

Three St. Paul softball players sign letters of intent for next level

■ St. Paul softball players Jordin King, Jayne Sepulveda, and Kat Serna all signed letters of intent to play at the next level.

They will play at New Mexico State, Southern Utah, and Iowa Universities, respectively

By John A. Sherrard
Contributor

SANTA FE SPRINGS – St. Paul High School, which has had an influx of recent college softball signings lately, added three more to the list last Wednesday.

However, because of the ongoing COVID-19 pandemic, which has altered most of our lives, the National Letter of Intent signing ceremony was not held in its usual place at school.

Instead, the ceremony was held at Creek Park in La Mirada before family and friends.

Seniors Jordin King, Jayne Sepulveda and Katherine “Kat” Serna all made it official by securing the next four years as college student-athletes.

King is headed to New Mexico State, Sepulveda to Southern Utah University and Serna will head to the Midwest to the University of Iowa.

All three had individual tables full of their new college banners, caps, memorabilia and balloons representing the school colors.

“I enjoyed the signing day so much,” said Sepulveda, who has waited four years for this moment. “I’m very happy that (St. Paul Coach Charles) Gandara still decided to do something and I am so thankful for his dedication to us.



St. Paul High School softball players show off their letters of intent to attend universities, from left, Katherine Serna, Iowa, Jayne Sepulveda, Southern Utah University, and Jordin King, New Mexico State University. (Photo by Keith Durlflinger)

“Of course, I wanted the ceremony to be at school like any other normal signing day, but we don’t let the situation dictate our attitude towards it.”

Sepulveda, who is a middle infielder, still found the good in the alternative site for the signing.

“We found an alternative way to still celebrate a very special day for the three of us and I am so thankful I got to spend it with some special people in my life.”

Serna, is a pitcher and earned San Gabriel Valley Player of the Week honor last season. She was also happy for the ceremony.

“It is really sad not having the ceremony at the school,” she

said. “...it’s a tradition to sign out National Letter of Intent day at school, but I really enjoyed signing day.

“It worked out great for all the families who were happy and all had a great time.”

With King, Serna and Sepulveda signing, that brings the total in the last three years to nine moving on to the next level.

The previous six are:

Camille Marin, C (Iowa State); Diamond Sandoval, OF (University of New Mexico); Tatum Anzaldo, IF (Cal Berkeley); Nia Carter, IF (Iowa); Megan Gutierrez, 3B/1B (New Mexico Highlands) and Savannah Pineda-Chavez, Utility (New

Mexico Highlands);

In addition, Gandara figures by the end of this next season, three more players could be added to that list.

“Obviously I am extremely proud of all of our student-athletes that go on to play at the next level,” Gandara said. “My hope is that for the brief time that we have them, we add to their physical and mental development and provide them with the tools necessary to succeed at the next level, both on the field and in the classroom.”

Gandara continued, “...I think earning a scholarship to play in college is the easy part for these young ladies. The hard part is picking up their lives and leaving home in their early adult life.”

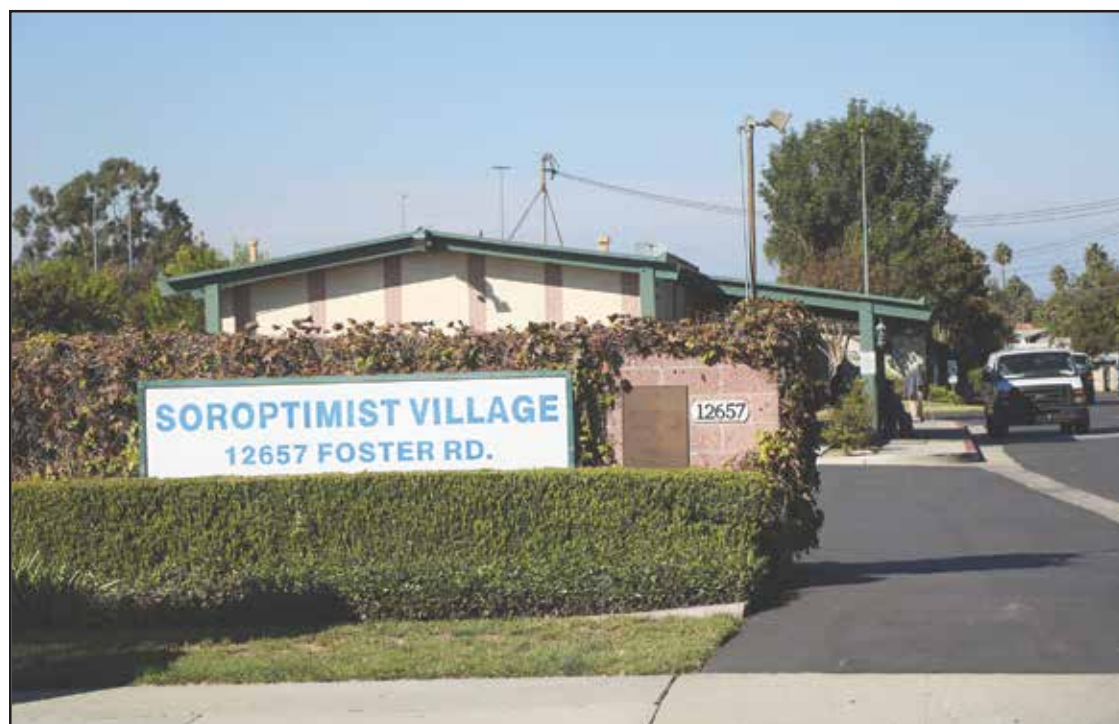
Jayne Sepulveda, Sr. SS/2B

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Coach Gandara’s comments: “Jayne has been looking forward to her signing day since the eighth grade. She has seen her St. Paul teammates for the past three years sign their letters on campus during the school day each year since her freshman year. She has been waiting for her turn to do the same her senior year.

This has been a long and at times frustrating journey for Jayne. During her freshman year of high school, the NCAA released a stricter set of rules for Division 1 softball coaches. These rules prevented D1 coaches from communicating with recruits, parents, current coaches or any other third-party about their recruiting before September 1 of the athlete’s junior year of high school.

