

The Norwalk Patriot

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At Biola, athletes and coaches getting COVID-19 testing until seasons start

The nursing department is conducting weekly events.

By John Sherrard
Contributor

LA MIRADA – It's a new world out there these days and most athletes are experiencing it every day.

Biola University is in the middle of weekly COVID-19 surveillance testing for both coaches and student-athletes.

The testing, which is being conducted by the school nursing department, will continue until the NCAA no longer requires the process.

Testing, which is held in the gymnasium, began October 5 with 96 student-athletes and has continued the last four weeks each Monday.

Student-athletes are selected for testing at random and only a limited number are selected each week.

Beginning with the second week, 48 student-athletes were tested and will continue for now.

Biola Athletics has just successfully transitioned to Phase 2 of the department's COVID-19 Action Plan.

The NCAA has labeled sports into three categories for testing:

1. High Risk – (Soccer, volleyball and basketball) Need to have 25 percent of their roster tested each week.
2. Medium Risk – (Baseball, softball and cross country) Need to have 25 percent every other week.
3. Low Risk – (Tennis, swimming, track and golf) Tested as needed.

Biola has not yet had a positive test associated with their surveillance testing.

"We are thrilled to have multiple successful weeks of testing so far," said Associate Athletic Director, Neil Morgan. "This illustrates the protocols we have in place are keeping our student-athletes and staff safe and helping us towards the ultimate goal of a safe return to competition this spring."

Morgan continued, "... What's unique about our current setup is that we've been able to partner with the school's nursing department and have clinical nursing students running the testing events for us. It's a mutually beneficial partnership because we needed additional professional staff help and their students were in need of more clinical hours since hospitals are not taking as many right now."

The testing follows state, county and NCAA guidelines on the type and frequency of testing for the stage of activity they are in.

The school has contracted



Nursing student, Mikayla Greens, checks in baseball player Connor Butler for the school's Covid 19 testing in the gym at Biola University in La Mirada. (Photo by Keith Durlfingler)

with a lab called Mirimus, which will do all of the testing.

Each staff and student-athlete gives a SalivaDirect test and the result is usually back the next day.

Biola has very strict practice protocols for its current workouts, with daily temperature and symptom checks.

A former student-athlete, Mikayla Greens, is now on the other side of things as she is one of the students in the nursing program involved with the testing.

Greens, who played four years on the women's basketball team (2016-19), is assisting with the weekly COVID-19 testing for her nursing hours.

"It's actually a really great experience," Greens said. "I haven't been in this gym since season ended in March and I wasn't sure when I'd see it again, since COVID-19 came around and most things were closed. "This testing site is seen as one of our clinical sites for the nursing program, so when it was offered to me I was very excited to be interacting with Biola Athletics in some form again. Being here has brought up a lot of great memories."

Each group is made up of a few nursing students, under the direction of the director of the nursing department, Rachel Van Niekerk.

Students are assigned to screen an athlete for COVID-19 symptoms and make sure they are properly prepared for testing.

Four students are then assigned to different testing stations (two at each), where they guide the athletes in the testing process, handing out the testing supplies (tube, straw, alcohol wipes).

"(The students) are taking this as serious as they should be," Van Niekerk said. "I'm proud of our students."

"On several occasions I've had to pause and watch. They all are wearing masks and are very serious. It's a great testament to the students who commit to these requirements."

Van Niekerk is very proud of her students and their involvement in the testing program.

"They have been tremendous," Van Niekerk said. "It's not been an easy year for many of them. "We've done well."

Below are student-athletes reaction and responses to the COVID-19 testing at Biola University

Jazz Benn, Sr. – Women's Basketball Player; Business Administration Major; President of Student-Athlete Advisory Committee

Q: How easy, difficult, or strange has it been for you and your team to incorporate the testing into your routine?

A: It has been very easy to incorporate testing into our daily routine. We have only done physical testing twice this semester but we have a daily screening questionnaire that we are required to fill out before we step out of our room. It has definitely been an adjustment but we cannot train or workout without this necessary step, so this is a great way to hold us accountable and check in with everyone.

Q: How does the actual testing experience compare to what you thought it would be like?

A: I thought testing would be more frequent given that we have

moved to our second Phase and we interact with our teammates on a daily basis. On the other hand, I thought we would have to do a more intense testing method, but it has been easy to do the simple saliva test.

Ben Smith, Jr. – Baseball Player; Business Administration Major

Q: How easy, difficult, or strange has it been for you and your team to incorporate the testing into your routine?

A: For our team, we are taking all of the new COVID protocols, like testing, in stride as best we can. Collectively, as a team, we take it seriously because we want to play, and we are willing to do whatever it takes to give us the best chance of having a season in the spring.

Q: How does the actual testing experience compare to what you thought it would be like?

A: I never realized how hard it was to produce so much saliva on demand until I actually had to do it. But it is still a much better method of testing than the nasal swabs. I am glad that our athletic department is willing to invest in these procedures because they care about the health of their athletes and want to follow the necessary protocols.

