

## Norwalk could face vaccine shortage

■ The state's protocol for vaccine distribution could leave Norwalk vulnerable, a new study suggests.

**NORWALK** - Norwalk faces a vaccine shortage under the state's new distribution protocols, according to a report released Tuesday by Cogitativo, a data science company.

The report, "Underserved and Overlooked: Severe Vaccine Shortages in LA County's Hardest-Hit Communities," compares the new vaccine distribution strategy announced by state officials - which will set aside 40 percent of vaccine doses for disadvantaged communities in the lowest quartile of the Healthy Places Index (HPI) - with a more precise distribution model developed by Cogitativo that precisely quantifies risk down to the city level based on real clinical data and social determinants of health (SDOH), as well as peer-reviewed medical literature on Covid-19 and other coronaviruses.

Assuming an available supply of 6 million doses to demonstrate shortages that could take place over the next several months, the report simulates both approaches for L.A. County.

According to Cogitativo, the five cities in Los Angeles County at risk of the most severe vaccine deficits are:

- 1.) Whittier
- 2.) Pasadena
- 3.) Torrance
- 4.) West Covina
- 5.) Downey

Norwalk ranks No. 10 in the report.

Other key findings from the report include:

• 76% of cities in L.A. County are likely to see a vaccine shortage under the current California allocation approach.

• 90% of deficit-vulnerable cities in L.A. County under the current California allocation approach are communities of color.

• There will be a combined deficit of 1.5 million doses for deficit-vulnerable cities under the current California allocation approach.

• 141,446 more hospitalizations can be prevented by using a more precise distribution model based on real clinical data and SDOH compared to the current California allocation approach.

## Norwalk offers adult school scholarships

**NORWALK** - The City of Norwalk is currently offering scholarships to residents for career and technical training at Norwalk-La Mirada Adult School (NLMAS).

The scholarships, ranging from \$1,050 to \$2,600, will assist with tuition for occupational training in health sciences, medical technology or welding/metal fabrication. Students are responsible for costs associated with their books, exam supplies and uniforms.

To qualify, the applicant must be a Norwalk resident (proof of residency is required), must be 18 years of age or older, and meet income qualifications.

Applications are available online at [www.norwalk.org/](http://www.norwalk.org/). The deadline to apply is Friday, May 7 at 4 p.m. Applications must be dropped off in person at City Hall and applicant must call in advance to schedule an appointment.

# Archuleta accused of sexual harassment

■ A former staff member of state Sen. Bob Archuleta claims she was retaliated against after turning down his advances.

Archuleta called the allegations "completely and categorically false."

By Eric Pierce  
Editor

**NORWALK** - A lawsuit by a former employee of state Sen. Bob Archuleta accuses the legislator of sexual harassment, according to the Sacramento Bee.

The lawsuit was filed last Thursday in Los Angeles County Superior Court by a former female staffer. The Norwalk Patriot is not identifying the woman.

In the lawsuit, the woman claims Archuleta -- who is married -- commented on her breasts, bragged about affairs, and publicly reprimanded and embarrassed her.

The woman was forced to resign as a result of workplace discrimination and retaliation after she refused Archuleta's advances, according to the lawsuit.

In a statement to The Norwalk Patriot, Archuleta denied the accusations.

"My entire career, I have supported the right of every Californian to feel safe, valued and protected in the workplace," Archuleta said. "While I would never knowingly mistreat or disrespect a female employee, I believe in their absolute right to come forward and be heard if and when they believe that standard has been violated. Every voice has value.

"That's why, from the beginning, I fully and wholeheartedly cooperated with the Senate's independent investigation into the events in question and was prepared to stand by the outcome. It's unfortunate for everyone involved that those independent proceedings were interrupted by



State Sen. Bob Archuleta has denied harassing a former staff member. (Photo by Alex Dominguez)

this lawsuit.

"Bottom line: the lawsuit filed manufactures a whole new layer of gratuitous allegations, which were not raised until litigation was chosen as the way to go -- and which are completely and categorically false. I look forward now to disproving those

allegations in court."

Archuleta, a Democrat from Pico Rivera, was elected to the California Senate in 2018, where he represents Downey and neighboring cities.

# Downey-Norwalk football game is a win-win

■ The Vikings secure the victory but both teams are just happy to be playing again.

By John M. Sherrard  
Contributor

**DOWNEY** - There were two winners last Friday night between the Norwalk and Downey high school football teams.

Yes, Downey won on the scoreboard, 49-0, but the sentiment among all those, including coaches, was a great night for all.

Downey (2-0) and Norwalk (0-1) played in front of a spread out crowd of family members, but coaches on both sides of the ball saw the gleam and excitement in the eyes of the players for the first time (for Norwalk) and second game (for Downey) after 16 months since the last game in 2019.

The last time these two neighboring schools played each other was in the 2012 CIF-SS playoffs. Downey narrowly defeated the Lancers, 45-42 in the second round.

Downey shutout Cathedral, 24-0, March 12 in its opening game.

"That's the whole point, is just giving the kids a chance to play," Downey football coach Jack Williams said. "It's not about winning or losing. It's a good opportunity for these lads to get out."

Most teams have had only a couple of weeks of full-on practice and Norwalk coach Dean Gray said, "The last three weeks have been great seeing them. We had a scrimmage the week before and that was great just being back after a year."