Soroptimist Village Apartments to open applications for waitlist



Applications will be accepted Dec. 9 through 14. (Photo by Alex Dominguez)

NORWALK – The Soroptimist Village Apartments will be accepting applications for placement on its waiting list.

Soroptimist Village is a Section 8 building for seniors age 62 and older, located at 12657 Foster Road in Norwalk. The rent amount is based on 30 percent of the household’s monthly income. The maximum household size is two people for a 1 bedroom and one person for a studio. To qualify, an applicant’s total annual income cannot exceed the following amounts:

1 person (studio apartment)

\$23,700
2 people (1-bedroom apartment) \$27,050

Applications will be accepted online beginning at 9:00 a.m., Dec 7, by visiting the City’s website at <https://www.norwalk.org>

Applications for the waiting list must be received no later than 5 p.m. on Dec. 14.

Assistance will be provided on a first-come, first-served basis. Selection criteria from the waiting list includes the

following preferences:
Residents – Norwalk

Families of Deceased Veterans

Veterans of Norwalk and employed in the City of Norwalk

Veterans who are not residents of Norwalk

For more information, contact the Norwalk Housing Authority at (562) 929-5588.

Norwalk launching program for low-income first-time homebuyers

NORWALK – Norwalk City Council has approved a First Time Homebuyer Program (FTHB Program) for down payment and closing costs assistance through zero interest loans to help low-income households buy their first home.

The program highlights include:

The City can invest up to \$85,000 in down payment and closing cost assistance.

The buyer must provide 3% of the purchase price towards the down payment. The property must be located within the city

limits.

The value of the property must not exceed 95% of the area median purchase price.

The loan is forgivable after 5 years

Applications for the First Time Homebuyer Program must be received no later than 5 p.m. on November 20, 2020.

For additional program information, please visit www.norwalk.org or contact the Community Development Department at (562) 929-5951.

Norwalk COVID-19 statistics: 4075 cases 88 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, Nov, 10.

Weekend at a Glance

Friday 68° ☀️

Saturday 70° ☀️

Sunday 81° ☀️

ON THIS DAY NOVEMBER 13

1850: Robert Louis Stevenson, the Scottish author best known for his novel “Treasure Island”, was born.

1927: The Holland Tunnel linking New York City and New Jersey beneath the Hudson River opened to the public.

1940: Walt Disney’s animated musical film “Fantasia” was released.

1947: The Soviet Union finished development of the AK-47 assault rifle.

1950: Carlos Delgado Chalbaud, president of Venezuela, was kidnapped and assassinated by a group looking to overthrow his presidency.

1956: The Supreme Court struck down laws calling for racial segregation on public buses.

1982: The Vietnam Veterans Memorial was dedicated in Washington, D.C.

1997: The Disney musical “The Lion King” opened on Broadway.

1998: President Bill Clinton agreed to pay Paula Jones \$850,000 to settle a sexual harassment lawsuit.

2002: Saddam Hussein’s government agreed to the return of international weapons inspectors to Iraq.

2002: A Greek oil tanker spilled 63,000 metric tons of heavy fuel oil off the coast of Galicia, more than the Exxon Valdez oil spill.

2003: Alabama Chief Justice Roy Moore was thrown off the bench by a judicial ethics panel after refusing to remove a granite Ten Commandments monument from the state courthouse.

2013: Hawaii legalized same sex marriage.

Birthdays

Actor **Joe Mantegna** (73), actor **Chris Noth** (61), actress **Whoopi Goldberg** (65), actor **Gerard Butler** (51), comedian and late night host **Jimmy Kimmel** (53), basketball player **Metta World Peace** (41), “High School Musical” actress **Monique Coleman** (40) and pop singer **Julia Michaels** (27).

Deaths

Red Holzman, a Hall of Fame basketball coach who led the New York Knicks to a pair of championships in the 1970s, died on this date in 1998 of leukemia. He was 78.

Russell Jones, a member of the rap group Wu Tang Clan who was better known by his stage name Ol’ Dirty Bastard, died of a drug overdose in 2004. He was 35.

Holidays

Today is **World Kindness Day**, a global celebration that promotes the importance of being kind to one another. World Kindness Day started in 1998 and is observed in many parts of the world, including the U.S., Japan, Canada and Australia.

Also celebrated today is **National Indian Pudding Day**. Indian pudding is a baked custard brought to the United States by English colonists in the seventeenth century. Celebrate by making your own Indian pudding (plenty of recipes are available online) and post them using the hashtag #IndianPuddingDay

Paging Dr. Frischer...

By Dr. Alan Frischer

The holidays are fast approaching. Every day I hear these questions: "My kids are coming home for the holidays. How do we handle this?" "I want to spend time with my family and friends over the holidays. What should we do to make that safe?" As if this year hasn't been challenging enough. What is the best way to celebrate during a pandemic?

The easy response is that there is no easy response. Let's be clear. This rotten pandemic is far from over. Daily new cases and hospitalizations are at an all-time high. Sharing the holidays often involves travel, and every form of travel carries some risk.

Members of your family and close friends are not automatically part of your pod. Your loved ones bring the exposure of their own pod along with them. Are you ready to suddenly accept a higher level of risk simply because the calendar tells us that it happens to be November?

Let's evaluate your own particular level of acceptable risk. What risk factors do you have? Age? Obesity? Diabetes? Are you a cancer survivor? What are the risk factors of every other member of your pod? Start speaking with loved ones now. Express your concerns and listen to them. Remember that your goal is to protect everyone's health.



Let's get creative. You can absolutely take steps to minimize these risks. What about quarantining and testing in advance? You might all agree to get tested before gathering, and only convene if everyone tests negative. This doesn't entirely remove the risk. Note that those in the early stages of infection can test negative but still be infectious later, or that one might be exposed after taking the test but prior to the gathering. These lags have been blamed for many outbreaks. Ideally, everyone would quarantine for a full 14 days and then be tested.

