

The Norwalk Patriot

Friday, Oct. 9, 2020

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Cerritos College celebrates opening of Health and Wellness Complex

By Alex Dominguez
Staff Writer

NORWALK – Cerritos College held a ribbon cutting ceremony for its new health and wellness complex last week.

The grand opening was held on Friday, Oct. 2 to a mostly virtual audience.

The 76,000-square-foot complex is made possible through Measure G Bond dollars. It consists of six new buildings, including an athletic team rooms building, dance building, fitness building, conference center, health services building, and a physical education building.

“Today we are officially opening phase II, which consists of the team rooms and student health services building,” said Cerritos College President Dr. Jose Fierro. “Overall, the complex provides much needed expansion of student health services, with laboratories, classrooms, offices, and supported spaces tailored to the needs of all students.”

“Our athletic teams finally have team rooms where they can prepare for future games and activities.”

The 9,000-square-foot Student Health Services building features triage, treatment rooms, lab, counseling and meeting rooms, nurse’s station, and offices.



Officials held a ribbon cutting ceremony for the new facilities last week, which can still be viewed online.

(Photo by Alex Dominguez)

The 13,000-square-foot team rooms will be utilized by the college’s baseball, men’s and women’s soccer, softball, swimming, tennis, water polo, and wrestling teams.

Rory Natividad, Dean of Kinesiology, said that the facility was an indication to the college’s commitment to students and student athletes both on the field and in the classroom.

“Student athletes will have a place to prepare, and a facility to create friendships and connections that will last a lifetime,” said Natividad.

Phase I – which included the

Dance Building, Fitness Building, and Conference Center – was opened in 2019.

Norwalk Rotary earns service awards

NORWALK – The Rotary Club of Norwalk/Santa Fe Springs was recently honored with two district awards.

The competition included 42 other Rotary Clubs in Southern California. Rotary is an International group of 1.2 million business and profession people worldwide who volunteer with Service Above Self to help improve the local community as well as to build goodwill around the world.

Led by past president Randy Jackson, the local club provides funding for local schools and other charities for school supplies, school bands and athletic teams, the business academy and other local projects. Each year, the Norwalk/SFS club provides four or more \$1,000 scholarships to worthy high school students as they go off to colleges and universities.

For the last 10+ years, the club has also recruited, interviewed and funded 12 or more high school juniors to attend a three-day learning event including seminars, team building, athletic and musical challenges, as well as leadership training at a campground in Idlewild that is presented by Rotary and volunteer Rotarians.

There is no cost to the students or the parents, all costs are paid by Rotary Club volunteers and their businesses.

The recent award recognizes the club for donations of time and money to provide wrapped gifts at Nuffer Elementary in Norwalk for their Joan Sander Memorial Unit, which is dedicated to the education and care of students with special needs. Randy Jackson and Teri Bazen have spearheaded this worthwhile project at this school which has specialized classes for extremely challenged students.

Randy has brought a little cheer to these youngsters and their parents by distributing gifts at the Holiday event when he changes from successful (though retired) businessman to Santa Claus.

If you are interested in donating or participating in Rotary, please visit <http://santafespringsrotary.org> or to find out more about Rotary International, check out www.rotary.org.

Another strong Rotary motto about volunteerism is: “Those who serve best, profit most.”

Biola University sports gets a January 2021 start date for competition

PacWest expects to announce conference schedules in coming weeks.

By John Sherrard
Contributor

LA MIRADA – After months of uncertainty of when sports competition in the PacWest would begin, due to the pandemic, an announcement was made this week.

And the athletes, coaches and administration at Biola University couldn’t be any happier!

“We are looking forward to the potential return to intercollegiate athletic competition in the spring 2021 semester,” said Dr. Bethany Miller, Sr. Director of Athletics. “Our student-athletes and staff have worked hard to progress to where we are and we will be ready for this important next step forward. We have protocols developed to continue to maintain the health and safety of our student-athletes, staff, and community and can’t wait for a safe return to competition should state and county guidelines allow.”

The following is a statement from the PacWest:

The PacWest Executive Board took the first steps towards allowing conference competition to resume by voting unanimously Friday (October 2) on two recommendations made by the conference Athletic Directors. First, the Executive Board agreed that PacWest conference competition in all sports would start no earlier than January 2021. Second, the Executive Board agreed to allow immediate outside competition for the non-championship segment of spring sports deemed low contact/low risk by the NCAA (i.e. golf, tennis, track and field) for member schools that desire to play in those sports.

“For any competition to begin, it will need to be allowable under guidelines set by local, county, state, and federal



Izaak Zausch tries to score on goalie Luis Rodriguez as the men’s soccer team practices at Biola University as practices are now allowed only in outdoor areas. (Photo by Keith Durlinger)

authorities, as well as the NCAA,” PacWest Commissioner Bob Hogue said. “We have previously delayed the start of conference competition in fall sports until the winter/spring semester, and now the same goes for our winter sports of men’s and women’s basketball. Our desire is to create a safe and healthy environment for all of our student-athletes.”

The PacWest is currently working on plans to hold conference seasons or championships for all of its 15 sponsored sports within a four-month window that will start in January. The proposal that was passed by the Executive Board allows flexibility for institutions to schedule non-conference play prior to the start of conference competition, if allowed by their institution under guidelines noted above.

In the coming weeks, finalized conference schedules are expected to be announced

for each of the PacWest sports as determinations are made for specific starting dates and length of seasons.

The PacWest Executive Board will continue to meet in the coming months and will be the final decision-maker

on the ultimate plans for the conference’s safe return to play.

The following from the Biola athletic department is the impact it will have on competition:

Continued on page 12

Norwalk COVID-19 statistics: 3,394 cases 80 deaths

Information collected from Los Angeles County Public Health website: <http://publichealth.lacounty.gov/media/coronavirus/locations.htm>.

Updated numbers as of 8 pm on Tuesday, Oct. 6.

Weekend at a Glance

Friday 76°

Saturday 78°

Sunday 79°

ON THIS DAY OCTOBER 9

1635:

Roger Williams, a staunch advocate for religious freedom and the separation of church and state, was banished from the Massachusetts Bay Colony.

1776:

A group of Spanish missionaries settled in present-day San Francisco.

1919:

The Cincinnati Reds beat the Chicago White Sox to win the World Series. Eight members of the White Sox were later banned from professional baseball after receiving money to throw the games.

1930:

Laura Ingalls became the first woman to fly across the United States as she completed a nine-stop journey from New York to Glendale, Calif.

1946:

Eugene O'Neill’s four-act drama “The Iceman Cometh” opened on Broadway.

1990:

David Souter was sworn-in as an associate justice on the U.S. Supreme Court.

2001:

Letters containing anthrax were mailed to Democratic senators Patrick Leahy and Tom Daschle.

2006:

North Korea announced it had conducted its first nuclear weapons test.

2006:

Google announced it was acquiring YouTube for \$1.6 billion.

2008:

The Dow Jones Industrial Average fell below 9,000 for the first time in five years.