Rachel Melvin, Jr. – Women's Soccer Player; Human Biology Major

The testing has been relatively easy and efficient in my experience. I thought that the process might take longer, but it can go rather quickly and smoothly as it is self-administered. The testing has been easy to incorporate into my routine, though I have observed that it is often inconvenient for others who have to commute longer distances to campus for the test in between practice and class times.

Mikayla Greens – (Grad. of Biola – 2020) Nursing Student, Alumni of the Women's Basketball Program (16-19)

Q: What has it been like for you to be involved in COVID-19 testing on campus?

A: It has been great! I think

it is a super safe and clean environment. We are well supported by Biola Athletics and the Health center to participate in this testing site on campus. We are supplied with personal protective equipment and facilitate certain protocols to keep ourselves (the ones working the site) and the athletes safe.

Q: How would you describe your typical responsibilities on a testing day?

A: Our group is made of seven students and our nursing instructor, Rachel Van Neikerk. We meet as a group at 7 am on Monday mornings to discuss the activities for the day before athletics opens up the site at 730 am.

One student is assigned the lead which overlooks the whole screening and testing process and provides anybody working the site assistance if needed. Two students are assigned to be screening students for COVID-19 symptoms as well as making sure the athletes have properly prepared for testing. Then four students are assigned to different testing stations where they guide the athletes in the testing process and keep the stations sanitized. Testing ends by 1130 am and we clean up and are done by 12 pm.

Kaitlyn Natividad, Sr. – Cross Country (5K, 6K) and Track & Field (1500, 1800)

Personally, I found it to be comforting and being able to train. I was kind of skeptical at the beginning. It brought me comfort and peace.

The testing is every so often since we've been back (Early September). It's random.

We do have daily screening from the Athletic Department. They email us three questions – Any exposure, symptoms or any contact. We then submit them every day before practice. We also have our temperature taken at practice.

I was so happy to see that the Biola nursing program was involved. I have two friends in the department and they are really thankful for this program.

Weekend at a Glance

Friday 84° ☀

Saturday 84° ☀

Sunday 89° ☀

ON THIS DAY OCTOBER 30

1735:

John Adams, the second president of the United States, was born in Braintree, Mass.

1831:

Nat Turner was arrested for leading the bloodiest slave rebellion in United States history. He was hanged two weeks later.

1944:

Anne Frank was deported from Auschwitz to the Bergen-Belsen concentration camp, where she died a year later at age 15.

1953:

George C. Marshall, who, as secretary of state following World War II, engineered a massive economic aid program for Europe, was awarded the Nobel Peace Prize.

1961:

The Soviet Union detonated the Tsar Bomba, the most powerful explosive device ever detonated.

1974:

Muhammad Ali knocked out George Foreman in the eighth round of a 15-round bout in Kinshasa, Zaire, to regain his world heavyweight title.

1975:

The New York Daily News ran the headline "Ford to City: Drop Dead" a day after President Gerald R. Ford said he would veto any proposed federal bailout of New York City.

2003:

LeBron James made his NBA debut with the Cleveland Cavaliers.

2005:

Civil rights pioneer Rosa Parks became the first woman to lie in honor in the U.S. Capitol Rotunda.

Notable Birthdays

Argentine soccer player **Diego Maradona** turns 60.

Ivanka Trump, the president's daughter, turns 39.

WWE wrestler **Edge** turns 47.

Basketball player **Devin Booker** turns 24.

Actress **Nia Long** turns 50.

Henry Winkler, who played The Fonz on "Happy Days," turns 75.

Comedian and television host **Larry Willmore** turns 59.

Actor and comedian **Kevin Pollak** turns 63.

Holidays

Nothing says Halloween is just around the corner than a bowl full of candy corn. Celebrate this multicolored candy that resembles a corn kernel today on **Candy Corn Day**.

Today is also **Nevada Day**, a state holiday in Nevada. Celebrated on the last Friday of October each year, Nevada Day commemorates Nevada's frontier legacy and its admission to statehood in 1864.

Arts and Sports Complex to hold blood drive

NORWALK – The Norwalk community is invited to participate in a Red Cross Blood Drive at the Norwalk Arts & Sports Complex on Tuesday, November 17. The need for blood is constant and healthy, eligible individuals are encouraged

to donate to avoid potential shortages due to COVID-19. The blood drive will take place from 10 a.m. to 4 p.m. in the Sproul Room.

Photo identification is required at time of donation.

Donors may schedule their appointments online at www.redcrossblood.org using the sponsor code: NorwalkStrong or calling 800-RED-CROSS. The Norwalk Arts & Sports Complex is located at 13000 Clarkdale Avenue.

Norwalk property values grow by 5.2%

NORWALK – The total assessed value of all Norwalk properties increased by 5.2% this past year to a total value of approximately \$8.5 billion.

The figures were released Monday by the L.A. County

Assessor.

Despite the pandemic, local cities saw increases in total assessed property values, which were attributed to sales, new home construction, and the annual inflation adjustment.

Norwalk properties increased by nearly \$419 million from 2019 to 2020.

