

Budget review better than expected

NORWALK - Norwalk came out of Fiscal Year 2019/20 with an unassigned fund balance higher than initially anticipated, according to staff reports.

Though reports are still preliminary, staff reports that the City's preliminary balance of unassigned funds for FY 2019/20 is \$13,224,647, which is \$476 thousand higher than the balance used for the current fiscal year budget reported to Council back in June.

Staff added that general fund revenues exceeded projections for a combined positive variance of \$1.99 million. Prior year expenditures are also within approved appropriations, however were \$1.12 million higher than the anticipated yearend estimates that were used in preparation of the FY 2020/21 budget.

Only three months into the current fiscal year, it is still too early to identify major financial trends for the current year.

At the time of reporting, the general fund has collected only \$4,688,780 (9%) of its annual revenue estimates, with practically no property taxes received and only one-month worth of sales tax allocated to the city. Expenditures are currently at \$9,777,847 (18%) of the annual budget amount.

Norwalk brewery collabs with Lalo Alcaraz

NORWALK - Brewjeria Company, Norwalk Brew House (NBH) and South Central Brewing Company (SCBC) have teamed up with famed cartoonist, Lalo Alcaraz, to release Los Vendors; a collaboration beer with proceeds supporting the Street Vendor Emergency Fund - a cash assistance program that is providing \$400 cash cards to undocumented street vendors who are struggling through the pandemic.

Los Vendors, is an unfiltered American wheat ale brewed with pineapple and mango. These tropical fruits are mainstays on fruitero (fruit vendor) menus all over Southern California - making for a perfect pairing with your favorite michelada mix or casually sipping as you beat the LA heat.

Los Vendors was released late September in 16 oz cans. Fourpacks to go will be available at Brewjeria Company's taproom in Pico Rivera, and at select retailers around Los Angeles.

The Los Vendors collaboration holds significance for a number of reasons; it marks the first time all three Latino owned brands collaborate on a commercial release, and brings together the founding members of the SoCal Cervceros homebrew club (SCC) - the largest Latino homebrew club in the country. Brewjeria Company is among the first SCC members to transition from home brewery to commercial brewery. Lalo Alcaraz is widely known for his long-running daily syndicated comic strip, La Cucaracha, and is a 2020 Pulitzer Prize finalist. Los Vendors marks his first beer label design.

Street vendors in Los Angeles have been hurt badly by COVID-19. Many can't work and those who are risk heavy fines, criminal penalties and their health. Many street vendors have also been victims of senseless xenophobic attacks. To help alleviate some of the financial burden, a portion of proceeds from this special beer will support the Street Vendor Emergency Fund. The Fund is being organized by street vendors and the leadership of the LA Street Vendor Campaign including nonprofits: Inclusive Action for the City, Community Power Collective and Public Counsel.

Hector Ramirez built John Glenn Girls Wrestling into a quick success

The former MMA fighter has led John Glenn Girls Wrestling to two 605 league championships

By John Sherrard
Contributor

NORWALK - Hector Ramirez might be the only former Mixed Martial Arts (MMA) fighter that now heads up a girls' varsity wrestling program.

Ramirez, who had been the John Glenn High School Boys Wrestling coach a few years earlier, then competed in the MMA, was presented with the idea of starting a girls' high school program.

"So, I took on the challenge of starting a brand new first-time ever girls wrestling team at my alma Mater," added Ramirez.

In 2016 he accepted the position to become the coach.

And he is glad he did.

"It was a very tough decision," Ramirez remembers. "But, I'm glad I did it and I'm proud of it and I realize that I could really make a change in these girls' lives."

And change he did, as the JG team is currently the two-time defending 605 League champions.

"John Glenn is very proud of our girls wrestling program and coaching staff," John Glenn Athletic Director Linda Parr said. "Coach Hector took this coaching position from the very beginning when we decided as a school to field a girls' wrestling team.

"I knew from the moment he accepted the position that we would end up with a successful wrestling program, because Hector is an outstanding coach and teacher of the sport."

In addition to the two league titles, three wrestlers over the last two years have advanced to State.

"The girls wrestling program is now one of our more successful programs on campus," Parr added. Many of our girls are League Champions and a few have qualified for the State Championships the past two years. That is an amazing accomplishment!"

In 2019, senior Sophia Estrada, who was seeded 8th in the Southern Section, competed in the 235 Lb. weight class and won a match by a Fall in the consolation bracket.

Coach Ramirez, who competed in the MMA for 10 years and finished with a 10-6 record, remembers his best successful memory so far with the girls' team against league opponent Cerritos.

"On paper they should have demolished us," he remembered. "Circumstances, which I can't



John Glenn High School girls wrestling coaches, from left, Hector Ramirez, left, and Katherine Gonzales, and team members, Lucia Salcedo, Jasmin Huerta, Andrea Urea and Mia Ramirez. (Photo by Keith Durflinger)

The last season, two JG wrestlers made it to state - senior Nicole DeMasi at 131 Lbs. (CIF Champ) and senior Breana Sanchez at 189 Lbs.

A total of four have advanced to state for John Glenn.

Coach Ramirez, who owns a local gym the athletes call The Dog Pound, has two high school children competing in the sport - his son, Hector, and daughter, Mia.

"I started training some girl wrestlers at my gym in Norwalk and noticed a need for girl wrestling coaches," Ramirez said. "The sport was growing at a rapid pace and I wanted to be a part of it."

Ramirez, Sr. knows that girls wrestling is still a growing sport, but knows of its potential.

"I think the sport is definitely a fast growing sport with more and more girls joining," he said. "I think the parents are the ones that are a little more apprehensive on letting their daughters wrestle. They don't want them to get hurt. They think it's too violent."

"But, really what it does, it gives the girls self confidence and it teaches them an art so they can actually defend themselves if they were attacked."

Coach Ramirez, who competed in the MMA for 10 years and finished with a 10-6 record, remembers his best successful memory so far with the girls' team against league opponent Cerritos.