Let's recognize that there is no such thing as a perfectly safe way for groups to gather. COVID-19 is a highly contagious virus. Consider this:

- Outdoors is better than indoors in a big way. The virus spreads when we are exposed to respiratory droplets. These large droplets are unlikely to travel further than six feet (unless the infected person is, for example, running, singing, coughing, or sneezing). It is easier to stay distanced outdoors, since particles dissipate fairly quickly. In an enclosed space, particularly one that is poorly ventilated, particles can build up and potentially endanger anyone in the room, even those who are more than six feet away. If there will be an indoor gathering, do your best to replicate the advantages of the outdoors. Choose as large a space as possible. Open windows and doors to increase multidirectional air circulation.

- Keep in mind that, just by breathing, an infected person is constantly exhaling those tiny particles. Wearing a mask reduces the number of droplets and aerosols. Wearing a mask at all times is far safer than no mask at all, and wearing that mask as much as possible is second best.

- Keep the group small. Each addition of a new pod increases the odds of the virus being present, and the carrier may very well be asymptomatic. California health officials suggest that we restrict

gatherings to no more than three households.

- Consider cutting back on the number of food courses and variety, in order to minimize both the amount of time spent together, and the amount of time spent mask-free. Say your goodbyes in two hours or less, as the length of time directly increases the chances of exposure.

My advice is to find your own level of comfort. Faced with the potential emotional minefield and prospect of a holiday meal filled with restrictions, testing, and quarantine, some family members will choose to not be physically together this year. Everyone will need to work hard to understand and respect one another's decisions. If you do get together for the holidays, work out the rules ahead of time, so that there is no new territory to navigate once everyone has gathered.

Thinking outside the box is the best way to survive 2020. I have attended a Zoom bridal shower, wedding, and funeral. This may be the year to be creative and gather for a Zoom Thanksgiving, Christmas or Hanukkah. Perhaps your virtual gathering will involve dining, streaming a movie, or playing an online game. Perhaps you will organize a family recipe swap so that everyone can be enjoying your aunt's famous mashed potatoes. Perhaps you will drop off favorite foods to older relatives.

Needless to say, avoid hugs, kisses, and handshakes like... well... the plague. Whatever you do, I urge you to carefully think it through, communicate clearly with everyone involved, and to have safe and loving holidays.

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

Alex Trebek, beloved game show host, dies of cancer

Alex Trebek, the beloved host of the iconic game show "Jeopardy!" for more than 35 years, died Nov. 8 following a long battle with pancreatic cancer. He was 80.

Trebek became the host of "Jeopardy!" in 1984, reviving the show after it had been off the air since 1979. The answer-and-question game show became an entertainment institution, watched daily by millions of fans around the world.

Trebek set the Guinness World Record for most episodes hosted by the same presenter in

2014.

He won the Daytime Emmy Award for Outstanding Game Show Host seven times between 1989 and 2020 for his work on "Jeopardy!"

In 2013, TV Guide ranked "Jeopardy!" No. 1 on its list of "60 Greatest Game Shows."

Trebek continued taping episodes of "Jeopardy!" throughout his fight with pancreatic cancer, with his final shows taped just a week before his death and scheduled to air until Christmas 2020.

The Canadian-born Trebek started out working for the CBC, originally reading the news as a radio host before moving from news to hosting game shows.

He moved to the United States in 1973, becoming a naturalized U.S. citizen in 1998.

In the U.S., Trebek's early game shows included "The Wizard of Odds," "High Rollers," and "The \$128,000 Question." He continued to host other shows occasionally even while hosting "Jeopardy," including the late-1980s game show "Classic Concentration" and the 1990s

"Pillsbury Bake-Off."

A famous sense of humor

Trebek was a smooth-talking host, but he also showed a sly sense of humor on the show.

To lighten the intensity, he walked out on set without pants during the 2005 Tournament of Champions; another time, for the category "Alex Meets Auto-Tune," he read answers with a digital boy band voice.

On April 1, 1997, Trebek switched places with fellow game show host Pat Sajak, hosting Sajak's "Wheel of Fortune" for the day while Sajak hosted "Jeopardy!"

A fan-favorite "Jeopardy!" moment was Trebek's serious reading of rap lyrics for the category "It's a Rap."

Trebek the philanthropist

Trebek was involved with World Vision Canada, an

organization helping families overcome poverty and injustice. He donated millions of dollars to his alma mater, the University of Ottawa, funding the Alex Trebek Forum for Dialogue, which brings notable speakers to the campus.

He also funded the annual Alex Trebek Leadership Award at the university.

Trebek traveled to military bases around the world as part of the USO, and he was a major supporter of the homeless shelter Hope of the Valley Mission as well as the Santa Monica Mountains Conservancy.

Elsa Raven

Elsa Raven, an actress known for roles including a brief but memorable one in "Back to the Future" when she begged people to "Save the clock tower!," died Nov. 3 at the age of 91.

Raven had notable TV roles including housekeeper Inga

on "Amen" and as Carlotta on "Wiseguy." She made appearances on other TV shows, such as "The A-Team," "General Hospital," "The Fresh Prince of Bel-Air," "Seinfeld," and "Everybody Loves Raymond."

Raven played Ida Straus in the hit movie "Titanic," and she was featured in Celine Dion's video for the movie's theme song, "My Heart Will Go On."

Her other films include "The Amityville Horror," "American Pop," and "In the Line of Fire."

She was a proud voting member of the Academy of Motion Pictures Arts and Sciences, diligently watching many movies every year.

Cándido Camero

Cándido Camero, a percussionist who is considered one of the fathers of Latin jazz, best known for his conga and bongo drumming, died Nov. 7 at age 99.

A native of Cuba, where he played regularly at the famed Tropicana Club, Camero came to New York in 1947. There, he began introducing his Latin rhythms into contemporary jazz music, becoming the first jazz percussionist to play conga drums as he helped develop the genre of Latin jazz.

Camero was also the first to play multiple congas at once - though this is common now, he pioneered the technique of tuning his congas to different notes and playing melodies on them.

He performed and recorded with jazz notables including Dizzy Gillespie, Tony Bennett, and Stan Kenton, and he appeared on "The Jackie Gleason Show" and "The Ed Sullivan Show."

