoor Theatre and the Mexican Consulate of Houston, Texas; a 60-day tour of France and Switzerland in 2011; and a 75-day tour through the Netherlands and Belgium in 2009. The group performed as representatives of the American continent for the inauguration of the Dubai Shopping Festival in 2002. Ballet Folclórico Nacional de México was featured in the original production of Xcaret Mexico Espectacular.

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



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Four reasons to try square dancing in 2020

WHITTIER – In a time when everyone is plugged in to their electronic devices, it can be a challenge to connect with real people. Here are four reasons why learning to square dance could be an unexpected step to fun, fitness and friendship in the new year.

Brings people together – Learning to square dance is a fun way to spend time interacting with family, friends, neighbors, or co-workers, socializing, and working as a team. No partner is needed because a square is formed with a group of 8 people.

The group changes every two songs, so you meet a lot of new people in a short amount of time. It is a great way to build community, appreciate our diversity, and expand your circle of friends.

Improves your brain and mood – Square dancing is like solving a puzzle, it is a giant game of Simon Says, or a living Rubik's Cube set to music. Listening and following directions with a team of other dancers keeps your mind sharp, improves memory, pattern recognition, and spatial awareness.

Making mistakes in square dancing is half the fun; it induces silliness and laughter which enhance your mood. There's no stress of competition. Instead, you develop teamwork as you accomplish a goal, build confidence, gain a positive outlook, and dance your cares away.

Great exercise – Square dancing is a moderate, low-impact, aerobic exercise equal to walking about 3-5 miles. It is a great way to burn-off those extra holiday calories, reduce stress, lower blood-pressure, strengthen muscles and bones, improve coordination, balance and flexibility.

There is a natural break after a couple songs, so you can socialize, have some refreshments, or sit out and watch for a bit if you need to catch your breath. It is so much fun you won't even notice you are exercising.

Keep an American tradition alive – Square dancing is California's official state folk-dance. It dates back to America's earliest days when immigrants from many lands shared their traditional dances. Callers came along in the 1800s to teach the steps and mix them together with entertaining humor.

Square dancing became even more popular after World War II, with dancers numbering in the millions. By the 1970s, there were dozens of square dance clubs in the Whittier area. While there are still a few dozen clubs in Southern California, only one remains in Whittier.

Major Keys Square Dance Club invites you to give square dancing a whirl. The next beginner class starts on Feb. 6 from 7-9 pm, at 13225 Walnut St., in the Senior Center building, but all ages are welcome (10+).

For more information go to www.MajorKeys.org or call 562-567-3303.



Members of the Major Keys Square Dance Club dance in Whittier's Central Park. The club will host a beginner's class starting Feb. 6.

Short Story

Mom Goes Back to School

By Sharon Benson Smith

Taking a giant step back in time, Mom had graduated from Imperial Valley Union High School in June of 1934. She and Dad married in September of that year.

I believe she planned to work as a secretary after graduation, as her chosen curriculum included shorthand and typing. But, putting her shorthand and typing to work was not in the cards for her; instead she would be a housewife and a mom, and I'm so grateful for His Master Plan for her.

Now fast forward to the 1950's and a very busy decade in the Benson household. The six of the Benson kids were either in high school or married. George and Virginia married and started their family (Dad and George

remodeled the house and took two of the bedrooms to build a home for them in the back of the original house).

Ray and I married and had our first child; Cal was graduating from Garfield; Phyllis married and had her first son on the way. That left Donna and Bob (Dink) at home, and they had a car they shared to get to school and work.

Mom, for the first time since her marriage in 1934, could think about fulfilling a longtime ambition she had to be a nurse. So, she enrolled in East Los Angeles Junior College in their nursing program and graduated in 1958. I have a photo of the graduation of the "Capping Class" showing mom in the back row smiling her always-pleasant smile.

She was scheduled to begin working soon after the graduation, but, sadly, before

she could even start, she had an accident that permanently curtailed her from going forward. She was wiping off the kitchen table after a meal, and a needle that had been left on the table got caught in her right hand. It had to be surgically removed, and her hand was left numb and stiff for a very long time, requiring extensive physical therapy.

It wasn't until the 1970's, after they moved from East L.A. to La Mirada, that Mom decided once again that she wanted to go back to work. In determining she wanted to work close to home, she applied for a job at Newberry's in the nearby La Mirada Square. The only opening at the time was for a waitress at the lunch counter, and she accepted it. She was now, for the very first time, contributing to her Social Security, and she was very proud of that fact.

Everything went along smoothly for a few years until the boss was reprimanding mom's co-worker for something she was not guilty of doing. Mom, being honest to the core, sided with the co-worker against the boss, and Mom was fired, while the co-worker remained on the job.

When the six of us and anyone else who knew her heard about it, we could not believe that our sweet, honest, dependable, loved-by-everyone-mom got fired!

After her death, a Social Security check from J.J. Newberry amounting to a total of \$75, was divided evenly six ways.

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.

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