

# The Norwalk Patriot

Friday, Feb. 14, 2020

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14783 Carmenita Road, Norwalk, CA 90650

## The history of Valentine's Day

Valentine's Day occurs every February 14. Across the United States and in other places around the world, candy, flowers and gifts are exchanged between loved ones, all in the name of St. Valentine. But who is this mysterious saint and where did these traditions come from? Find out about the history of Valentine's Day, from the ancient Roman ritual of Lupercalia that welcomed spring to the card-giving customs of Victorian England.

### The Legend of St. Valentine

The history of Valentine's Day—and the story of its patron saint—is shrouded in mystery. We do know that February has long been celebrated as a month of romance, and that St. Valentine's Day, as we know it today, contains vestiges of both Christian and ancient Roman tradition. But who was Saint Valentine, and how did he become associated with this ancient rite?

The Catholic Church recognizes at least three different saints named Valentine or Valentinus, all of whom were martyred. One legend contends that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men. Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages for young lovers in secret. When Valentine's actions were discovered, Claudius ordered that he be put to death. Still others insist that it was Saint Valentine of Terni, a bishop, who was the true namesake of the holiday. He, too, was beheaded by Claudius II outside Rome.

Other stories suggest that Valentine may have been killed for attempting to help Christians escape harsh Roman prisons, where they were often beaten and tortured. According to one legend, an imprisoned Valentine actually sent the first "valentine" greeting himself after he fell in love with a young girl—possibly his jailor's daughter—who visited him during his confinement. Before his death, it is alleged that he wrote her a letter signed "From your Valentine," an expression that is still in use today. Although the truth behind the Valentine legends is murky, the stories all emphasize his appeal as a sympathetic, heroic and—most importantly—romantic figure. By the Middle Ages, perhaps thanks to this reputation, Valentine would become one of the most popular saints in England and France.

### Origins of Valentine's Day: A Pagan Festival in February

While some believe that Valentine's Day is celebrated in the middle of February to commemorate the anniversary of Valentine's death or burial—which probably occurred around A.D. 270—others claim that the Christian church may have decided to place St. Valentine's feast day in the middle of February in an effort to "Christianize" the pagan celebration of Lupercalia. Celebrated at the ides of February, or February 15, Lupercalia was a fertility festival dedicated to Faunus, the Roman god of agriculture, as well as to the Roman founders Romulus and Remus.

To begin the festival, members of the Luperci, an order of Roman priests, would

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## Route 91 survivor delivers keynote at prayer breakfast



PHOTOS BY ALEX DOMINGUEZ

Deputy Lori Kammer was one of over 400 people to be shot during 2017's Las Vegas tragedy.

Norwalk held its 50th annual Mayor's Prayer Breakfast on Wednesday, spotlighting one of the survivors of the deadly 2017 Las Vegas shooting.

This year's theme - "Love is the Bridge Towards Healing; Lead the Path" - featured a heavy emphasis on public safety officers, including Norwalk Sheriff's officers and other community servants at nearly every table.

The morning consisted of several prayers, vocal performances, as well as a testimonial by Norwalk resident and Conservation Corps member Ruby Gomez.

Mayor Margarita Rios described the event as an "inspiring part of your day."

"Now more than ever, we need to be open to and strive towards the possibility of a brighter future, not simply for ourselves, but also for our neighbors and our community," said Rios. "This event has reflected our tradition of being a connected community, and continues to motivate and to support each other."

## Garcia continues work on menstrual legislation

NORWALK - Assemblymember Cristina Garcia is continuing her work on menstrual-related legislation with the introduction of three new laws and the passage of AB 31 Ax the Tax.

AB 1989 will require the disclosure of all ingredients in menstrual products including tampons, pads, cups, disks, sponges, and menstrual underwear.

"It is imperative that consumers have a right to know what is in the products they will be using for over 40 years of their life, in order to protect their health," Garcia said. "My goal with this legislation is to increase the awareness of the toxic chemicals currently in our menstrual products."

"It was troubling at best to learn that products people rely on contain Phthalates, Bisphenols, Parabens, and PFAS/PFOA which all have been found to be harmful to human health. Periods are not a luxury and people should have the knowledge to make safer choices."

AB 2003 would require free menstrual products in community college bathrooms in California.

Garcia will expand on her work from 2017, when the self-proclaimed Period Princess was successful in expanding access to menstrual health products with the passage of AB 10. That bill required school districts to provide free menstrual health products in low-income middle

The morning's Keynote was Deputy Lori Kammer, one of the victims of the Route 91 Harvest Festival tragedy that saw 58 killed and over 400 wounded by gunfire, and hundreds of others injured in the ensuing panic.

Kammer spent most of her speech recalling that fateful day, saying that she remembered it "like it was yesterday."

"It started out to be a great evening, celebrating my friend's birthday...just having a great ol' time," said Kammer. "Then about 20 minutes later into listening to [James Aldean], a gunman opened fire from a nearby hotel on a crowd of 20,000 people."

Initially, Kammer and her husband Todd - also a longtime sergeant with LASD - sprung into action, doing what they could to direct and protect other concert viewers as best they could.

However, sometime between the second and third volley of shots into the crowd, Kammer would be shot in her pelvis, sustaining injuries in her stomach and intestines.

"When the shots first started coming out, it sounded like fireworks," said Kammer. "When I was shot, it first felt like a really bad bee sting. Then the burning sensation started."

and high school bathrooms.

"The reality is that we don't choose when or if we have our period and an emergency can pop up at any given time" said Garcia. "We must make menstrual products more accessible for anyone because when those emergencies do arrive we can spend an hour of our lives dealing with it instead of dealing with our day to day responsibilities."

"This reality is even more compounded for community college students who are struggling to secure other basic necessities - 55% of community college students experience housing insecurity and 62.7% experience food insecurity in the Los Angeles Community College District, this is a bleak reality. To me this is a simple common sense way to help our students and further remove stigmas about our biology, period."

AB 31 which would repeal the tax charged on menstrual health products for an additional five years, passed the Assembly Floor this week, 77-0, and is now off to the Senate.

"When I originally introduced legislation to Ax the Tax, the bill started a national movement to rectify the discriminatory taxation of menstrual products that cost people born with a uterus in California over \$20 million annually in taxes on tampons, sanitary napkins, and menstrual cups," said Garcia (D-Bell Gardens). "California was leading

Kammer and her husband would proceed to whatever cover they felt they could find, enlisting the help of several strangers along the way.

Once the bullets stopped flying, it became obvious that Kammer's injuries were severe, and she required urgent medical attention.

It was over a year and a half - along with several surgeries, a stint in the ICU and an extended hospital stay - before she was able to return to duty.

After concluding her story, Kammer spoke of the support she received as she recovered.

"When I finally made it home, my immediate family and friends, my department family, and the Norwalk community came together to help and support my recovery, said Kammer. "Their continued prayers and well wishes helped me every step of the way during my recovery."

"The love and support I've received is so overwhelming; it truly has restored my faith and helped me get through a difficult time. I know I couldn't be where I am if it wasn't for the amazing support and love I have received. They truly have given me the strength to heal."

the charge, but eleven other states have surpassed California by permanently removing these necessities from being charged a sales tax. We finally moved California into an era with a gender neutral tax code with the 2 year reprieve from taxes, but I will keep fighting in the budget process and through legislation until the tax is removed forever."

## Concert pays tribute to Rat Pack

CERRITOS - A high-energy show honoring the Rat Pack and Marilyn Monroe will be hosted by the Cerritos Center for the Performing Arts on Friday, March 20.

Four acclaimed tribute artists will recreate the songs, humor and camaraderie of the Rat Pack, which included Frank Sinatra, Dean Martin, and Sammy Davis Jr.

Susan Griffiths, heralded as one of the most acclaimed Marilyn Monroe impersonators in the world, will portray the Hollywood icon. She's portrayed Monroe on television, including on "Curb Your Enthusiasm" and "American Idol."

Tickets to the show start at \$35 and can be purchased at cerritoscenter.com.