Notable Birthdays

Model **Bella Hadid** turns 24.

TV personality **Sharon Osbourne** turns 68.

Former UK Prime Minister **David Cameron** turns 54.

“Blues Clues” host **Steve Burns** turns 47.

Zachery Ty Bryan, who played Brad on “Home Improvement,” turns 39.

Actor and game show host **John O’Hurley** turns 66.

Actor and comedian **Nick Swardson** turns 44.

Author and reality star **Marie Kondo** turns 36.

“Monk” star **Tony Shalhoub** turns 67.

Notable Deaths

Jack Daniel, the businessman best known for founding Jack Daniel’s Whiskey, died on this date in 1911 of blood poisoning. He was 62.

Pope Pius XII, leader of the Catholic church during WWII, died of heart failure on this date in 1958. He was 82.

Che Guevara, the guerrilla leader and prominent communist figure in the Cuban Revolution, was executed by the Bolivian army on this date in 1967. He was 39.

Charles Guggenheim, the prolific film director and producer who earned four Academy Awards from 12 nominations, died of pancreatic cancer on this date in 2002. He was 78.



Che Guevara was executed 53 years ago today.

Paging Dr. Frischer...

By Dr. Alan Frischer

Lactose intolerance is extremely common. Also known as milk sugar, lactose is found in milk, other dairy products, and some processed foods.



In order to digest and absorb lactose, it first must be broken down, and that requires the enzyme lactase. If unabsorbed lactose travels through the intestines, it causes the secretion of fluids and electrolytes, which in turn accelerates the food and fluid through

the intestines. When it hits the large intestines, the lactose is fermented by colonic bacteria and produces hydrogen gas. The increase in fluid, the speed of transit, and the hydrogen gas all account for a variety of gastrointestinal symptoms. Between 30 minutes and two hours after eating or drinking foods that contain lactose, symptoms may appear, including loose stools, nausea and sometimes vomiting, stomach cramps, abdominal bloating, and gas.

What makes us more likely to be lactose intolerant? Our racial makeup is the number one reason. As many as 25% of

those from Europe or from the northwestern Indian subcontinent are estimated to be lactose intolerant, while among those of Black, Native American, Asian, and South American descent, the prevalence of lactose intolerance is 75-90%. Men and women are equally affected. (Interestingly, of adult women who are lactose intolerant, 44% improve during pregnancy).

The most common form, primary lactose intolerance, is due to low levels of the lactase enzyme, and develops between the ages of 20 and 40. Secondary, or acquired lactase deficiency, can develop as a result of celiac disease, bacterial overgrowth, Crohn's disease, certain cancer treatments, or other acute

infections. A third, rare form of lactose intolerance is inherited.

How do you know if you are lactose intolerant? There is a breath hydrogen laboratory test, but it is seldom used. The most definitive way to prove the diagnosis is to perform a small bowel biopsy, but this is invasive and is very rarely done. Instead, the diagnosis is fairly easy: It is simply based on a history of classic symptoms, or, one can eliminate foods containing lactose from the diet and observe whether symptoms go away. Then, when those foods are reintroduced, one can observe whether symptoms return.

What are some options if you suffer from lactose intolerance?

- Dairy products with

lactase added are widely available (such as Lactaid milk). Note that these products generally are more expensive.

- Often the body produces enough lactase to digest dairy in smaller amounts, so simply cutting down on quantities may help.

- Yogurt and fermented products, like cheese, are better tolerated than are regular milk and ice cream.

- There are plant-based alternatives to milk, like soy milk, rice and wheat milk.

- Probiotics might improve symptoms.

- Tablets containing the lactase enzyme (such as Lactaid) are easily available. They are to

be swallowed or chewed immediately before consuming foods which contain lactose.

Because those with lactose intolerance often avoid dairy products, it is important to maintain good bone health by consuming other foods that contain calcium and vitamin D. Try broccoli and other dark green vegetables, cereals, canned salmon, soy or rice milk, and nuts and beans. Calcium and vitamin D supplements might be a good idea.

Thankfully, lactose intolerance is fairly easy to manage, and as doctors like to say, the prognosis is excellent.

Libraries offering free flu shots

WHITTIER - Flu season is here. To help residents stay healthy, LA County Library is partnering with the LA County Department of Public Health for the seventh year in a row to offer free flu immunization clinics at community libraries throughout the county in the months of October and November.

No appointment or insurance is required.

Over 2,500 free flu immunizations were given at LA County Library locations in 2019. To continue offering this vital service while prioritizing the safety of customers and staff, the Library will enforce physical distancing and masking requirements and provide additional disinfecting at each

free flu clinic location. Drive-through options are available at select locations.

Flu shots will be offered at Sorensen Library in unincorporated West Whittier on Wednesday, Oct. 21, from 1-4 p.m.

To view the complete list of dates, times and library locations, and for additional information, visit LACountyLibrary.org/FluShot.

"During these unprecedented times, the well-being our staff and customers is always on our minds," said LA County Library Director Skye Patrick. "Working with Public Health to make flu immunization clinics available to our customers again this year allows us to provide them with a

valuable resource to keep them healthy."

"This year, flu and COVID-19 will be circulating at the same time in our communities throughout LA County, making it more important than ever that as many people as possible get their flu immunization," said Barbara Ferrer, PhD, MPH, MEd, Director of Public Health.

"Having flu immunizations available at LA County Library locations at no cost and with no insurance requirement will make it easy for residents to protect themselves and their loved ones. We encourage everyone 6 months and older to get immunized and deeply appreciate everyone at LA County Library for collaborating on this effort."

According to the CDC, up to 11% of Americans become ill with the flu each year, leading to thousands of deaths—making it more important than ever to get a flu immunization to protect yourself and the people around you, and help reduce the strain on healthcare systems responding to the COVID-19 pandemic.

Because flu is highly contagious, immunizations not only protect the person who gets the immunization, but also reduce the risk for their family, coworkers, and other close contacts.

Flu immunizations are recommended for everyone 6 months of age and older,

including healthy adults. Pregnant women, children, adults 50 years of age and older, and immunocompromised individuals are especially susceptible.

Norwalk Rotary earns service awards

NORWALK - Norwalk educator Daniel Calma, a third grade teacher at D.D. Johnston Elementary School, was honored today as one of the 2020-2021

Los Angeles County Teachers of the Year.

Sponsored by California Credit Union, the program recognizes teachers who represent the best

of the profession in the state's largest honors competition for K-12 educators. The Los Angeles County Teachers of the Year Program is organized by the Los Angeles County Office of Education, and is part of the oldest and most prestigious honors contest in the country for public-school teachers.

"We are honored to support the Los Angeles Teacher of the Year program and provide well deserved recognition to these exceptional educators," said California Credit Union CEO Steve O'Connell. "Serving the education community for over 85 years, we understand the commitment our teachers bring to their classrooms every day. We congratulate this year's award recipients and nominees, and applaud their unwavering dedication to inspiring students and mentoring their classroom colleagues."