Norwalk has 23,058 property lots within city limits; of those, 21,894 are residential or residential income properties.

Norwalk COVID-19 statistics: 3,754 cases 86 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. 27.

Don't forget to turn your clock back on Sunday.

Coca-Cola discontinuing half of its brands

Coca-Cola is saying goodbye to 200 brands, or half of its portfolio.

The beverage giant had already announced that it will discontinue some beloved, if outdated, drinks, like Tab, Zico and Odwalla. Thursday was the first time the company said it would get rid of 200 of them.

Reducing the portfolio will allow Coca-Cola to focus on its

most profitable offerings, the company explained. Those include its core products like Coca-Cola Zero Sugar as well as brands that fit into trendy new categories, like Topo Chico hard seltzer and AHA, a caffeinated seltzer the company launched last year.

CEO James Quincey said during an analyst call that the company has finalized which brands will remain in the portfolio. He didn't give specific

names that will get axed, but said that the "hydration" category, with Dasani, Powerade, Vitamin Water and Zico, and other brands, will likely see more cuts.

Water and sports drink volumes fell 11% in the third quarter.

Many of the brands Coke will shut down are only sold in certain markets instead of nationwide, he said.

There's a stark difference between Coca-Cola's successful brands and its struggling ones, Quincey said over the

summer. He explained that the underperforming beverages have "little to no scale," and that their sales represent only 2% of total revenue.

Culling the brands is one of a number of strategies the company laid out this summer to help it grow. Coke says the move will free up resources to invest in higher-growth drinks.

Coca-Cola has had a hard time during the pandemic because of restaurant closures. In the third quarter, net revenues declined 9% to \$8.7 billion.

Short Story Dreams

By Anthony Kingsley

We all have dreams – some attainable and others probably not. But the thing about dreams is that when one is accomplished or not completed, another dream takes its place.

When I was about 6, I used to listen to the American Forces Network (AFN) broadcasts from Stuttgart and Frankfurt, Germany. My favorite bands were Glenn Miller and Benny Goodman.

From these broadcasts one of my earliest dreams developed: get to the United States, get a good job and buy a huge Cadillac.

My favorite band leader was Benny Goodman, a clarinet player. I had a dream that I would learn to play the clarinet and become another Benny Goodman. My parents bought me a clarinet and signed me up for music lessons at the Municipal School of Music.

I joined a marching/concert band. We would play at events throughout the year. Our bandmaster played with the Irish Symphony Orchestra.

When I moved to England, I brought my clarinet with me with the intention of continuing my music studies. But renting a room in a private home, it was difficult to have practice time. I finally decided that I did not have

a natural music ability and sold the clarinet. And so ended that dream.

But the first dream, emigrating to the United States, was still alive. In addition to working as a clerk for an engineering company, I took a job as a bartender at nights and as a salesman in an upscale department store on weekends. After two years, the immigration fund had reached its desired goal and the US Embassy issued an immigrant visa. On April 28, 1965, I boarded the SS United States in Southampton bound for New York.

On May 3, 1965 I arrived in New York at 6 am. One-third of the first dream was accomplished. The third part of the dream, the Cadillac, never did materialize. But I did get a big Plymouth Savoy with huge fins at the back.

While working at Chase Manhattan Bank in New York, my supervisor told me that if I wanted to get ahead in the US, I would have to go to college. Another dream developed – get a college degree. It took me 12 years, but the dream was accomplished.

Then another dream developed: an advanced degree. It took me five more years, but the dream was accomplished. The good job was also accomplished.

My mother's dream was travelling. Unfortunately, she never accomplished her dream – a heart attack prevented that. So, I took up the banner to do it for her. The travelling dream is still a work in progress.

I went to a presentation at the Long Beach Library about the Peace Corps. A new dream: helping people in other countries. I joined the Peace Corps and served 27 months in Armenia, then two years in Kazakhstan and six months in the Philippines. Is that dream still alive? Definitely so.

Then I got a dream to be a teacher and I got my teaching credentials.

Will there be more dreams in the future? Hopefully so.

I used to ask my students, "Do you think I'm too old to have a dream?" The answer was usually, "You will never be too old not to have a dream teacher." I taught them well, don't you think?

And remember, you have got to have a dream; if you do not have a dream, how are you going to have a dream come true?

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THE PET SPOT

Don't Ignore Dog's Animal Hospital Aggression

Q: Harley, my 3-year-old bulldog mix, doesn't go to the veterinarian often because he gets aggressive whenever he does. During his most recent visit, the vet recommended we consult a veterinarian who specializes in behavior problems to help Harley feel less anxious at the animal hospital. My question is why bother, since the vet was able to give him his rabies vaccination.