Camero's 2004 album "Inolvidable" was nominated for a Grammy Award. He received the National Endowment for the Arts Jazz Masters Award in 2008 and was honored with a Latin Grammy Lifetime Achievement Award in 2009.

Norm Crosby

Norm Crosby, a legendary old school comic known as the "The Master of Malaprop," died Nov. 7 of heart failure. He was 93.

Crosby was known for his use of malaprops, the humorous use of words that sound correct but are wrong. An example from the Los Angeles Times, "When he goes to a tailor, it's because his pants need 'an altercation.'"

Crosby started out as a stand-up comic in the resorts of the Catskill Mountains of New York known as the Borscht Belt. He was a popular guest on TV talk shows, especially "The Tonight Show with Johnny Carson," appearing more than 50 times.

Crosby was a regular on the Dean Martin Celebrity Roasts in the 1970s and appeared on television shows including "The Larry Sanders Show" and "The Love Boat."

Most recently, he was in the Adam Sandler movie "Grown Ups 2."

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Five questions to ask about Pfizer's Covid-19 vaccine

By Arthur Allen

Pfizer's announcement on Monday that its Covid-19 shot appears to keep nine of 10 people from getting the disease sent its stock price rocketing. Many news reports described the vaccine as if it were our deliverance from the pandemic, even though few details were released.

There was certainly something to crow about: Pfizer's vaccine, which was developed with the German drugmaker BioNTech, consists of genetic material called mRNA encased in tiny particles that shuttle it into our cells. From there, it stimulates the immune system to make antibodies that protect against the virus. A similar strategy is employed in other leading Covid-19 vaccine candidates. If mRNA vaccines can protect against Covid-19 and, presumably, other infectious diseases, it will be a momentous piece of news.

"This is a truly historic first," said Dr. Michael Watson, the former president of Valera, a subsidiary of Moderna, which is currently running advanced trials of its own mRNA vaccine against Covid-19. "We now have a whole new class of vaccines in our hands."

But historically, important scientific announcements about vaccines are made through peer-reviewed medical research papers that have undergone extensive scrutiny about study design, results and assumptions, not through company press releases.

So did Pfizer's stock deserve its double-digit percentage bump? The answers to the following five questions will help us know.

How long will the vaccine protect patients? Pfizer says that, as of last week, 94 people out of about 40,000 in the trial had gotten ill with Covid-19. While it didn't say exactly how many of the sick had been vaccinated, the 90 percent efficacy figure suggests it was a very small number. The Pfizer announcement covers people who got two shots between July and October. But it doesn't indicate how long protection will last or how often people might need boosters.

"It's a reasonable bet, but still a gamble that protection for two or three months is similar to six months or a year," said Dr. Paul Offit, a member of the Food and Drug Administration panel that is likely to review the vaccine for approval in December. Normally,

vaccines aren't licensed until they show they can protect for a year or two.

The company did not release any safety information. To date, no serious side effects have been revealed, and most tend to occur within six weeks of a vaccination. But scientists will have to keep an eye out for rare effects such as immune enhancement, a severe illness brought on by a virus's interaction with immune particles in some vaccinated persons, said Dr. Walt Orenstein, a professor of medicine at Emory University and former director of the immunization program at the Centers for Disease Control and Prevention.

Will it protect the most vulnerable? Pfizer did not disclose what percentage of its trial volunteers are in the groups most likely to be hospitalized or to die of Covid-19 — including people over 65 and those with diabetes or obesity. This is a key point because many vaccines, particularly for influenza, may fail to protect the elderly though they protect younger people. "How representative are those 94 people of the overall population, especially those most at risk?" asked Dr. Orenstein.

Both the National Academy of Medicine and the C.D.C. have urged that older people be among the first groups to receive vaccines. It's possible that vaccines under development by Novavax and Sanofi, which are likely to begin late-phase clinical trials later this year, may be better for the elderly, Dr. Offit noted. Those vaccines contain immune-stimulating particles like the ones contained in the Shingrix vaccine, which is highly effective in protecting older people against shingles disease.

Can it be rolled out effectively? The Pfizer vaccine, unlike others in late-stage testing, must be kept supercooled, on dry ice around 100 degrees Fahrenheit below zero, from the time it is produced until a few days before it is injected. mRNA quickly self-destructs at higher temperatures. Pfizer has devised an elaborate system to transport the vaccine by truck and specially designed cases to vaccination sites. Public health workers are being trained to handle the vaccine as we speak, but we don't know for sure how well it will do if containers are left out in the Arizona sun too long. Mishandling the vaccine along the way from factory to patient would render it

ineffective, so people who received it could think they were protected when they were not, Dr. Offit said.

Could a premature announcement hurt future vaccines? There's no way at present to know whether the Pfizer vaccine will be the best over all or for specific age groups. But if the F.D.A. approves it quickly, that could make it harder for manufacturers of other vaccines to carry out their studies. If people are aware that an effective vaccine exists, they may decline to enter clinical trials, partly out of concern they could get a placebo and remain unprotected. Indeed, it may be unethical to use a placebo in such trials. Many vaccines will be needed in order to meet global demand for protection against Covid-19, so it's crucial to continue additional studies.

Could the Pfizer study expedite future vaccines? Scientists are vitally interested in whether the small number who received the real vaccine but still got sick produced lower levels of antibodies than the vaccinated individuals who remained well. Blood studies of those people would help scientists learn whether there is a "correlate of protection" for Covid-19 — a level of antibodies that can predict whether someone is protected from the disease. If they had that knowledge, public health officials could determine whether other vaccines under production were effective without necessarily having to test them on tens of thousands of people.

But it's difficult to build such road maps. Scientists have never established correlates of immunity for pertussis, for example, although vaccines have been used against those bacteria for nearly a century.

Still, this is good news, said Dr. Joshua Sharfstein, a vice dean at the Johns Hopkins Bloomberg School of Public Health and a former F.D.A. deputy commissioner. He said: "I hope this makes people realize that we're not stuck in this situation forever. There's hope coming, whether it's this vaccine or another."

Arthur Allen is an editor for Kaiser Health News and the author of "Vaccine: The Controversial Story of Medicine's Greatest Lifesaver." This essay was copublished with Kaiser Health News.