Judged as the county's top public-school teachers for this academic year, 10 educators received the award. Each received a gift of \$1,000 from California Credit Union as the program's main sponsor. The 10 winners were selected from a field of 48 teachers representing 44 districts who participated in the 39th annual Los Angeles County Teachers of the Year competition. The winners will advance to the California Teachers of the Year competition this fall.

HEALTH & WELLNESS

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Saturday, Oct. 17 | 8 a.m.-noon
Location: Village Baptist Church
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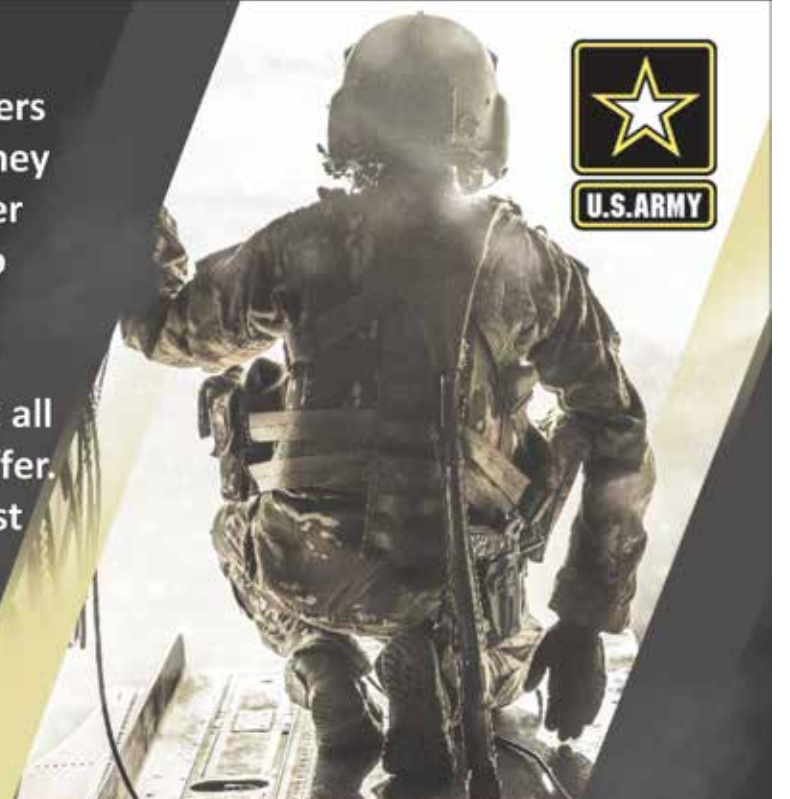


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Your future looks bright from here!

Eisenhower the commander versus Trump the pretender

By Jamie Stiehm

Washington — I'm a liberal, and I love Eisenhower Republicans after viewing the new memorial for the 34th president. There are few such moderates left in President Donald Trump's deadly wake.

The dedication ceremony happened on a rainy September night. It made me proud to be an American for the first time in four years. Most Americans, in fact, liked President Dwight D. Eisenhower, a man of few words and no tweets. As the slogan said, "I like Ike."

I wasn't born yet during his presidency of peace and prosperity, but gosh, the 1950s seem swell now. 2020 just brought grief: over 210,000 lost lives in the pandemic and the COVID-19 case-in-chief.

Compared with a boastful president who contaminates the West Wing and the Pentagon with the coronavirus, pays pennies on his taxable wealth, and insults and interrupts through a debate, I like Ike.

Eisenhower's slight smile was calming. Imagine that. You knew what would happen next with a man who knew how to run an army at war and a country at peace. The strong old soldier was everything the slipshod showman Trump is not — but wishes he was.

The contrast couldn't be clearer as we descend to the lowest rungs of government anyone living can remember.

Close your eyes. Leave Trumpian chaos, fear and uncertainty.

Sixty years ago, Eisenhower, on the cusp of 70, would soon hand the torch to John F. Kennedy, 43, the sunrise of a new generation. While in office, Eisenhower had a heart attack and also underwent surgery at Walter Reed National Military Medical Center. He didn't do defiant balcony photo-ops. Nor did he order Secret Service agents to drive him around the grounds so he could wave at circus crowds.

Ike wasn't the most exciting guy, but hey, that's OK. He exuded character in command in the father-knows-best spirit.

Eisenhower was a Kansas farm boy who went to West Point and became the supreme allied commander of D-Day. That's the famous 1944 invasion of Normandy, France, which made World War

II victory all but certain.

Shockingly, he wrote before, soldiers, sailors and airmen would do "all that bravery and devotion to duty could do. If any blame or fault attaches to the attempt, it is mine alone."

When our siege is over, go visit the striking homage to Eisenhower on Independence Avenue at the foot of the Capitol, beautifying a brutalist building of the federal government with the world's largest sculptural tapestry. It represents Normandy's cliffs and coast.

Even if Eisenhower had never become president, storming Normandy was a great place in history.

The architect, Frank Gehry of California, told the gathering (by Zoom) that it's one of his proudest public works. He reveals Eisenhower's life progression from a farm-boy figure.

The memorial vision was refined as cutting-edge Gehry weathered resistance from the Eisenhower family. At the opening, an Army male chorus sang in the rain, and the Marine Band played.

When Eisenhower called out the 101st Airborne, it wasn't to harm peaceful protestors. The reason was to integrate Central High School in Little Rock, Arkansas, and protect nine black schoolchildren.

He's best known for building interstate highways, which cut swaths through city neighborhoods.

But as an American general, Eisenhower witnessed human remains of executions at a German concentration camp, part of Buchenwald. For me, the most moving testament he ever made was searching every "nook and cranny" of the death camp to witness horror for history — and speak against deniers of atrocities.

On his way out, Eisenhower warned of the "military industrial complex." His sage farewell was ironic, as he heightened the Cold War.

The 1950s were a lot like Ike: more complex than they seemed



on the serene surface. The decade and the president matched in another way. The times and the man were relentlessly masculine.

American women were expected to embrace home and enjoy their new appliances. There was no public role for women in Eisenhower's world — and no place at "stag night" White House dinners. The old soldier simply liked the company of men at work and in his favorite games of golf and bridge.

Trump didn't show up to honor his perfect opposite. They had only one thing in common, anyway: golf.

Jamie Stiehm writes on Washington politics and history. She may be reached at JamieStiehm.com.

Learning

By Jackie Cushman

The pandemic and current political environment might have you in the doldrums. Ups and downs are normal in life, but when you've been stuck inside on Zoom calls for months, it's easy to forget the ups.

In "Learned Optimism: How to Change Your Mind and Your Life," Martin Seligman provides a map to a more optimistic outlook.

As a graduate student of experimental psychology at the University of Pennsylvania, Seligman studied dogs and noticed that some would do nothing when they were shocked. Seligman determined that the dogs had felt the "shocks go on and off regardless of whether they struggled or jumped back or barked or they did nothing at all."

Therefore, according to Seligman, the dogs "had concluded or 'learned,' that nothing they did mattered. So why try?"

Most people have faced situations where they, too, have felt helpless and times when no efforts seemed to make a difference. Eventually, after becoming worn down, they gave up and did nothing.