A: First I'll explain "why," and, if I do that successfully, I hope you'll read on for the "how." Most dogs that react aggressively at the animal hospital are actually anxious or frightened. Do you really want Harley to feel stressed when he could instead feel confident and happy when he visits his veterinarian? Moreover, if a trip to the vet is so stressful that you don't take him regularly, then he's not getting the preventive care that could spare him serious illness. What happens if Harley needs surgery or gets sick enough to require hospitalization? He should feel comfortable having people treat his condition, give him medications and tend to his IV fluids. If he won't let the veterinary staff provide the necessary care, he won't heal. If those aren't enough reasons, let me share some statistics. While 92% of veterinarians have been bitten by a dog, I assume Harley hasn't bitten his veterinarian yet, and I'm certain you don't want that bad mark on his medical record. Furthermore, the primary reason dogs are relinquished to shelters is behavior problems. Vow to address Harley's so you'll never have to think about giving him up. Since there's no evidence that dogs grow out of behavior problems on their own, let's talk about what you can do to correct Harley's aggressive behavior at the animal hospital.

First, take your vet's advice to consult with a veterinarian who specializes in animal behavior. Ask whether an anti-anxiety medication would help, at least during the initial phases of therapy. Train Harley to enjoy riding in the car so he's relaxed when he reaches the animal hospital. Drive him to places where he can have fun and meet friendly people and dogs, making very few of his destinations stressful. Car training should be gradual, and it will be more successful if you employ the relaxation pheromone Adaptil, lavender oil, calming music such as <https://icalmpet.com>, a compression wrap such as a Thunder Shirt or Anxiety Wrap, or a combination of these stress-reduction techniques. Also, train Harley to accept common veterinary procedures. Start with the physical examination, ensuring he is comfortable having one

person hold him while another checks his teeth and gums, ears, paws and elsewhere. Practice having someone hold his front leg out in front of him, as though a veterinary technician were drawing blood.

Enroll Harley in a group obedience training class. He'll become comfortable with other people and dogs, and his self-confidence will improve as he performs new skills and hears your praise. With some work and perhaps medication, both Harley and you will come to enjoy his veterinary visits.

Q: I have cats, and I use a Swiffer WetJet. A friend told me she remembers hearing something about it being toxic to pets. Is this true?

A: No, that rumor was debunked long ago. If you follow the manufacturer's directions, the Swiffer WetJet is safe to use in homes with pets. Lee Pickett, VMD, practices companion animal medicine in North Carolina. Contact her at <https://askthetvet.pet>.

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BY DR. LEE PICKETT

We're already transitioning from fossil fuels

By Froma Harrop

Joe Biden could have used more careful wording at that debate, but his talk of shifting the economy from fossil fuels to cleaner energy reflected a process well on its way. The transition started before Donald Trump took office and accelerated during his presidency.

Hoping to vacuum up some votes in oil- and gas-producing swing states, Trump pounced on Biden's remark. He also replayed one of his favorite lies, that Biden would ban fracking. Biden would stop hydraulic fracturing only on federal land, a middle position that has displeased some environmentalists.

Trump's been pushing another lie, that he "saved our oil industry." Actually, he didn't.

On the contrary, America's oil and gas companies are in big trouble and filing record bankruptcies this year. Exxon Mobil isn't among them, but the legendary oil giant has lost over 66 percent of its market value since 2013.

The reason is partly the transition, pushed along by the rapidly falling cost of green energy. Renewables such as solar and wind are expected to provide 20 percent of America's electricity this year, according to the U.S. Energy Information Administration. That's

more than double their share 10 years ago.

For one brief but shocking moment, Exxon's market value fell below that of NextEra Energy, a wind and solar power company that few have heard of. Clearly, the move from fossil fuels to clean energy sources is not just about environmentalism. It's about capitalism. It's where investors want to put their money.

COVID-19 has multiplied the suffering of fossil fuel companies and their workers. Fear of the virus has applied the brakes on flying, driving and other energy-dependent activities. The resulting glut in oil and gas is largely to blame for the loss of 107,000 jobs between April and August. By September, the number of oil rigs operating in the U.S. had dropped more than two-thirds from only a year before.

Trump was president all that time. Had he not gone limp on confronting the public health crisis, there'd probably still be a lot more oil and gas jobs today. Other countries managed to corner this plague, and their economies are going full tilt.

Oil companies know the transition is on schedule. BP leads the pack in planning a 40 percent cut in oil and gas production over the next decade — while boosting investment in wind, solar and hydrogen power. This radical move reflects the economic realities, the British company says. It believes that global demand for oil has already peaked and might never return to pre-pandemic levels.

Hello, Texas. Texas is America's No. 1 producer of oil and gas but also wind energy. Only four countries generate more wind power than Texas. And, oh, yes, average wages of renewable energy jobs now top those of fossil fuel jobs, the Houston Chronicle reports.

Solar PV (PV stands for "photovoltaic," one of the solar technologies) and onshore wind (the Texas kind) are currently the cheapest newly constructed energy sources for two-thirds of the world's population, according to the research group BloombergNEF. The cost of batteries to store the energy is also falling.

Bigger turbines have further lowered the price of onshore wind power over the past five years. Rural landowners, meanwhile, are cashing some nice checks as they lease their acres to wind farms.

Do Texans really want four more years of a president who ruminates that wind turbines may cause cancer?

Opinion polls out of Stanford University find that the virus and economic downturn have not at all reduced the public's growing worry over rising temperatures. Biden's ambitious climate plan may be sweet words to voters in his base but also to the voters well beyond it. We shall see — and hope.