"On paper they should have demolished us," he remembered. "Circumstances, which I can't

really say, we ended up winning a tied match, going into the last (one) of the night. Their girl had beaten our girl twice that year already and our girl pinned her, which (gave) us the win. It was probably one of my most memorable moments as a coach at John Glenn HS for the girls wrestling program."

Hector, Sr. wrestled at JG from 1990 - '94 and was a CIF Champion and state qualifier. He later continued his wrestling career at East L.A. College, where he was a two-time JC All-American and was a state runner-up twice.

He was the boys' coach from 2000 to 2004 and was named Coach of the Year when they won a CIF Dual Meet title ('04) and were a perfect 22-0. He left coaching for the MMA, which led to some major fights with UFC and Bellator.

Athletic Director Parr added praise for coach Ramirez on how he develops and trains his wrestlers.

"Girls wrestling is definitely a sport that many high school girls are not familiar with prior to entering high school," Parr said. "But coach Hector is willing to teach the sport to anyone who is willing to learn."

"(He) is very calm and patient and encourages all his athletes. The girls are held to high expectations and must work hard in all of the conditioning and practice drills. It is nice to see them encourage one another throughout the process."

Parr also added, ".....All the girls who have participated in the program (current & alumni) are a

true reflection that hard work, dedication and perseverance pays off.

Team members: Andrea Urena, (112 Lbs wt. class), Soph.; Mia Ramirez, (106), Soph.; Jasmin Huerta, (145), Sr.; Lucia Salcedo, (152), Sr.; Marisol Gallardo, (145), Sr.; Valarie Ornelas, (170), Jr.

"My assistant coach Kathryn Gonzales dedicates so much time helping the girls achieve their goals," Coach Hector said. "She brings in wrestling experience from Millikan high school. I couldn't do it without her assistance."

Coach Ramirez also gives special thanks to Francisco Ramirez, Linda Parra and Monico Enriquez for their continued support.

"My goal was to give these local girls another avenue and opportunity to get college scholarships," Ramirez said. "I'm so proud that we had our first wrestler get a wrestling college scholarship - Breanna Sanchez."

What they said:
Katherine Gonzales,
Assistant coach

"I wrestled at Millikan High school (Long Beach) and started wrestling in the beginning of my sophomore year.

I wrestled for three years and I placed in the state (tournament) in the 106 Lb. weight class. What drew me to being qualified (as a coach) was I wrestled for coach Hector on an off-season team and he saw my potential. After I was

Continued on page 2

New Athens agreement raises monthly rates

NORWALK - Norwalk Council approved an amendment to the city's solid waste franchise agreement with Athens Services on Tuesday, bringing several changes to the terms including monthly rates.

According to staff's report, there have been several changes that have occurred which impacted the implementation of the original agreement.

These include:

Closure of the Commerce burn facility

A decrease in hours of operation at the Long Beach burn facility

The collapse of the recycling market as a result of China's new restriction on recycling imports

Increase in the State minimum wage

Significant increase in residential waste tonnage

Significant increase in bulky item tonnage, and

Significant increase in illegal dumping tonnage.

Under the new agreement, the terms with Athens will extend through July 31, 2028. There is also an option for the city to extend the term up to 24 months.

Notably, the change also brings an increase to monthly rates.

The residential rate increases by just over \$2, now sitting at \$18.90. The senior rate sees an increase of 75 cents: from \$4.19 to \$4.94.

The largest increase comes in the form of the new commercial rate, which increased by nearly \$12 to \$209.51.

A required \$1.5 million performance bond has also been included in the new terms. While the agreement no longer requires Athens to maintain a local office

within Norwalk, it does provide the city with \$50,000 per year to provide customer service from city hall.

Athens is also still required to pay the city the 15 percent

franchise fee on total rate revenues received.

Council approved the new agreement unanimously.

Norwalk COVID-19 statistics: 3,561 cases 84 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. 19.

Weekend at a Glance

Friday 74°

Saturday 73°

Sunday 69°

ON THIS DAY OCTOBER 23

1869:

John William Heisman, the coach who revolutionized the game of college football, was born in Cleveland.

1942:

Twelve people were killed when American Airlines Flight 28 collided with an Air Force bomber near Palm Springs.

1970:

Gary Gabelich set a land speed record, reaching 622 MPH in a rocket-powered automobile fueled by natural gas.

1973:

President Richard Nixon agreed to turn over White House tape recordings requested by the Watergate special prosecutor.

1983:

A suicide truck bombing at Beirut International Airport killed 220 U.S. Marines, 18 sailors and three Army soldiers.

1991:

The Cambodian-Vietnam War ended with the signing of the Paris Peace Accords.

1993:

Toronto Blue Jays outfielder Joe Carter ended the World Series with a home run in a 8-6 victory over the Philadelphia Phillies in Game 6.

2006:

Former Enron CEO Jeffrey Skilling was sentenced to more than 24 years in prison for his role in the company's collapse.

2011:

Libya's interim rulers declared the country liberated, formally marking the end of Moammar Gadhafi's 42-year tyranny.

Notable Birthdays

Actor and "Deadpool" star **Ryan Reynolds** turns 44.

Brazilian soccer star **Pele** turns 80.

Singer and satirist **Weird Al Yankovich** turns 61.

R&B singer **Miguel** turns 35.

Legal commentator and TV host **Nancy Grace** turns 61.

Actress and singer **Amandla Stenberg** turns 22.

Author and TV commentator **Meghan McCain** turns 36.

Retired Angels pitcher **John Lackey** turns 42.

Sportscaster **Michelle Beadle** turns 45.

Former NFL quarterback **Doug Flutie** turns 58.

Country music singer **Dwight Yoakam** turns 64.

Emilia Clarke, the English actress who starred in "Game of Thrones," turns 34.



Emilia Clarke turns 34 today.

Notable Deaths

Singer and entertainer **Al Jolson**, dubbed "The World's Greatest Entertainer" at the height of his career, died on this date in 1950 of a heart attack. He was 64.

Yokozuna, the former two-time WWF heavyweight champion known for his girth and agility, died on this date in 2000 of a pulmonary edema. He was 34.