Some of us might feel the same way regarding the current state of politics and the pandemic.

A study referenced by Seligman noted that about 33% of test subjects did not learn helplessness but continued to persevere. The study also noted that about 10% of test subjects never tried, or acted helpless from the start.

Apply this study's results to the general population and they translate to 10% of the population who never tries to overcome obstacles; 57% who learn to be helpless in the face of failure; and 33% who never give up.

The good news is that Seligman hypothesized that if helplessness "could be learned, then it could be unlearned." The benefits of unlearning helplessness would be enormous: continued

action, energy, perseverance and results. This ability to unlearn helplessness could potentially benefit 57% of the population. We really need this now as a country.

Why is optimism important? "Optimists recover from their momentary helplessness immediately," according to Seligman. "Very soon after failing, they pick themselves up, shrug and start trying again. For them, defeat is a challenge, a mere setback on the road to inevitable victory. They see defeat as temporary and specific, not pervasive."

"Pessimists wallow in defeat, which they see as permanent and pervasive. They become depressed and stay helpless for very long periods," Seligman notes. "A setback is defeat. And a defeat in a battle is the loss of the war."

So how can one unlearn helplessness? "Learned helplessness could be cured by showing the subject his own actions would now work," Seligman notes. "It could be cured by teaching the subject to think differently about what caused him to fail." Seligman cites three ways of explaining events: Permanence (temporary or permanent), Pervasiveness (specific versus universal) and Personalization (internal versus external).

According to Seligman, "it's a matter of ABC (Adversity, Belief, Consequence): when we encounter adversity, we react by thinking about it. Our thoughts rapidly congeal into beliefs." And these beliefs have consequences.

"Pessimistic explanations (permanent, universal and internal) set off passivity and dejection, whereas optimistic explanations (temporary, specific and external) energize," she says.

When looking for explanatory evidence regarding an event, instead of thinking of the permanent, pervasive and personal belief, scan for the temporary (or changeable), specific (i.e., related to a specific event rather than an entire life) and the nonpersonal (i.e., the event was not due to you).

Seligman notes that there are three ways to approach pessimistic beliefs: distraction, disputation and decatastrophization.

Finally, there is the question of usefulness: A given belief might be correct, but is it useful? If the belief inhibits you from functioning well in a crisis, it might be best to distract the thought until later.

Once the D (disputation) is added to the ABC (adversity, belief and consequence), the result is E (energy), rather than lethargy. It is energizing to believe that things do get better, that a given event was not about you but about a specific situation.

Let's dispute our understanding of the current situation. Adversity: pandemic and political polarization. Belief: It's temporary — it's just the news coverage that is nonstop — it's specific; and it's external.

Let's focus on what we can do: sleep well, eat well, exercise and get vitamin D by being outside every day. Additionally, focus on what we can be grateful for: the earth we live on, the air we breathe, the loved ones we have and the opportunity to make a difference in someone's life — even if it's improving their mood by sharing a smile.

Consequence: We feel more optimistic about the future. Instead of hanging our heads in pessimistic disbelief, we can create the energy to figure out how to create a different dynamic in the future.

Bill would improve care for dialysis patients

By Margaret Hasan

My daughter's kidneys failed when she was just 23 years old, marking the beginning of a long and difficult path on dialysis. Her

treatments were incredibly straining and gradually weakened her until, about ten years ago, she had to undergo open-heart surgery because of the stress her dialysis treatments put on her circulatory system.

Throughout the entire process, though, we were fortunate to work with a great medical team. My daughter's nephrologist also handles her primary care, and works closely alongside her cardiologist to share information about her appointments and ensure that their treatments do not interfere with each other. For patients like my daughter, whose circulatory system went through a great deal of stress while she was on dialysis, this is absolutely essential to staying healthy and ensuring that treatments accomplish what they are supposed to rather than creating avoidable problems.

However, I know that things are very different for other patients both here in California and across the country. They have many different doctors who do not communicate as closely as my daughter's doctors, resulting in more appointments, higher medical costs, and even conflicting medications. A lot of dialysis patients suffer from additional health problems, too, which means that a lack of coordination among their providers could be devastating for them. Thankfully, this is a problem that can be solved with the right legislative actions.

That's why it has been encouraging to see some in Congress working to make coordinated care more accessible to all dialysis patients. A new bill called the BETTER Kidney Care Act would help put a system in place for dialysis patients' doctors to coordinate more effectively. It also provides additional help for dialysis patients as well, like transportation to their local clinics and dental treatments. It would be a major help for California's dialysis patients, and they need Representative Mark DeSaulnier and our other members of Congress to support these efforts. Several California members, such as Representative Nanette Barragan, have already signed on,

which is promising early progress for this important bill.

Thankfully, he and California's other Representatives in Washington, D.C. also have a strong track record when it comes to this issue. In 2017, Rep. DeSaulnier and nearly 30 other Representatives from California on both sides of the political aisle helped to support a bill called the Dialysis PATIENTS Demonstration Act. This bill, like the BETTER Kidney Care Act, was designed to help give a boost to dialysis patients' access to care coordination services, though it did not pass.

Given care coordination's strong bipartisan history, I am sure that Congress will recognize the importance of improving health care, especially as we continue dealing with the COVID-19 pandemic. Dialysis patients are at a higher risk than many others for being seriously affected by the virus, so this is the perfect time to pass this bill and bring better, more comprehensive care to the 90,000 patients in California and the hundreds of thousands of patients across the rest of the U.S. who are struggling with kidney failure.

My daughter spent 23 years on dialysis before receiving her transplant this year. Those 23 years were aided greatly by strong care coordination, and this bill can help other families dealing with kidney disease get that help, too. It will help to prevent many of the avoidable problems a lack of care coordination can create, and make sure that every patient gets a treatment plan that best meets their individual needs. I trust that lawmakers from both political parties in Washington will come together to support this vital legislation.

Margaret Hasan is a resident of Antioch, Calif.