On the game he added, "It was a win for all of us. It was great to be there."

Coach Williams echoed coach Gray about just getting to play.

"Our whole thing is not about the wins, but just playing with someone next to you," he said. "It seems like they are playing harder."

As for the numbers, Downey had 316 total yards of offense (164 rushing, 152 receiving), with senior running back Jacob Skobis



Norwalk quarterback Caden Barnhill (12) makes a pass during their non-league football game at Downey High School Friday night. (Photo by Keith Durlfinger)

leading all rushers with 101 yards on the ground and 35 receiving yards. He also had two TDs - 35-yard reception from junior quarterback Noah Paez (4 for 9, 71 yards) and a 35-yard rushing score.

Other rushers for the Vikings were sophomore Keion Andrew (40-yard score) and two TDs on the ground by senior QB Chris Hernandez, who also had a 2-point conversion.

Hernandez (5 for 8, 81 yards), who alternated quarters with Paez at quarterback, said of just getting to play the game of football again: "It's very exciting to finally get to go out there and hit someone else. Especially because of the things that we had to overcome this last year."

Hernandez is hoping to attend the University of Arizona next fall and concentrate on his studies.

Junior wide receiver Tryse Redford scored twice on a 35-yard TD reception from Hernandez in the second quarter and a 70-yard scoop and score on a fumble recovery. Norwalk had a fourth and 1 on the Downey 30 on a quarterback sneak but the ball popped out and rugby-style, Redford picked up the ball and raced down the field for the score for the Vikings.

On the TD pass to Redford, Hernandez said: "Our game plan was to go short and then hit them with a big play." The touchdown reception was to the corner of the end zone.

A small but exciting moment came in the second quarter for Downey junior linebacker Andrew Garcia.

After missing three pregame extra point practice kicks, he put one between the uprights in the second quarter after a touchdown.

"Sure enough, I made it," Garcia said. "It was a cool thing. It was one of the top 10 moments in my high school career. I was celebrating with my teammates."

Garcia also had a game-leading 10 tackles, while sophomore linebacker Andrew Reyes and senior outside linebacker CJ Corley each had nine tackles.

Downey led, 27-0, at the half.

Norwalk was led by sophomore running back David Herrera with 91 yards on nine carries, with his longest gain being a 34-yard run.

Herrera took the second half kickoff deep into Downey territory to give the Lancers good field position to start the third quarter.

Senior running backs Davin Portillo and Milton Roman ran for 31 and 24 yards, respectively.

"Both Herrera (4 tackles) and Portillo (5 tackles) played great at their positions," Gray said. "Overall, the kids played hard. Roman, who started at running back last year, played well also."

One moment stood out for Coach Gray even before the game started for his senior players.

With no students in class at all this year, the seniors haven't really been able to enjoy their year on campus.

"As we were waiting for the buses before the game at the school, all of the senior players jogged over to just sit in the quad area," Gray said. "We as coaches were happy to see them just sit for a few moments."

While on the campus the players even got to take a look at the new stadium over the fence.

"That was a big win for us," Gray added. "That's why I say it's not about the score - they got to play football."

Downey will begin San Gabriel Valley League action Friday at Paramount, while Norwalk begins Suburban League play at Bellflower, also Friday.

## Weekend at a Glance

Friday 67°

Saturday 79°

Sunday 84°

## ON THIS DAY MARCH 26

**1874:** Robert Frost, the American writer who received three Pulitzer Prizes for his poetry, was born

**1885:** The Eastman Dry Plate and Film Co. of Rochester, N.Y., manufactured the first commercial motion picture film.

**1964:** The musical "Funny Girl," starring Barbra Streisand, opened on Broadway.

**1971:** East Pakistan proclaimed its independence, taking the name Bangladesh.

**1982:** A groundbreaking ceremony for the Vietnam Veterans Memorial was held in Washington, D.C.

**1992:** A judge in Indianapolis sentenced former heavyweight boxing champion Mike Tyson to six years in prison for raping a Miss Black America contestant.

**1997:** The bodies of 39 members of the Heaven's Gate techno-religious cult who had committed suicide were found inside a mansion in Rancho Santa Fe, Calif.

**1999:** Dr. Jack Kevorkian was convicted of second-degree murder for giving a lethal injection to an ailing man whose death was shown on "60 Minutes."

**2000:** Vladimir Putin was elected president of Russia.

**2011:** More than 250,000 people took to London's streets to protest the toughest spending cuts since World War II.

## Birthdays

Soul singer **Diana Ross** (77), Aerosmith lead singer **Steven Tyler** (73), actor and comedian **Martin Short** (71), basketball hall of famer **John Stockton** (59), country singer **Kenny Chesney** (53), "Knocked Up" actress **Leslie Mann** (49), "Pirates of the Caribbean" actress **Keira Knightley** (36), and rapper and social media star **Danielle Bregoli** (18).

## Deaths

1827: Composer Ludwig van Beethoven died in Vienna, Austria, at age 56.

1892: Poet Walt Whitman died at age 72.

1995: Gangster rapper Eric "Eazy-E" Wright died at age 30, one month after his AIDS diagnosis.

2011: Former Democratic vice presidential candidate Geraldine Ferraro, the first female major party nominee for the office, died at age 75.