John Glenn Girls wrestling is tight unit

Continued from page 1

done with high school, he needed a coach, so he asked me.

The connections that I share with them (team) is actually relating to what they are going through as a female. Even though we're all wrestlers here, there's a little more to just being a wrestler. There are also more struggles that girls have to face when you're a wrestler. That's how I feel like I bring more connections to them. It's more mental in a way that we face more struggles to be more confident in ourselves or be successful in what we want to do."

Lucia Salcedo, Sr.

"I like the teamwork. I like that everybody encourages each other. It's like a safe place for everybody

and we all motivate each other. I feel like it (girls wrestling) is empowering, because a lot of girls are scared to try something that they considered a guys sport.

I feel good about (the team being successful) and I feel like it encourages us more and it motivates us to do better."

Jasmin Huerta, Sr.

"I think it's the bond that we've created, to be successful. Overall, the team makes a good family. We just know how to work around each other and what works best for (whom) and what works best for the team in general.

A good team memory is always having the most fun on the bus. The tournaments are fun, but on the way there, we all give each advice on what to do and what not to do and comfort each other.

Short Stories An Embarrassing Moment

By Sharon Benson Smith

I received an email today from a cousin who is active in the Alumni Association of Imperial Union High School although she graduated in 1963. That email took my mind on twists and turns to my own mom's graduation from Imperial Union High School some 30 years earlier in 1932.

I recall Mom telling her six children about the incident many times over the years. We thought it was comical and often asked her to repeat it, but back in the day in real time, it had to be a real nightmare for her.

Little Rock

By Sharon Benson Smith

In hopes of seeing a

A little description on Grandma White will give you an idea of what I mean by saying she was so very, very old-fashioned. She wore her hair severely pinned back, always wore house dresses and full aprons, and thick cotton stockings with black, chunky heeled lace-up shoes.

Mom was brought up by Grandma White and, even given her old-fashioned ways, she was an excellent seamstress. She could literally make a sewing machine hum. This was fortunate for mom as she always went to school dressed in the latest style.

Here's an example of Grandma's old-fashioned way coming into play. The very latest fashion or fad for school girls was to wear stockings to school that were rolled down to their ankles. Grandma would never allow mom to show any part of her bare legs.

After Mom left the house, she would roll her stockings down then meet up with her girlfriends for the walk to school. This was her daily routine, and she knew better than to forget to pull them up before she got home after school.

On class picture taking day, Mom forgot to pull her stockings up, and there she was in the front row with stockings rolled down and bare legs showing. For shame!

Grandma saw the photo and, of course, with hands on hips she scolded my mom up one side and down the other. Worse yet, Grandma didn't leave it at that. She went to the school the next day, with Mom in tow, and repeated her rant with the teacher in front of the class.

Mom always spoke of this incident as being one of her most embarrassing moments.

homeless woman while I'm out and about, I keep a bag in my car containing items that I no longer want or need.

After weeks of searching, I went to The Downey Patriot to pick up several copies of my latest published article.

As I was leaving, I saw a woman pushing a shopping cart that was heaping full of her meager belongings. I gave her the bag I had, and she was ever so grateful.

We exchanged hellos and names. She offered, "I'm Little Rock."

I asked, "As in Arkansas?" She responded, "Yes, that's where I'm from, and I've been homeless for 14 years."

When I told her I was there to pick up a few copies of my latest article, she said, "I would like to write an article on the homeless from my perspective, but I'm not a good speller."

She went on to tell me that her usual hangout was at the Arco Station. I was certain it was the one on Florence and Lakewood since it was close by.

I was in a hurry, and it didn't occur to me until after I left that I should have offered to assist

her in writing that article and sending it in.

It has been put on my heart to find her again and help her write her story. With pen and paper added to yet another bag, I returned the following day and combed the area. I even went to the Arco Station to inquire about her. It must not have been the station she was referring to as they didn't recognize the name or description I gave.

I'm not one to give up easily...my quest to find her will continue. Perhaps the next time you hear from me I'll be ghost writing for "Little Rock."

Rep. Sanchez to give virtual State of the Nation address

NORWALK - Rep. Linda Sanchez will deliver her annual State of the Nation address via Zoom on Friday, Oct. 30, at 12 p.m.

The event is free for anyone

who belongs to a chamber of commerce in Artesia, Cerritos, Lakewood, Montebello, Norwalk, Pico Rivera, Santa Fe Springs or Whittier.

The price for non-members

is \$15.

To register, email info@norwalkchamber.com.

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Can America do it all?

By Patrick J. Buchanan

In fiscal year 2020, which ended on Sept. 30, the U.S. government set some impressive new records.

The deficit came in at \$3.1 trillion, twice the previous record of \$1.4 trillion in 2009, which was set during the Great Recession, and three times the 2019 deficit of about \$1 trillion.

Federal spending hit \$6.5 trillion, one-third of U.S. gross domestic product, a share unrivaled except for the later years of World War II when federal spending exceeded 40% of GDP.

The U.S. national debt, \$14 trillion when Donald Trump took office, now stands at \$21 trillion, roughly the same size as U.S. GDP.

In fiscal year 2021, the deficit could be of the same magnitude as 2020.

Why so? First, the economy is not fully recovered from the 2020 depression. Unemployment is still near 8%. Nancy Pelosi has already proposed \$2.2 trillion in new spending to battle the effects of the coronavirus pandemic in the first month of this fiscal year. And COVID-19 cases are spiking again.

With the national debt already equal to the GDP, and growing faster now, a question arises: Where does this end?

How many more multitrillion-dollar deficits can we sustain before the quality of U.S. debt is called into question by Japan, China and the other nations that traditionally buy and hold U.S. debt?

How long before the value of the U.S. dollar is questioned?

How long before our creditors start demanding higher interest rates to compensate for the rising risks they are taking in buying the bonds of so profligate a nation?

According to Stein's Law, named after Herb Stein, the chairman of the Council of Economic Advisors who enunciated it, if something cannot go on forever, it will stop.