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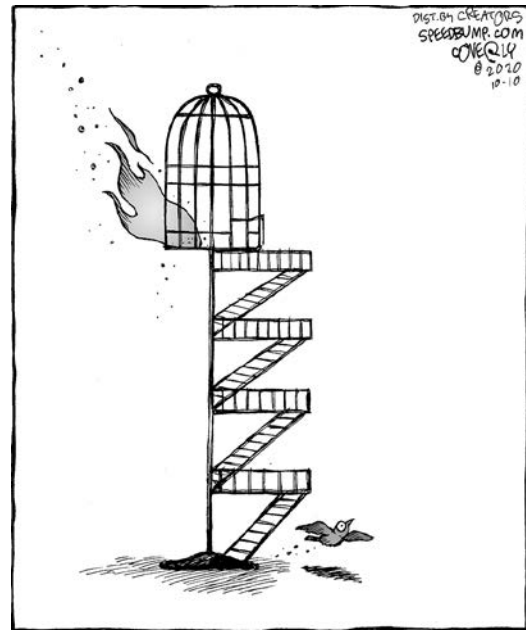
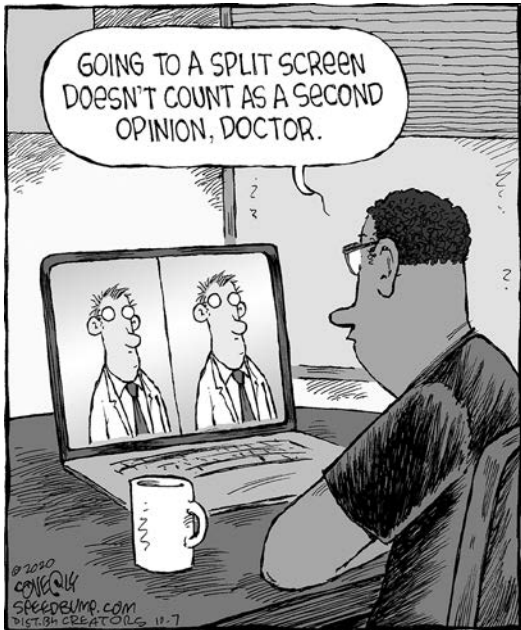
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CALENDAR OF EVENTS

MONDAYS

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

TUESDAYS

8:00 a.m. - 1:00 p.m. - Farmers Market - Excelsior High School
 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, 7:00 p.m. - American Legion Post No. 359 - 11986 Front St.
 2nd, 7:30 p.m. - Golden Trowel - Norwalk Masonic Lodge

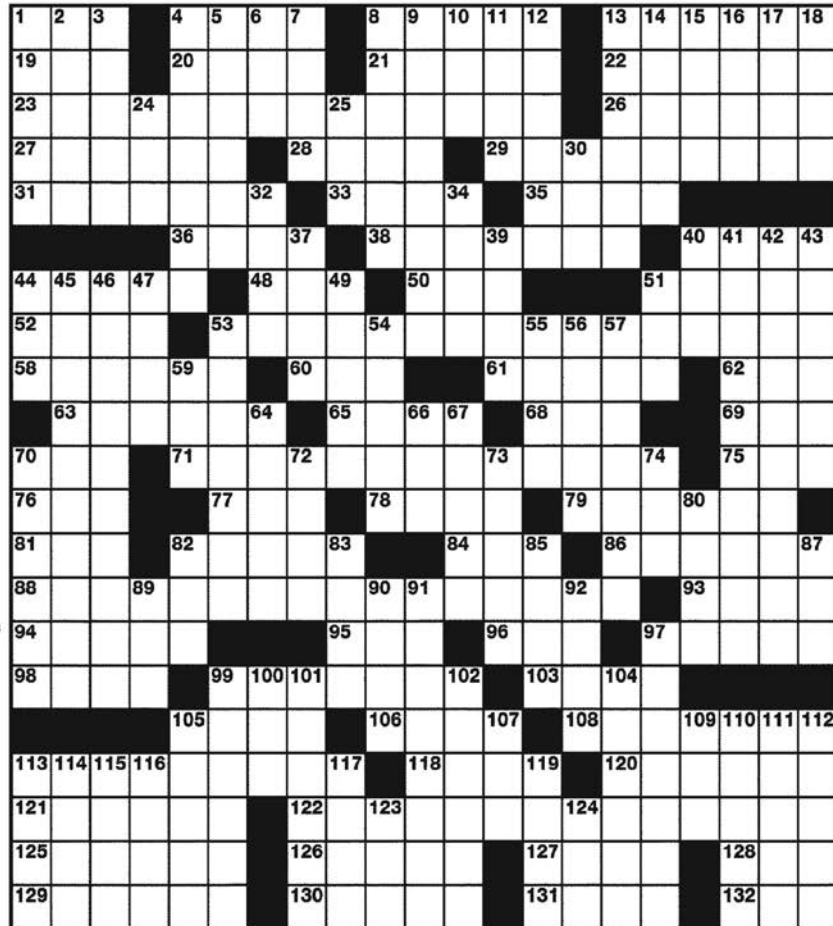
SATURDAYS

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

THE NEWSDAY CROSSWORD
 Edited by Stanley Newman (www.StanXwords.com)
DOCTORS' DIVERSIONS: Physicians with fame in other fields
 by S.N.

- ACROSS**
- 1 Stanley Cup awardee
- 4 Karl of early autos
- 8 Dieter of rhyme
- 13 Spectrum producers
- 19 Pedometer reset reading
- 20 It means "both"
- 21 British novelist
- 22 Start up a computer again
- 23 Miller who became a neurologist
- 26 Meeting's to-do list
- 27 Pastry
- 28 USC rank
- 29 Physician who became president of China
- 31 Item of interest to 122 Across
- 33 Comics "Ouch!"
- 35 Perceived
- 36 Contemptible one
- 38 Vagabond
- 40 Half a fluid oz.
- 44 Gravy holders
- 48 Bowie at the Alamo
- 50 Alias preceder
- 51 More virtuous
- 52 Elsa's Frozen sister
- 53 Physician who became an African explorer
- 58 Investor's profit
- 60 Firefighter's chopper
- 61 Ness of Fed fame
- 62 Nickname for Katherine
- 63 Point poorly
- 65 Bruins' sch.
- 68 Alphabetic trio
- 69 Hot time in Montréal
- 70 The Office role
- 71 Physician who became a French revolutionary
- 75 Neighbor of Marge and Homer
- 76 Wh't's missing from here
- 77 Touring pros' org.
- 78 Lugosi, in *Son of Frankenstein*
- 79 Mariner's familiarity
- 81 Back muscle, for short
- 82 Metaphor for corporate control
- 84 Thurman of films
- 86 Circles of light
- 88 Ophthalmologist who became a novelist
- 93 Exam for jrs.
- 94 Slang summons
- 95 "Honest" guy
- 96 *culpa*
- 97 Keats and colleagues
- 98 Brontë heroine
- 99 Outfielder's sunglasses
- 103 Coveted choral assignment
- 105 Google cofounder
- 106 Flat-headed fastener
- 108 What many chips are made of
- 113 Physician who became a philosopher
- 118 Villain's hideout
- 120 Japanese Winter Olympics city
- 121 Wilbur or Orville
- 122 Physician who became a reference book author
- 125 To a degree
- 126 Herb in biscotti
- 127 Pasta often baked
- 128 GPS reading
- 129 Quick bites
- 130 Measures of force
- 131 Safari parks
- 132 Hwys. and tpks.
- DOWN**
- 1 Societal standards
- 2 Baloney
- 3 Boston's airport
- 4 Sea (water north of Finland)
- 5 Rudimentary stage
- 6 Hoop group
- 7 Most of the newest pennies
- 8 Took without asking
- 9 Nickname for Beethoven's Sixth
- 10 Metaphor for boredom
- 11 A real long time
- 12 Rocket propulsion
- 13 Grace, for example
- 14 One of Lear's daughters
- 15 "A likely story!"
- 16 Princes, to kings
- 17 Airplane (cellphone setting)
- 18 *South Park* kid
- 24 37 Down's prominent factor
- 25 Legislative negative
- 30 Pearl Buck, — Sydenstricker
- 32 Goya subject
- 34 User-edited website
- 37 Hard-to-please actress
- 39 Top choice, informally
- 40 Egyptian "Boy King"
- 41 Amateur boxer's risk
- 42 One of 35 available in November
- 43 Victimized, with "on" none (without exception)
- 44 Wrecking crew of a guy
- 46 Particle accelerator product
- 47 Sorority letters
- 49 Misunderstanding
- 51 Rose Bowl setting: Abbr.
- 53 River beside Kiev
- 54 Radioactivity, essentially
- 55 *Casablanca* woman
- 56 Blaster's buy
- 57 Watercolor technique
- 59 British rule in India
- 64 6 Down great Johnson
- 66 (Big) ape
- 67 Audibly
- 70 Royal residence
- 72 A thousandth of micro-
- 73 Stay-at-home dad
- 74 Companion of crumpets
- 80 Purina alternative
- 82 Feel awful about
- 83 Sharp break
- 85 Legislative positives
- 87 Vine and Figueroa, in L.A.
- 89 Charlemagne's domain: Abbr.
- 90 Be adjacent to
- 91 Language around the Himalayas
- 92 Vietnam neighbor
- 97 Ursa Minor's brightest star
- 99 Weather systems
- 100 Driv. —
- 101 Rubber stamp partner
- 102 Narrow escapes
- 104 Connect with on the Web
- 105 Raucous sound
- 107 Common Korean surname
- 109 "It's my turn"
- 110 Any 6 Down pro
- 111 Without a letup
- 112 Jottings
- 113 Travel with
- 114 "I didn't mean that"
- 115 Hula movers
- 116 Very early boat builder
- 117 Counting-rhyme start
- 119 Deride, so to speak
- 123 Most of pewter
- 124 Brazil-themed Vegas casino