## Book Recommendation

"**Minor Feelings: An Asian American Reckoning**" by Cathy Park Hong

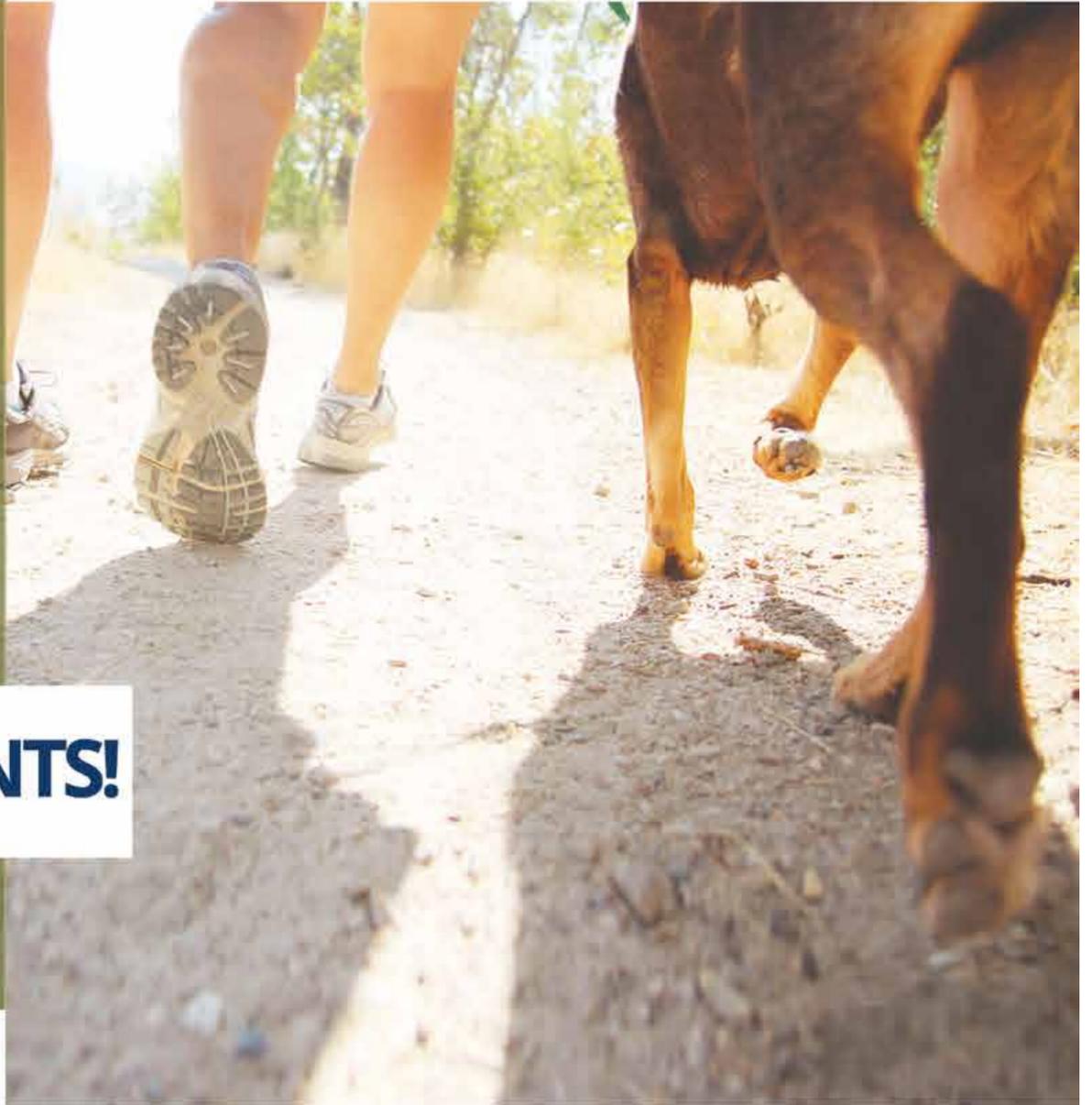
Poet and essayist Cathy Park Hong fearlessly and provocatively blends memoir, cultural criticism, and history to expose fresh truths about racialized consciousness in America.

With sly humor and a poet's searching mind, Hong uses her own story as a portal into a deeper examination of racial consciousness in America today. This intimate and devastating book traces her relationship to the English language, to shame and depression, to poetry and female friendship. A radically honest work of art, *Minor Feelings* forms a portrait of one Asian American psyche—and of a writer's search to both uncover and speak the truth.



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The National Recreation and Park Association awarded the City of Norwalk a grant to help improve access to parks and green spaces. The goal of the grant is to provide everyone across America access to a park or green space within a 10 minute walk from home by the year 2050. In order to create a collaborative plan and improve park access, we are asking Norwalk residents to fill out this brief survey to help identify barriers and areas of improvement. Everyone who fills out the survey and provides a valid email address will be entered into an opportunity drawing!

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# Biden needs to get tough on immigration

By Froma Harrop

Undocumented immigrants have been surging to the U.S. border, some wearing T-shirts with the Biden campaign logo and the words “Please let us in!” What gave them the idea that they could just show up and come on in? President Joe Biden did.

Oh, Biden didn’t exactly say that. He said to not come now, as we rebuild the immigration system. But that isn’t the same as saying they can’t come illegally later. And since it implies that later on, whoever wants to come can, the migrants can reasonably assume that an arrival now without papers will eventually be overlooked.

