

Norwalk lands FEMA grant

■ Norwalk will use the funds to create a citywide hazard mitigation plan.

NORWALK - The City of Norwalk Emergency Management Office has begun to develop the city's new Hazard Mitigation Plan to address natural and man-made hazards such as earthquake, flooding, and extreme heat.

The city needs your help identifying solutions to the problems associated with hazards. The public is invited to participate in the hazard mitigation plan by completing a survey about Norwalk's hazard risks: <https://www.surveymonkey.com/r/T8JVZH3>

The planning process will be organized into three phases. Each phase will include opportunities for public input and feedback:

Phase 1 | March - April 2021

- Take the community member survey. <https://www.surveymonkey.com/r/T8JVZH3>
- Attend a Steering Committee meeting: April 9 at 3 pm

- Email comments: LHMP@norwalkca.gov

Phase 2 | May - June 2021

- Take the community member survey: <https://www.surveymonkey.com/r/T8JVZH3>
- Public Meeting #1: "What is Hazard Mitigation Planning + Norwalk's Risk Analysis Results"
- Attend a Steering Committee meeting: schedule to be posted to the project website

- Email comments: LHMP@norwalkca.gov

Phase 3 | July - August 2021

- Review the Draft plan: When ready, the plan will be posted to the website

- Public Meeting #2: "Review of Norwalk's first draft Local Hazard Mitigation Plan"

- Attend a Steering Committee meeting: schedule to be posted to the project website

- Email comments: LHMP@norwalkca.gov

More public engagement opportunities may become available throughout the process and if so, will be posted to the project website at norwalk.org.

A Local Hazard Mitigation Plan will serve as a meaningful template for a more resilient and sustainable Norwalk. The plan looks at how Norwalk can reduce its impact of natural and man-made hazards such as earthquakes, floods, and extreme heat.

Once approved by the Federal Emergency Management Agency (FEMA), the plan makes Norwalk eligible for pre- and post-disaster mitigation project grant funding through FEMA's Hazard Mitigation Assistance programs and other non-emergency disaster assistance like FEMA's new Building Resilient Infrastructure and Communities (BRIC) program.

Norwalk currently does not have its own Local Hazard Mitigation Plan and is therefore not eligible for federal hazard mitigation grants directly from FEMA.

With support from a consulting team led by Tetra Tech, Inc., the City of Norwalk Emergency Management Office has formed an Advisory Committee of city and regional leaders to inform the planning process.

The Advisory Committee held its first meeting in February 2021 and plans to hold its second meeting in March 2021.

For more information about Norwalk's new Local Hazard Mitigation Plan or to learn about ways to participate in the development of the LHMP, contact Gabriela Garcia at 562-929-5964 or send an email to LHMP@norwalkca.gov.



Devin Munoz stretches with the team during practice at St. Paul High School in Santa Fe Springs. (Photo by Keith Durlflinger)

FIRST AND GOAL: High school football is back

■ Coaches and players are excited to begin a long-awaited football season, even if it is abbreviated.

By John M. Sherrard
Contributor

NORWALK - It's been almost 16 months since the last local high school football game was played, going back to December 2019.

Norwalk, La Mirada, Downey, John Glenn, St. Paul and Santa Fe will soon finally get to play under those famous "Friday Night Lights."

After months of indecisions and rumors and hours and hours of athletes "conditioning", the first hits to an opponent will be felt from near and far.

"I can't wait for the feeling of running out on the field and getting that initial hit," La Mirada senior defensive end/guard Austin Ritto said. "I was super excited and can finally have a senior season."

That is the unanimous feeling among players, who have waited for these - albeit four or five games - this season.

To make matters worse for Santa Fe, which was scheduled to play Del Rio League opponent La Serna - the game was cancelled due to a positive case on the

Chiefs' roster.

"I'm just frustrated and sad for the players," said Santa Fe coach Dave Pierson, who has a senior-heavy team this year. "We're just crossing our fingers. Hopefully, we can go full steam ahead. There is no room for error in the calendar."

When they actually get to play, Pierson added, "at the end of the day, it's an opportunity for them to be kids."

"The idea of putting the pads on was special. They are saving themselves for Friday nights."

Recently, CIF-Southern Section Commissioner Rob Wigod appeared on the Petros and Money Show on Sports Talk, KLAC and talked about the return of football.

"You don't know how excited I am to stand on the sidelines of a high school football game this week," Wigod said. "One of the things that we told the kids is, don't give up hope. We'll have a full complement of sports in a couple of weeks."

Wigod briefly explained how the attendance situation would play out. "It's been a challenge, but we're going to do whatever we can do to help," he said. "So far, it's immediate family only. Schools will handle it themselves."

Athletic directors Christine Mead of La Mirada and Linda Parra of John Glenn both talked



St. Paul High School football players practice in anticipation of their season opener. (Photo by Keith Durlflinger)

about the many months of planning that has gone into the schedules for this year.

"It's a whirlwind," Mead said. "We didn't know for so long if it was even going to happen. And now, we are jamming 10 months' worth of sports into 2 1/2 months."

"This is a good thing, though, the kids get to play. I am stressed, but happy to put in the work so these kids can have some sort of season."

Mead, who along with football coach Mike Moschetti, planned and worked out schedules for players conditioning off and on for months.

"Hopefully by August we have returned to a more normal way of life and we get back to traditional sports seasons," Mead said. "For now, I will take what we can get."

Moschetti, who is the assistant athletic director, saw the excitement in the eyes of his players.

"The kids are excited," Moschetti said. "They were around each other. They were locked up in their houses and now they are playing sports and also being around coaches and trainers."

Continued on page 16

Norwalk teens named semifinalists in arts program

NORWALK - Two Norwalk residents have been named semifinalists in The Music Center's 33rd Annual Spotlight Program, a free nationally acclaimed arts training and scholarship program for teens.

Spotlight offers valuable performance opportunities, audition experiences and mentorship, plus technical and artistic insights taught by professional artists and arts administrators, and awards more than \$100,000 in scholarships each year.

Sydney Shepherd and Selena Hamilton, both of Norwalk, were among 112 Southern California high school students selected for the program.

Shepherd is a senior studying acting at iLEAD Hybrid charter school. Hamilton, a junior, is home schooled and studies dance.

The Music Center named 16 semifinalists in each of seven categories—acting, ballet, dance, classical voice, non-classical voice, classical instrumental and jazz instrumental. This year, nearly 1,500 teens representing more than 275 schools, 194 cities and 8 counties auditioned for the program.