## Norwalk restaurant grades

**Diana's Mexican Food**  
16330 Pioneer Blvd.  
Date Inspected: 2/7/20  
Grade: **A**

**Diana's Mexican Food (Market)**  
116330 Pioneer Blvd.  
Date Inspected: 2/7/20  
Grade: **A**

**Golden Pho**  
10925 Alondra Blvd.  
Date Inspected: 2/6/20  
Grade: **B**

**Tambuli Market**  
12537 Alondra Blvd.  
Date Inspected: 5/2/16/20  
Grade: **B**

**Luisa and Son Bakery**  
12543 Alondra Blvd.  
Date Inspected: 2/5/20  
Grade: **A**

**Taco Joe**  
13019 Rosecrans Ave.  
Date Inspected: 1/31/20  
Grade: **A**

**Pioneer Spa**  
16511 Pioneer Blvd.  
Date Inspected: 1/30/20  
Grade: **A**

**88 Kings**  
16441 Pioneer Blvd.  
Date Inspected: 1/23/20  
Grade: **A**

**3 Amigos Tacos**  
16441 Pioneer Blvd.  
Date Inspected: 1/23/20  
Grade: **A**

**Go Hyang Jib**  
16441 Pioneer Blvd.  
Date Inspected: 1/23/20  
Grade: **A**

**Rivera's Juice Bar**  
11912 Rosecrans Ave.  
Date Inspected: 1/22/20  
Grade: **A**

**Taco Bell / Pizza Hut Express**  
11005 Imperial Hwy.  
Date Inspected: 1/15/20  
Grade: **A**

**Hole in One Donut Plus**  
11702 Imperial Hwy  
Date Inspected: 1/15/20  
Grade: **A**

**Domino's**  
10948 Imperial Hwy.  
Inspected: 1/15/20  
Grade: **A**

**KFC**  
10905 Imperial Hwy.  
Date Inspected: 1/15/20  
Grade: **A**

**Del Taco**  
10644 Alondra Blvd.  
Date Inspected: 1/3/20  
Grade: **A**

**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**

## Weekend at a Glance

Friday 70°

Saturday 73°

Sunday 70°

### THINGS TO DO



#### Keep Downey Beautiful Clean-Up

**Saturday - Western Pacific Pulp & Paper, 9 am**  
Join other volunteers in spending one hour picking up litter and beautifying our community.



#### E-Waste & Medication Collection

**Saturday - Norwalk City Hall, 9 am to 2 pm**  
Bring your unwanted electronics and/or prescription medicine for proper disposal. Plus bring up to 5 boxes of documents for free shredding.



#### VW Bus Meet

**Saturday - Veterans Memorial Stadium in Long Beach, 6 am to 2 pm**  
A swap and display meet for 1967 and earlier Volkswagen buses. Vendors, raffles, refreshments, and more. \$10 admission (kids 12 and younger free).



#### Knyght Ryder

**Friday - Gaslamp Long Beach, 5 pm**  
Popular cover band Knyght Ryder plays your favorite '80s hits in this special Valentine's Day performance.



#### Urban Hike

**Saturday - Uptown Whittier, 9 am**  
A walking tour of historic Uptown Whittier. Learn about the films and TV shows filmed here, and how Whittier has changed since it was incorporated in 1898. For details, call Mary Anne at (562) 833-1219.

### TWEET OF THE WEEK

The City of Norwalk is proud to welcome BurgerIm to our community. We congratulate them on their Grand Opening and wish them great success.. @CityofNorwalkCA

Twitter.com/DowneyPatriot

# Bright Flame and Little Cinder

## Short Stories

By Sharon Benson Smith  
Contributor

My daughter, Tracy, was about seven or eight years old, and I thought we should do something special together.

One of the mothers on her Little League team suggested we join Indian Maidens. The purpose of the program was to promote mother-daughter bonding and to expand our friendship base. I thought it was a great idea, and Tracy was excited about it, so we signed up and committed to meeting with the group on a weekly basis.

Our first meeting assignment was to select our Indian names. One of the mothers brought a list of possible names. After considerable thought, I came up with the names of Bright Flame and Little Cinder, and Tracy liked them too. She was the cutest Little Cinder.

Next, we had to select our

group colors, a costume pattern, the fabric, etc. We chose the color of rust and a soft suede-like material.

We met at one of the homes which alternated each week with the mother-daughter hosts providing a snack and a beverage for the tribe.

For the first several meetings we concentrated on getting our costumes and all the accessories completed. The pattern was short-sleeved and had a fringed hem ending mid-calf for the moms. It was "topped off" with a head band and a feather.

The girls had their assignments of stringing the colorful, beaded necklace we wore. The costumes were completely handmade except for the moccasins, and were worn to each meeting.

Later meetings included planning fun tribal activities and weekend getaways. Our first weekend outing was in Big Bear

when it had snowed and the girls had a great time making a snowman, having snowball fights, and sliding on makeshift sleds of cardboard. We slept on bunks in the cabin, kept a fire going in the fireplace, told stories, and we ate all our meals together after saying grace.

As Halloween approached, the tribe decided we would enter the costume contest at the local YWCA in competition with other tribes in the Whittier area. I decided we would go as flappers. So, I got busy with the project at hand.

I had a white dress so all I had to do was add the rows of fringe. Tracy's dress, however, was another story. I had to make it from scratch, and I am not a seamstress by any stretch of the imagination. I'm sure I consulted my seamstress sister, Donna.

I made matching hats and a fringed shawl. I bought white stockings, white shoes, and

silver necklaces; voila, we were ready for Halloween. As usual, my mother was invited to come along.

When we arrived at the gym, Mom was asked to be a judge, as one of the volunteers couldn't make it. Mom was happy and willing to help out. They pinned a badge on her blouse, designating her a judge, and the contest was under way.

Lo and behold, Bright Flame and Little Cinder were in the finals. When it came time for Mom to vote, she had to recuse herself saying, "Oh no, it wouldn't be fair because "those flappers are mine." I'll never forget those words, and writing them now, over 45 years later, once again reminds me of how much I miss her in my life. Mom didn't vote, but "her flappers" won the contest.

Speaking of a judge brings Flip Wilson to mind. He was a black comedian having his own variety show, and made guest

appearances on Rowan and Martin's Laugh-In. In addition to his famous "here come da judge" line, he always included a flapper outfit from our Indian Maiden days.

He was dressed like a sexy female, wore a wig, sauntered with hands on hips, then changed his voice and chose his words accordingly. Other catch phrases attributed to his comedic side are: "the devil made me do it" and "what you see is what you get."

He was so hilarious that we eagerly looked forward to his weekly show. That memory never ceases to bring me a smile, and I think we need more comedy in our lives.

Flip Wilson was a great comedian. My mom was a great mother, and both were taken from this world way too young and much too soon.

Years later, when she was sixteen, Tracy worked at the Show Off Dress Shop in Puente

Hills. The manager asked the salesgirls to wear costumes on Halloween, and Tracy wore my flapper outfit from our Indian Maiden days.

It had me thinking, and not for the first time, that time really does fly. Those were wonderful and memorable days of mother-daughter bonding and for making new friends.

Every now and then, Tracy and I recall the good times we had during the period of Bright Flame and Little Cinder. We also often recall mom/Grandma B and how proud she was to be asked to be a judge then having to recuse herself from voting saying, "Oh no, it wouldn't be fair because "those flappers are mine."

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.

# Insight into a day of romance

Continued from page 1

gather at a sacred cave where the infants Romulus and Remus, the founders of Rome, were believed to have been cared for by a she-wolf or lupa. The priests would sacrifice a goat, for fertility, and a dog, for purification. They would then strip the goat's hide into strips, dip them into the sacrificial blood and take to the streets, gently slapping both women and crop fields with the goat hide. Far from being fearful, Roman women welcomed the touch of the hides because it was believed to make them more fertile in the coming year. Later in the day, according to legend, all the young women in the city would place their names in a big urn.

The city's bachelors would each choose a name and become paired for the year with his chosen woman. These matches often ended in marriage.

## Valentine's Day: A Day of Romance

Lupercalia survived the initial rise of Christianity but was outlawed—as it was deemed "un-Christian"—at the end of the 5th century, when Pope Gelasius declared February 14 St. Valentine's Day. It was not until much later, however, that the day became definitively associated with love. During the Middle Ages, it was commonly believed

in France and England that February 14 was the beginning of birds' mating season, which added to the idea that the middle of Valentine's Day should be a day for romance. The English poet Geoffrey Chaucer was the first to record St. Valentine's Day as a day of romantic celebration in his 1375 poem "Parliament of Fowles," writing, "For this was sent on Seynt Valentyne's day / Whan every foul cometh ther to choose his mate."

Valentine greetings were popular as far back as the Middle Ages, though written Valentine's didn't begin to appear until after 1400. The oldest known valentine still in existence today was a poem written in 1415 by

Charles, Duke of Orleans, to his wife while he was imprisoned in the Tower of London following his capture at the Battle of Agincourt. (The greeting is now part of the manuscript collection of the British Library in London, England.) Several years later, it is believed that King Henry V hired a writer named John Lydgate to compose a valentine note to Catherine of Valois.