Or was Herb Stein wrong, and we can borrow and spend forever?

Consider the built-in engines of spending that were causing trillion-dollar deficits even before the coronavirus hit?

With the huge baby boomer generation, born between 1946 and 1964, only half retired and still reaching 65 and 66 in the millions every year, the claims on Social Security and Medicare, the two largest programs in the U.S. budget, are certain to grow. So, too, are the claims on Medicaid, health care for the poor, the next largest item in the budget.

With unemployment at 8%, other social programs that date to the Great Society days of over half a century ago — welfare, housing, education, nutrition — and consume a large share of our budget, are unlikely to shrink.

Interest on the debt, as the U.S. national debt rises and becomes riskier, is also likely to be headed one way — straight up.

Which brings us to that other major budget item: national defense.

The Trump era has already produced a significant increase in defense spending, while defense commitments have seen no reduction.

We are obligated to defend some 30 NATO allies from the Atlantic to the Baltic and Black seas. In the Middle and Near East, we have troops stationed in Turkey, Syria, Iraq, Jordan, Kuwait, Bahrain, Qatar, the UAE, Saudi Arabia, Oman, Afghanistan and Djibouti on the Horn of Africa.

With the new strategic “pivot to Asia,” U.S. troops and ships have moved into the Indo-Pacific region to contain China in what is being called Cold War II. Then there are the U.S. treaty commitments to defend Japan, South Korea, the Philippines, Australia and New Zealand dating to the '50s

Allies are our strength, we are told. They are also our dependents.

This morning came press reports that ISIS, whose caliphate in Syria and Iraq we annihilated, is turning up in Africa. A new front may be opening up in the global war on terror.

The question here is a simple one: Can we continue to do it all?

Our resources are not inexhaustible.

Already, U.S. GDP is receding as a share of global GDP, and the defense budget is receding as a share of U.S. GDP.

We are being obligated to do more and more, at home and abroad, while our share of the world's wealth is less and less.

Can we continue to maintain strategic parity and contain the ambitions of the other great powers, Russia and China?

Can we continue to defend South Korea and Japan from Kim Jong Un and his nuclear arsenal, confront and choke the Ayatollah's regime in Iran and, at the same time, reconstruct George H. W. Bush's “new world order”?

While doing all this, can we overcome the worst pandemic since the Spanish flu of 100 years ago, and deal with a national divide and racial crisis as bad as any since the 1960s, if not the Civil War?

We're going to find out.

Patrick J. Buchanan is the author of “Nixon's White House Wars: The Battles That Made and Broke a President and Divided America Forever.”

The Supreme Court's lost luster: three Trumpers

By Jamie Stiehm

Even if President Donald Trump loses his bid to be a two-term president, he'll likely bequeath us three of the nine members of the Supreme Court. The Trump Three are the youngest, so his fingerprints will mark the scene of American politics for years to come.

In a flat monotone, Amy Coney Barrett, 48, told us too much of nothing in her Senate hearing, on a fast track to be confirmed Monday. Yet it became clear she opposed reproductive rights, questioned climate change and refused to support the usual peaceful transfer of power. She spells trouble in its “originalist” form.

The Supreme Court seems a lofty realm. Time to be real: It's a blunt political instrument.

We're feeling that cold reality now, like a winter wind. In the marble “equal justice under law” temple, most justices are partisans under black robes. The late Antonin Scalia was a conservative warrior. Justices are meant to be above it all, but they are right in the fight. That truth we can't forget in coming days.

Remember the Bush v. Gore ruling went 5-4 in 2000, freezing the Florida vote count in the election deadlock — a dark start to the 20th century. The high court charade was split along party lines. “Get over it,” Scalia said. Trump hopes that will happen again.

Ending the Affordable Care Act is on the Supreme Court docket in November. The Indiana nominee's silence on that matter did not calm Senate Democrats' fury. Sen. Sheldon Whitehouse, D-R.I., launched a blistering tirade on the Federalist Society, rich with “dark money”(undisclosed), which gave Trump the three young judges to pick. The aim is to take over the judiciary branch with unlimited money, which the Court greenlighted a decade ago in

Citizens United.

So, let's take a lightning look at how the Supreme Court, for better and worse, is shaped by presidents since John Adams. Come with me.

Adams appointed a chief justice from his losing political party under incoming President Thomas Jefferson's nose during their transition. Jefferson was mad. John Marshall, Jefferson's cousin, is considered the best chief justice in history — but they hated each other.

Marshall made the greatest power grab ever by inventing “judicial review,” meaning the court may strike down a law it judges unconstitutional. Jefferson was incensed.

Marshall lived long into the 1830s and clashed with President Andrew Jackson, his political opposite. His death created an opening late in Jackson's presidency. He named Roger Taney chief justice. Taney's brother-in-law, Francis Scott Key, recommended him.

In 1857, Taney's Dred Scott ruling stated that Blacks could never have rights that white men were “bound to respect.” That racist ruling helped light the powder keg of the Civil War.

Long gone, Jackson left fingerprints on that scene.

Skipping into the 20th century, we meet great justices along the way: Oliver Wendell Holmes Jr. (once a Civil War soldier) and Louis Brandeis, the first Jewish justice. He was appointed by Woodrow Wilson.

Midcentury, a high turning point for social justice came. The Warren Court, in the 1954 Brown v. Board of Education decision, struck down segregation in public schools. The lawyer who argued the landmark case was Thurgood Marshall, later the first Black justice.

Chief Justice Earl Warren, a governor of California, deserves credit for the victory. So does President Dwight Eisenhower, a Republican, who appointed Warren and brought balance to his court appointments. How rare, yet look how well it worked.

The court suffered a serious blow in 1991, when Clarence Thomas, then 43, with thin experience, came under a cloud of sexual harassment accusations from Anita Hill. Her testimony, searing and vivid, transfixed America over an autumn weekend. Thomas, sullen and angry, vowed revenge.

By the closest Senate vote yet, Thomas was confirmed 52-48. Sen. Joseph R. Biden presided over the shameful, cynical hearing to fill Marshall's seat.