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

ROGER BANNNISTER (23 Across) was one of the few who was famous before he became a physician; Olympian Eric Heiden, who today has a sports medicine practice in Utah. Mary Shelley's *Frankenstein* has no lab assistant, nor a character named Igor or YGOR (78 Across); the first appearance of either name in a Frankenstein adaptation was in the 1938 film *Son of Frankenstein*, where Bela Lugosi portrays Ygor.



New PacWest schedules expected in coming weeks

Continued from page 1

This communication confirms that Biola will not participate in any varsity athletic events over the remainder of the 2020 calendar year.

The option is there to allow immediate outside competition for spring sports deemed low contact/low risk by the NCAA (i.e. golf, tennis, track and field). However, Biola is still in phase two of its COVID-19 Action Plan which does not allow for outside competition.

The NCAA has reduced the maximum number of allowable competitions for the 2020-21 academic year, due to the impact of COVID-19.

When seasons do resume in January, they will be shorter in length than usual, and there will be restrictions placed on travel due to COVID-19. This means the schedules that will be released in coming weeks will look much different than a usual year.

There will be a lot more competition against So Cal schools from the PacWest (Point Loma, APU, Concordia Irvine) and the California Collegiate Athletic Association and no trips to Hawaii.

First-year Biola men's soccer coach Torrey Stricklin recently had some thoughts on the upcoming season and the change in schedules for soccer.

"It was a little weird," said Stricklin, who is originally from Rhode Island and arrived in June. "My body is used to

preseason right now. It's flipped the calendar. With the change in the schedule (soccer is set for after the start of the new year), it allows me a little extra time to adjust."

Ordinarily, the Eagles would be over a month into their season now.

Asked about his move to California and Biola University, Stricklin said, "...The biggest reason was because Biola was the right fit. It just fit. It was the right time for me and my family. The university fits everything that we are looking for - what the university stands for and that they just transitioned to NCAA Division II.

"I want to compete at a high level."

Stricklin coached at Brown University in Rhode Island, the New England Revolution in the MLS (academy teams) and Lee University in Tennessee.

Stricklin gives great credit to his team leader and senior goalie Luis Rodriguez for the transition from last season and a new coach this year.

"(Luis) is very, very mature and he can almost take full responsibility for keeping everyone together," Stricklin added.

"I can't put into words how valuable he has been."

Rodriguez, who returns to the goalie position after missing last season due to knee surgery, knew that this would be a different year.

"It's been interesting," said

Rodriguez, who will gain an additional year, along with other players due to the Fall season moved to Spring. "It is definitely an offseason I've never been a part of before.

"It's been good so far, as we've been doing the best we can. Normally right now, we'd be in the thick of the season."

Rodriguez last played in 2018 and was the PacWest Goalkeeper of the Year. He cherished the additional time with a new coaching staff.

"It's been nice to have more time to get ready for the season," said Rodriguez, of the change of soccer to the Spring. "It's been a blessing and having a new coach and getting a new system into play has been great.

"I've tried to do the best I can while trying to figure it out for myself."

Rodriguez is a Co-Captain, along with senior forward Jack MacDonald.

What they said:

David Goodman, Biola Men's and Women's Tennis coach:

"It's been a crazy time, not knowing what's going to happen. Hearing that news (PacWest announcement) definitely lifted our spirits.

We started practicing a few weeks ago. It's better to be prepared than not. We're just happy to be doing something.

Us coaches set the schedule for tennis - a bit different than the other sports. A lot of the



Head coach David Goodman hits to Alexei Prokopchuk during a drill as the men's tennis team practices at Biola University in La Mirada. All of the school's sports are now practicing in their outdoor facilities. (Photo by Keith Durlinger)

scheduling was put on hold.

The guidelines (for players) are pretty strict during the practice.

We have a lot of International players from Spain, Columbia, Ecuador and Hong Kong. We only have about 2/3 of our men and women players here.

Hopefully we can eventually get back to normal."

Note: Goodman is in his second stint as coach. He first

coached from 2012-'14 and 2016 -present.

Colbeyshae Emery, Biola Women's No. 1 Tennis player

"It's been really, really nice to hear some news to finally have this to look forward to. We're not in the dark anymore. It now feels like we're practicing toward something. It's been very weird with only 200-300 students on campus - a very different college experience this year. It's definitely a challenge

with weekly zooms. I think we've all gotten really close and it's been good since we're hanging out more because of what's going on.

Everyone has had to adapt - it changed so many things for everyone. Our International students don't all get to be here.

Note: Colbeyshae is their No. 1 (12-2 record) and became Biola's first ITA NCAA DII All-American selection last season.

The Norwalk Patriot



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Know the differences among the common cold, the flu and COVID-19

Contributed by Kaiser Permanente

Understanding the differences among the common cold, the flu and COVID-19 can be challenging, as they share many symptoms that can be confusing and worrisome to many people who may wonder what steps they should take to protect their health.

Dr. Daisy Dodd, an infectious disease specialist with Kaiser Permanente Southern California, notes that although these three diseases share common symptoms, they have distinctive differences the public should become familiar with, especially during the coronavirus pandemic.