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

Is getting Trump worth it?

By Walter E. Williams

President Donald Trump is not the first president to be hated by a large segment of the American population. In more recent times, there was considerable hate for President Ronald Reagan. Even though the Democratic Speaker of the House Tip O'Neill and Reagan were polar opposites in their politics, they could be friends. Once, when Reagan confronted O'Neill about nasty things that he said about him in a newspaper, O'Neill replied, "That's just politics, after 6 o'clock we're buddies — we're friends." Politics today has become something not seen in our history. The true tragedy is that many Americans have bought into the hate, destructiveness and plain nastiness and are seemingly ignorant or uncaring about its long-term consequences for our nation.

Democrats say that if they win the presidency, they would increase the size of the U.S. Supreme Court by appointing justices who would do their bidding — packing the court. One wonders whether they think that a future Republican president would simply ignore what they have done. I doubt it. A future Republican president would resort to the same tactic and appoint justices that would do his bidding. The U.S. Supreme Court would become no less than a super-legislature, subject to the will of politicians.

Last June, the U.S. House of Representatives passed a bill

in favor of D.C. statehood. The measure was dead on arrival at the Republican-controlled Senate. But should Joe Biden win the presidency and bring with him majorities in the House and Senate, he would make statehood for D.C. — and Puerto Rico — a political priority. That would give the Democrats four more seats in the U.S. Senate, therefore guaranteeing them a solid majority. But would Republicans accept that without a response? What about splitting up strong Republican states, such as Oklahoma, Kansas, Nebraska, Wyoming, Utah and Idaho. For example, create a West Oklahoma and East Oklahoma or a North Utah and South Utah. That would give the Republicans four additional senators thereby offsetting the new Democratic senators.

You say, "Williams, dividing up states to get greater representation in the House of Representatives and the Senate would violate the Constitution." The fact of the matter is that making Washington, D.C., a state would violate the Constitution. Article I, Section 8, clause 17 of the U.S. Constitution provides explicitly for a national capital that would not be part of a state nor treated as a state, but rather a jurisdiction under the exclusive authority of Congress, a neutral "district" in which representatives of all the states could meet on an equal footing to conduct the nation's business.

As far as dividing up states, Article IV of our Constitution, in part, says, "but no new State shall be formed or erected within the Jurisdiction of any other State; nor any State be formed by the Junction

of two or more States, or Parts of States, without the Consent of the Legislatures of the States concerned as well as of the Congress."

By the way, in 1863, President Abraham Lincoln, who claimed that he was fighting against secession, violated the U.S. Constitution when he proclaimed the admission of West Virginia into the Union. The Virginia state legislature did not vote to support West Virginia's secession from Virginia.

The bottom-line question is whether our nation can survive the divisions that we see today. Too many people want to blame it all on Trump. How much blame can be put on Trump for the riots, looting and, as Axios estimated, the close to \$2 billion in losses from property destruction? What about the murder and shooting of civilians and law enforcement officers? What about the tearing down of monuments, not only those of Confederate generals but of Abraham Lincoln, Christopher Columbus, Thomas Jefferson, George Washington and abolitionist Frederick Douglass?

Perhaps the most tragic aspect of today's division is that much of it is a byproduct of our education system where young people are taught to hate our nation's founders and founding principles. However, it is these principles, though practiced imperfectly, that have created the freest and richest nation in mankind's history. The question is if our nation can survive the widespread anti-Trump hate.

Walter E. Williams is a professor of economics at George Mason University.

Patriotism on full display

By Mark Shields

Mick Mulvaney was a four-term Republican congressman from South Carolina with a reputation as a hawk on government spending in 2017 when President Donald Trump chose him to be director of the Office of Budget and Management, the nation's top fiscal officer. Mulvaney held that position until December 2018, when Trump named him "acting" White House chief of staff, a position he held until March 2020 when the president replaced him with North Carolina Rep. Mark Meadows.

Mulvaney's record on restraining federal spending was, in a word, dismal. The national debt, which was just under \$20 trillion when Trump became president, has ballooned to north of \$27 trillion in 46 months. But let's give Mulvaney some credit for daring to spread the ugly truth: In a speech to the Oxford Union, he admitted publicly: "My party is very interested in deficits when there is a Democrat in the White House. The worst thing in the whole world is deficits when Barack Obama became president. Then Donald trump became president, and we're a lot less interested (in cutting federal spending)

as a party."

Proving the timeless wisdom of the Turkish proverb — "He who speaks the truth must keep one foot in the stirrup" — Mick Mulvaney's tenure as White House chief of staff ended three weeks later.

Hypocrisy, sadly, is never out of fashion in politics. Consider the American flag lapel pin found so often on the suitcoat of American politicians, most of whom went to considerable effort to avoid or evade military service. A check of the files fails to turn up a single photo of legitimate 20th-century war-hero presidents — Teddy Roosevelt, Harry Truman, Dwight Eisenhower, John Kennedy, Gerald Ford or George H.W. Bush — feeling the need to burnish their credentials with any Old Glory jewelry on their chests.