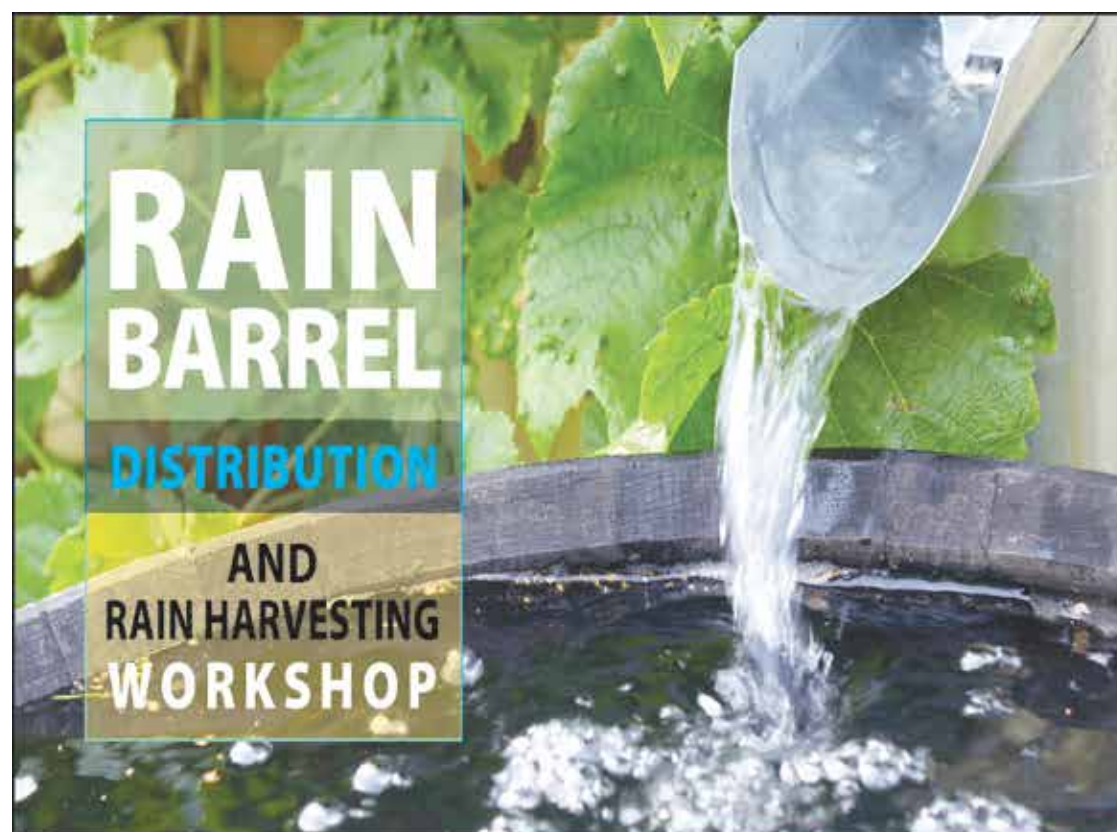
## Typical Valentine's Day Greetings

In addition to the United States, Valentine's Day is celebrated in Canada, Mexico, the United Kingdom, France

and Australia. In Great Britain, Valentine's Day began to be popularly celebrated around the 17th century. By the middle of the 18th, it was common for friends and lovers of all social classes to exchange small tokens of affection or handwritten notes, and by 1900 printed cards began to replace written letters due to improvements in printing technology. Ready-made cards were an easy way for people to express their emotions in a time when direct expression of one's feelings was discouraged. Cheaper postage rates also contributed to an increase in the popularity of sending Valentine's Day greetings.

Americans probably began

exchanging hand-made valentines in the early 1700s. In the 1840s, Esther A. Howland began selling the first mass-produced valentines in America. Howland, known as the "Mother of the Valentine," made elaborate creations with real lace, ribbons and colorful pictures known as "scrap." Today, according to the Greeting Card Association, an estimated 145 million Valentine's Day cards are sent each year, making Valentine's Day the second largest card-sending holiday of the year (more cards are sent at Christmas). Women purchase approximately 85 percent of all valentines.



## RAIN BARREL DISTRIBUTION AND RAIN HARVESTING WORKSHOP

Rain Barrels have many benefits. They divert water from storm drain systems, conserve a vital natural resource, protect our waterways from runoff pollution and may help you save money by reducing water bills.

The cost of the rain barrel is \$20 plus tax. Maximum 2 rain barrels per household. Must pre-order to receive your rain barrel.

If you have purchased 2 barrels from us at a previous event, or received a rebate from SoCalWaterSmart for 2 barrels, you will not be eligible to participate.

### Two timeslots to choose from:

- WORKSHOP 1:** 9 a.m. – 10 a.m.  
**DISTRIBUTION 1:** 9 a.m. – 11 a.m.
- WORKSHOP 2:** 12 Noon – 1 p.m.  
**DISTRIBUTION 2:** 12 Noon – 2 p.m.

### Workshop discussion topics include:

- Rainwater Harvesting
- Installation of a Rain Barrel
- Water Conservation Techniques
- Benefits of a Rain Barrel



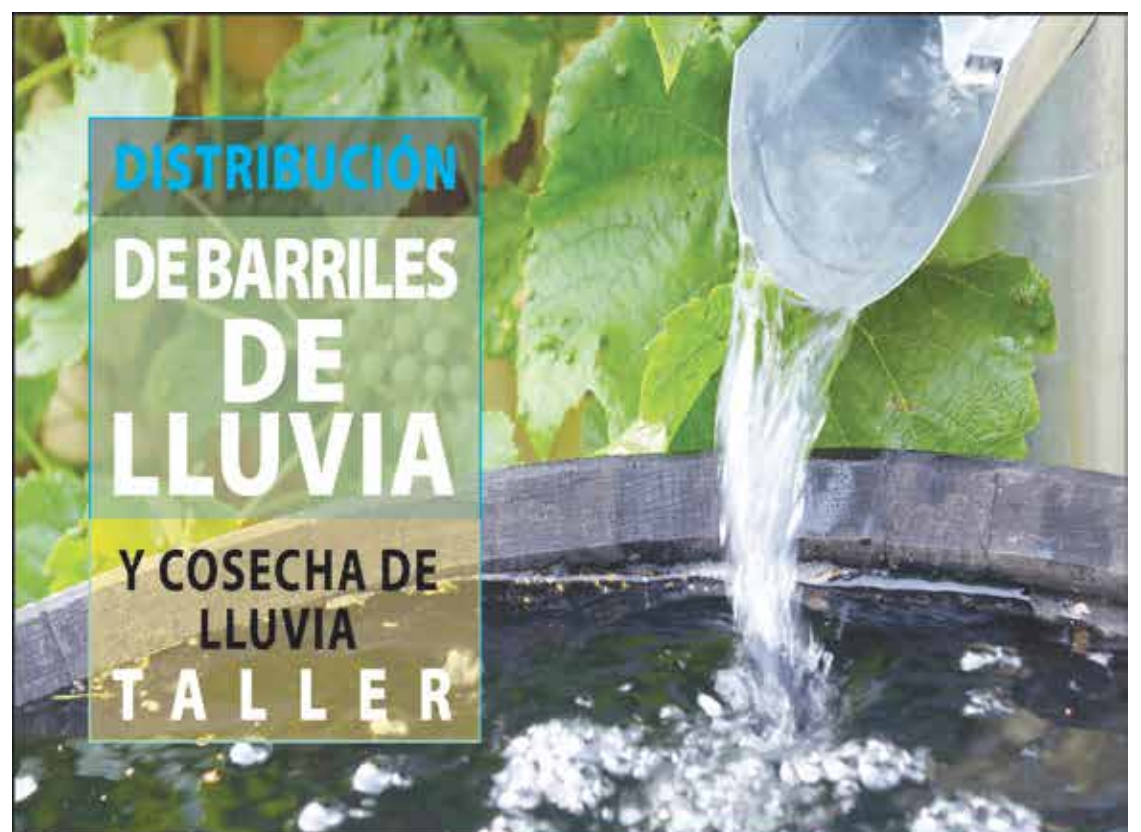
**Date:**  
Saturday, March 14  
**Location:**  
Norwalk City Hall 12700  
Norwalk Blvd.  
Norwalk, CA

**FREE WORKSHOP!**

### Pre-Order Required:

Visit [RainBarrelsIntl.com](http://RainBarrelsIntl.com), click the "EVENTS" tab and select "City of Norwalk" or call 919-602-6316

For questions or more information contact:  
[Info@RainBarrelsIntl.com](mailto:Info@RainBarrelsIntl.com) or 919-602-6316



## DISTRIBUCIÓN DE BARRILES DE LLUVIA Y COSECHA DE LLUVIA TALLER

Los barriles de lluvia tienen muchos beneficios. Desvían el agua de los sistemas de drenaje pluvial, conservan un recurso natural vital, protegen nuestros cursos de agua de la contaminación de la escorrentía y pueden ayudarlo a ahorrar dinero al reducir las facturas de agua.

El costo de barril de lluvia es de \$20 más impuestos. Máximo 2 barriles de lluvia por hogar. Debe pre-ordenar para recibir su barril de lluvia.

Si compró 2 barriles en un evento anterior, o ha recibido un reembolso de SoCalWaterSmart por 2 barriles, no será elegible para participar.

### Dos horarios de tiempo para elegir:

- TALLER 1:** 9 a.m. - 10 a.m.  
**DISTRIBUCIÓN 1:** 9 a.m. - 11 a.m.
- TALLER 2:** 12 del mediodía - 1 p.m.  
**DISTRIBUCIÓN 2:** 12 mediodía - 1 p.m.