As Sen. Robert Byrd, D-W.Va., declared, the “benefit of the doubt” goes to the country.

In Bush v. Gore, the court's standing as a trusted institution fell further. John Paul Stevens' dissent addressed history, saying the loser is “the nation's confidence in the judge as an impartial guardian of the rule of law.”

Barrett clerked for Scalia. Don't ask us to get over it.

Jamie Stiehm writes on Washington politics and history.

The final stretch

By Jackie Gingrich Cushman

This week, Americans will have their final chance before the election to listen to the presidential candidates present their competing visions for the country.

Based on the debate's announced topics — COVID-19, American families, race in America, climate change, national security and leadership — the differences should be clear.

Fighting COVID-19 provides President Donald Trump the opportunity to point out that former President Barack Obama and former Vice President Joe Biden's administration left us with little

capacity to deal with a pandemic. While Biden and House Speaker Nancy Pelosi were calling Trump racist, he closed down travel from China, which clearly saved American lives. While New York Gov. Andrew Cuomo was sending nursing-home residents infected with SARS-CoV-2 back to infect other family members, Trump was sending a ship to New York to reduce the burden on hospitals and rallying American companies to supply the needed surge in personal protective equipment and medical supplies. The sad reality is that people die in a pandemic. But Trump's early action clearly saved lives. The vaccine is on its way, and the economic damage done through good intentions must be negated by an active, robust economy going forward.

American families will be better off under a Trump administration. A Stanford University study released this week revealed that the policy that would be implemented if Biden and Kamala Harris are elected would result in a \$6,500 drop in median household income, with 4.9 million fewer jobs. Their plan is so egregious that rapper-actor 50 Cent has endorsed Trump. He understands that a vote for Biden-Harris is a vote for a 62% tax rate in New York.

Trump's focus on law and order is also better for families. To build a prosperous family, you must be able to work, shop for groceries and get gas without being afraid that you will be a victim of violence. Rioters who destroy businesses hurt entrepreneurs and the ability of workers to provide for their families.

While his detractors label him as racist, Trump has delivered real results for blacks, just as he has for all Americans. Trump signed the First Step Act, funded historically black colleges and universities, and created Opportunity Zones. The historic growth in jobs that occurred under Trump's administration fueled a sharp increase in minority employment. While Biden is focused on pitting racial groups against one another, Trump is focused on providing opportunity for all, regardless of race.

Under Trump's leadership this year, the Great Outdoors Act was signed into law, an accomplishment that none of the last five presidents had been able to achieve. It provides permanent funding for the Land and Water Conservation Fund. A Biden-Harris administration would pass the Green New Deal, which is job-killing legislation. The Democrats base this on a false choice that we can have either a good economy or a better environment. Trump

understands that American ingenuity — through innovation and tax incentives — will allow both to happen.

National security is a topic where Trump stands ahead of Biden. He puts America and Americans first, negotiating with other countries to get the best deal for the American people. This stands in stark contrast with the Obama-Biden administration, which started off with an apology tour and was consistent in blaming America first.

As for leadership, while others will focus on Trump's tweets, comments and personal abrasiveness, the contrast is unmistakable. While Biden-Harris might appear to have good motives, their policies are inadequate, ill-conceived and mistaken. Based on the Stanford report, their policies would result in a greatly reduced America. Biden has been leading for 47 years; he has had his chance — and he has failed.

Trump's leadership has yielded real results. A Gallup poll last week noted that 56% of Americans said they were better off today than they were four years ago. While the news media focuses on divisiveness, Americans understand that shared values hold us together as a nation; that freedom allows us as individuals to make our own choices; that we have the right to speak freely about our beliefs and the right to vote for the person we believe will be best for our country.

The choice is between Trump, who has confidence in the American people and the foundation of life, liberty and the pursuit of happiness, and Biden, who believes we will be better off if we cede more control to the government.

Trump understands that confidence is contagious. America is not perfect, but it's the safest, freest, most prosperous nation in the world. Immigrants rush to come into our country, not because we are an evil place with systemic problems but because we believe people have the right to chase their dreams as they see fit, in an environment based on the rule of law, freedom, liberty and a respect for individuals.

The Norwalk Patriot STAFF

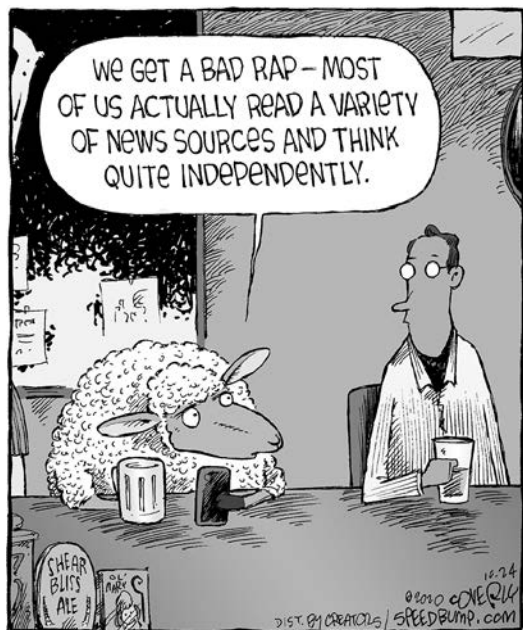
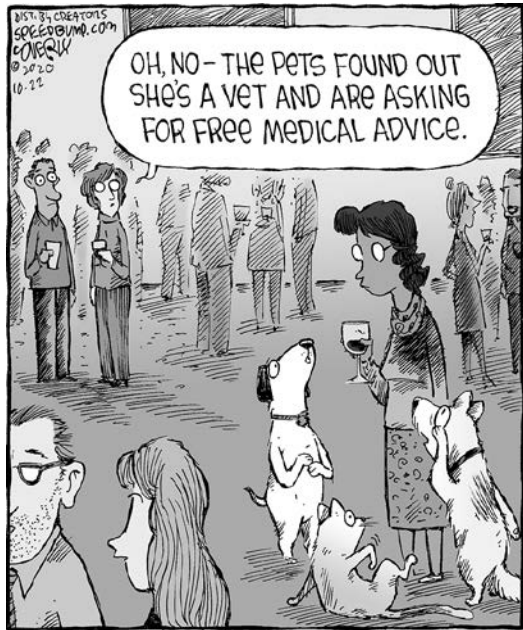
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CALENDAR OF EVENTS