But President Donald J. Trump, he of the fabled bone spurs, is never without the Stars and Stripes on his ample bosom. Among other leading Republicans who campaigned with the Stars and Stripes sartorially prominent were former Vice President Dick "I had other priorities in the '60s than military service" Cheney and most presidential candidates, including Florida Sen. Marco Rubio,

former Florida Gov. Jeb Bush, former New Jersey Gov. Chris Christie, former Wisconsin Gov. Scott Walker, and former House Speakers Newt Gingrich and Paul Ryan, who was also the GOP nominee for vice president in 2012.

One Republican presidential candidate was criticized by some in his own party for not wearing a flag pin on his suit lapel: the late Arizona Sen. John McCain, who did, you may recall, answer his country's call and spent five-and-a-half years being starved and brutalized in a North Vietnam concentration camp. It was McCain who criticized the nation's manpower policies during the Vietnam war: "We drafted the lowest income level of America, and the highest income level found a doctor that would say that they had a bone spur. That is wrong. That is wrong. If we're going to ask every American to serve, every American should serve." Pinning a flag on your own chest for show is no substitute for putting your life on the line for the country.

Mark Shields is a political commentator. He began writing his syndicated column for the Washington Post in 1979.

Pope Francis' support of same-sex unions is eminently Christian

By the St. Louis Post Dispatch

Pope Francis' recent comments expressing support of same-sex civil unions are only earth-shaking to those who tend to exaggerate the prominence of the issue in the context of church teachings.

In fact, neither the Catholic Church in earlier eras, nor the text of the Bible itself, gives this topic the obsessive focus that too many believers today ascribe to it. Francis' live-and-let-live approach is likely to broaden the church's appeal in the modern world — something it needs to do.

The documentary "Francesco," released at the Rome Film Festival Wednesday, features the pontiff declaring, "Homosexual people have the right to be in a family. They are children of God." He says he supports the concept of a "civil union law" within the church.

This doesn't come out of nowhere. As far back as 2010, when Francis was cardinal archbishop for Buenos Aires, he was supportive of efforts in Argentina to allow legal rights for gay couples. In 2013, he shocked the global media by declaring: "If someone is gay and he searches for the Lord and has good will, who am I to judge?"

Still, Francis' latest comments are being presented by both supporters and critics as a seismic event. It seems clearer than ever that he intends to reform the official anti-gay intolerance that has been too often embraced by the church hierarchy. A report in The New York Times that the Vatican initially cut Francis' comments about civil unions from the documentary footage demonstrates how tall an order that might be.

Francis reportedly remains steadfastly opposed to any suggestion the church embraces formal marriage between same-sex couples. While church doctrine has generally but inconsistently discouraged same-sex relationships over the centuries, it is more explicit about marriage, defining it as being between one man and one woman. Where Francis breaks new ground is in his openness to supporting legal protections for same-sex couples via civil unions — a position that isn't explicitly barred by church doctrine but that had been rejected by Francis' modern predecessors. It remains to be seen whether the world's gay Catholics will stake out the position that Americans ultimately did in secular law: that legal protections aren't enough and that the full, symbolic recognition of formal marriage is crucial.



That potential debate shouldn't diminish the importance of what Francis' latest comments do in terms of bringing the church in line with not only the modern world but with the better aspects of Christianity itself. Biblical scholars peg the number of explicit references to homosexuality in the Bible at just seven (none of them by or involving Jesus Christ). The topic of poverty, in contrast, is referenced hundreds of times. Ultimately, Francis' comments might prove to be less a papal bombshell than a reminder to believers everywhere of what is important — and what isn't.

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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

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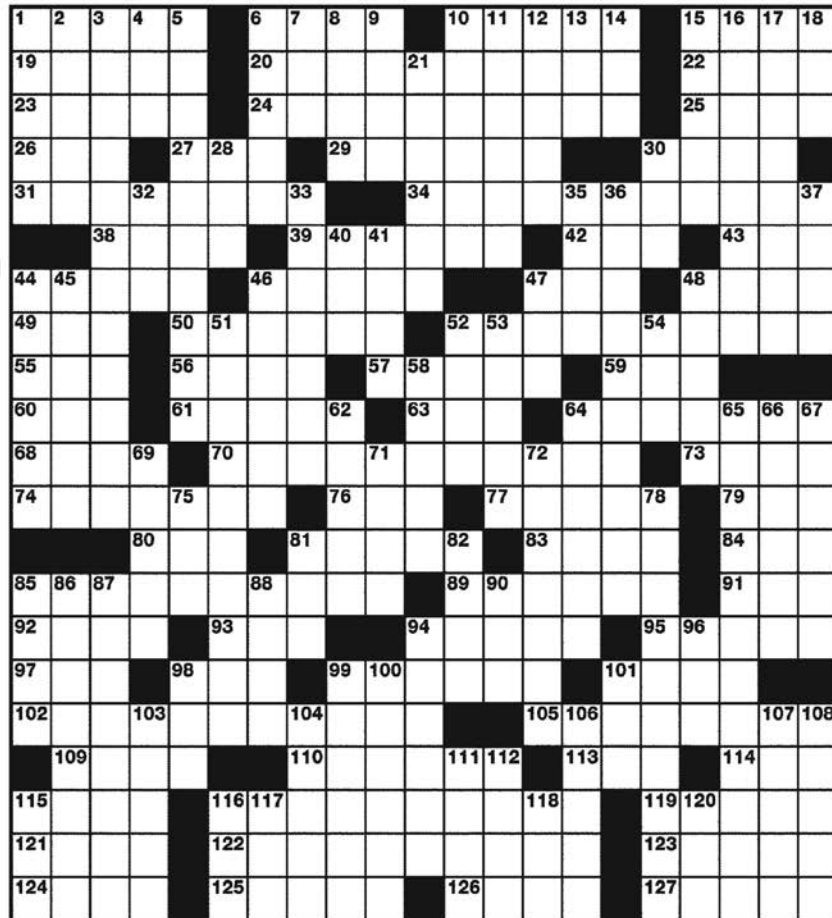
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The Norwalk Patriot