### Los temas de discusión del taller incluyen:

- Colecta de Agua de Lluvia
- Instalación de un Barril de Lluvia
- Técnicas de Conservación de Agua
- Beneficios de un Barril de Lluvia



**Fecha:**  
Sábado 14 de Marzo.  
**Ubicación:**  
Norwalk City Hall  
12700 Norwalk Blvd.  
Norwalk, CA

**GRATUITO TALLER!**

### Pre-Pedido Requerido:

Visite [RainBarrelsIntl.com](http://RainBarrelsIntl.com), haga clic en la etiqueta "EVENTOS" y seleccione "Ciudad de Norwalk" o llame al 919-602-6316

Para preguntas o más información, póngase en contacto con: [Info@RainBarrelsIntl.com](mailto:Info@RainBarrelsIntl.com) o 919-602-6316



# Planting 1 trillion trees is a start

By Margaret Renkl

After what seemed like 100 years of impeachments hearings, anything uttered on Capitol Hill now sounds to my ear like the voice of Charlie Brown's teacher. Nevertheless, a few words from President Trump's State of the Union address managed to break through the wah-wahs last week: "To protect the environment, days ago, I announced the United States will join the One Trillion Trees Initiative, an ambitious effort to bring together government and the private sector to plant new trees in America and around the world," he said.

Could it really be true?

You will forgive me for thinking there's no way it could be true. The whole point of the World Economic Forum's One Trillion Trees initiative is to reduce carbon in the environment and slow the rate of climate change by growing and preserving a trillion trees, worldwide, by 2050. But instead of addressing climate change, the Trump administration has rolled back or weakened 95 environmental protections already on the books.

The burning of fossil fuels is the leading cause of climate change, but much of this administration's hostility to environmental protections is a result of its commitment to promoting the fossil fuel industry: allowing drilling in the Arctic National Wildlife Refuge and other public lands, approving construction of the Dakota Access Pipeline, encouraging more offshore drilling in the Atlantic. The Trump administration has even gutted the popular Endangered Species Act, which was passed with strong bipartisan support at a time in history when the word "bipartisan" was not an oxymoron. Is it any surprise that the Environmental Protection Agency is now widely known among conservationists as the Environmental Destruction Agency?

I'm trying to figure out how this business with trees might be different. Did the president experience a Scrooge-like conversion at the World Economic Forum in Davos last month, with the brilliant Jane Goodall, who supports the One Trillion Trees initiative, playing the role of Marley? If so, it would be a conversion narrative more potent than any since St. Paul was struck down by a blinding light on the road to Damascus. Paul went from persecuting Christians to

becoming the faith's most famous evangelist, responsible for the spread of Christianity around the ancient Western world. Donald Trump's conversion to environmental sanity could be the start of saving the world itself.

Nothing would give me greater joy than a conversion story in which the Republican Party recognizes and addresses the climate calamity that is already here, but redemption is hardly at hand. More likely: The president has concluded that planting trees will allow him to continue his wrecking-ball policies while simultaneously posing as an environmentalist. Call it an arboreal cap-and-trade arrangement in which there are no caps and virtually no trades — the continued pillaging and polluting of the environment in exchange for planting a trillion trees.

For countries whose leaders recognize the dystopia we are headed toward if significant emissions-reducing measures aren't taken immediately, the One Trillion Trees initiative is a brilliant arrow in the quiver of climate-change policy. Leaves absorb carbon, wood sequesters carbon and roots stabilize soil so that the carbon already trapped there stays there. Moreover, some 80 percent of terrestrial biodiversity occurs in forests. Protecting trees is a way of protecting much of what makes life on earth life on earth.

And planting trees is a tangible way to address climate change that can be done on both a micro and a macro scale. Got a sunny spot in your yard? Plant a tree. Got a country where logging or development or agriculture has mowed down whole forests? Plant millions of trees.

Unfortunately, the math is more complicated than that line in the State of the Union address implies. Planting a seedling is better than doing nothing, it's true, but it takes decades for a seedling to replace a tree, and that's if the seedling survives at all: In China's Great Green Wall reforestation program, up to 85 percent of the plantings fail over time, according to Yale Environment 360. For large-scale reforestation to succeed, the right trees have to be planted in the right places — a variety of species, not a monoculture, all native to the ecosystem at hand — and they have to be cared for until the roots are well-enough established to survive the temperature extremes, storms, floods and droughts that are the hallmark of climate change. It can be done, but it can't be done without effort.

Reforestation is a crucial goal, but even more crucial is the other goal of the One Trillion Trees initiative: preserving the trees we already have. So far we're doing a terrible job of it. Here in the United States, we're losing 36 million trees a year in metropolitan areas alone. In Canada, the ancient boreal forest is being mowed down for the sake of toilet tissue. In South America, the rainforest is being burned down for the sake of cheeseburgers.

Here in Nashville, we are losing trees to development at a rate that would take your breath away: 918 acres of canopy from 2008 to 2016, and development has continued unabated since that last census was taken. In my neighborhood alone, just during the past two months, builders clearing three lots have taken down nearly two dozen mature shade trees and more ornamentals than I could keep track of. A beautiful magnolia, a whole stand of towering pines where the neighborhood crows roosted at night, several hackberries that provided food for migratory birds and local species alike. It's possible to save big, old trees during construction, but these developers didn't even try.

Last summer, Nashville passed legislation that requires commercial developers to plant more trees — increasing tree density from 14 to 22 per acre — and offers incentives to preserve "heritage" trees. It's an important first step, but it doesn't impose any penalties on builders who choose not to preserve those heritage trees, and it doesn't apply to single-family homes and duplexes at all. The bulldozers on my street aren't going anywhere until the next round of legislation is negotiated.

I have hope for a next round. "We're not set up to be a very tree-minded city," Councilwoman Angie Henderson, the lead sponsor of the new bill (and my former student), told The Tennessean last summer. "I am looking at this as a series of tree-related regulations."

The president of the United States should look at the One Trillion Trees initiative the same way. It's a start. If it stops there, it will accomplish nothing at all.

Margaret Renkl is the author of the book "Late Migrations: A Natural History of Love and Loss."

# Why Bernie Sanders praised Amazon

By Jay Carney

"Hello, Jay?" The voice on the line was instantly recognizable. "It's Bernie Sanders."

Given that Senator Sanders is a frequent critic of Amazon, you might think he was calling to complain about something my company had done — or wasn't doing. But on this day, in November 2018, his message was different.

"Listen," he told me, "I just want to congratulate Amazon for raising your minimum wage to \$15 an hour. That's good for your workers. It's the right thing to do. Please thank Jeff Bezos for me."

To be sure, Senator Sanders's appreciation for Amazon and our founder, Mr. Bezos, didn't last long. He and Senator Elizabeth Warren, both candidates for the Democratic presidential nomination, regularly attack the company on the campaign trail, other candidates sometimes echo them. Still, his call at least recognized a reality often forgotten or ignored in debates about the role a company like ours can and should play in the economy.

This year's elections will center, as they almost always do, on the economy — specifically, on jobs and how things like health care and training opportunities affect the way American workers feel about their economic circumstances. As the employer that has added more jobs to the American economy over the last decade than any other, we at Amazon have a unique perspective.

Critics and reporters often categorize Amazon as a big tech company, and it is true that digital technology powers much of our businesses. But in today's economy, phrases like "big tech" and the "tech industry" obscure more than they enlighten. Our core business, consumer retail, involves hundreds of thousands of employees who store, ship and deliver billions of physical goods — not bits of data — via airplanes, trucks and vans around the world. We are not a social media company, a news aggregator or a forum for political advocacy (or disinformation).

While we fully agree that a company of Amazon's size should be scrutinized, we also believe people should know that Amazon is doing exactly what many lawmakers and critics insist the private sector should do. And because Amazon is a large company with hundreds

of thousands of employees, as well as contractual relationships with hundreds of thousands of other businesses of all sizes, what we do can generate positive ripple effects across the country.

When Amazon raised its minimum wage to \$15 an hour, we made sure that every one of the company's warehouse workers, known as fulfillment center associates, got a pay increase. But the change wasn't just good for our associates. We have 500,000 employees in 40 states; when a company our size increases wages, competitors feel pressure to do the same for their own workers, or risk losing them. Indeed, after our wage-increase announcement, we received a record 848,775 applications for hourly positions.

We know \$15 is not a lot. In fact, we believe \$15 should be the minimum anyone in the United States is paid for an hour of labor, and in most areas of the country our starting wage is even higher. But while the debate about Amazon's impact at times focuses on how our hourly jobs compare to jobs of the past, or to an idealized vision of the future, the truth is that more than 40 million Americans earn less than the lowest-paid Amazon associate. For many people, a job at one of our fulfillment centers is by far the best option available in their region. And we are proud of that — even as we agree that our political and business leaders must work together to create more and better options for all America's workers.

One place to start: Raise the federal minimum wage to \$15 from its current rate of \$7.25 — something only members of Congress like Senator Sanders can do. If Congress were to follow our lead, all it would take to greatly improve the lives of America's lowest-paid workers is the president's signature.

In keeping with what political leaders say they want to see from companies, Amazon has plowed \$270 billion into the domestic economy since 2010. In economically struggling areas like Fall River, Mass., and the Inland Empire in California, our recent investments and hiring have helped to drive down the local unemployment rate and added hundreds of millions of dollars to local economies.

Improving the lives of American workers is about more than wages. We compete fiercely with Silicon Valley companies to hire the best software engineers, computer science Ph.D.s and data scientists.