Adding to that impression, Biden made a show on his first day in office of ditching five of the Trump administration’s immigration policies. Sure enough, human smugglers began telling desperate Central Americans that Biden opened the door and the smugglers will get them through it for \$6,000.

What did Biden think would happen? Officials at U.S. Customs and Border Protection warned the incoming administration of building pressure at the southern border. Fed by worsening poverty and gang violence in Central America and an improving U.S. economy, the rush had already begun in Donald Trump’s last months.

It took until this weekend for Homeland Security Secretary Alejandro Mayorkas to firmly say the border of the United States “is closed.” Roberta Jacobson, White House coordinator for the southern border, got still more specific. “The message isn’t ‘Don’t come now.’” she said. “It’s ‘Don’t come in this way, ever.’”

The earlier sloppy rhetoric handed Republicans a political bomb they are throwing at Democrats. Not that they’ve entirely earned the right. Trump’s card trick was to hurl insults at undocumented immigrants while looking the other way when American businesses employed them as low-cost labor.

When Trump was asked whether he supported a national requirement to use E-Verify — a database that would confirm a new hire’s right to work in this country — he said no. Asked why not, he

used the bull argument that farmers don’t have computers. Turning off the job magnet is the only way to cut the flow of illegal workers.

That is also missing from Biden’s proposal for comprehensive immigration reform. He would confer legal status to most of the estimated 11 million undocumented immigrants. He would offer \$4 billion in aid aimed at making life in some Central American countries less terrible. And he would reform the U.S. refugee and asylum systems. All good things.

But a plan that doesn’t seriously stop Americans from employing people who entered illegally or overstayed their visas is not going to secure the border. Not any more than Trump’s dramatics over a border wall.

Politicians of both parties should know where the public stands on these matters. A Gallup poll last summer found that for the first time, Americans want more, not less, immigration. Also, nearly 8 in 10 Americans think immigration is good for the country, with some Republicans in agreement.

In a 2019 poll, 65 percent thought the situation at the border to be a major or important problem. And 75 percent favored hiring significantly more Border Patrol agents.

What we see is that Americans support a large immigration program but want it kept legal. Canada and Australia do both. How sensible of them.

An experienced politician who wants to retain public support for a humane immigration program should know by now that an orderly border is essential — and that given the pressures, any show of laxness is a guarantee of disorder. On this issue, Biden can’t be a nice guy without also being a tough guy.

He needs to show resolve and show it now.

*Froma Harrop is a nationally syndicated columnist who writes about politics, economics and culture.*

# You can blame Trump for the border crisis

By Steve Chapman

In 2014, the Obama administration was faced with a surge in unaccompanied minors from Central America showing up at our border and seeking asylum. In an effort to reduce the number of kids trekking across Mexico, it created a program to let them apply for asylum in their home countries. Some 13,000 did, helping to ease the rush.

You can guess what happened next. Donald Trump became president and acted on his twin beliefs: anything that Barack Obama did was bad, and anything that helped foreigners was worse. He killed the program, and soon the number of Central American kids crossing over began to grow. By the spring of 2019, his administration was faced with its very own crisis at the border.

His Department of Homeland Security responded with harsh measures — separating children from parents in large numbers, expelling children from Central America into Mexico and forcing asylum seekers to remain for months in Mexico in squalid camps.

Today, we see another tide of Central Americans coming north, and Republicans blame President Joe Biden for enticing them. They refer to it as “Biden’s border crisis,” as though it suddenly exploded on Jan. 20.

In fact, it emerged when the White House was just a gleam in Biden’s eye. The increase began last spring and built steadily over the

remainder of Trump’s presidency. From May to October, the number of “southwest land border encounters” recorded by U.S. Customs and Border Patrol nearly tripled. In truth, it was dire conditions in their home countries that drove the migrants.

Republicans claim they were emboldened by Biden’s plan to stop work on Trump’s border wall — the one Mexico was supposed to pay for. That theory is implausible, because Trump added only 47 miles of barriers in places that didn’t have them before.

“Only a few miles were built in South Texas, the area most prone to illegal crossings,” The New York Times recently reported. “Instead, much of the construction, especially in the Trump administration’s closing days, has taken place in remote parts of Arizona where crossings in recent years have been relatively uncommon.”

If Biden deserves any responsibility for the recent surge, it’s not because of what he did wrong but because of what he did right. Trump’s fondness for systematic cruelty may have discouraged some Central Americans. But the cruelty was impossible to justify, even for an ostensibly good purpose.

Under Trump’s zero tolerance policy, thousands of children were taken from their parents when the families crossed the border to exercise their right to seek political asylum. Most of the parents were sent back to their home countries. Some of the kids spent weeks sleeping on the floor in chain-link cages. Last fall, we learned the horrifying truth that the Trump administration had lost track of the parents of 545 children, making it impossible to reunite the families.

The brutality was a design feature. Trump’s White House Chief of Staff John Kelly boasted that “a big name of the game is deterrence.” But sometimes deterrence asks too much.

There are alternative remedies, such as letting more foreigners in through authorized channels. But Trump was against immigration of any sort. His administration virtually eliminated admissions for refugees, and last year, it slashed the number of green cards for legal permanent residents.