All Spotlight applicants receive written feedback from distinguished panels of judges following each audition round to help students improve and gain knowledge in their particular performance discipline.

"Spotlight is completely free with no financial barriers to participate, which gives equal footing to kids looking to make their dreams come true, no matter their talent level," said Jeri Gaile, director of The Music Center's Spotlight program. "Each round in the audition process is a little different so the knowledge and connections each participant makes compound, especially as the semifinalists attend mastery classes. Spotlight is very much an exploration of artistic skills and the students' capacity to grow as individuals. We absolutely love seeing them shine throughout the process and over the years that they participate."

Spotlight semifinalists are invited to attend a special mastery class in their discipline with highly regarded artists, who share their expertise on performance technique, training and professional life. Experts provide students with feedback on their performances, offering them a rich learning experience.

Each semifinalist will audition virtually again before a new panel of judges, who will then select the top two finalist performers in each category for a total of 14 grand prize finalists. Judges will also name an honorable mention in each category.

Grand prize finalists will perform in The Music Center's Spotlight Virtual Grand Finale Performance on May 22, premiering on The Music Center Offstage digital platform at 7 p.m.

Weekend at a Glance

Friday 60°

Saturday 65°

Sunday 65°

ON THIS DAY MARCH 12

1858:

Adolph Simon Ochs, the American publisher who built The New York Times into one of the world's top newspapers, was born.

1862:

Ulysses S. Grant was promoted to the rank of general-in-chief of the Union armies in the Civil War by President Abraham Lincoln.

1912:

The Girl Guides, the forerunner of the Girl Scouts of America, was founded.

1928:

The St. Francis Dam near Santa Clarita, Calif., fails, results in floods that kill 431 people.

1930:

Indian political and spiritual leader Mohandas K. Gandhi began a 200-mile march to protest a British tax on salt.

1951:

The cartoon "Dennis the Menace" by Hank Ketcham made its syndicated debut in 16 newspapers.

1987:

The musical "Les Miserables" opened on Broadway.

1993:

North Korea, having opted out of the Treaty on the Non-Proliferation of Nuclear Weapons, refused to allow weapons inspectors access to its nuclear sites.

1994:

The Church of England ordained its first female priests.

2002:

Homeland security chief Tom Ridge unveiled a color-coded system for terror warnings.

2003:

Elizabeth Smart, a 15-year-old girl who'd vanished from her bedroom nine months earlier, was found alive in a Salt Lake City suburb with two drifters.

2008:

New York Gov. Eliot Spitzer resigned two days after reports had surfaced that he was a client of a prostitution ring.

2009:

Disgraced financier Bernard Madoff pleaded guilty in New York to pulling off perhaps the biggest swindle in Wall Street history.

Birthdays

Academy Award winning actress **Liza Minnelli** (75), U.S. senator **Mitt Romney** (74), former Dodgers outfielder **Darryl Strawberry** (59), "The Dark Knight" actor **Aaron Eckhart** (53), journalist and author **Jake Tapper** (52), and "Freaks and Geeks" actor **Samm Levine** (39).

Deaths

Charlie Parker, the legendary jazz saxophonist who helped invent the musical style called bop or bebop, died in 1955 of pneumonia. He was 34.

Craig Mack, the Grammy nominated rapper who achieved commercial success with the track "Flava in Ya Ear," died in 2018 of heart failure. He was 47.

Woody Hayes, a college football coach who led the Ohio State Buckeyes to five national championships, died in 1987 of a heart attack. He was 74.

Terry Pratchett, a comic fantasy author who sold more than 65 million books over the course of his career, died in 2015 of Alzheimer's disease. He was 66.

Alexander Mackenzie, a Scottish explorer who became the first European to cross North America from east to west above the Mexican border, died in 1820 of Bright's disease. He was 55.

Paging Dr. Frischer...

By Dr. Alan Frischer

Would you have imagined that it would become common to make routine visits to your doctor...without leaving your home? World events have the ability to change human behavior quickly, and often dramatically.



Every day in my office I now routinely see patients who are comfortable "visiting" with me, sometimes in their PJ's, from home. Many prefer it. Even as early as last summer, roughly 25% of us had used a computer, tablet, or smartphone for a telemedicine appointment. It is estimated that there were nearly a billion telemedicine visits during 2020.

Early on in the pandemic, the Centers for Medicare and Medicaid Services (CMS) granted emergency approval reimbursement to doctors for such visits. The CMS recognized that the combination of "stay at home" orders and the risks of catching

or spreading COVID-19 led to the necessity of easy home access to medical care. Other non-government insurances then quickly got on board with this.

The advantages are obvious. Telemedicine eliminates the need to dress, commute, and pay for gas and parking. It keeps sick and possibly contagious people off of public transit. It is time efficient, and can be squeezed into a busy work and childcare schedule without much planning. Note that the field of mental health has long been ready for such a change, since those visits have predominantly been about talking, and not about physical examination.

The disadvantages are equally obvious. I can't perform a physical exam on a screen, other than observing something visual that a patient chooses to show me. There are subtleties that any good physician picks up on if they are physically in a room with a patient. In person human interaction is always the most informative. The doctor-patient relationship, one built

on warmth and trust, is far easier to maintain in person.

However, the bottom line is that we are still in a pandemic. Telehealth can promote public health goals by increasing social distancing and limiting contact. It maintains continuity of care, helps to manage chronic conditions, allows for preventive services, and picks up new problems early. In my own practice, this has allowed suspected or proven COVID patients the opportunity to get medical care without exposing other patients or staff in my office.

Will the use of telemedicine continue beyond this pandemic? Given the changes technology is constantly bringing to our lives, it certainly seems likely.

For now, private insurance payers and the CMS have supported this transition by allowing reimbursement. Whether insurance payers will continue to offer this once we return to some form of normalcy, or whether patients will want to continue utilizing such services, is unknown.

Personally, I hope to see you all in person, but for now, I urge you to continue to use any method you can to maintain your health during these unusual and tough times.

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.

Kaiser sleep expert offers tips for Daylight Saving Time

■ We spring forward this Sunday morning, but more sunshine means an adjusted sleep schedule.

As Daylight Saving Time begins this coming Sunday, March 14, many of us will welcome the opportunity to spend more time outdoors with one extra hour of daylight.