That means offering generous health care and other benefits on top of highly competitive pay. To cut costs, we could follow the model of some other companies by giving cheaper, basic benefits to our hourly work force. Instead, we not only pay our hourly workers significantly better than most of our consumer retail competitors, we also provide the same comprehensive health insurance and parental leave benefits to our lowest-paid associates as we do our most senior executives.

While the United States may never restore the manufacturing sector to its 20th-century heights, we can train Americans for the high-paying jobs of tomorrow. With that goal, Amazon offers fulfillment center workers the chance to learn new skills and earn certificates in high-demand fields that offer better-paying job opportunities.

Our Career Choice program prepays up to 95 percent of tuition and fees — making it almost free for employees to learn new skills. In most cases, associates who finish Career Choice become eligible for jobs that double or triple their current pay — either within Amazon or, if they prefer, with another employer. Overall, Amazon is investing \$700 million to provide training to 100,000 of our domestic employees by 2025. Once again, the scale of Amazon's investment in its own work force will influence other major companies to follow suit.

All big institutions, public and private, merit scrutiny. At Amazon, we welcome it — from lawmakers, regulators and customers. And we know that our critics will at times have good ideas about how we, and other major companies, can do both more and better.

But we also hope that, in examining what we already do, those critics at least acknowledge this: When it comes to creating jobs, raising wages, providing benefits and training employees for higher-paying jobs, Amazon is doing many good things — for the economy, and for American workers.

Jay Carney, the White House press secretary from 2011 to 2014, is the senior vice president for global corporate affairs at Amazon.

# Why are you still packing your kids' lunch?

By Jennifer Gaddis

Parents today face a steady stream of advice about how best to care for their children. Mothers, in particular, are pressured to be the perfect parent: Most of the advice on social media and parenting blogs is directed at them.

How to feed the kids gets a lot of the attention. Sending children off to school carrying a healthy, made-from-scratch lunch is one of the

ways that (mostly) mothers are encouraged to protect their children from the harmful effects of the industrialized food system.

Middle- and upper-middle-class women especially are encouraged to pack lunches made from pricey local organic and fair-trade ingredients — these women are assumed to have financial resources and time to make healthy lunches every morning.

It rarely gets said outright, but the subtext is clear: Don't let the lunch lady feed your child.

For many parents, school cafeterias invoke memories of subgrade hamburger meat, soggy tater tots, and grilled cheese sandwiches that taste like warmed-up cardboard.

But in recent years, while some parents have been focusing on creating Instagram-friendly packed lunches, the quality of school-cafeteria food has improved significantly. The passage of the Healthy, Hunger-Free Kids Act in 2010 was a major step forward, requiring schools to serve lunches made with more whole grains, a wider variety of fresh fruits and vegetables, less salt and less trans fat, while creating opportunities for schools to serve free meals to all students.

Yet the progress K-12 schools have made toward serving healthier and more appetizing lunches may stall unless more middle- and upper-middle-class parents can be persuaded to let their kids buy lunch at school. Without greater participation from children paying for lunch, local school districts will lack the funds to maintain the gains in quality.

In fact, if we could muster the political will, increasing the financial and public support for subsidized lunches would secure a future for healthy school food that would improve public health, create better jobs for school cafeteria workers (some 90 percent of whom are women) and help the country transition to a more sustainable food system.

Ninety-five percent of public schools participate in the government-subsidized National School Lunch Program, which was created in 1946 to improve children's health and support American farmers. On a typical school day, roughly 30 million children, mostly from lower-income households, eat lunch through this program, which sorts students into different payment categories, depending on their family income.

Children from a family of four that earns more than \$47,638 per year pay full price, while lower-income families pay either 40 cents per lunch or nothing at all. The average cost for a full-price elementary school lunch is about \$2.50, but local districts set their own prices. Some high school lunches, with prices as high as \$5 per lunch, exceed the limits of affordability for many families.

Putting healthier food on school cafeteria menus has done little to change school lunch participation rates: By my calculation, roughly 20 million eligible children, mostly from middle- and upper-middle-class families, continue to opt out of the national program by bringing lunch

or by buying special à la carte food items not covered by the program.

As an individual family decision, packing lunches might seem like the best option, especially for children with special dietary needs. But when millions of families do so, their actions reduce the political will and financial resources necessary to make public school lunches better for everyone.

The Trump administration isn't much help. According to Agriculture Secretary Sonny Perdue, providing schools with the flexibility to plan menus that appeal to students' taste preferences is a way to attract more paying customers to the federal program and reduce food waste. Mr. Perdue has pursued this strategy for making school lunch "great again."

In practice, this has meant enacting policies that loosen restrictions on the amount of sodium, flavored milk and refined grains that can be served in school meals. The department's own data shows that participation in the national lunch program is higher in cafeterias that serve healthier meals, yet the administration's latest proposal, released last month, would allow schools to serve more french fries and fewer green vegetables.

Despite these setbacks, in recent years, community activists have won universal free school meals in many of the nation's poorest schools and in some large districts like Boston and New York City public schools. Many more districts have started robust farm-to-school programs that support local food and farm economies. And Democrats are talking about universal free lunch on the campaign trail.

There are limits, however, to what even the most progressive school food service programs can achieve when roughly 40 percent of eligible students continue to opt out of the national program.

The food-service director of the Austin Independent School District, Anneliese Tanner, told a local news outlet that the district could afford to serve grass-fed beef if the kids who currently opt out of the national program would eat school lunch just once a week.

All families stand to benefit from making a public investment in high-quality, universal free school meals. Mothers, in particular, would benefit far more than we might realize: According to the American Time Use Survey, women spend more than twice as much time per day preparing family meals as men. Preparing school lunches cuts into their already limited leisure time and adds to the mental load they disproportionately shoulder.

The solution is right in front of us. When kids eat school lunch, they and their parents are supporting the efforts to improve the national program for current and future generations.

Jennifer Gaddis is an assistant professor of civil society and community studies at the University of Wisconsin-Madison.

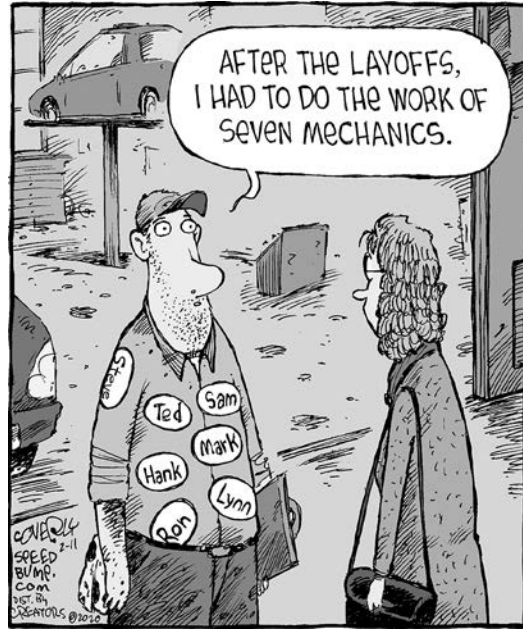
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# CALENDAR OF EVENTS

## MONDAYS

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

## TUESDAYS

8:00 a.m. - 1:00 p.m. - Farmers Market - Excelsior High School  
 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](mailto:news@thedowneypatriot.com)

## On This Day...

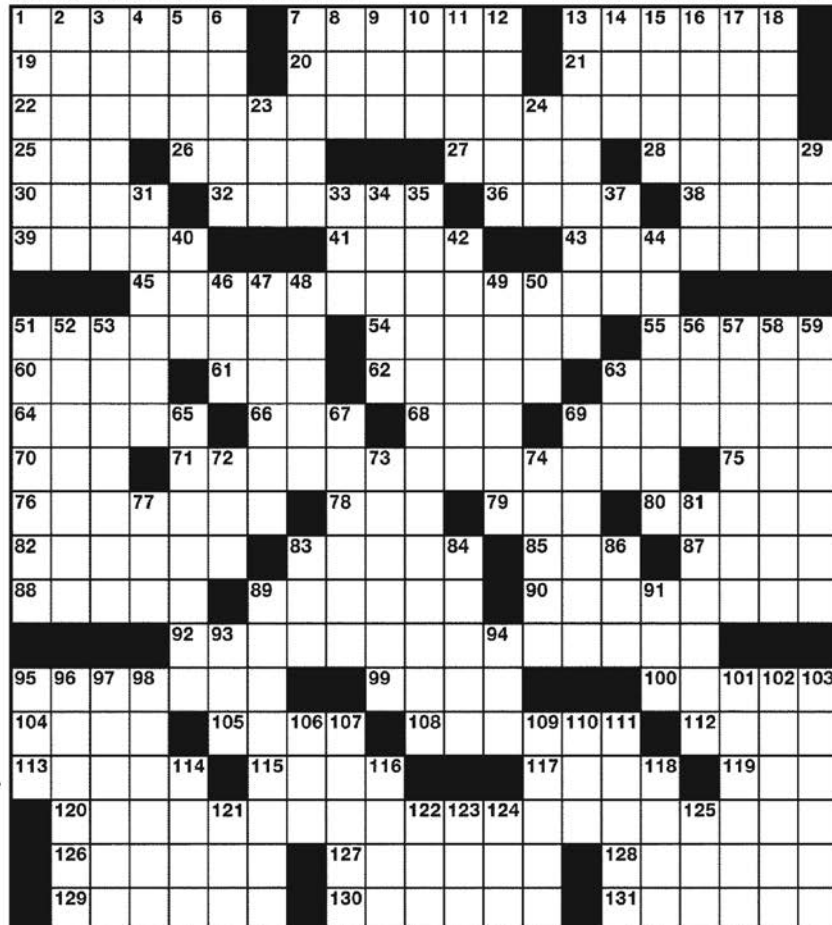
- Feb 14, 1849:** The first photograph of a U.S. President, while in office, was taken by Matthew Brady in New York City. President James Polk was the subject of the picture.
- 1889:** In Los Angeles, CA, oranges began their first trip to the east.
- 1932:** The U.S. won the first bobsled competition at the Winter Olympic Games at Lake Placid, NY.
- 1966:** Wilt Chamberlain of the Philadelphia 76ers set a National Basketball Association (NBA) record as he reached a career high of 20,884 points after seven seasons.
- 2005:** The video-sharing website YouTube was activated.

## THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)  
**FAMOUS LAST WORDS: Of five notable books**  
 by S.N.

- ACROSS**
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  - 7 Sounds of gongs
  - 13 Ski downhill fast
  - 19 About 900 kilograms
  - 20 Common pharmacy order
  - 21 Not dismissive of
  - 22 "... in that enchanted place ... a little boy and his Bear will always be playing" (1928)
  - 25 Video device, for short
  - 26 In a deadlock
  - 27 *The Caine Mutiny* author
  - 28 Quests after
  - 30 Designer Cassini
  - 32 Yin-and-yang belief
  - 36 Church directive
  - 38 *Inter* (among other things)
  - 39 French wine region
  - 41 Howl of laughter
  - 43 London's Broadway
  - 45 "But this is how Paris was in the early days ..." (1964)
  - 51 Immaculate
  - 54 Capital on the Hudson
  - 55 Boot out
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  - 61 Talk trash to
  - 62 Earmarks for failure
  - 63 Picnic fare
  - 64 '06 High Court appointee
  - 66 Any birthstone
  - 68 "Casual" day, briefly
  - 69 Big Sky Country
  - 70 Mr. Tolstoy
  - 71 "A way a lone a last a loved a long the" (1939)
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  - 87 App symbol for settings
  - 88 High-voltage weapon
  - 89 Moola
  - 90 Arctic predators
  - 92 "Well ... what would YOU do if your mother asked you?" (1957)
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  - 99 A social sci.
  - 100 Instrument of India
  - 104 Feel pangs
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  - 113 Country singer Travis
  - 115 Extraordinary
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  - 119 Sigma preceder
  - 120 "... from so simple a beginning, endless forms ... are being evolved" (1859)
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  - 128 Vending machine verb
  - 129 Aerial attack
  - 130 Postproduction person
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 (cross) are  
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 Herman Wouk (27 across)



LEGALS

FICT. BUS NAME

FICTITIOUS BUSINESS NAME STATEMENT File Number 2020020188 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) AC FANTASY, 7123 PACIFIC BLVD, HUNTINGTON PARK CA 90255, LA COUNTY, 6711 S BROADWAY, LOS ANGELES CA 90003

The Norwalk Patriot 1/31/20, 2/7/20, 2/14/20, 2/21/20

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2020032006 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) WOODFIRE PIES, 621 S SADLER AVE, LOS ANGELES CA 90022, LA COUNTY

The Norwalk Patriot 2/14/20, 2/21/20, 2/28/20, 3/6/20

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2020014909 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) VEGA V.O., 11940 CREWE STREET, NORWALK CA 90650, LA COUNTY

The Norwalk Patriot 2/14/20, 2/21/20, 2/28/20, 3/6/20

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2020014909 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) VEGA V.O., 11940 CREWE STREET, NORWALK CA 90650, LA COUNTY

The Norwalk Patriot 1/24/20, 1/31/20, 2/7/20, 2/14/20

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2020022422 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) SPORTRY'S MOBILE HANDYMAN SERVICE, 5238 LINDSEY AVE, PICO RIVERA CA 90660, LA COUNTY

The Norwalk Patriot 2/14/20, 2/21/20, 2/28/20, 3/6/20

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2020031472 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) ARIES QUIJANO PHOTOGRAPHY, 11517 186TH ST, ARTESIA CA 90701, LA COUNTY

This statement was filed with the County Clerk of Los Angeles on FEBRUARY 6, 2020 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.

The Norwalk Patriot 2/14/20, 2/21/20, 2/28/20, 3/6/20

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2020026513 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) FINANCIAL COACHING PROFESSIONALS (2) BITCOIN COACHING PROFESSIONALS, 2336 GLENSTONE AVENUE, HACIENDA HEIGHTS CA 91745, COUNTY OF LOS ANGELES

The Norwalk Patriot 2/14/20, 2/21/20, 2/28/20, 3/6/20

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2020011748 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) IMPERTRACE INVESTIGATIONS, 12325 IMPERIAL HWY #187, NORWALK CA 90650, LA COUNTY

The Norwalk Patriot 2/7/20, 2/14/20, 2/21/20, 2/28/20

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2020016318 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) HAIR DONE WITH ALICIE, 12512 ALDORA BLVD, NORWALK CA 90650, LA COUNTY

The Norwalk Patriot 1/31/20, 2/7/20, 2/14/20, 2/21/20

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2020016318 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) HAIR DONE WITH ALICIE, 12512 ALDORA BLVD, NORWALK CA 90650, LA COUNTY

The Norwalk Patriot 1/24/20, 1/31/20, 2/7/20, 2/14/20

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2020025693 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) SAD GIRL CREAMERY, 300 S WESTMORELAND APT 402, LOS ANGELES CA 90020, LA COUNTY

The Norwalk Patriot 1/31/20, 2/7/20, 2/14/20, 2/21/20

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2020025693 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) SUEELLEN MANCINI, 300 S WESTMORELAND APT 402, LOS ANGELES CA 90020

The Norwalk Patriot 2/7/20, 2/14/20, 2/21/20, 2/28/20

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2020008711 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) CONSUMER UNLIMITED, 2804 N GRAND AVE, COVINA CA 91724, LA COUNTY

The Norwalk Patriot 2/7/20, 2/14/20, 2/21/20, 2/28/20

Clerk of Los Angeles on JANUARY 31, 2020 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.

The Norwalk Patriot 2/7/20, 2/14/20, 2/21/20, 2/28/20

NOTICES

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NUMBER: 20NWC000222 TO ALL INTERESTED PERSONS: Petitioner YINING WANG AND MAGGIE TONG ON BEHALF OF TONGSHANGJUN WANG filed a petition with this court for a decree changing names as follows: Present name (1) TONGSHANGJUN WANG to Proposed name (1) SHAWN WANG

NOTICE OF HEARING

Date: MARCH 18, 2020, Time: 1:30 p.m., Department: C, Room: 312 The address of the court is 12720 Norwalk Boulevard, Norwalk, CA 90650.

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NUMBER: 19NWC00470 TO ALL INTERESTED PERSONS: Petitioner ENRIQUE JORGE NAVARRO filed a petition with this court for a decree changing names as follows: Present name (1) ENRIQUE JORGE NAVARRO to Proposed name (1) HENRY HERNANDEZ

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

SUPERIOR COURT OF CALIFORNIA, COUNTY OF LOS ANGELES ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NUMBER: 20NWC00111 TO ALL INTERESTED PERSONS: Petitioner JENNIFER GAA HEE YOON filed a petition with this court for a decree changing names as follows: Present name (1) JENNIFER GAA HEE YOON to Proposed name (1) JENNIFER YOON GAAHEE PARK

NOTICE OF HEARING

Date: MARCH 18, 2020, Time: 1:30 p.m., Department: C, Room: 312 The address of the court is 12720 Norwalk Blvd, Norwalk CA 90650

PROBATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF: JAMES D. MACIEL, SR.

CASE NO. 19STPB02650 To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of JAMES D. MACIEL, SR. A PETITION FOR PROBATE has been filed by JAMES D. MACIEL, JR. in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests

that JAMES D. MACIEL, JR. be appointed as personal representative to administer the estate of the decedent. THE PETITION requests the decedent's WILL and codicils, if any, be admitted to probate. THE WILL and any codicils are available for examination in the file kept by the court.

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.

NOTICE OF PETITION TO ADMINISTER ESTATE OF: FELICITAS FELIX

CASE NO. 20STPB00969 To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of FELICITAS FELIX. A PETITION FOR PROBATE has been filed by GEORGE FELIX in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that GEORGE FELIX be appointed as personal representative to administer the estate of the decedent.

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.

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.