Today, the worldwide backlog of applications for green cards is at 5 million. Many recipients have to wait 10 years or more to be admitted. Cato Institute analysts David Bier and Alex Nowrasteh reach this startling conclusion: “At no time in American history has immigration been as legally restricted as it is currently.”

For the moment, the Biden administration has the task of coping with the border crisis while dismantling the inhumane practices of its predecessor. In the longer term, it could relieve pressure on the border by increasing refugee admissions and allotting more slots to the Central American countries that have produced so many migrants.

It could create a program for guest workers from Mexico and Central America, as proposed by Mexican President Andres Manuel Lopez Obrador. Biden has already moved to restore the Central American Minors Program to provide “a safe, legal, and orderly alternative to the risks incurred in the attempt to migrate to the United States irregularly.”

Giving people an avenue to come here legally in order to keep them from coming illegally? A crazy idea, but it just might work.

*Steve Chapman blogs for the Chicago Tribune.*

# Vaccination is key to getting the U.S. back on track

By Carlos del Rio, M.D.

The end of the pandemic in the U.S. is in sight. The Covid-19 vaccines currently available in the United States have proven to be outstandingly effective at protecting recipients from coronavirus and they are also safe.

These vaccines -- and the potential of others on the way -- have the power to lift us out of the depths of this pandemic and put us on the path forward to rebuilding from Covid-19’s devastating economic, social, and psychological impacts.

Put simply, getting America vaccinated is our ticket to halting the death toll and significantly slowing the spread of the virus. The vaccines are our ticket forward -- this is the message that needs to be shouted from the roof tops right now.

While public confidence in the vaccines, and access to them, continues to grow, many Americans -- especially Black and Hispanic adults and those living in rural areas -- remain hesitant about getting the shot.

In redoubling efforts to dispel fears about Covid-19 vaccines, the message that needs to be conveyed across the board is that these breakthroughs will not only stamp out the virus, but also end much of the growing collateral damage due to the pandemic.

We know that these are very safe vaccines. Out of the first 1.9 million Pfizer vaccine recipients, only 21 people experienced severe reactions. That’s 0.00001 percent.

We also know that the vaccines have demonstrated successful results. In a Moderna trial of 30,000 volunteers, half received the vaccine and the other half a placebo. In the placebo group, 185 came down with Covid-19, whereas in the vaccinated group, only 11 did, and all those cases were mild. That translates into an efficacy rate of 94.1 percent.

Even more importantly, the data shows that the Moderna vaccine is 100 percent effective in preventing severe Covid-19 infections. The data from Pfizer and Johnson & Johnson is remarkably similar.

Skeptics say the vaccines were developed too quickly to be effective, that they’ll cause worse side effects than the coronavirus itself, or that they won’t prevent person-to-person spread.

The medical community knows that the first two of those statements are wrong, and the third, while very unlikely, has also been proven wrong in clinical trials where even when the virus was contracted the cases were notably mild.

Underselling the vaccine and fostering skepticism has very real consequences -- especially for the vulnerable communities who have already been most hard hit.

Even before Covid-19, our health care system was fraught with millions across America living with one or more chronic conditions. People with chronic illnesses are six times more likely to be hospitalized and 12 times more likely to die from Covid-19 than people with no chronic conditions.

We also know that this pandemic disproportionately impacts persons of color. According to the CDC, Black and Hispanic people are about four times more likely to be hospitalized and almost three times more likely to die from Covid-19 than whites.

With awareness of these impacts must also come awareness of the path forward that the available vaccines provide us. This awareness is simple: Get vaccinated as soon as you are eligible.

*Carlos del Rio, M.D., FIDSA is a Professor of Medicine at Emory University School of Medicine, Professor of Global Health and Epidemiology at the Rollins School of Public Health of Emory University and the Executive Associate Dean of Emory at Grady Health System. Dr. del Rio also serves on the Board of Directors for the Infectious Diseases Society of America.*

## Soft on crime

Dear Editor:

One of our elected county officials has come up with a novel approach to reduce crime -- just make it disappear.

George Gascon is the new Los Angeles County District Attorney. Since he took office, he has made many policy changes to the criminal justice system. Some good and some bad. The bad ones disturb me.

For example, his new policies eliminate the three-strikes law, sentence enhancements and gang enhancements. They also call for the elimination of many misdemeanors including public intoxication, criminal threats and resisting arrest. His policies also eliminate cash bail for certain misdemeanors.

We all should beware of the probability of more crime in our area.

**John Lacey Downey**

## Mosquito awareness

Dear Editor:

I want to help people get rid of mosquitoes. Mosquitoes spread sicknesses that can kill you, like malaria, yellow fever, and West Nile virus. If you are in Los Angeles, be careful because the West Nile virus has been spotted there.

I learned in school that you need to get rid of all standing water. If you have a bird bath, replace the water every week. Use mosquito repellent when you go outside to keep mosquitoes away when you play. I hope mosquitoes disappear so we can have a better life.

**Hannah Townsend Downey**

*Hannah Townsend is a second grade student from Downey.*

## Government dysfunction

Dear Editor:

The United States government is totally dysfunctional.

Voting is totally partisan and therefore nothing is accomplished. I liken it to a fish tank aquarium: if you do not supply it with fresh water, the fishes will die. We need term limits on our representatives, not career politicians who, like President Biden, have been living on taxpayers’ money for over 50 years.

Without new and fresh ideas that term limits would provide, the government will die which is what has happened in the United States.