Formidable challenges await Joe Biden

By Steve Chapman

When Barack Obama was elected president in 2008, The Onion, a satirical newspaper, had this headline: "Black man given nation's worst job."

Joe Biden, who appears likely to be declared the winner of this year's election, knew what he was getting into when he decided to try to unseat Donald Trump. But Obama is probably telling his vice president, "Dude, I had it easy compared with you."

Obama had to work to pull the economy out of a serious recession brought on by a financial panic. Biden will also take over a battered economy. Unemployment currently stands at 6.9%, with more than 12 million people out of work.

But he'll have to confront an even graver problem: a relentless pandemic that has already killed 235,000 people in this country. As yet, there is no cure; there is no available vaccine; and we are nowhere near achieving herd immunity.

Infections, hospitalizations and deaths are all on the rise. On Thursday alone, 1,108 people died of the disease — the equivalent of three jumbo jets crashing. It's an immense catastrophe that is still unfolding.

Life has been disrupted on a scale not seen since World War II. Many restaurants have closed, temporarily or permanently, and in-person classes have been suspended for most public school students. City downtowns have been desolated as millions of Americans work from home. Restrictions that had been lifted have been restored in some places, portending more economic damage.

Many industries that usually rebound when the economy recovers may stay depressed for years — including airlines, hotels, tourism, oil and gas and commercial real estate.

Worse, every effort to contain the epidemic has been subverted

by the person who should be doing the most to help: the incumbent president. He has encouraged his followers to resist measures recommended by public health experts, and many of them have done so. Their noncompliance will outlive his presidency.

The Trump administration brings to mind the Buchanans in F. Scott Fitzgerald's "The Great Gatsby": "They were careless people, Tom and Daisy — they smashed up things and creatures and then retreated back into their money or their vast carelessness or whatever it was that kept them together, and let other people clean up the mess they had made." Cleaning up will be the task of the next administration.

Biden might like to emulate Democrat Franklin D. Roosevelt, who entered the White House during the Great Depression and embarked on an ambitious effort to rescue Americans from hardship, keep banks functioning, create jobs, boost farm income and revive the economy. He signed 15 major bills in his first 100 days. The result was a monumental reshaping of the federal government's mission.

But it came about only because Roosevelt had a Congress heavily dominated by his party. In seeking legislation, he was pushing an open door. Many of the measures FDR signed originated not in the White House but on Capitol Hill.

Biden, however, will most likely have to work with a Senate controlled by Republicans, who have rarely shown a willingness to work with Democrats on compromise solutions. Not a single Republican senator voted for Barack Obama's Affordable Care Act, and only three voted for his 2009 stimulus package. And let's not even talk about Merrick Garland.

It's not likely the Senate would give Biden what he would want in the way of federal stimulus and relief. McConnell has said that Congress should pass a "rescue package" before the end of the year,



but it would, undoubtedly, fall well short of what Democrats favor — and, once passed, it would give McConnell a pretext to say nothing more would be needed next year.

Biden thinks he can persuade some Republicans to cooperate, but recent history suggests it will be a tough sell. GOP lawmakers will have the luxury of balking at Biden's proposals and then faulting him for the problems they refused to ameliorate. Expect them to suddenly rediscover the aversion to budget deficits and big spending that they somehow lost as the federal debt soared under Trump.

There are many types of job stress, but one of the worst is having important responsibilities without adequate authority. Scientific research, according to the American Institute on Stress, finds "that workers who perceive they are subjected to high demands but have little control are at increased risk for cardiovascular disease."

Should he win, it's not easy to put out the fires of hell. Biden will be expected to do it with a bucket of water.

Steve Chapman blogs for the Chicago Tribune.

Don't get too excited about the vaccine

By Aaron E. Carroll and Nicholas Bagley

The announcement that a coronavirus vaccine developed by Pfizer with the German drugmaker BioNTech is more than 90 percent effective at preventing Covid-19 cases — much better than many anticipated — is cause for celebration. With a vaccine of this efficacy, suppression of the disease is entirely realistic.

Unfortunately, this development doesn't mean we can all relax and start doing more things. It means we need to tighten up even further until the vaccine becomes available.

The goal is now no longer to learn to live indefinitely with the

virus. It's to get as many people through the winter as possible without getting sick. Keeping the infection rate low is important, because that's what will allow us to push the virus into the ground as quickly as possible once we have the vaccine in hand.

A death avoided this winter is a life saved. We are no longer delaying the inevitable.

It's always been hard to convince people to make good choices when considering sacrifices. Uncertainty around when we'd get an effective vaccine made it even harder. Cutting off in-person interactions for an uncertain stretch of time was excruciating. But it may be more palatable to hunker down if it's only for a defined period.

To make the situation concrete, let's consider the upcoming Thanksgiving holiday. With cases growing rapidly around the country, especially in the northern Midwest, indoor social gatherings are more dangerous than at any point since the spring. Thanksgiving dinners are ideal settings for "superspreader" events: They crowd people from all over around a table to talk, laugh and drink, often in poorly ventilated rooms. Many families stuff themselves into houses for an entire long weekend.

Many of us haven't seen our extended relatives for months. If we believe this pandemic will be raging for another year — or more — it's tempting to think that the benefits of reconnecting over Thanksgiving might outweigh the risk of infection. We can't wait forever; maybe it's worth rolling the dice.

The calculus is very different, however, if a vaccine is around the corner. While Pfizer's still needs to be approved, manufactured and distributed, the company estimates that 50 million doses could be distributed before the end of the year. Another 1.3 billion would come in 2021. If other vaccines also show success, relief could come as soon as the spring.

Assuming this timeline holds, the case for skipping Thanksgiving becomes much stronger. People no longer have to pick between the risk of spreading Covid-19 and the risk of forgoing seeing family for the foreseeable future. They have only to sacrifice seeing them this fall in order to see them much more safely a number of months later. Why not wait?

The point generalizes. Without question, the sacrifices required to keep us safe from Covid-19 are costly. And the costs are not just financial; mental health is at risk as well as physical health as people forgo care, including self-care, to remain free from infection. All of that becomes easier to swallow if it's for a shorter period of time.