THE NEWSDAY CROSSWORD
Edited by Stanley Newman (www.StanXwords.com)
PUMP-KIN PATCH: As seen through the clues
by Greg Johnson

- ACROSS**
- 1 Reach for, like a pooch
 - 6 Treat with cocoa
 - 10 Scoring test for hospital newborns
 - 15 At ___ time (prescheduled)
 - 19 It's west of Daytona
 - 20 "Standing room only" situation
 - 22 Big piece of marble
 - 23 Ren Faire strings
 - 24 Where to buy PUMPS
 - 25 Pooches
 - 26 Hot saison
 - 27 Most-used English word
 - 29 Dueler's attendant
 - 30 Roll a ball toward the pins
 - 31 Marine rank
 - 34 Machines with water PUMPS
 - 38 First verb to be telegraphed
 - 39 Portugal's second city
 - 42 Question marks
 - 43 Comics cry
 - 44 Drawn-out attack
 - 46 Had a date
 - 47 Mall Santa photographer
 - 48 Request for permission
 - 49 Org. for the best drivers
 - 50 Try to hit
 - 52 Greetings with PUMPS
 - 55 PC shortcut key
 - 56 Fey once of SNL
 - 57 Cockpit reading
 - 59 ___ in "extraordinary"
 - 60 Sea urchin delicacy
 - 61 Make a last-moment eBay bid
 - 63 Fall behind
 - 64 New England house style
 - 68 Undecided
 - 70 Facilities with rows of PUMPS
 - 73 Vocalize
 - 74 Helps out
 - 76 Rested
 - 77 Overinterested one
 - 79 Civil War insignia
 - 80 One less than quad-
 - 81 Fell off
 - 83 Gull cousin
 - 84 Starchy side dish
 - 85 Salon supplies with PUMPS
 - 89 MLB division with CA teams
 - 91 Airport in northeast OH
 - 92 Coin of a gold-and-silver color
 - 93 Please ___ Here (checkout sign)
 - 94 Committee leader
 - 95 Scrabble's 100
 - 97 Commotion
 - 98 Fall parade participant
 - 99 Book after Job
 - 101 Thrill ride shout
 - 102 Cleansers in PUMPS
 - 105 Midtown heartfelt haven
 - 109 Ahi, at a sushi bar
 - 110 Berry Farm family
 - 113 Negative connector
 - 114 Harrison, in four films
 - 115 Curve without a 47 Down
 - 116 Machines with centrifugal PUMPS
 - 119 Not far from
 - 121 Shallowest Great Lake
 - 122 Since January 1
 - 123 Gatorade sister brand
 - 124 Part of NAACP: Abbr.
 - 125 "In my humble opinion..."
 - 126 Prefix for while
 - 127 Da and ja
- DOWN**
- 1 Global extremes
 - 2 Highly perceptive
 - 3 Appliances with PUMPS
 - 4 Tavern's "pale" pour
 - 5 Market research tools
 - 6 Clark Kent colleague
 - 7 An old college cry
 - 8 Greek god with wings
 - 9 S-shaped molding
 - 10 Behave badly, as a kid
 - 11 "ASAPI"
 - 12 Nickname of Mercury astronaut Cooper
 - 13 Cause to be captivated
 - 14 Courses for drivers: Abbr.
 - 15 "Same here"
 - 16 What might precede a flat
 - 17 2 Down vision
 - 18 Basic cable superstation
 - 21 Steep slope
 - 28 "I told you so!"
 - 30 Air gun pellets
 - 32 Hand-to-throat signal in charades
 - 33 Dancing shoe attachments
 - 35 Barbecue sauce selection
 - 36 Pro athletes' downtime
 - 37 Sports equipment often waxed
 - 40 Bake sale sponsor
 - 41 Scoreboard posting
 - 44 Athens' long-ago foe
 - 45 Traditional Arctic abodes
 - 46 Short-lived crazes
 - 47 Terminus
 - 48 Sail supports
 - 51 Shaped like some mens' shoes
 - 52 Steam product
 - 53 Auspices
 - 54 Royal pal of Falstaff
 - 58 Diner serving
 - 62 Think piece
 - 64 Noisy napper
 - 65 Places that sell PUMPS
 - 66 Temporarily discounted
 - 67 Events with snowboarding and skateboarding
 - 82 Wonka creator
 - 85 Become well again
 - 86 Checkers of books
 - 87 Group with Mohawks and Senecas
 - 88 "That didn't work!" ___ it (leave in a hurry)
 - 94 '50s revolutionary
 - 96 Biblical name ending
 - 98 Traveling through
 - 99 Bakery-cafe chain
 - 100 Erratic
 - 101 Intl. commerce agency
 - 103 Set free, in a way
 - 104 Cajun staples
 - 106 Ready for a take
 - 107 Short delay
 - 108 Contingent of naysayers
 - 111 Impertinence, informally
 - 112 The Lion King villain
 - 115 Where a herd grazes
 - 116 Memo opener
 - 117 War zone danger, for short
 - 118 Gold nos.
 - 120 Pollination participant