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TRUSTEE SALES

Title Order No. 05940286 Trustee Sale No. 84196 Loan No. 399224547 APN: 8046-018-020 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 12/28/2018, 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 PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On 3/3/2020 at 10:30 AM, CALIFORNIA

TD SPECIALISTS as the duly appointed Trustee under and pursuant to Deed of Trust Recorded on 1/9/2019 as Instrument No. 20190023522 in book N/A, page N/A of official records in the Office of the Recorder of Los Angeles County, California, executed by: ELDER R. RAMIREZ, AND INDIVIDUAL AND ALBERT VERDUZCO AN INDIVIDUAL, as Trustor NICHOLAS E. LANPHER, TRUSTEE OF THE NICHOLAS E. LANPHER FAMILY TRUST DATED DECEMBER 21, 1987, as Beneficiary WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable at time of sale in lawful money of the United States, by cash, a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state).

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# Paging Dr. Frischer...

By Dr. Alan Frischer

Two of my three daughters have always loved to sing. In fact, they love it so much that at times it has driven the third a bit nuts! Nonetheless, it brings them joy, and for years now I've drawn enormous pleasure from being a member of a choir with one of them or the other.

Over the years, studies have been conducted focusing on the effects that the act of singing can

have on our health. The evidence is overwhelmingly positive. Singing has been found to:

- help reduce muscle tension
- improve posture
- increase lung capacity and encourage us to breathe more deeply
- stimulate blood circulation, raising the level of oxygen in the

blood stream and therefore the brain

- clear the sinuses and respiratory pathways
  - tone the facial, abdominal and intercostal muscles, as well as the diaphragm
  - improve sleep
  - release endorphins (the "feel-good" brain chemicals), which help to treat pain
  - decrease the levels of the stress hormone cortisol in the bloodstream
- Singing can boost confidence. Stage fright is a common problem; however, receiving praise

from family and friends may be the key to eventually overcoming fears. Singing can help with language and broaden communication skills.

Of course, singing is sociable, and can widen our social circle. Participating in a choir or singing karaoke with friends fosters intimacy and creates bonds.

And, note this: the sacculus is a tiny organ in the ear that responds to frequencies created by singing. The sacculus is not thought to have any hearing function and is sensitive to loud volumes, above 90 decibels. The response in the sacculus creates an immediate sense of pleasure!

Singing takes our minds off of our troubles and our worries. It's clear that we should all be singing in the car, the shower, or wherever.

Thank goodness that the health benefits that singing can bestow are independent of ability!

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



## Health officials urge calm in face of coronavirus

**LOS ANGELES** – In the face of a significant increase in the numbers of confirmed cases of novel coronavirus (2019 nCoV) in mainland China, many LA County residents are worried and fearful. The Los Angeles Department of Public Health (Public Health) urges residents and visitors to get the facts and take positive steps to reduce their risk.

There is only one case of novel coronavirus in LA County, in a non-resident traveler from Wuhan City, and there has been no subsequent community transmission of the virus.

There are only 12 cases of novel coronavirus across the entire United States and while it is likely that there will be additional cases, actions have been taken to limit the spread of the virus in our country.

Recent travelers who have visited mainland China are screened at the airport and provided with information about restricting their movements, monitoring their health and connecting with their provider and local public health department should they feel ill for 14 days after last being in mainland China.

Guidance has been sent to school districts, universities and colleges explaining the new

directives which restrict staff and students who returned from traveling in mainland China after February 2, for 14 days after leaving mainland China.

These actions can help identify individuals who may have been exposed to the virus and reduce the spread of the virus to others.

With rising reports of reduced patronage of Chinese owned businesses, bullying and stigmatization on school and college campuses, and rampant xenophobia on social media, Public Health is encouraging people to focus on facts, not fear. The fact is novel coronavirus is not currently spreading in the community in Los Angeles County nor in the United States, and immediate risk to the general public in Los Angeles County is low.

Residents can continue to enjoy all their usual activities and feel comfortable eating and shopping at restaurants and stores that are owned and operated by our Chinese neighbors and friends.

"Discrimination targeting our Asian American and Chinese American friends, neighbors and businesses is harmful to our entire community," said Barbara Ferrer, PhD, MPH, MEd. "This is

not the time for the perpetuation of stereotypes and misinformation about novel coronavirus. Public Health encourages everyone to continue to enjoy all that our Asian communities have to offer."

"People have a right to be afraid, but must understand that outbreaks and pandemics are human tragedies that impact us all directly or indirectly as ONE diverse community," Dr. Muntu Davis, County Health Officer, added. "Embracing, not stigmatizing, others and spreading accurate information about what's happening locally is what helps manage our fear and both the individual and collective actions needed to protect our entire community."

Public Health continues to recommend that the public do the following to protect themselves from all respiratory illnesses:

- Stay home when you are sick.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- Avoid touching your eyes, nose, and mouth with unwashed

hands. Limit close contact, like kissing and sharing cups or utensils, with people who are sick.

Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If you do not have a tissue, use your sleeve (not your hands).

Facemasks are most effective when used appropriately by health care workers and people who are sick.

Get a flu immunization to prevent influenza if you have not done so this season.

Please continue to offer welcoming environments for ALL members of our community. Neither the California State Public Health Department, nor Los Angeles County Public Health recommend that any normally scheduled events be cancelled due to novel coronavirus. There is no community spread of the novel coronavirus in the United States at this time, and the risk to the general public remains low.

## Congress passes bill allowing troops to dispute credit dings

**WHITTIER** – U.S. Rep. Linda Sánchez (CA-38) released the following statement after the U.S. House of Representatives passed the Comprehensive CREDIT Act of 2020, which included her legislation, the Fair Credit Reporting for Servicemembers Act.

This would allow service members to dispute any negative information, or "dings," on their credit report that occurred while they were serving in a combat zone or aboard a U.S. vessel.

"Our service members face enough hardship while serving and then returning from a tour of duty," said Sánchez. "We must acknowledge the realities of deployment in today's world. Lives go on at home while our military members are deployed. Sometimes a bill is missed when an electronic payment agreement lapses, a credit card on file expires, or an unauthorized credit card is issued. This bill will allow for credit reports that more accurately reflect the full picture."

First introduced in 2014, the Fair Credit Reporting for Servicemembers Act came from meetings Sánchez had with two courageous parents, John Kelsall,

then President of the Lakewood Chamber of Commerce and his wife, long time Southern California non-profit leader, Teri. They lost their son, Jonas, a Lieutenant Commander and proud Navy Seal, in 2011, during a tour in Afghanistan. To keep their son's legacy alive, they founded a nonprofit veterans business incubator to assist returning U.S. military veterans.

While updating Congresswoman Sánchez on the organization's challenges and successes, they shared one hurdle that kept coming up over and over. Service members and veterans were having trouble obtaining loans to help grow their businesses. This was often due to missing payments that were out of their control during deployments, resulting in hits to their credit.

"I knew something had to change," continued Sánchez. "Our country continues to ask so much from our men and women in uniform. They deserve financial peace of mind during deployments and will have that when this becomes law."

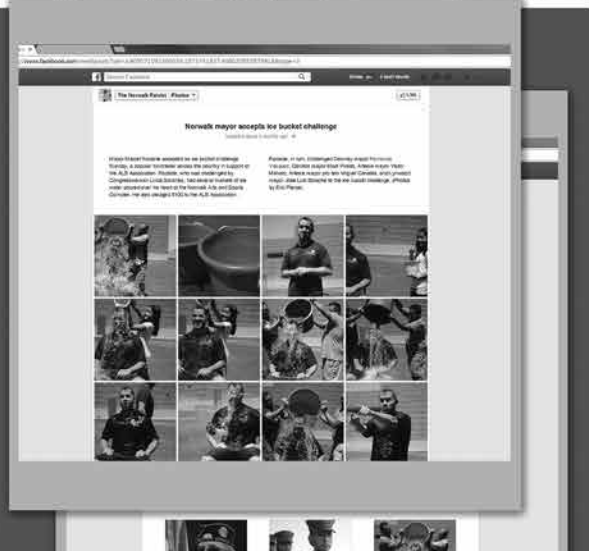
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# NORWALK HAPPENINGS

## FRIDAY, FEBRUARY 14

**Street Foods of Hong Kong** 12 - 1 pm. Join us for a cooking demonstration by Chef Phoebe Chow. You'll learn about the street foods in Hong Kong and best of all, you'll get to sample the food! For Adults 18+. Norwalk Library, 12350 Imperial Highway.

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

## 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.

**Bingo for Books!** 2 - 3 pm. Join us for a classic game of Bingo with a library twist. Family and friends will have an opportunity to play and win free books. Best suited for ages 7 and up. Alondra Library, 11949 Alondra Blvd.

## WEDNESDAY, FEBRUARY 19

**MakMo: Hydraulics Engineering**, 4 - 5 pm. Learn how hydraulic-powered machines work by using water to produce motion! Explore concepts like force, motion, distance, leverage, and gravity by building cool machines that you see in everyday life. For ages 5 - 12. Alondra Library, 11949 Alondra Blvd.

## FRIDAY, FEBRUARY 21

Play & Explore, 10:30 - 11:30 am.