But, the time change also means we will lose one hour of precious sleep, and when you wake up Monday morning, you may feel sluggish and fatigued, reaching for that cup of joe for an energy boost.

Dr. Kendra Becker, a sleep medicine physician with Kaiser Permanente Southern California, says preparing your body for the time change will help you better cope with the time change, noting the effects on your sleep cycle could have dangerous consequences unless you take certain steps to minimize the



impact.

"This temporary loss of sleep can increase your tiredness, worsen your performance of tasks, and studies have shown it could also increase your risk of heart attacks and car accidents," she cautioned. "Children affected by sleep deprivation also have a harder time in school and potentially worsened behavior."

Dr. Becker noted our internal sleep cycle often shifts and normalizes within a few days, or up to one week after Daylight Saving Time starts. She recommended doing the following to help you adjust and minimize potential negative effects on your health:

► Ideally, start preparing for the time change a couple of days before it begins.

To help you better adjust your sleep cycle, start going to bed 15 minutes earlier each night for

up to 3 to 4 days before the time change. Try getting up a little earlier as well, and avoid sleeping in late on days off.

► Expose yourself to bright sunlight in the morning after getting up, by spending some time outdoors to help shift the body's internal clock earlier.

► Finally, practice good sleep hygiene: avoid electronics, late snacks, caffeine and alcohol before going to bed, which can cause difficulty with sleep at night.

"Losing an hour of sleep may be challenging for many in the beginning, but it doesn't have to be hard," Dr. Becker said. "It's all about embracing the change and taking steps to minimize the impact. After all, the time change will take place whether we want it to or not, so from a health standpoint, we need to adjust and embrace it!"

DINE-OUT, DELIVERY OR TAKE OUT

OR

CELEBRATE SEAFOOD!

CLARMAN'S NORTH WOODS INN
14300 Florence Blvd., La Habra • TAKEOUT: (714) 994-4590 / (714) 739-0331
ONLINE ORDERING: lamirada.clearmansinnrestaurant.com

Money & Taxes 2021

J.E. & ASSOCIATES
CERTIFIED PUBLIC ACCOUNTANTS
T: 562.923.9231 EXPERIENCE · RELIABILITY · TRUST

"YOUR LOCAL DOWNEY CPA"

IF YOU ARE LOOKING FOR A BLEND OF PERSONAL SERVICE AND EXPERTISE AT RATES THAT ARE AFFORDABLE, THEN WE ARE THE FIRM FOR YOU.

WE OFFER A BROAD RANGE OF SERVICES FOR BUSINESS OWNERS, EXECUTIVES AND INDEPENDENT PROFESSIONALS.

TAX PREPARATION · ESTATES · TRUST · TAX PLANNING · AUDITS/REVIEWS/COMPILATIONS FORMATION OF NEW BUSINESS AND MUCH MORE.

T: 562.923.9231 F: 562.923.8324
8301 FLORENCE AVE SUITE 316
DOWNEY, CA 90240
WWW.JNECPA.COM

Su Casa ~ Ending Domestic Violence

Services Include:

- Domestic Violence Counseling
- Safe and Secure Domestic Violence Shelter
- Domestic Violence Case Management

24/7 Crisis Hotline 562-402-4888
Offices 562-421-6537
sucasadv.org

HEALTH & WELLNESS

WHERE HEALTH AND COMMUNITY ARE ONE

We believe a community hospital should be a community leader, too. It's our commitment to you.

Norwalk Community Hospital

13222 Bloomfield Avenue | Norwalk, CA 90650
(562) 863-4763 | LACH-Norwalk.com

COVID CLINIC

**GET TESTED FOR YOUR FAMILY,
YOUR FRIENDS, AND FOR YOU.**

Drive-thru testing sites are available in Arizona, California, Nevada, and Oregon.
Visit our website for a complete list of locations.

For questions, please contact us at:
info@coviddclinic.org | 877.C19.TEST

© Copyright 2021 Covid Clinic

Biden's Covid-19 Plan: Force taxpayers to pay for abortions

By Terence P. Jeffrey

Back in 1994, a worried Delaware taxpayer sent a message to his senator. "Please don't force me to pay for abortions against my conscience," he said.

Joe Biden sent an unambiguous response.

"I will continue to abide by the same principle that has guided me throughout my 21 years in the Senate: those of us who are opposed to abortion should not be compelled to pay for them," he wrote.

"As you may know," Biden continued, "I have consistently — on no fewer than 50 occasions — voted against federal funding of abortions."

"(T)he government," Biden said, "should not tell those with strong convictions against abortion, such as you and I, that we must pay for them."

Today, Biden is the most powerful man in the United States government — and he is demanding that Americans "with strong convictions against abortion" must pay for them with their tax dollars.

This is the moral price Biden was willing to pay to become vice president and then president as the nominee of a party that will not tolerate leaders who insist on defending the innocent unborn.

When Biden ran for president in 2020, he made clear on his campaign website that he favored not only nationwide abortion on demand but also federal funding of it.

"Vice President Biden favors repealing the Hyde Amendment," his website said. This is the amendment Congress has habitually added to annual appropriations bills over more than four decades to prohibit funding of abortions except in cases of rape, incest or when the life of the mother is endangered.

"Biden will work to codify Roe v. Wade," said his website, "and his Justice Department will do everything in its power to stop the rash of state laws that so blatantly violate Roe v. Wade."

Roe, of course, is the 1973 Supreme Court decision that declared

abortion a "right."

Biden — in 2020 — also said he would: "Restore federal funding for Planned Parenthood." In 2019, according to its annual report, Planned Parenthood performed 354,871 abortions.

When Biden's \$1.9 trillion COVID-19 bill — the so-called American Rescue Plan — was being considered in the House, Reps. Jackie Walorski, R-Ind., Cathy McMorris Rodgers, R-Wash., and Virginia Foxx, R-N.C., offered a Hyde-type amendment to prevent it from funding abortions. This amendment was co-sponsored by 203 of their colleagues.

"Without Hyde protections in the reconciliation package, over \$414 billion in taxpayer dollars could potentially be used to pay for elective abortions or plans that cover elective abortions," said a statement from Walorski's office.

But Democrats on the House Ways and Means Committee rejected the amendment and the House Rules Committee refused to allow it to be considered on the House floor.

Rep. Chris Smith, R-N.J., co-chair of the Bipartisan Congressional Pro-Life Caucus, then noted in the House debate on the bill how Biden had flip-flopped on federal funding of abortion. Smith demonstrated this point by quoting from and linking to the letter Biden had written to his constituent in 1994 and a similar letter Biden had authored in 1977.