**Colin Clarke Downey**

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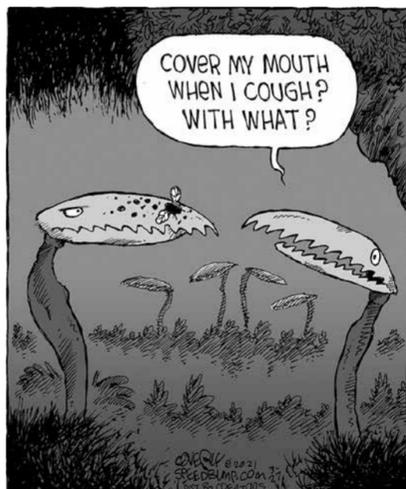
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**CALENDAR OF EVENTS**

**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)

**ISLAND HOPPING: A worldwide web**  
by Fred Piscop

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- 46 TV host Trevor
- 47 Tour leader
- 50 Cause to expect
- 51 Rotisserie rods
- 52 You, long ago
- 56 Gardening tool
- 58 Keep tabs on
- 61 Narrow cuts
- 64 "Darn it!"
- 65 Glass fragment
- 67 Sandwich shop delivery
- 68 Sundance's pal
- 69 Romantic *emozione*
- 71 Fuss over oneself
- 72 Cable installer's supply
- 74 Airy farewell
- 75 Battle with words
- 78 Poe title talker
- 82 Working hours
- 83 Feed conventioners
- 86 Most glum
- 88 Change one's mind
- 89 Atoll, essentially
- 92 Talent show judges
- 94 Chevy muscle car
- 96 Cars
- 97 Wavy-patterned fabric
- 99 Not right somehow
- 100 Animal tale
- 101 Spaces under skylights
- 102 Is swarming (with)
- 103 Gumbo ingredient
- 104 Turns blue, say
- 105 Vittles
- 106 Construction beam
- 107 Bogie, in *The Maltese Falcon*
- 108 Pi follower
- 109 Bed on wheels
- 110 Thurman of filmdom

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

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**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.

Russian dancer Ida Rubinstein.  
his *BOLERO* in 1928 as a ballet, for  
Across) was commissioned to write  
composer Maurice RAVEL (88  
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for "shadow," is the innermost,  
UMBRA (76 Across), from the Latin  
19th century. More generally, an  
it began to be popular in the late  
City ethnic neighborhoods where  
DER (23/25 Across) is believed to  
MANHATTAN CLAM CHOW-



















Petitioner or Attorney, In Pro Per  
**RAJAN RAJPUT, SELF REPRESENTED**  
 20146 RHODA CIRCLE  
 CERRITOS, CA 90703  
 (562) 588-1841  
 ISHA90703@GMAIL.COM

**The Norwalk Patriot**  
 3/26/21, 4/2/21, 4/9/21, 4/16/21

**SUPERIOR COURT OF CALIFORNIA,  
 COUNTY OF LOS ANGELES  
 ORDER TO SHOW CAUSE  
 FOR CHANGE OF NAME**

**CASE NUMBER: 21NWCP00080**  
**TO ALL INTERESTED PERSONS:** Petitioner DANIEL ARMANDO CHACON CHAVEZ filed a petition with this court for a decree changing names as follows:  
 Present name (1) DANIEL ARMANDO CHACON CHAVEZ to Proposed name (1) DANIEL ARMANDO CHACON  
**THE COURT ORDERS** that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

**NOTICE OF HEARING**  
**Date: MAY 14, 2021, Time: 10:30 a.m., Department: C, Room: 312**  
**The address of the court is 12720 NORWALK BLVD, NORWALK CA 90650**  
 A copy of this Order to Show Cause shall be published at least once a week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in the county, THE NORWALK PATRIOT MARCH 10, 2021  
 JUDGE MARGARET M. BERNAL  
 Judge of the Superior Court  
 Petitioner or Attorney, In Pro Per  
**VIRGINIA CHAVEZ**  
 6974 CYPRESS AVE APT F  
 SOUTH GATE, CA 90280  
 (323) 480-0362  
 VIRGINIACHAVEZ21@YAHOO.COM

**The Norwalk Patriot**  
 3/19/21, 3/26/21, 4/2/21, 4/9/21

**SUPERIOR COURT OF CALIFORNIA,  
 COUNTY OF LOS ANGELES  
 ORDER TO SHOW CAUSE  
 FOR CHANGE OF NAME**

**CASE NUMBER: 21NWCP00089**  
**TO ALL INTERESTED PERSONS:** Petitioner VICTOR A HERNANDEZ filed a petition with this court for a decree changing names as follows:  
 Present name (1) VICTOR A HERNANDEZ to Proposed name (1) VICTOR A. ZUNIGA  
**THE COURT ORDERS** that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

**NOTICE OF HEARING**  
**Date: MAY 3, 2021, Time: 10:30 a.m., Department: C, Room: N/A**  
**The address of the court is 12720 NORWALK BLVD, NORWALK CA 90650**  
 A copy of this Order to Show Cause shall be published at least once a week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in the county, THE NORWALK PATRIOT MARCH 22, 2021  
 JUDGE MARGARET M. BERNAL  
 Judge of the Superior Court  
**PETITIONER OR ATTORNEY,**