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

Local Journalism Matters

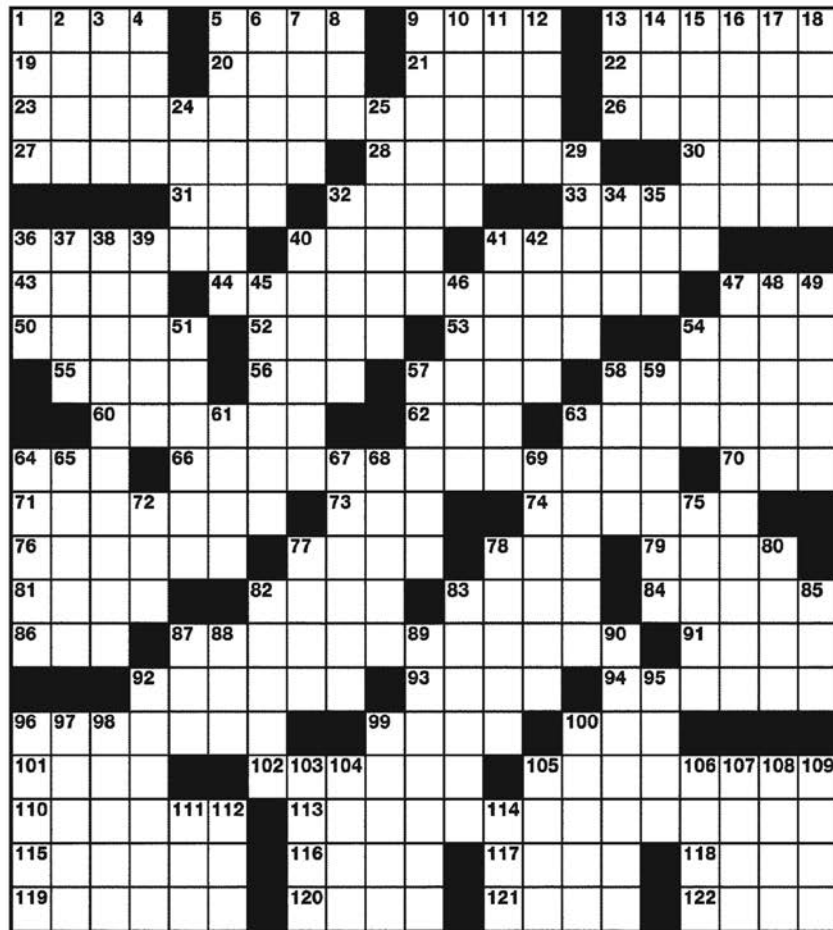
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THE NEWSDAY CROSSWORD
Edited by Stanley Newman (www.StanXwords.com)
NEW BEGINNINGS: Exactly where you'd expect them
by Mark McClain

- | | | |
|---|----------------------------------|-------------------------------|
| ACROSS | 74 Heir apparent, often | 8 Zoological suffix |
| 1 Garment lines | 76 Web creator, to fans | 9 Moved in circles |
| 5 Debate faction | 77 "My fault" | 10 Tort class topic |
| 9 Cinderlike lava | 78 T-shirt tag choice | 11 Supportive partner |
| 13 "Dig in!", in Italy | 79 Be a gadabout | 12 Unabashed joy |
| 19 Acronym of urgency | 81 Money in Milan | 13 Cut the grass |
| 20 Long-legged runners | 82 English horn cousin | 14 "And you...?" |
| 21 Early multimedia star | 83 Big bang | 15 Martial arts mercenaries |
| Rogers | 84 "Poison" plant | 16 Board a bus or train |
| 22 Point in the right direction | 86 UPS driver's assignment | 17 Bisected |
| 23 Night owl's dinner reservation request | 87 What's spoken in the Knesset | 18 Coral chain |
| 26 Visited | 91 Org. promoting adoptions | 24 Ice cream concoction |
| 27 End results | 92 Fowl fofoles | 25 Books' backs |
| 28 Victimized, with "on" | 93 ...deucy | 29 Workstations |
| 30 Facial feature | 94 Writing remover | 32 Count of jazz |
| 31 Spain's Costa Sol | 96 "Dossier" has one | 34 What to call a clipper |
| 32 Congressional consideration | 99 Giant of industry | 35 Kennel client |
| 33 <i>Lengua del Perù</i> | 100 Progressive spokesperson | 36 Jacuzzi stream |
| 36 Amman's land | 101 Cylindrical cheese | 37 Squashed circle |
| 40 "Great" growler | 102 Sultanate salutation | 38 Workplace rookie |
| 41 Minor irritations | 105 Ration out | 39 Bagpipe sound |
| 43 In one's entire experience | 110 Share what you saw | 40 Undue pressure |
| 44 World Series collectible | 113 What's happening now | 41 Steakhouse order |
| 47 Intro deliverers | 115 In less time | 42 Vinegar, chemically |
| 50 Folded food | 116 Blockhead | 45 Specialty markets |
| 52 Sword-leaved flower | 117 Coal product | 46 Seating levels |
| 53 Long-legged wader | 118 Hair salon sound | 47 Uncanceled collectibles |
| 54 An 81 Across predecessor | 119 Ready to retire | 48 Haunted house sound |
| 55 Allowed to use | 120 Rival of Rolands | 49 "Alas,..." |
| 56 So-so mark | 121 Point-of-view piece | 51 Hold back |
| 57 Gardener's purchase | 122 Where Prince William studied | 54 Alamos, NM |
| 58 Copied genetically | | 57 Had words |
| 60 Sounds in a stable | | 58 Woven string |
| 62 Use a crowbar on | DOWN | 59 Cake sections |
| 63 Beside the sea | 1 Image in religious art | 61 Title surgeon of primetime |
| 64 Ability to amuse | 2 Grandson of Abraham | 63 Thumb-and-pinkie signal |
| 66 Garnish for roast lamb | 3 Damon of films | 64 More prudent |
| 70 Astronomer's observation | 4 Unsure thing, for short | 65 Constructive criticism |
| 71 Takes on air | 5 Feature of table d'hôte dining | 67 Accolades |
| 73 Fine flooring material | 6 Urge to action | 68 Noodles in noodle soup |
| | 7 Pairs | |