"Mr. Biden once wrote to constituents explaining his support for laws against funding for abortion by saying it would 'protect both the woman and her unborn child,'" Smith said.

"I agree," said Smith.

But Biden no longer agrees with himself.

At the White House press briefing on Feb. 16, Owen Jensen of EWTN asked Biden press secretary Jen Psaki: "We know where President Biden stands on the Hyde Amendment, but that being said, can this administration right now guarantee, if the American Rescue Plan is passed, that no taxpayer dollars will go to the abortion industry?"

"Well, the president's view of the Hyde Amendment is well

known, as you have stated in your question," Psaki responded in part of her answer.

"He's shared his view on the Hyde Amendment," she went on to say. "I don't think I have anything new for you."

Jensen pressed her for a direct answer. "Can the administration guarantee those tax dollars won't be used for abortions?" he asked.

"Well, I think, Owen, as I've just noted," she responded, "three-quarters of the public supports the components of the package, wants to see the pandemic get under control, wants to see people put back to work, vaccines in arms. So, I think that answers your question."

Psaki would not directly state the plain truth: Yes, Biden's COVID-19 bill will use tax dollars to pay for abortions.

But she could not deny it — because it does.

When the bill came up in the Senate on Friday, Sen. James Lankford, R-Okla., (for whom this writer's daughter works) offered a Hyde-type amendment to prevent it from funding abortion. As a procedural matter, the amendment needed 60 votes. It won only 52.

Thus, the Senate version of the bill funds abortion, too.

As the Senate was considering it, Archbishop Jose Gomez of Los Angeles, the president of the U.S. Conference of Catholic Bishops, joined eight other leading bishops in issuing a statement.

"For 45 years, the United States Congress — whether controlled by Democrats or Republicans — has maintained that taxpayers should not be forced against their conscience to pay for abortions," these bishops said.

"We ask all Members of Congress to include the same protections against abortion funding that have been present in every COVID relief bill to date, and every annual spending bill for almost half a century," they said.

Biden, this nation's second Catholic president, is now poised to sign a bill that defies this request and forces all American taxpayers to pay for abortions.

Terence P. Jeffrey is editor-in-chief of CNSNews.com.

Earmarks expose self-serving politicians

By Veronique de Rugy

A fight is brewing over bringing back earmarks — provisions that are inserted into spending bills by individual members of Congress to send money to politically favored entities in their districts. There has been a moratorium on earmarks since 2011.

Those who want the return of earmarks claim the practice smooths out the budget process and fosters bipartisanship. Others insist that the return of earmarks would mean a surge of wasteful giveaways to special interest groups and congressional corruption. While both sides have valid points, this debate continues to distract us from the fact that the federal government is excessively big and, even without earmarks, spends money on things that it should never spend it on.

Making the most thoughtful case for bringing back earmarks is the American Enterprise Institute's Kevin Kosar and Claremont McKenna College's Zachary Courser. Their detailed research explains that right now, because of the absence of earmarks, legislators face overwhelming incentives to vote with their parties regardless of the legislation. That means no appropriations bills get through until they're rolled into a giant omnibus bill and put on the floor the day before a government shutdown.

This leads them to conclude that if earmarks were sensibly reinstated, they would increase legislators' incentives to bargain and enact proper appropriations bills. These incentives would be particularly effective for legislators in the minority. Without earmarks in an appropriations bill favored by the majority party,

legislators in the minority have less incentive to cross party lines and vote for the bill. Earmarks that benefit their districts change that dynamic.

This bipartisanship sounds like more spending. However, as Kosar and Courser show, spending has still exploded in the last decade despite a lack of earmarking. Among other things, that's because the power and incentive to fund these particular local political deals didn't disappear. It was simply transferred to executive branch agencies. In the end, as the argument for the return of earmarks takes shape, the question is who should be in charge of spending. On that point, the pro-earmark crowd has a constitutional point.

But if the Constitution is to guide us, we must ask whether Congress should be spending that money at all. I understand that most earmarks are boring, e.g., funding exit-ramp construction on a highway. I even understand how restoring earmarks could promote bipartisanship. Though, considering the size of government, I'd argue there's plenty of bipartisanship already. In spite of all this, it's obvious to me that Congress has no place funding such local projects through earmarks or in any other way.

This is the irony of earmarks and their demise. Back in the day, they made headlines thanks to outrageous examples such as the "bridge to nowhere," an earmark that would have paid millions of federal dollars for a bridge connecting a town of 8,900 people in rural Alaska to its airport on a tiny 50-person island. Small-government politicians were shocked and furious at the use of federal tax dollars to serve special interests in exchange for political

contributions.

They were right to be outraged, but why stop at earmarks? Throwing money at special interests is what Congress does. Much of the Department of Education is a big earmark for powerful teachers' unions. Infrastructure bills are packed with spending items that should be the responsibility of state and local government, or of the private sector, but not Uncle Sam. Have you looked at the thousands of federal grants distributed each year? It's a cornucopia of special interest handouts.

Also, while I appreciate the pro-earmark side's promise to install guardrails so that tax dollars don't go to the private sector, I wish that rule applied to the entire federal budget. Why do we tolerate the existence of agencies like the Export-Import Bank, which is dedicated to boosting sales for large and well-connected companies such as General Electric and Boeing? We shouldn't.

Earmarks are a distraction from our bigger problems. Yes, they're used to fund items that shouldn't be funded by the federal government. Yes, their return may give added incentives to legislators for working together. But what do we do about the fact that the call for earmarks exposes politicians for the self-serving actors that they are? This, after all, is the most honest admission that without a bribe, politicians are unwilling to fulfill their main job of passing a federal budget on time and through the regular process.

Veronique de Rugy is a senior research fellow at George Mason University.

The power to make war

By Judge Andrew Napolitano

Two weeks ago, while the House of Representatives was finalizing its 700-page legislation authorizing the Treasury to borrow and spend \$1.9 trillion in the next six months, and the Senate was attempting to confirm more of President Joseph R. Biden's cabinet nominees, Biden secretly ordered the Pentagon to bomb militias in Syria.

The United States is not at war with Syria. It is not at war with the militias that were bombed, and it didn't seek or have the permission of the Syrian government to enter its air space and engage in deadly military activities. Biden later claimed that the bombing was conducted as "a lesson to Iran," another country with which the U.S. is not at war.