**IN PRO PER**  
**VICTOR A HERNANDEZ**  
 7044 CANYON CREST RD  
 WHITTIER, CA 90602  
 (323) 236-7702  
 HEDSONM3@YAHOO.COM

**The Norwalk Patriot**  
 3/26/21, 4/2/21, 4/9/21, 4/16/21

**PROBATE**

**NOTICE OF PETITION TO  
 ADMINISTER ESTATE OF:  
 STELLA COVINO  
 CASE NO. 21STPB02489**

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of STELLA COVINO.  
 A PETITION FOR PROBATE has been filed by LAURA TUTINO in the Superior Court of California, County of LOS ANGELES.  
 THE PETITION FOR PROBATE requests that LAURA TUTINO be appointed as personal representative to administer the estate of the decedent.  
 THE PETITION requests the decedent's WILL and codicils, if any, be admitted to probate. The WILL and any codicils are available for examination in the file kept by the court.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.  
**YOU MAY EXAMINE** the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.  
 Attorney for Petitioner  
**KENNETH G. CAMPION - SBN 65380**  
 A PROFESSIONAL CORPORATION  
 2604-B EL CAMINO REAL #317  
 CARLSBAD CA 92008  
 3/26, 4/2, 4/9/21  
**CNS-3453895#**  
**THE NORWALK PATRIOT**

**CNS 3453895**  
**The Norwalk Patriot**  
 3/26/21, 4/2/21, 4/9/21

contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of BOBBY J. RAMIREZ AKA BOBBY JOE RAMIREZ.  
 A PETITION FOR PROBATE has been filed by LARRY RAMIREZ in the Superior Court of California, County of LOS ANGELES.  
 THE PETITION FOR PROBATE requests that LARRY RAMIREZ be appointed as personal representative to administer the estate of the decedent.  
 THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held in this court as follows: 04/19/21 at 8:30AM in Dept. 4 located at 111 N. HILL ST., LOS ANGELES, CA 90012  
 IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.  
 IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.  
**YOU MAY EXAMINE** the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.  
 Attorney for Petitioner  
**BRUCE IGHANI, ESQ. - SBN 305182**  
 THE IG LAW FIRM  
 15000 7TH ST., SUITE 103  
 VICTORVILLE CA 92395  
 3/26, 4/2, 4/9/21  
**CNS-3453908#**  
**THE NORWALK PATRIOT**

**CNS 3453908**  
**The Norwalk Patriot**  
 3/26/21, 4/2/21, 4/9/21

however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.  
 A HEARING on the petition will be held in this court as follows: 04/19/21 at 8:30AM in Dept. 67 located at 111 N. HILL ST., LOS ANGELES, CA 90012  
 IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.  
 IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.  
**YOU MAY EXAMINE** the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.  
 Attorney for Petitioner  
**BRUCE IGHANI, ESQ. - SBN 305182**  
 THE IG LAW FIRM  
 15000 7TH ST., SUITE 103  
 VICTORVILLE CA 92395  
 3/26, 4/2, 4/9/21  
**CNS-3453908#**  
**THE NORWALK PATRIOT**

**CNS 3453908**  
**The Norwalk Patriot**  
 3/26/21, 4/2/21, 4/9/21

**NOTICE OF PETITION TO  
 ADMINISTER ESTATE OF:  
 OSCAR LORENZO BERNAL  
 AKA OSCAR BERNAL  
 CASE NO. 21STPB02578**

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of OSCAR LORENZO BERNAL AKA OSCAR BERNAL.  
 A PETITION FOR PROBATE has been filed by SAMANTHA IRENE BERNAL in the Superior Court of California, County of LOS ANGELES.  
 THE PETITION FOR PROBATE requests that SAMANTHA IRENE BERNAL be appointed as personal representative to administer the estate of the decedent.  
 THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.  
 A HEARING on the petition will be held in this court as follows: 04/23/21 at 8:30AM in Dept. 67 located at 111 N. HILL ST., LOS ANGELES, CA 90012  
 IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.  
 IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.  
**YOU MAY EXAMINE** the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.  
 Attorney for Petitioner  
**MEGAN A. MOGHTADERI - SBN 312998**  
 TREDWAY, LUMSDAINE & DOYLE, LLP  
 3900 KILROY AIRPORT WAY, STE 240  
 LONG BEACH CA 90806  
 3/19, 3/26, 4/2/21  
**CNS-3452015#**  
**THE NORWALK PATRIOT**

**CNS 3452015**  
**The Norwalk Patriot**  
 3/19/21, 3/26/21, 4/2/21

**NOTICE OF PETITION TO  
 ADMINISTER ESTATE OF:  
 EZEQUIEL PACHECO, JR.  
 CASE NO. 21STPB02177**

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of EZEQUIEL PACHECO, JR.  
 A PETITION FOR PROBATE has been filed by Kosal Pok in the Superior Court of California, County of LOS ANGELES.  
 THE PETITION FOR PROBATE requests that Kosal Pok be appointed as personal representative to administer the estate of the decedent.  
 THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.  
 A HEARING on the petition will be held on April 28, 2021 at 8:30 AM in Dept. No. 2D located at 111 N. Hill St., Los Angeles, CA 90012.  
 IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

**CITY OF NORWALK  
 PUBLIC NOTICE  
 NOTICE OF THE NORWALK  
 HOUSING AUTHORITY  
 MAINSTREAM VOUCHER PROGRAM  
 (2019)  
 WAITING LIST OPENING FOR  
 NORWALK REFERRALS ONLY**

**NOTICE IS HEREBY GIVEN** that the Norwalk Housing Authority (NHA) is opening its Mainstream Voucher Program waiting list to assist non-elderly disabled individuals or households starting March 26, 2021. The waiting list will close without further notice when 15 eligible referrals have been received by the NHA.