The changed risk picture also has significant policy implications. As we speak, a nervous Europe has mostly locked itself down again, hoping to stave off the worst effects of a huge surge in infections. Germany, France and England have closed bars, restaurants, gyms and more.

For the most part, we haven't done the same here in the United States, even in states that have been hit hard. Part of that is because our nation's response to the pandemic has become politicized. But part of it, too, reflects the belief that indefinite business closings are just too costly. Countless small businesses would fail and unemployment would skyrocket. Many argue that we have to live with increased disease because we can't lock down for years.

But mask mandates, gathering restrictions and business closings are more tolerable — and the impositions they require more justifiable — if we have more confidence that they'll be temporary.

By the same token, Pfizer's announcement strengthens the case for federal financial support. Covid-19 is still going to hurt some businesses disproportionately, either because they'll be forced to close again or because people have stopped going out as much. But Congress no longer needs to write a blank check to support them. It just needs to provide a lifeline for a number of months, a much more palatable prospect.

Providing these resources will have the added benefit of making it politically easier for states to adopt assertive measures to get a handle on case counts that are spiraling out of control. It's a bad idea for restaurants and bars to be open for indoor dining this winter. Temporarily closing them down would be easier to stomach if these establishments are given the wherewithal to reopen next year.

The same is true for aid to individuals who find themselves out of work as the virus-induced economic troubles deepen. Another round of topped-up unemployment insurance doesn't present the same financial risk to the United States as a never-ending financial obligation to the jobless.

The Pfizer announcement is unmitigated good news. But it would be a tragic mistake to relax our vigilance. Instead, continue to mask up, stay home and consider canceling or limiting your Thanksgiving plans. This is still a marathon, but the end is much closer than before.

Nicholas Bagley is a law professor at the University of Michigan. Aaron E. Carroll is a professor of pediatrics at Indiana University School of Medicine.

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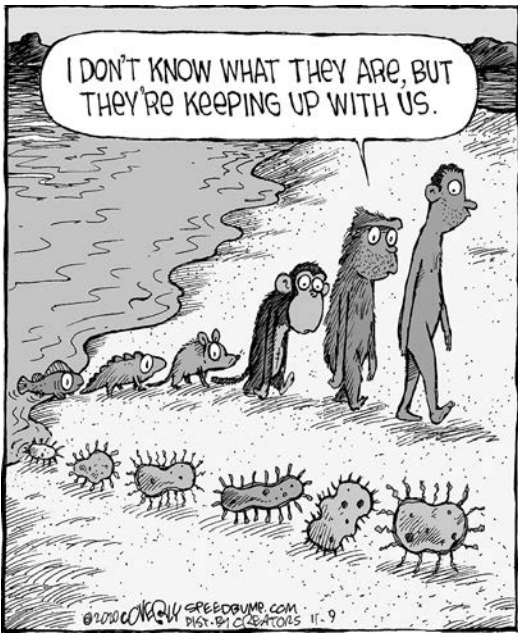
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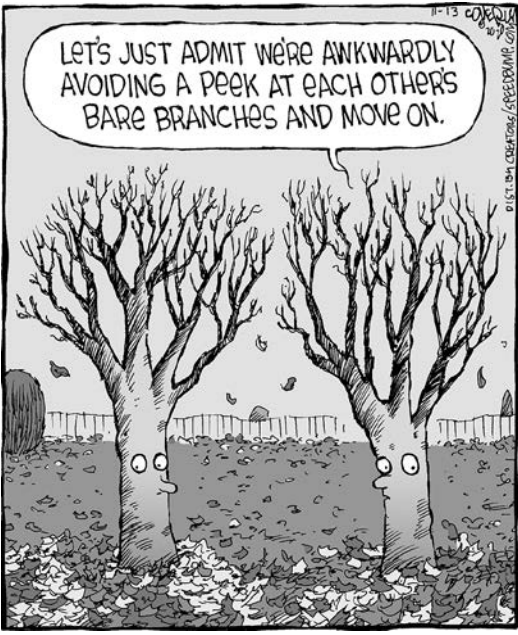
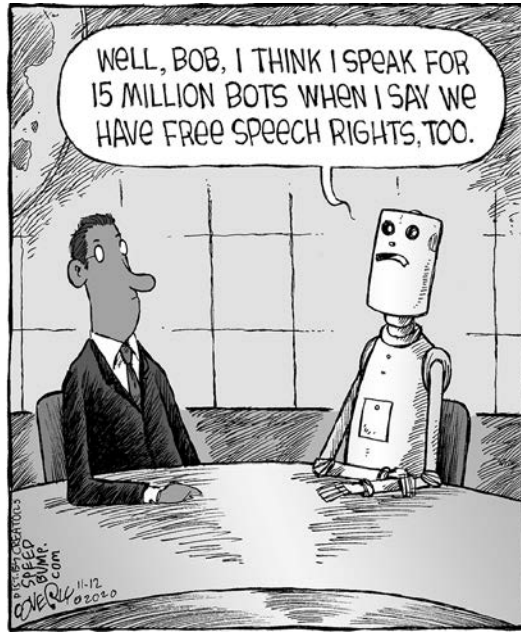
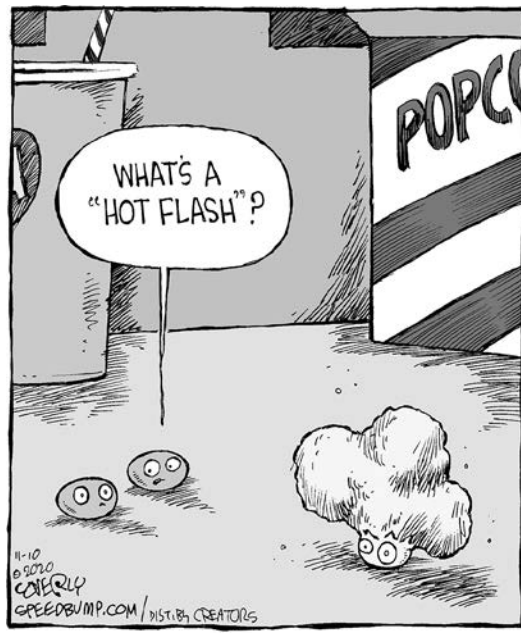
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Controlled Distribution, 22,000 copies are printed.
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CALENDAR OF EVENTS