His campaign promises to the contrary notwithstanding, Biden

has followed in the footsteps of his immediate predecessors. They bombed civilians in an aspirin factory in Kosovo (Clinton), bombed civilians in Iraq (G.W. Bush), bombed military targets and government buildings in Libya and bombed a cafe in the Yemen desert targeting an American who was having tea (Obama), bombed the same location as Biden in Syria, and bombed a convoy of trucks in Iraq targeting an Iranian general who was on his way to lunch with an Iraqi counterpart (Trump).

All of these bombings and targeted killings violated the U.S. Constitution, the U.N. Charter — which is a treaty largely written by the U.S., and to which the U.S. is a signatory — and international law.

What is going on with American presidents and war?

The Constitution specifically separates the power to make war from the power to wage war. The delegates to the Constitutional Convention in 1787 spent more time debating this than any other topic — beside the makeup of Congress. In the end, they were adamant and unanimous that only Congress can declare war and only the president can wage war.

Congress cannot tell the president how to deploy the military, and the president cannot use the military against foreign targets without a congressional declaration of war.

James Madison — the scrivener at the Convention — famously offered that if a president could declare war and wage war, or even use the military to target any foreign entity he wished, then he would be a king, not a president. He argued that war exacerbates the president's "strongest passions and most dangerous weaknesses." And when he drafted the Bill of Rights, Madison had the presidency in mind when he wrote in the Fifth Amendment that the government may not take life, liberty or property without due process of law.

Taken together, the exclusive constitutional delegation of war-making to Congress and the Due Process Clause absolutely restrain the legal ability of the president to use violence in another country without a declaration of war from Congress; and in the case of violence against an American, without a conviction by a jury and all the constitutional protections attendant upon that. And, against civilians — never.

When President George W. Bush decided to invade Afghanistan in retaliation for what he argued was providing haven and resources for those who planned, paid for and carried out the attacks on 9/11, he first went to Congress. Congress did not declare war on Afghanistan. Instead, it enacted a resolution called the Authorization to Use Military Force of 2001. That authorized Bush

and his successors to use the military to target the perpetrators of 9/11 whenever and whenever they found them.

Unlike traditional declarations of war, the AUMF of 2001 did not have an endpoint, and that is its fatal flaw. Presidents Barack Obama, Donald Trump and Biden disingenuously cited it as their legal authority to bomb Middle Eastern targets that had no conceivable relationship to the perpetrators of 9/11.

When Bush sought to invade Iraq to locate and destroy what he claimed were weapons of mass destruction, Congress enacted another AUMF in 2002. It, too, has no endpoint.

Last week, a bipartisan group of senators offered legislation to repeal both AUMFs and Biden has indicated that he will sign the repeal. That is a good start toward taming the executive appetite for military violence, but it is not enough.

Under international law and the natural law, the U.S. may only use force defensively. That means it may attack the military of a foreign country or group that has attacked the U.S. or an ally, and it may attack the military of a foreign country or group that is imminently about to attack the U.S. or an ally. Those are the only instances in which the president may deploy U.S. forces for violent purposes without a congressional declaration of war.

Congress must do more than just repeal the two AUMFs if it believes that the Constitution means what it says. Congress needs to repeal the War Powers Resolution of 1973 — which purports to permit presidents, upon notification to Congress, to wage 90-day offensive wars, in violation of the Constitution and international law.

Congress needs to prohibit absolutely the unauthorized presidential expenditure of money and deployment of armed personnel on any nondefensive violent actions. I say "personnel" rather than "military" because modern presidents have often used the CIA to fight wars and argued that because those wars did not involve the military, no congressional approval or notification was needed.

Congress should criminalize such presidential violence and the expenditures of resources to support it, as it is a crime to kill without lawful authority. And Congress should call nondefensive killings — by the government or anyone — by their legal name: Murder.

Judge Andrew Napolitano is the senior judicial analyst for Fox News.

The Norwalk Patriot STAFF

JENNIFER DEKAY
Publisher

ERIC PIERCE
Editor

JULIE LEDESMA
Display Advertising

ALEX DOMINGUEZ
Staff Writer

LINDA LARSON
Classified Advertising

LORINE PARKS
Poetry & Society

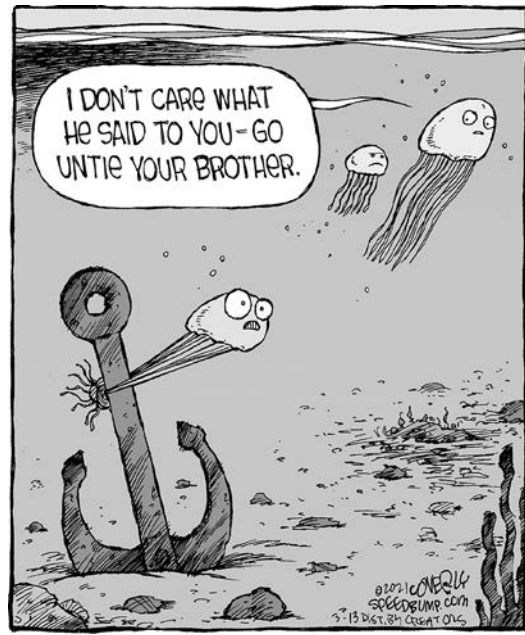
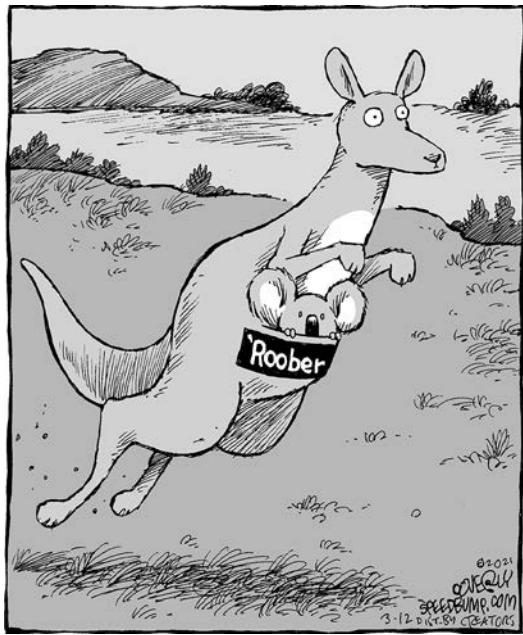
JONATHAN FOX
Production/Graphics

TEL (562) 404-3008 | FAX (562) 904-3124 | MONDAY - THURSDAY 9AM - 3PM
14783 CARMENITA ROAD, NORWALK, CA 90650 | ADJUDICATION #BS154952

The Norwalk Patriot is published weekly by The Downey Patriot, Inc.
Controlled Distribution, 22,000 copies are printed.
Distributed by CIPS Marketing Group, Inc., Los Angeles, CA.