“There’s no doubt that there are similarities among these illnesses,” she noted. “However, there also are significant differences one should be familiar with, as that will help you better understand when to seek necessary medical attention.”

Dr. Dodd noted that while you may feel miserable when you have a cold, the symptoms are generally milder compared to more aggressive viruses like

the flu and COVID-19. A cold is typically less severe, and can cause any or all of the following symptoms:

- Runny or stuffy nose.
- A mild cough.
- Fatigue.
- Sneezing.
- Sore throat.
- Aches and pains.

Unlike the common cold, the flu generally comes on fast and furious. Here are some of its common symptoms:

- Fever and/or chills.
- Dry cough.
- Fatigue.
- Aches and pains.
- Runny and stuffy nose.
- Sore throat.

When it comes to COVID-19, it shares some symptoms with the common cold and flu, but has other distinctive symptoms. They include:

- Shortness of breath or difficulty breathing.

- Loss of taste and smell.
- Diarrhea.
- Fever and/or chills.
- Dry cough.
- Tiredness
- Aches and pains.
- Headaches.
- Sore throat.

“As we enter the flu season, getting your flu shot may be more important than ever this year because of the pandemic,” Dr. Dodd said. “The flu shot is safe and provides good protection against influenza, which will compromise your immune system and make you more vulnerable to getting other diseases, including COVID-19. You also absolutely do not want to be stricken by both the flu and COVID-19 at the same time, as that could be a deadly combination.”

When in doubt whether you have a cold, the flu or COVID-19, Dr. Dodd advised that you contact your healthcare provider to see if medical attention is necessary.

Start the fall season on a healthy note: get your flu shot

By Jaime Diaz, MD

While the annual impact of seasonal flu pales in comparison to the nearly 7 million Americans who have been diagnosed with COVID-19 and the 200,000 who have died, the impact of both flu and COVID-19 surges taking place simultaneously, could place undue strain on our health system as hospitals and physician offices, would potentially need to increase staffing and supplies to continue to provide the best care for patients. In extreme scenarios, if hospitals are impacted, patients with flu or COVID-19 could be redirected to other hospitals or clinics further from their homes.

The flu vaccines are scientifically and historically proven to be both safe and effective. This year, as COVID-19 remains prevalent in Southern California, flu shots are more important than ever. While they won’t protect you from COVID-19, they will protect you from infection by seasonal flu and can help you avoid becoming infected with flu and COVID-19 at the same, which could lead to serious complications. Each year in the United States, approximately 200,000 people are hospitalized with flu and 36,000 die of the disease. These numbers would be significantly lower if everyone received a flu shot.

Flu vaccinations are even more important for those at high risk, such as those over age 65, those with heart disease, pulmonary disease, diabetes and asthma. Fortunately, flu shots are readily available and easy to get. Most primary care physician offices, urgent care centers and pharmacies have them.

Not only do flu shots protect you from the most common strains of the virus, they also help your body build up your immunity against the flu which can make your symptoms less severe, in the event that you are infected. And since flu symptoms are very similar to those of COVID-19—cough, sore throat, fever, nasal congestion, headache, body ache and difficulty breathing to name a few—having a flu shot can help your doctor make a faster and more accurate diagnosis should you become ill. In addition to protecting you, flu shot helps reduce the spread of disease in our community.

PIH Health recommends the flu vaccination before Halloween because the flu season typically begins in the fall and lasts through spring. Once you get your flu shot, continue taking

all the precautions you can against COVID-19 because these preventive measures, wearing a mask, sanitizing heavily touched surfaces, avoiding crowds and staying six feet away from others who do not live in your household or who may have been exposed to COVID-19, will also protect you from seasonal flu. It is highly recommended that you be tested if you are exposed or develop symptoms.

The dropping incidence rate of COVID-19 in Southern California over the last several weeks may mean that businesses and schools will be reopening and restrictions will be loosened or lifted. In the next several months Americans will

celebrate some of our favorite holidays such as Halloween, Thanksgiving, Hanukkah and the Christmas season. This year, we need to think about modifying our plans, limiting the size of our gatherings and social distancing at family events, so that we can share the joys of the season in a safe way.

Let’s start the fall season on a healthy note. Get your flu shot!

Jaime Diaz MD is chief medical officer of PIH Health Downey Hospital and PIH Health Good Samaritan Hospital, and Medical Director, PIH Health Urgent Care System.

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Dear Norwalk resident,

The City of Norwalk has been informed that the State of California in exercising its “emergency powers” has decided to provide funds to the county of Los Angeles to purchase motels for their “Project Homekey” program.

The State’s “Project Homekey” program will use motels as interim and permanent housing for persons experiencing homelessness who are at high risk of serious illness and are impacted by COVID-19. On October 1, 2020, Governor Newsom announced that \$7.4 million dollars will be used by the county of Los Angeles to purchase the Motel 6, located at 10646 East Rosecrans Avenue.

The City of Norwalk has efforts to address this issue with County officials. On September 23, 2020, the City officially informed County officials regarding the negative impact on Norwalk resources this action would have. The City recommended the County cease their efforts in purchasing the hotel for that purpose. As of this date, we have yet to receive a response regarding our request from the county.

Unfortunately, the State and County are not obligated to inform residents of these issues due to the exercising of their “emergency powers.” However, it is and always has been the City Council’s policy to inform and protect Norwalk residents.

The City of Norwalk has responded to the State and County’s previous actions as follows:

- In April, the City Council voted unanimously to impose a temporary ban to prevent motel conversions for Project Roomkey without prior city approval. In response, the County of Los Angeles sued the City of Norwalk requesting a temporary restraining order on the implementation of that “temporary ban.”
- In July, the City Council unanimously passed an emergency ordinance that requires any public agency to consult with the City prior to placing a homeless or COVID-19 facility in Norwalk.
- In September, City officials met with representatives at the Metropolitan State Hospital and the Department of State Hospitals (DSH) to arrange a town hall meeting to ensure residents were fully informed regarding DSH’s plans to possibly re-open the California Youth Authority facility to house COVID-19-negative patients there.

In order to continue to inform residents of these issues, the City of Norwalk would like to inform residents that the County of Los Angeles will be having a meeting on October 27, 2020 to discuss and consummate the acquisition of this and seven other motels around the County. We highly recommend that you attend the meeting and comment regarding the possible impact this project may have in your neighborhood as well as to voice any of your concerns.

In the interim, you may contact your county and state representatives. We have listed their contact information below for your convenience.

Supervisor Janice Hahn
213-974-4444
fourthdistrict@bos.lacounty.gov

Majority Leader Ian Calderon
562-692-5858
ian.calderon@asm.ca.gov

Senator Bob Archuleta
562-406-1001
senator.archuleta@sen.ca.gov

Assemblymember Cristina Garcia
562-861-5803
assemblymember.garcia@assembly.ca.gov

Short Story

Watching the streetcars go by

By Yolanda Adele

When I think of streetcars, I think of the past, before plastic seats marked with graffiti, aluminum rails; and a time where air conditioning came by opening the windows. Imagine that.