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In 1952, Big Apple physician Virginia APGAR (10 across) developed the five-criteria score named for her, to measure a newborn's health. After THE, newborn's health. After THE, commonly used words in English, the (30), are: be, to, of, and, a, in, that, have and I. The reference at 38 across is to "What HATH God wrought?" the first Morse Code message transmitted by Samuel Morse in 1844.



Old Downey home investigated for paranormal activity

The PART team - which offers its services to help people explain paranormal phenomena - investigated one of Downey's pioneer buildings.

By Alex Dominguez
Staff Writer

DOWNEY - The Downey Historical Society may have some ghostly neighbors.

Nestled behind the Historical Society's building at Apollo Park lies the Dismukes House, a small home built in 1887 by Downey Pioneer Edwin Price Dismukes for his family.

After being saved from demolition in 1986, the home was donated to the Historical Society and moved from its original location to the corner of Rives Avenue and Imperial Highway. The building has been opened up for tours in the past, however most of the items in the home - save for an old band hat and a bible - is unoriginal to the family itself.

The house was recently investigated by the Paranormal

Activity Research Team (PART), which was founded in 1988 by Alain Camiling.

"We've found that there are many other people out there that have had experiences and kept it to themselves for fear of judgement, risking their jobs, or other things; it can have a heavy toll or consequence when you admit something like that," said Camiling. "We turned it into a service where we go out and help people document these strange activities that they have."

Admittedly, the Dismukes House is probably not the first place that would come to mind when speaking of Downey's potentially spooky and supernatural urban legends and myths.

Historical Society President Bob Thompson offered one alleged story of a woman who had been distracted and pulled away from a bath she was drawing, only to return to the tub later and find the water had been shut off despite her being the only one in the house at the time.

Still, PART's initial



PART has investigated Downey's Dismukes House twice, coming up with some exciting results. (Photo by Alex Dominguez)

investigation - which took place on Friday, Sept. 25 - began with very little to go off of.

"We only got a handful of stories, a handful of incidents," said Camiling. "We kind of came in here - I don't want to say blind - but with our guns blazing, meaning every piece of equipment we had to try and capture in this short period of time some kind of event, whether it's an orb, voices, or footsteps."

Review of initial footage and audio yielded results in the form of some light "orb" phenomena and a potential shadow object.

This helped the team fine-tune their focus a little more when they returned last week.

"We got a lot of light anomalies, and we were able to determine that they weren't

dust, they weren't bugs because of the environment and the surrounding opportunities that we had to look at some of the other portions of the house," said Camiling. "All the light anomalies kind of corroborated and came together with the other equipment. That was neat to find. We were able to target a little bit better some of the areas with our cameras this time."

During their second investigation last Friday, Camiling said that the house was "pretty active right away."

"We weren't able to get a good baseline reading on some of the equipment because it was just going crazy the whole time, which is exciting because it does indicate that there is a lot more presence than normal, for us anyways," said Camiling.

Specifically, PART believes that they may have witnessed what seemed to be a coherent conversation or argument between two potential spirits, using technology comparable to some voice to text apps.

"What's neat this evening is I think we were able to have them comfortable with us, and they were able to discuss things in front of us," said Camiling. "There's conversations where they seemed more personal today, with us."

"For me, [the highlight] would literally be sitting through what seemed like a conversation between either a husband and wife or some other couple, between two different applications on two different machines. They went back and forth with each other, it seemed like a coherent conversation,

and we could feel the emotion; like if mom and dad were arguing at the dinner table and you just had to keep quiet and listen to them go."

It is unknown at this time if PART will get another chance to explore the Dismukes House and any of the other-worldly secrets that it may hold, however Camiling says that he and the team are "always excited to get more data and come back to any location that will have us."

"Just being witness to these things, whether it's repeated or not, is exciting to me," said Camiling. "Being able to give answers to the historians that are here and connect the dots that they have from actual documented facts and sightings is fun for us."

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