MONDAYS

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

TUESDAYS

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

WEDNESDAYS

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

THURSDAYS

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

SATURDAYS

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

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

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)
EMBARKATION: Just a portion of it, actually
by Fred Piscop

<p>ACROSS</p> <p>1 Quoted as a source</p> <p>6 Wedding venue</p> <p>11 Bear with the too-soft bed</p> <p>15 GWTW spread</p> <p>19 Came to prominence</p> <p>20 Mazda two-seater</p> <p>21 Vertical transportation giant</p> <p>22 Second son</p> <p>23 Eisenhower or Bradley, circa 1913</p> <p>25 Geology buff</p> <p>27 Bottom-of-business-letter notation</p> <p>28 Metallic corrosion</p> <p>29 From Beirut</p> <p>31 Golfer's accessory</p> <p>32 Casino crew</p> <p>34 Supermodel</p> <p>35 Peer Gynt playwright</p> <p>37 CIA forerunner</p> <p>38 Favre of football fame</p> <p>39 Israeli native</p> <p>42 Disgorges</p> <p>45 German industrial region</p> <p>46 Urban transportation element</p> <p>50 Bridge collection</p> <p>51 Certain science course</p> <p>56 "Check this out!"</p> <p>57 Comrade in arms</p> <p>58 Greedy one's cry</p> <p>59 Arborist, in fall</p> <p>60 Big bully</p> <p>61 Small animal, in lit</p> <p>63 Scan, as data</p> <p>65 Hershey's neighbor on candy counters</p> <p>66 Gag's start or end</p> <p>68 Director Lee</p> <p>69 Something in the air</p> <p>71 Optic protector</p> <p>74 Farming students</p> <p>77 Unoriginal work</p>	<p>81 Part of a roller coaster ride</p> <p>82 Cello relative</p> <p>83 Move like a tortoise</p> <p>85 Ancient Andean</p> <p>86 Support for some bridges</p> <p>87 Purina product</p> <p>89 Examined closely</p> <p>90 Accepts, as a challenge</p> <p>92 Rip apart</p> <p>93 Commercials</p> <p>94 Not as genteel</p> <p>96 "Here you go!"</p> <p>98 Ballet pivot point</p> <p>99 Step (bow out)</p> <p>102 Tech debut of 2007</p> <p>104 Didn't pay enough to</p> <p>108 Fathers and sons</p> <p>109 Spa staffers</p> <p>112 Bibliography notation</p> <p>113 Director DuVernay</p> <p>114 Bowling-alley apparatus</p> <p>116 Pugilist in training</p> <p>119 Commandos' weapons</p> <p>120 Rowing equipment</p> <p>121 Portraitist's prop</p> <p>122 "You ___ kidding!"</p> <p>123 Hammer's rounded end</p> <p>124 Financial page letters</p> <p>125 Boars and sows</p> <p>126 Doesn't play, as a piano</p> <p>DOWN</p> <p>1 Made ravenlike noises</p> <p>2 Greek goddess of peace</p> <p>3 Puccini opera</p> <p>4 Founded: Abbr.</p> <p>5 Push, as a button</p> <p>6 Off the mark</p> <p>7 Dryer trap collection</p> <p>8 Art on ankles, perhaps</p> <p>9 Portraitists' workshops</p> <p>10 Most elusive</p>	<p>11 Fable finale</p> <p>12 Shows contrition</p> <p>13 Desktop clickers</p> <p>14 Throws out there as a price</p> <p>15 Confucian principle</p> <p>16 Touches on</p> <p>17 Zellweger of cinema</p> <p>18 Longfellow poem stand-in</p> <p>24 Things we have</p> <p>26 Designated successors</p> <p>30 Speculate with your cash</p> <p>33 Manger visitor</p> <p>34 Not so sunny</p> <p>36 Golfer's accessory</p> <p>38 German highway</p> <p>40 "This guy walks into ..."</p> <p>41 Fella</p> <p>42 Wild guess</p> <p>43 Rafter's propeller</p> <p>44 Fitzgerald with 13 Grammys</p> <p>45 Sought secrets</p> <p>47 Cash equivalents of a sort</p> <p>48 Take heed of ___ out a victory (wins barely)</p> <p>49 ___ out a victory (wins barely)</p> <p>52 Farsi speaker</p> <p>53 Be a moocher</p> <p>54 Glide down slopes</p> <p>55 It's near the</p> <p>71 Across</p> <p>58 Actress Sorvino</p> <p>60 Reached for one's toes</p> <p>62 Repairs, as some driveways</p> <p>64 Postal Service symbol</p> <p>65 Bassoon insert</p> <p>67 Way of walking</p> <p>70 Overfill</p> <p>71 Piece of fencing</p> <p>72 Downton Abbey countess</p>	<p>73 Canal gate</p> <p>75 Took hold of</p> <p>76 Social life metaphor</p> <p>78 Irish pop singer</p> <p>79 Crushed, as an exam</p> <p>80 Family guys</p> <p>82 Tarzan's transport</p> <p>84 Partnerless</p> <p>87 Out, in a bout</p> <p>88 Melon variety</p> <p>91 Response from a wrongdoer</p> <p>93 Screen-icon strip</p> <p>95 They may be late, especially on weekends</p> <p>96 Thanksgiving Day: Abbr.</p> <p>97 Carousel carvings</p> <p>98 Become slushy</p> <p>99 Intensify, informally</p> <p>100 Confiscate</p> <p>101 7 Down collector</p> <p>103 By itself</p> <p>104 Purloined</p> <p>105 Invoice add-ons</p> <p>106 Newspaper "calendar" listing</p> <p>107 Board game at a bar</p> <p>110 Like ___ of bricks</p> <p>111 Continue to be</p> <p>112 Ideal environs</p> <p>115 Form 1040 ID</p> <p>117 "___ was saying ..."</p> <p>118 What fills some veins</p>
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else is looking for a person to see where someone to have evolved to make it easier as the "white of the eye," is believed SCIERA (71 Across), also known graduating class of 1915. The Eisenhower and Omar Bradley (23 Across) have been sold globally since their introduction in 1989. Five-star general Dwight D. Eisenhower and Omar Bradley (23 Across) have been sold globally since their introduction in 1989. Five-star general Dwight D. Eisenhower and Omar Bradley (23 Across) have been sold globally since their introduction in 1989.