Spend time with your child exploring and playing with age-appropriate toys. For ages 0-5 with an adult caregiver. Alondra Library, 11949 Alondra Blvd.

## SATURDAY, FEBRUARY 22

**Vietnamese Home Cooking**, 1 - 2:30 pm. Join Chef Vivien to learn how to cook healthy Vietnamese street foods. You'll get to sample everything she makes! Alondra Library, 11949 Alondra Blvd.

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

## MONDAY, FEBRUARY 24

**Lit Wits Book Club: I Am Not Your Perfect Mexican Daughter by Erika Sanchez** 6:30 - 7:30 pm. Perfect Mexican daughters never abandon their family. But Julia is not your perfect Mexican daughter. That was

Olga's role. A tragic accident leaves Olga dead and Julia left behind to reassemble the shattered pieces of her family. For Adults 18+. Norwalk Library, 12350 Imperial Highway

## WEDNESDAY, FEBRUARY 26

**2020 Census Presentation**, 1 - 2 pm. The 2020 Census is closer than you think! Join us for a presentation of what the census is and why it's essential that everyone is counted. Alondra Library, 11949 Alondra Blvd.

## THURSDAY, FEBRUARY 27

**Jewelry Making Class** 4:30 - 5:30 pm. Learn about the subject of beading and create your own personalized piece of jewelry! Advance registration is required. Please visit or call the library to sign up: 562.868.0775. For Adults 18+. Norwalk Library, 12350 Imperial Highway.

## FRIDAY, FEBRUARY 28

PLAY & EXPLORE, 10:30 - 11:30

AM. SPEND TIME WITH YOUR CHILD EXPLORING AND PLAYING WITH AGE-APPROPRIATE TOYS. FOR AGES 0-5 WITH AN ADULT CAREGIVER. ALONDRA LIBRARY, 11949 ALONDRA 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 Psychlocks, 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.

## SATURDAY, MARCH 21

Quartermania, 11 am to 3 pm.

Support Norwalk Woman's Club scholarships while you shop, and bid on items for 1, 2, or 3 quarters. Join us for a fast-paced and fun afternoon where everyone is a winner! \$20 ticket price includes lunch. Norwalk Arts & Sports Complex.

## WEDNESDAY, JUNE 24

**90's Rock Show at Concerts in the Park**, 7 pm. Join your community for an all-ages 90s Concert NIGHT in Norwalk.

Email calendar listings to [eric@thedowneypatriot.com](mailto:eric@thedowneypatriot.com), or to [alex@thedowneypatriot.com](mailto:alex@thedowneypatriot.com).

# Cerritos College president chosen as Aspen Fellow

**NORWALK** - Dr. Jose Fierro, president/superintendent of Cerritos College, has been selected by the Aspen Institute to join the 2020-21 inaugural class of the Aspen New Presidents Fellowship, an initiative designed to support community college presidents to accelerate transformational change on behalf of students.

Fierro is one of 25 Aspen Fellows selected from more than 100 applicants for this opportunity, which is fully funded by JPMorgan Chase & Co. and run by the Aspen Institute College Excellence Program. These Community College leaders, will engage in a seven-month fellowship beginning in June 2020.

"I'm excited and humbled to be selected to be part of the inaugural class of the Aspen New Presidents Fellowship. The Aspen Institute is by far one of the most innovative organizations leading the development of some of higher education's greatest minds in scholarship and student success strategies. Having the opportunity to participate as a new Fellow will be an incredible experience to learn more ways to address the complex barriers to student success facing our students at Cerritos College. I'm happy to be part of an amazing class of professionals and thought leaders," said Dr. Fierro.

The fellows, were selected for their commitment to student success and equity, willingness to take risks to improve outcomes, understanding of the importance of community partnerships, and ability to lead change.

"We know more than ever before about how community colleges can improve outcomes for students, both in and after college," said Josh Wyner, executive director of the Aspen Institute College Excellence Program. "And the urgency for them to do so only increases—especially for students of color and low-income students. These

fellows have shown they are fully, urgently committed to excellence and equity, and we look forward to working alongside them."

According to the American Council on Education, only 36 percent of community college presidents are female, and 20 percent are people of color. The incoming class of Aspen fellows is 48 percent female, and 40 percent are people of color. Their institutions span 15 states and vary widely, from a rural college with fewer than 2,000 students to a statewide system that educates more than 150,000.

JPMorgan Chase is funding the Aspen Presidential Fellowship as part of New Skills at Work, a five-year, \$350 million investment to support community colleges and other pathways to great careers and economic mobility.

### Dr. Jose Fierro Bio

Fierro began his tenure as president/superintendent of the Cerritos Community College District in July 2015. He is committed to increasing access to education, thereby lifting the community's underserved population from personal hardship to success.

Through time-tested partnerships between Cerritos

College and local school districts, Dr. Fierro helped launch Cerritos Complete in 2016. More than a Promise program, Cerritos Complete provides easy access to college for high school seniors. Cerritos Complete increases graduation rates and velocity of completion through wraparound student services and a merit-based scholarship component. Cerritos Complete won the 2018 Examples of Excelencia award in the associate level category; the award is the only national effort to identify and promote evidence-based practices that help accelerate Latino student success in higher education. The program was also selected as a finalist for the 2018 Bellwether Award.

Dr. Fierro also champions the college's Equal Employment Opportunity and Diversity plans, which embody the college's diversity efforts in hiring, strategic planning, and campus culture. Cerritos College tripled its number of diverse employees over three years.

Dr. Fierro serves on various boards at the local, state, and national levels, including the Chief Executive Officers of the California Community Colleges Board, Community College League Board of Directors,

California Association of Latino Community College Trustees and Administrators, National Community College Hispanic Council Board of Directors, Western Interstate Commission for Higher Education Alliance Executive Committee, National Association of Community College Teacher Education Programs, Los Angeles/Orange County Regional Consortium Governance Council, and Coast Plaza Hospital Board of Directors in Norwalk.

Dr. Fierro earned his doctor of veterinary medicine degree from the University of Applied Sciences in Bogotá, Colombia, and his Ph.D. in higher education leadership from Northcentral University in Prescott, Arizona. He also holds an M.S. in leadership and management of educational programs from Nova Southeastern University.

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# Legislation would require rape kits on university campuses

**NORWALK** - A bill that will ensure availability of rape kits on all University of California (UC), California State University (CSU), and private university campuses across the state will be introduced by Assemblymember Cristina Garcia (D-Bell Gardens).

If passed, UC, CSU, and private university campuses will have access to rape kits either on campus or nearby.

"When my constituent came to me and said a student had to drive more than 50 miles to the nearest available rape kit, it made no sense to me," said Garcia. "My goal with this legislation is to increase access to rape kits for college students to a place where they spend most of their time, where they feel safe, and have

regular access to the health center and public safety services."

Research found that the closest rape kits were as far as an hour away from campus. The long distance from a rape kit impedes access to necessary services the student deserves. Even 10 miles in Los Angeles traffic can be challenging for most students, especially after a traumatic experience such as rape, Garcia said.

Finding a ride to a clinic that is at least half an hour or more away guarantees that rapes are underreported. Students can't easily get off campus, so having access to rape kits nearby might help increase rape reporting.

Studies show that one in five

women are sexually assaulted during their college careers. Approximately 70% of rapes go unreported and a lack of access to rape kits won't do anything to help increase collection rates or rape reporting.

This legislation will require urban UC, CSU and private university campuses to have a rape kit accessible within five miles of campus and 10 miles for rural campuses. If there isn't access to free rape kits and full medical care within the five or 10-mile radius, then the services must be provided free of cost at the UC campus health center.

"It is unacceptable to expect any victim to travel an hour to then endure three hours of rape kit collection," said Garcia.

"While legislation alone won't prevent rape, ensuring victims have the resources they need to go from being a victim to a survivor is important to me and I think we can get there."

This legislation was formulated with the help of constituents. This idea was submitted for the 58th Assembly District's There Ought To Be A Law Contest. Constituents submit their proposals and whomever is selected will travel to Sacramento to participate in the legislative process.

This submission was selected to be one of this year's winners after Garcia heard about the lack of access to rape kits on university campuses statewide.

# Rio Hondo Police Academy hosting reunion

**WHITTIER** - The Rio Hondo Police Academy will host an "All Class Reunion" for graduates of the academy dating to its first class in 1964.

The reunion is the second annual event and is expected to draw scores of former cadets from law enforcement agencies across the state.

The gathering follows the graduation of the Academy's Class 209 on Feb. 6. There are roughly 39 cadets in the class; more than 140 cadets graduated in 2019 and thousands have passed through the academy since it opened.

The reunion is scheduled for Friday, Feb. 21, at 1:30 p.m. at the Rio Hondo Police Academy, 3600

Workman Mill Rd., in Whittier.

The event is part of Rio Hondo College's Homecoming 2020 celebration. Tours of the Police Academy facility will be offered from 2:30 to 3:45 p.m. followed at 4 p.m. by a beer garden.

The event concludes with the Homecoming 2020 celebration at the College gym, where the women's and men's basketball teams take on East Los Angeles Community College at 5 and 7 p.m., respectively.

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