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- | | | |
|-------------------------------------|-----------------------------|--------------------------------|
| 69 Something retained in your brain | 87 Tub trio of rhyme | 100 Cereal morsel |
| 72 Fuss | 88 Halloween Safety Mo. | 103 S&L customer |
| 75 "Semper Fidelis" composer | 89 Offers, as a guess | 104 Singular sensation |
| 77 Go along with | 90 Far from | 105 Bestriding |
| 78 Cool-headed | 91 undemourished | 106 It may be carrying |
| 80 Spice from nutmeg | 92 Remove a stripe, perhaps | 107 "that somethin'!" |
| 82 Nasal appraisals | 95 Thatcher's installation | 108 Threesome |
| 83 Turned into | 96 Feudal minions | 109 Airer of many league games |
| 85 Something behind a locomotive | 97 Noble goal | 111 One bench press, e.g. |
| | 98 Run out | 112 Give it a go |
| | 99 Billiards bounce | 114 PFC superior |

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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.

Humorist WILL ROGERS (2 Across) was the preeminent multimedia star of his era, whose arenas included vaudeville, films, books, newspapers, magazines, radio and personal appearances. With a climate and scenery similar to southern California, Spain's Costa DEL SOL (31 Across) is a year-round resort. In the Mel Brooks film *Blazing Saddles*, for no apparent reason, Count BASILE (32 Down) and his orchestra make a cameo appearance performing "April in Paris" in the desert of the Old West.



Los Angeles Community Hospitals achieve third consecutive Pulmonary Care Excellence Award

NORWALK - Los Angeles Community Hospitals at LA and Norwalk are recipients of the national Pulmonary Care Excellence Award for 3 Years in a Row (2019-2021), according to new research by Healthgrades, the leading resource that connects consumers, physicians and health systems.

“Being recognized for pulmonary care reassures our patients that we provide nationally recognized lung care before the pandemic, during and post-COVID-19,” said hospital Administrator Judy Fauria.

The pulmonary care achievement places Los Angeles Community Hospitals at LA and Norwalk among the top 5% in the nation for overall pulmonary services for the last three years (2019-2021). In addition, the hospital is among the top 5% in the nation for gastrointestinal medical treatment in 2021, and top 10% in the nation for eight years (2014-2021). The hospitals also achieve five-star ratings in five clinical categories: cardiac, orthopedics, pulmonary, GI and critical care.

Each year, Healthgrades evaluates hospital performance at nearly 4,500 hospitals nationwide for 32 of the most common inpatient procedures and conditions using Medicare data, and all-payer data from 16 states for bariatrics and appendectomy procedures.*

“The importance of hospital quality is top of mind for consumers, as they are becoming more aware of the differences of care provided by different hospitals. Consumers can feel confident knowing that hospitals that are recognized for their performance in Pulmonary Care provide high quality care and superior outcomes,” said Dr. Brad Bowman, Healthgrades’ chief medical officer.

“Our dedicated doctors, nurses and support staff—many

who live near the hospital—provide this nationally recognized care to ensure our patients, our neighbors, receive the best medical care possible,” said Hector Hernandez, who is CEO of Los Angeles Community Hospitals. “Our new 2021 achievements in heart attack treatment and moving to the top 5% in the nation for GI medical treatment mean are focus on continuous quality improvement is making a difference.”

Los Angeles and Norwalk Community Hospitals are recognized for the following clinical achievements:

Cardiac

- Five-Star Recipient for Treatment of Heart Attack (2021)

Orthopedics

- Five-Star Recipient for Hip Fracture Treatment for 8 Years in a Row (2014-2021)

Pulmonary

- Recipient of the Healthgrades Pulmonary Care Excellence Award for 3 Years in a Row (2019-2021)

- Named Among the Top 5% in the Nation for Overall Pulmonary Services for 3 Years (2019-2021)

- Named Among the Top 10% in the Nation for Overall Pulmonary Services for 3 Years (2019-2021)

- Five-Star Recipient for Treatment of Chronic Obstructive Pulmonary Disease for 4 Years (2018-2021)

- Five-Star Recipient for Treatment of Pneumonia for 3 Years in a Row (2019-2021)

Gastrointestinal

- Named Among the Top 5% in the Nation for GI Medical Treatment (2021)

- Named Among the Top 10% in the Nation for GI Medical Treatment for 8 Years in a Row

(2014-2021)

- Five-Star Recipient for Treatment of GI Bleed for 9 Years in a Row (2013-2021)

Critical Care

- Five-Star Recipient for Treatment of Sepsis for 3 Years in a Row (2019-2021)

For its analysis, Healthgrades evaluated approximately 45 million Medicare inpatient records for nearly 4,500 short-term acute care hospitals nationwide to assess hospital performance in 32 common conditions and procedures, and evaluated comparative outcomes in appendectomy

and bariatric surgery using all-payer data provided by 16 states. Healthgrades recognizes a hospital’s quality achievements for cohort-specific performance, specialty area performance, and overall clinical quality. Individual procedure or condition cohorts are designated as 5-star (statistically significantly better than expected), 3-star (not statistically different from expected) and 1-star (statistically significantly worse than expected).

To learn more about Healthgrades, visit 2021 Report to the Nation.

Rio Hondo calls special election to fill board vacancy

WHITTIER - Rio Hondo College will hold a special election in the spring to fill an empty seat on its Board of Trustees.