St. Paul softball produces nine college signees in three years

Continued from page 1

At the end of her travel ball season (Between sophomore and junior year), her coach pulled her aside and reminded her that it was a process and to not focus on committing but rather focus on the process.

She did just that. The fall and winter of her junior year was a productive one on the field and she was able to verbally commit to Southern Utah University in January of this year."

Southern Utah Coach, Don Williams on Sepulveda: "Jayne was one of our top choices. We were looking for kids that are athletes with a good skill set. We're trying to build this program.

We had a great visit with Jayne and are excited to see her in a Southern Utah University uniform. She just fits the mold of the kind of athlete we're looking for."

Comments from Jayne Sepulveda: "I had the verbal before the COVID happened, because I committed in January. I couldn't even go on my official visit this year, because they

pushed it back, sadly. I only went on one visit so far. I'm super excited and definitely ready. I'm going to miss my teammates a lot, especially Kat and Jordin. It's sad and I'm going to miss them a lot. I'm happy that they are going where they are going (Iowa and New Mexico State).

I'm ready for the new chapter in my life. I'm looking forward to new bonds and friendships, because I only know one person on the team. She is on my travel ball team. I'm ready to experience something different than California."

Jordin King, Sr. P

Coach Gandara's comments: "Jordin is excited that her signing day has finally arrived and has learned along the way to not take anything for granted.

Jordin will be officially signing to play softball at New Mexico State University, but that opportunity presented itself in early September.

She had been verbally committed to Cal Berkley since eighth grade, but as a result of COVID-19 and college athletes having an opportunity to keep

a year of eligibility, Jordin's offer was rescinded this past summer. She was forced to start all over again, but this time the clock was really ticking. She continued to work hard and perform well during her travel ball tournaments and showcases and her hard-work paid off.

New Mexico State offered her a scholarship at the end of September. Her experience, though, has taught her something. Until the paper is signed, nothing is guaranteed. Like her teammates (Kat and Jayne) that also signed letters, it is extra special and she'll be able to breathe a big sigh of relief once her letter is submitted to the university."

James King and Denita Knox (Parents): James - "I'm excited, enthusiastic and proud because she's worked so hard over the years to accomplish this goal and she's done it. It's been a long road with a lot of blood, sweat and tears.

Denita: "I'm getting emotional. I'm happy, I'm proud of her and ditto what he said. We're proud of her. She's my baby. She's a flight away, a drive away, about ten hours. There's

nothing that we wouldn't do for her. We're just so super excited that she has this opportunity to play at the next level. Tears of joy, tears of joy."

New Mexico Coach, Kathy Rodolph on King: "We have a good two-way player in Jordin," her travel ball coach, Marty Tyson said. "She can pitch and hit." You talk about connections. My relationship with Marty is great. He has one of the top five programs in the country.

She is so humble and very athletic. She will be a great teammate. Jordin's personality is so bubbly and she comes from a great family. On the zoom call, an hour later we were still talking.

It's a great community here at New Mexico State.

Jordin's athleticism is off the chart. I try to get to know them (players) and she is a fantastic kid and I am looking forward to coaching her over the next four years. Preparing for life for these players and we're going to invest highly in our players.

I take a lot of pride in the way I teach my kids and we have a 100% graduation rate."

Comments from Jordin King: "Honestly, recruiting was kind of hard this year because the coaches couldn't come out to watch us play. We had to do it virtually and some people haven't seen their school yet to see if they like it. So, for committing for a lot of people was definitely the hardest thing due to COVID.

New Mexico State was part of my choice because I did happen to lose my scholarship and had to find another scholarship and this was the best place I thought was for me at that time and I still think it is and I'm so excited for the future. I'm looking forward to the culture out there and just experiencing something new other than California.

It sucks losing my (teammates) and I know they will always have a special place in my heart and I know they are one call away, one flight away and one text message away."

Kat Serna, Sr. P

Coach Gandara's comments: "Kat says it's crazy to think that she's actually signing a letter of intent to play college softball. If you would have told her that in her freshman year that'd she'd be playing softball in college, let alone at the University of Iowa, she would think you were lying.

Kat never really played competitive travel ball prior to high school and quite frankly wasn't that passionate about playing softball. That all changed when she arrived at St. Paul High School and got to compete against Jordin, who was also a freshman and committed to play at Cal Berkley (at the time).

Seeing Jordin pitch gave Kat a whole new perspective on playing softball and was impressed with the talent-level of King and the other girls in the program. That motivated

(Kat) to up her game and she quickly sought out competitive and reputable travel teams to help her compete at the level of talent she was playing with on her high school team. She continued to develop and by her sophomore year, small colleges became interested in her.

It was then that she saw playing college ball as a possibility and it increased her drive.

She says that playing with and competing against Jordin elevated her game to a point where the University of Iowa took notice her junior year and offered her a scholarship.

This whole experience has been surreal and although she is disappointed that she is not able to have her signing ceremony on campus, she says that what matters most is doing it alongside her friends, teammates and sisters, Jordin and Jayne. That is what makes this day much more special to her."

Comments from Kat Serna: "First I didn't think I was going to go anywhere, but actually it was pretty smooth. It wasn't as difficult as it normally should be. But, thankfully for my (travel ball) coach (Clarence Carter), he really helped me out with the recruiting process to commit to Iowa.

I'm looking forward to everything, to bond with the girls when I go out there next year. I'm just very excited. It's kind of scary, kind of scary leaving home. I'm definitely going to miss my family, but I think I'll get used to it. I'm there for a reason to get an education and play softball. I think I'll be fine. I'll definitely miss my friends in school. These two, Jordin and Jayne, are one of my closest friends in school. I'll definitely miss them the most.

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