In the summer when my parents and I visited my maternal grandparents in El Paso, Texas, my cousins and I slept out on the little terrace facing Main Street. From our perch we'd see the Red Streetcars pass. It had a sign over the door that read: "Ride a Mile and Smile the While - Only 5 cents." The streetcars were noisy on the rails. The high pitched sound from the horn made it difficult to sleep. My cousins and I amused ourselves by making up stories or making

fun of passengers scurrying to get on the streetcar. Sometimes people lost their footing as they disembarked, but there always seemed to be someone there to give them a helping hand.

On Halloween, transportation inspectors watched for pranksters who may try to water down the rails with soap to cause the streetcar to lose traction. Twice we saw automobiles cross the tracks and collide with a streetcar. There never was a shortage of surprises to be witnessed on Main Street., especially on Saturday nights.

We saw a drunk, coming from the cantina nearby fall on the tracks while the approaching streetcar sounded its horn. We yelled, screamed and hollered until some good samaritans ran to pull him to safety. Then we

hollered cheers.

Watching the streetcars on Main Street provided "reality" entertainment for us kids, in lieu of television that my grandparents didn't own. Sometimes in the afternoon our adult relatives sat out on the terrace to visit with each other and often greet friends they saw on the street, as well as watch the streetcars go by.

A horrible experience relating to the streetcar and my family came in the 1950's when my grandfather, Jesus, was working as a maintenance mechanic for the Red Streetcar Company.

Streetcars are propelled by on board electric motors and require a trolley pole to draw power from an overhead wire. While at the junction just a few

blocks from our 'perch' on our grandparents terrace, Jesus had turned off the electricity in order to work on the overhead wire of one of the two streetcars that were not in service. A new and inexperienced employee saw that the electricity switch was not turned on. Instead of investigating the reason it was shut off, he simply pulled the switch on. Consequently, my grandfather was electrocuted. Miraculously he survived, though he was so severely burnt that he had to have his right arm amputated up to his elbow. He remained in the hospital for nearly a year.

The streetcar accident changed his life forever. He never returned to work again, he never complained... and he never sat out in the terrace to watch the streetcars go by.

PIH Health announces board of directors for new fiscal year

WHITTIER - PIH Health, Inc. has announced its fiscal year 2020-21 board of directors.

The board of officers includes: Jeffrey Hamar will serve as chair; Patrick Monroe as vice chair; Charlotte Weaver, RN, Ph.D. as secretary; and Alex Alvarez as treasurer.

These individuals, who consist of physicians, business and community leaders will meet each month to discuss the current state and future of PIH Health.

"Our board members are innovative, highly-skilled individuals who contribute their expertise and best practices to the enterprise," said James R. West, PIH Health president and chief executive officer. "Each

individual brings a unique talent to PIH Health, but they all share one common goal which is to ensure high-quality care is provided to patients in the communities we serve."

The fiscal year 2020-21 PIH Health Board is comprised of 11 directors: Alex Alvarez; J. Richard Atwood; Paula Cowan; Blayne Cutler, MD, Ph.D.; Jane Dicus; Peter Greaney, MD; Jeffrey Hamar; Patrick Monroe; Paul Treinen; Charlotte Weaver, RN, Ph.D.; and Kenton Woods.

Developer tied to indicted LA councilman agrees to pay \$1M to avoid prosecution

A Chinese company's Arcadia subsidiary, established to redevelop a downtown Los Angeles hotel, has agreed to pay \$1,050,000 to resolve an investigation into the company's conduct with public officials in the City of Los Angeles, including bribery, honest services fraud, and foreign and conduit campaign contributions.

A three-year non-prosecution agreement (NPA) with Jia Yuan USA Co., Inc. is the latest development in the ongoing investigation into a wide-ranging "pay-to-play" scheme in which developers bribed Los Angeles city officials to secure official acts to benefit their real estate projects.

The China-based Shenzhen Hazens established Jia Yuan to acquire, operate and redevelop the Los Angeles Luxe City Center Hotel, which it purchased in 2014 for more than \$100 million.

Jia Yuan "planned a massive redevelopment that would include retail space, residential units, and hotel rooms, valued at approximately \$700 million," according to a "statement of facts" accompanying the NPA.

The NPA was executed on Monday and announced today by United States Attorney Nick Hanna and FBI Assistant Director in Charge Kristi Koons Johnson.

Under the NPA, Jia Yuan will pay the monetary penalty within two weeks and will continue to cooperate with the FBI's ongoing public corruption probe. The NPA also requires the cooperation of Jia Yuan's parent company, as well as other Hazens subsidiaries in the Los Angeles-area.

The NPA details several reasons why the government agreed not to prosecute the

company for three years, as long as it refrains from any criminal conduct. Those reasons include the company's timely acceptance of responsibility for its conduct; remedial measures, including terminating George Chiang as a consultant and improving its compliance program; robust and timely cooperation with the investigation, which included proactively providing the government with records located in China and in the personal possession of its chairman, as well as making the chairman available for an interview while he was located outside the reach of U.S. law enforcement; and agreeing to continue to cooperate with the United States Attorney's Office and the FBI as the agencies continue to investigate and prosecute cases that may touch upon the company's conduct.

The statement of facts outlines Jia Yuan's conduct in

relation to former Los Angeles City Councilmember Jose Huizar, who faces a trial in June on a 34-count racketeering indictment, and real estate development consultant George Chiang, who is scheduled to be sentenced in February after pleading guilty earlier this year to participating in a Huizar-led racketeering enterprise.

In the statement of facts, Jia Yuan admits a series of acts, including:

- Jia Yuan employee provided Katy Perry concert tickets to Huizar soon after Huizar and "Individual 1" - previously identified as the city's deputy mayor for economic development - intervened in a compliance issue at a Hazens-owned hotel;

- Jia Yuan employees made campaign contributions to several U.S. political candidates, some of which were later reimbursed by the company at the direction

of a foreign national, who was prohibited from participating in U.S. elections;

- Jia Yuan provided in-kind contributions to several U.S. political candidates by hosting reduced-cost fundraising events at the Luxe Hotel, some of which took place at the direction of a foreign national who was prohibited from participating in U.S. elections;

- the chairman of the Hazens companies facilitated an introduction that resulted in a contract that paid indirect bribe payments to Huizar, who, in his official capacity, introduced and voted on a motion to benefit the Luxe Hotel project; and

- Chiang organized a Huizar family trip to China that Hazens partially subsidized.

After receiving all of these benefits, Huizar voted to approve

the Luxe Hotel project before the city's Planning and Land Use Management Committee, which he chaired until shortly after federal agents executed search warrants at his Boyle Heights home and city offices in November 2018.

The statement of facts also details how Chiang and Individual 1 asked the Hazens chairman on several occasions to make a \$100,000 contribution to a political action committee established to benefit a Huizar relative who was planning to run for his City Council seat. While the chairman did not authorize the donation, Chiang told Huizar that Hazens would make the \$100,000 donation, which prompted Huizar to take additional officials acts to approve the Luxe Hotel project.

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