SPEED BUMP

DAVE COVERLY



Local Journalism Matters

Help Support Your Local Newspapers

The Norwalk Patriot

To Advertise in
The Norwalk Patriot
 Please Call
Julie Ledesma
 (562) 904-3668

Send us your Letters to the Editor, Press Releases, photos, meeting and club schedules!
Address:
 14783 Carmenita Road
 Norwalk, CA 90650
Email:
news@thedowneypatriot.com

CALENDAR OF EVENTS

MONDAYS

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

TUESDAYS

9:00 a.m. - 1:00 p.m. - Farmers Market - Norwalk City Hall
 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
 3rd, 7:00 p.m. - Soroptimist International - Via Zoom

WEDNESDAYS

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

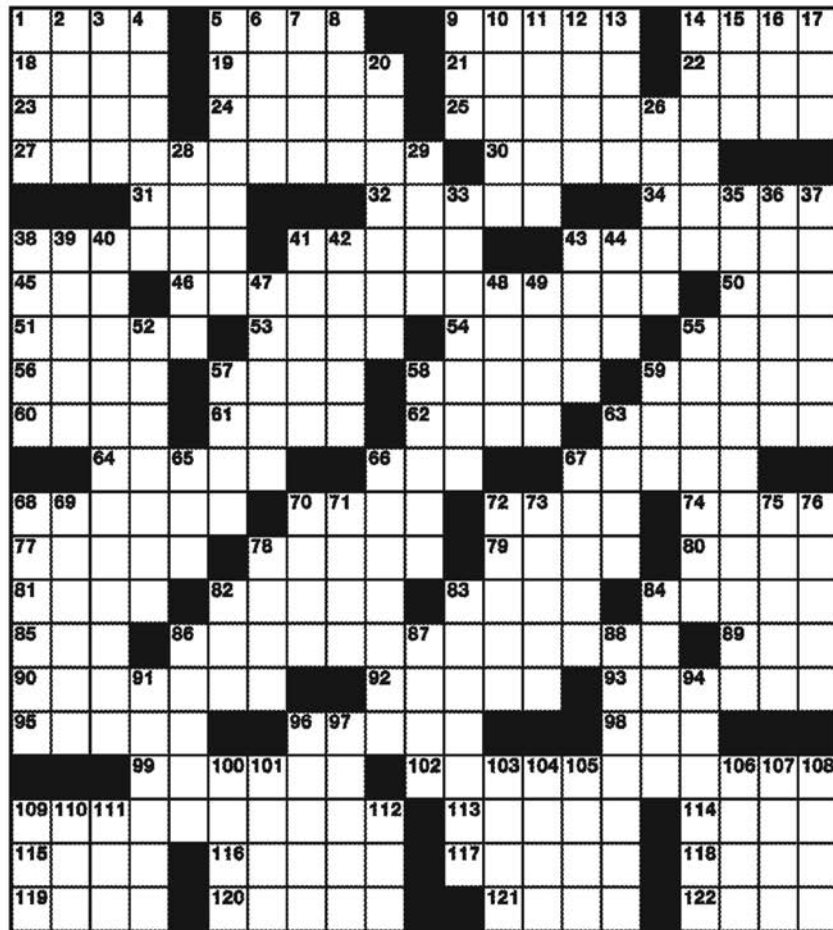
SATURDAYS

9:00 a.m. - 1:00 p.m. - Farmers Market - Norwalk City Hall
 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)
COUNT ON IT: Various reliable sources
 by Gail Grabowski

- | | | |
|--|---|---|
| <p>ACROSS</p> <p>1 Poker prizes</p> <p>5 Jousting contest</p> <p>9 Holds firmly</p> <p>14 Can't stand</p> <p>18 "It's my turn!"</p> <p>19 Staple in stews</p> <p>21 ___ Park (Edison lab site)</p> <p>22 Shout from a ship</p> <p>23 Emerald City canine</p> <p>24 "All done!"</p> <p>25 Phone connection that can't be tapped</p> <p>27 Trustworthy words of wisdom</p> <p>30 Most wise</p> <p>31 Fuel for some grills</p> <p>32 Steep role Silkwood or Blixen</p> <p>34 <i>The Constant Gardener</i> wife</p> <p>38 Inventor's protection</p> <p>41 Scatterbrained</p> <p>43 Ophelia's brother</p> <p>45 Key NBA position</p> <p>46 Oxymoronic decision</p> <p>50 Series-ending abbr.</p> <p>51 Crummy</p> <p>53 Judge's garb</p> <p>54 Cereal holders</p> <p>55 Behind schedule</p> <p>56 Again from scratch</p> <p>57 Manner of action</p> <p>58 Auctions off, say</p> <p>59 Cheney's successor</p> <p>60 Actress Neuwirth</p> <p>61 Carried a balance</p> <p>62 Tampa-St. ___</p> <p>63 Did as directed</p> <p>64 Pop music icon John</p> <p>66 Title for 64 Across</p> <p>67 Reach for the stars</p> <p>68 Got opinions from</p> <p>70 Benediction conclusion</p> | <p>72 "Make it quick," in memos</p> <p>74 ___ Scott decision</p> <p>77 Sci-fi visitor</p> <p>78 Movie excerpt</p> <p>79 USPS deliveries</p> <p>80 Bugs Bunny's girlfriend</p> <p>81 Do garden work</p> <p>82 32-piece game</p> <p>83 In the near future</p> <p>84 Kitten, at times</p> <p>85 Veterans Day mo.</p> <p>86 A reliable source</p> <p>89 Demolition material</p> <p>90 Periodic table entry</p> <p>92 Had an eye-opening experience</p> <p>93 First part of a Greek dictionary</p> <p>95 Spine-tingling</p> <p>96 Attorney-___</p> <p>98 Informal refusal</p> <p>99 Quick drawing</p> <p>102 Reliable basis of belief</p> <p>109 College a high schooler is sure to get into</p> <p>113 Disastrous</p> <p>114 The Magi, for instance</p> <p>115 Low-quality</p> <p>116 Foot bones</p> <p>117 Picture taker</p> <p>118 Fare for a mare</p> <p>119 Pub trayful</p> <p>120 Once had</p> <p>121 Tour de France challenges</p> <p>122 Merriment</p> | <p>5 As you prefer it, in a recipe</p> <p>6 Very sharp, as a TV airing</p> <p>7 Actor Schreiber</p> <p>8 Bagel shapes</p> <p>9 MLB execs</p> <p>10 Oscar actress</p> <p>11 Ancient Andean</p> <p>12 Socket insert</p> <p>13 Carrying a grudge</p> <p>14 Summer top</p> <p>15 Sushi tuna</p> <p>16 Weigh station measure</p> <p>17 Facial feature</p> <p>20 Knotted attire</p> <p>26 Lauder of lipstick</p> <p>28 Just peachy</p> <p>29 It's right on the map</p> <p>33 Microbrewery creation</p> <p>35 Stock investor desire</p> <p>36 Small sofa</p> <p>37 Gain altitude</p> <p>38 Hi-tech training site</p> <p>39 Square things</p> <p>40 Zealous advocate</p> <p>41 Part of LED</p> <p>42 Still asleep</p> <p>43 Drain-unclogging chemicals</p> <p>44 Core muscles, for short</p> <p>47 Displeased look</p> <p>48 Lose feathers</p> <p>49 Wheelbarrow shaft</p> <p>52 Puffed up</p> <p>55 Just sit there</p> <p>57 What an emoji expresses</p> <p>58 Moral fiber</p> <p>59 Consumer protection org.</p> <p>63 "I'm so clumsy!"</p> |
|--|---|---|