The vacancy in Trustee Area 1 - representing the City of El Monte - was created when trustee Norma Edith Garcia stepped down in July. Her term would have run through December 2022.

The special election will be held with the state’s spring election, on Tuesday, March 2, 2021.

“Having a special election as soon as legally possible will enable the residents of Area 1 to

have direct representation on the Board,” a resolution approved by the Board of Trustees on Oct. 14 states. “This board resolution communicates to Area 1, the Rio Hondo Community College District, and the surrounding areas that the Board is resolute in filling this vacancy as soon as possible.”

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Biola School of Cinema and Media Arts named to The Wrap's Top 50 Film Schools

LA MIRADA - Biola University's School of Cinema and Media Arts was named to The Wrap's Top 50 Film Schools list.

Biola ranked 45 out of 50 schools in the nation, and was the only Council for Christian Colleges and Universities full member university on the list.

The list highlights former executive vice president at AMC Networks and new dean of Biola's film school, Tom Halleen, the school's building on the horizon, and internship opportunities as reasons for being included on the list.

"You wouldn't think the

executive who made AMC vital by programming Mad Men, Breaking Bad, and The Walking Dead would quit to become the dean of a Christian school's new School of Cinema Media Arts, but that's just what Tom Halleen did," states The Wrap's description of Biola. "And you might think that Biola is puny, but it's got dozens of faculty and Halleen oversees a \$76 million building project for a 50,000-plus square-foot sound stage, theater, classroom and office complex. Internships are required and done at Bad Robot, Netflix, Amazon, the Television Academy and the DGA."

Earlier this year, Biola

welcomed Halleen as the new dean of the School of Cinema and Media Arts. Halleen was a key team member in the transition of AMC into one of the most innovative cable networks on television in part through the launch of groundbreaking and Emmy Award-winning series including Mad Men, Breaking Bad, and The Walking Dead.

"I'm thrilled to see the great work of Biola's School of Cinema and Media Arts staff and faculty recognized in this way. I'm honored to join this amazing team," said Halleen. "At Biola, we're not just a film school. We're more than that. We teach the skills for our graduates to be competitive throughout the media industry - film, tv and game design - while also teaching them character to stand out."

Due to Biola's location in Southern California, film students have access to the heart of Los Angeles just 20 miles from campus, internship opportunities in the city and classes led by industry professionals. Biola film students are given excellent opportunities to learn and grow in the media arts through available equipment, location and outstanding faculty and

staff.

Biola's School of Cinema and Media Arts has been ranked as one of the top film schools in the world by multiple industry-leading sources in the past including Variety, MovieMaker, Filmmaker and Backstage.

The building mentioned by The Wrap will be a 50,000-plus square-foot facility that will house a 300-seat theater, sound stage, scoring stage, motion capture stage, Foley stage, color correction, mixing, recording and editing rooms, computer labs, three classrooms and faculty and staff offices. A hallmark of Biola's film school is the access students in the program have immediately upon entering Biola, which currently includes almost \$4 million worth of state-of-the-art equipment.

The school recently launched the new bachelor's degree in Game Design and Interactive Media and concentrations in production, editing, cinematography, sound design, visual effects, directing, entertainment business and entertainment producing.

Paging Dr. Frischer...

By Dr. Alan Frischer

Gluten-free products have become enormously popular. I've seen gluten-free pizza, cookies, breads, candies, and beer. (I've been told that the gluten-free pizza box tastes better than the pizza.) These products originally satisfied the needs of those who suffer from celiac disease, and now are sought out by many others, as well.



There is quite a bit of confusion about gluten. Most Americans are privileged to have access to a huge variety of foods, and it can often be hard to tell which of those foods might be causing undesirable physical symptoms. (Of course, non-food related issues, like sleep, hydration, exercise, mental status, etc. can cause physical symptoms as well.) Nonetheless, many of my patients report that they are gluten sensitive. This means that they do not have celiac disease, but believe that gluten-containing foods cause them various kinds of distress.

So, what is celiac disease? Roughly 1% of people in the United States are diagnosed with it, which comes to about three million people. It is a really terrible autoimmune disease in which foods with gluten cause inflammation and damage to the small intestine. It can lead to diarrhea, gas, weight loss, weakness and fatigue, severe abdominal pain, headaches, joint aches, and thinning of the bones.

The big question is this: is there a group of people who do not have celiac disease, but nevertheless react negatively to gluten? Very little research has been done about the motives of the many who adopt a gluten-free lifestyle. One survey found that the most common explanation for selecting gluten-free foods was "no reason" (35%), followed by "healthier option" (26%), and "someone in my

family has a gluten sensitivity" (10%). The least common rationale cited (8%) was "I have a gluten sensitivity."

Note that gluten sensitivity is entirely different from celiac disease. In a small 2011 study, Australian scientists put gluten sensitivity on the map. Participants who did not have celiac disease were given gluten and monitored for gastrointestinal complaints. The gluten appeared to cause a lot of gas, bloating, and fatigue. Next was a follow-up study a few years later. This time, those who claimed to be gluten sensitive were put on a high gluten diet, but did not have a corresponding increase in symptoms. (Note that this was a small study.)

It is important to consider that those who believe they have gluten sensitivity might actually have a food intolerance or sensitivity to some other non-gluten food, such as lactose, dairy, sulfites, amines, or caffeine.

The danger in unnecessarily eliminating gluten from the diet is that we may consume too little folate, fiber, and thiamine. Gluten-free foods cost more. Socializing becomes more difficult. Packaged gluten-free foods often contain a greater density of fat and sugar than do their gluten-containing counterparts.

For those who do not have celiac disease, wheat allergies, or this possible non-celiac gluten sensitivity, there is simply no data supporting the health benefits of a gluten-free diet.

These are my recommendations: If you feel that you are gluten sensitive, it is critical to make sure that you do not have celiac disease, which has serious lifelong consequences. Please consult your doctor if you suspect a problem. Approach this together scientifically, in order to reach an accurate diagnosis and arrive at the very best treatment.

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