CREATORS SYNDICATE © 2021 STANLEY NEWMAN WWW.STANXWORDS.COM 3/7/21



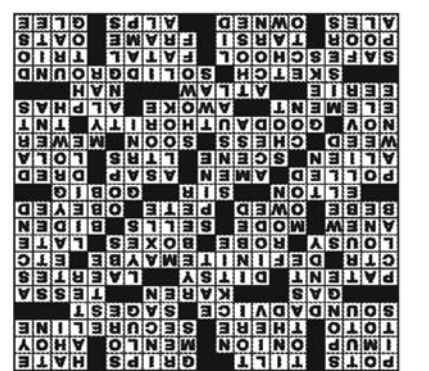
- | | | |
|--|---|---|
| <p>65 Half a score</p> <p>66 Experienced through sight, or sound, etc.</p> <p>67 Adorned, on a French menu</p> <p>68 Oklahoma nation</p> <p>69 World cup chant</p> <p>70 Scored 100 on</p> <p>71 City near Scottsdale</p> <p>72 "Take ___ at this!"</p> <p>73 Browsing venue</p> <p>75 Justice Kagan</p> | <p>76 Moves abruptly</p> <p>78 Unrepairable</p> <p>82 Pull a fast one on</p> <p>83 Two-legged hotdog</p> <p>84 Balloon material</p> <p>86 Tech whizzes</p> <p>87 Moore poem opener</p> <p>88 Hair snarls</p> <p>91 Penny pinchers</p> <p>94 Two-legged snapper</p> <p>96 Deer snack</p> <p>97 "All ___ in favor..."</p> | <p>100 Prefix meaning "outer"</p> <p>101 Microwave setting</p> <p>103 Croft of video games</p> <p>104 Emphatic type: Abbr.</p> <p>105 Somewhat wet</p> <p>106 Russia's ___ Mountains</p> <p>107 Late hours, in ads</p> <p>108 Prescription portion</p> <p>109 Resort for rejuvenation</p> <p>110 Verizon ISP</p> <p>111 Nemesis</p> <p>112 Jar topper</p> |
|--|---|---|

ADVERTISING POLICY

The Norwalk Patriot reserves the right to censor, reclassify, revise or reject any ad. The Norwalk Patriot is not responsible for incorrect ads beyond the first business day of an ad scheduled. Please check your ad on the first day of publication and report any errors we have made to the Classified Department at 562-904-3668 at the beginning of the next business day to have it publish correctly for the remainder of the schedule.

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

Thomas Edison occupied his research laboratory in MENLO Park, New Jersey (21 Across) from 1877 to 1884, when he relocated to a larger facility in West Orange. Rachel Weisz received a Best Supporting Actress Academy Award for her role as TESSA Abbott-Quayle (34 Across) in the 2005 film adaptation of the John Le Carré novel *The Constant Gardener*. LOLA Bunny (80 Across) made her debut in the 1996 film *Space Jam*.



Football returns at long last

Continued from page 1

Parra, who is a former girls basketball coach, sees the excitement in the return of sports.

"We are very excited to be able to bring sports back on campus," Parra said. "Our athletes have expressed how happy they are to be given the chance to play again. We have seen more students come out to join workouts lately, now that they know there will be a season."

"Our football coaches are working hard to prepare the kids as best as they can for a game in such a short amount of time. Ideally, it would have been great to have more time to prepare for a full contact game but at the same time, kids are getting an opportunity to play that many of us did not think was going to happen this year. We will be able to host two home football games this year on March 26 (Cerritos) and April 16 (Artesia)."

Moschetti, who has 100 kids in his program, talked about the journey they have gone through this year.

"These kids have been through hell this year," he said. "I just want these kids playing. I need to be here for the kids."

"They're excited and if they

are able to have grandma or grandpa out there, that's great."

Unfortunately, La Mirada has been unable to play on its home field since 2018, as they have been playing at Excelsior since then. The school is expected to break ground on a new stadium this summer.

The newly renovated gymnasium is almost complete, which will have football locker rooms adjacent to the facility.

"We are just grateful for anything," Moschetti said. "We got started late with about nine conditioning practices."

His first official practice this last week was special, but not as hard-hitting as he expected.

"The kids were very emotional, but it was more of a pillow fight than hitting," said Moschetti, smiling no doubt. "We just want to play." The Matadores open at Orange High next Thursday, March 18.

Another longtime area coach, St. Paul's Rick Zepeda, also weighed in on the first day of practice last week.

"We had fun and we could see the light in the boys' eyes," said Zepeda, who will have the Swordsmen's traditional Blue/White game on March 19.

"The coaches said they feel 'alive,'" he said. "They missed

it (competition). I tried to keep the practices as close to what our traditional August start was like."

"We're still trying to get to know each other. It's really about the camaraderie now."

Zepeda is still trying to schedule one more game (March 26), as are numerous coaches around So Cal.

"Everything changes every day," he added.

The Swordsmen, like most schools, had their first practice last Saturday. "It was our first practice with full pads in a year and five months. We never saw this coming."

Zepeda, who is a big believer in tradition, can't wait for that first game. "I still envision the other team rushing to the other side of the field. I'm looking forward to competition against another team."

"I can't wait."

And finally, to top it off, Norwalk High has been waiting an eternity it seems to step into its new on-campus stadium and sports complex. It's in the final stages of completion, as the softball complex is nearly completed too.

The Lancers first real "home" game is expected to be Friday April 9, as they host La Mirada.

Perhaps Moschetti, who always has lots to say, said it best. "We'll just show up and play in a parking lot if we have to."



Isaiah Dunn, junior quarterback for St. Paul, takes snap at practice. (Photo by Keith Durlfingler)

"I was also concerned for the player that tested positive."

"I'm dedicating this season to our announcer, Carlos Casillas, coach Jack Mahlstede and Rebecca Pierson."

Shaun Grayson, senior, wide receiver, tight end, defensive end, La Mirada: "It was amazing to see all of my guys on the first day of practice. Just to put the helmet on, the shoulder pads on and my cleats on was

special. When you see the players in pads, not in your backyard, and the field under your feet, there's nothing better to describe than that."

"I'm here to perfect my craft to show what I'm able to do in college."

"Ever since my freshman year, it feels great to have the LM on my jersey."

"I try to treat every day like it's my last."

Note: Grayson will be playing at UNLV next fall.

Austin Ritto, senior, defensive end, guard, La Mirada: "I think it's great and glad we're going to get to have a few games. On the first day back I'm always hitting hard. We practiced last December and didn't come back until mid January."

What the players said:

Damian Hernandez, junior, center, Santa Fe: "It's been a long wait. It's been frustrating. Now that I have one, I have four games to prove that I can play at the next level."

"I was excited and finally got to be playing with my buddies. I can't wait for the first night. Everyone was really energetic, as we have a lot of returners. We just have to be ready."

"I look forward to going out on the field under the lights and for the Santa Fe tradition."

Biola earns postseason berth

■ The Eagles face Fresno Pacific today in the first round of NCAA Div. II playoffs.

By John M. Sherrard Contributor

LA MIRADA - For the first time in program history, the Biola University men's basketball team has qualified for the NCAA Division II postseason.

With a season-ending 79-74 victory over PacWest leader and No. 24 nationally-ranked Point Loma last Saturday, Biola received the automatic qualifier for the West Region playoffs.

"This is a very tough-minded team," said Biola coach Dave Holmquist. "We have improved each week against three very

talented and well-coached teams. We are very pleased with how this season has gone."

Biola, in just its second year of DII postseason eligibility, received the No. 3 seed and will play conference opponent, No. 6 seed Fresno Pacific University (11-4, 8-0) in the first round.

Game time is 5 pm and will be live-streamed through the Biola athletics website.

The Eagles finished with a 9-3 overall record and 9-2 in conference.

The PacWest will have three representatives in the six-team bracket. No. 4 seed Point Loma (8-2, 7-2), which finished as National DII runner up in 2019, is the other qualifier and will face No. 5 seed Northwest Nazarene (11-4).

The winner of the Biola-

Fresno Pacific game will face No. 2 seed and host school, Colorado School of Mines (16-2) Saturday, March 13.

The West Region Championship will be on Monday, March 15, with the winner advancing to the Elite Eight for the National title in Evansville, Indiana, March 27.

Biola post season awards include coach Dave Holmquist as Coach of the Year and three players named to the So Cal Pod All-PacWest team - senior guard Michael Bagatourian (2nd year), senior guard Chris Rossow (1st year) and junior guard Alex Wright (1st year).



Biola's Chris Rossow (5) brings out the ball. Biola will be playing in the NCAA Division 2 regional tournament on Friday night. (Photo by Keith Durlfingler)

BULLETIN BOARD

FREE ESTIMATES "Your Local Plumber At Your Service"

A-1 Performance

ROOTER & PLUMBING

Lic. #896712

RESIDENTIAL & COMMERCIAL PLUMBING

• FREE ESTIMATES • RAPID RESPONSE • SENIOR DISCOUNTS

- Plumbing • Sewer • Water Heaters
- Hydro Jet Specialists • Drain Cleaning

(562) 420-6458

Family Owned And Operated. Serving Long Beach And Surrounding Areas For Over 25 Years.

CENTRAL

To Schedule Service Please Call (562) 927-7888

A \$25.00 Convenience Fee will be added for each Mobile Service Trip

Multiple vehicles will only be charged \$25.00 Total

Mobile Service Menu

got trees?

the original

George's

Tree Trimming Service

EVERYTHING IN TREES

Trimming • Topping
Removing • Stump Grinding

\$5000

OFF

Any Tree Service
Min. \$200.00
Present coupon after quote
Call for a FREE Estimate

Serving the Community Since 1960
State Licensed and Fully Insured

(800) 695-5237

(562) 923-8911

Residential • Commercial
Apartments • Condominiums

OIL CHANGE GAS ENGINE

- The Works \$79.95
- Oil & Filter
- Tire Rotation
- Lubricated Chassis
- Inspected & Top off Fluids
- Multi-Point Inspection

OIL CHANGE DIESEL ENGINE

- Diesel Oil Change \$199.95
- Engine Air Filter \$70.00
- Engine Fuel Filter \$199.00
- Battery Service \$32.99x2
- Def Fluid \$50.00

• Engine Air Filter \$32.95 • Cabin Air Filter \$69.95

Battery service Inspection

Airbag recalls performed on some models
19B37 recalls performed on all applicable vehicle

Note: Tire Rotation not performed on dually,
after market tires & wheels, and oversized tires & wheels

Malhotra & Malhotra Attorneys

Serving the community for 36 years

DIVORCE | CHILD CUSTODY/SUPPORT | BANKRUPTCY
| TRUSTS/WILLS | CONSERVATORSHIPS | PROBATE

Call us for a FREE initial appointment
Eva Juarez Malhotra
Krishna Malhotra

Se Habla Espanol

(562) 806-9400 • (800) 811-8881

7847 E. Florence Avenue, Suite 111, Downey, CA 90240