To apply for the Mainstream Voucher Program, applicants must be currently homeless in Norwalk, or the applicant's last address was in the City of Norwalk, or a member of the family works in the City of Norwalk. The Mainstream Voucher Preferences are as follows:

- Transitioning out of institutional and other segregated settings
- At risk of institutionalization
- Currently experiencing homelessness
- Previously homeless and currently a client in a permanent supportive housing or rapid rehousing program
- At risk of experiencing homelessness

Individual and families that qualify for the Norwalk Mainstream Voucher Preferences may apply by contacting the Norwalk Housing Authority's Service Providers at **Kingdom Causes Bellflower (KCB)** at (562) 804-2189 or **HOPE Housing** at (877) 311-HOPE or (877) 311-4673.

KCB and HOPE Housing will assess applicant eligibility for the Norwalk preference and will make referrals to the NHA. NHA will not accept applications directly from individuals, households, or other organizations.

In compliance with the Americans with Disabilities Act, if you need special assistance to participate in this or other services offered by the NHA, please contact the NHA at (562) 929-5588. Notification at least 48 hours prior to the time when services are needed will assist NHA staff in assuring that reasonable accommodations are provided to individuals in need.

Dated this 26th day of March 2021.

Theresa Devoy, CMC  
 City Clerk



**The Norwalk Patriot**  
 3/26/21

**CITY OF NORWALK  
 NOTICE OF PUBLIC HEARING  
 INTRODUCTION OF ORDINANCE NO. 21-1724  
 CORRECTING ORDINANCE NO. 20-1717  
 ADOPTING ZONE CHANGE NO. 361**

**Date: Tuesday, April 6, 2021**  
**Time: 6:00 p.m.** or as soon thereafter as the matter may be heard  
**Place: Via Videoconference, Norwalk City Hall, 12700 Norwalk Boulevard, Norwalk, CA 90650**

**Project Description:** The City Council will conduct a public hearing to consider the introduction and waiving of first reading of Ordinance No. 21-1724 correcting Ordinance No. 20-1717 that adopted Zone Change No. 361 designating an area as the General Commercial (C-3) zone on the City's Zoning Map, on a City owned property. The subject property is a portion of Firestone Boulevard (previously used as street right-of-way), located south of Firestone Boulevard, south of Rosecrans Avenue, identified as Assessor's Parcel Number 8046-005-900 and also referred to as 12801 Firestone Boulevard, Norwalk, California. Ordinance No. 21-1724 would replace and supersede Ordinance No. 20-1717.

**Environmental Review Information:** Pursuant to the California Environmental Quality Act (CEQA) and the CEQA Guidelines of the City of Norwalk, this project will not have a significant effect on the environment. The Negative Declaration was circulated beginning on October 25, 2019 and ending on November 14, 2019, and was adopted by City Council on July 7, 2020. Staff determined that the revised ordinance constituted minor changes and does not present a substantial revision as stipulated in CEQA Guidelines, the document was not re-circulated and does not require re-adoption.

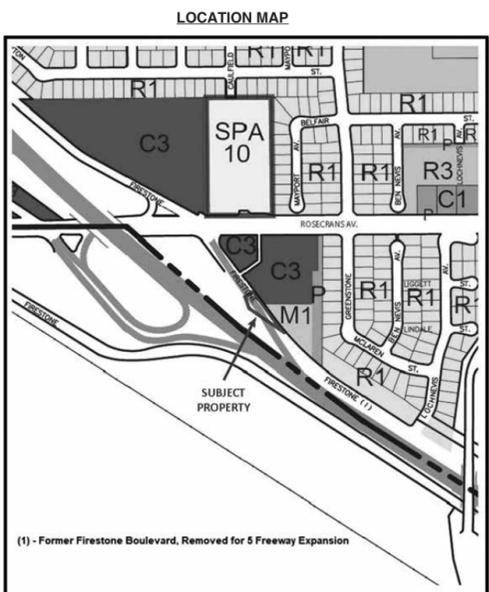
**Public Comment:** Interested persons may review the agenda report for the above-described project at the City's webpage at: <https://www.norwalk.org/city-hall/meeting-agendas-393>. Until further notice, the City Council meetings will be conducted pursuant to the provisions of the Governor's Executive Orders N-25-20, N-29-20, and N-35-20, which does allow for City Council and/or staff to videoconference. As a precaution to protect staff, our constituents, and commissioners, public access to the meeting in person is not allowed due to the Governor's Executive Orders. You may watch the meeting from home on Charter Channel 3, Verizon Fios Channel 32, or livestream through the City's website. Additionally, as City Council meetings are now closed to the public, if you wish to make a comment on the item (during the meeting), you may provide input either by phone or electronically through the following procedures: 1) By emailing [publiccomments@norwalkca.gov](mailto:publiccomments@norwalkca.gov). Please limit your comments to three (3) minutes maximum, which is the same time allotted at meetings, emails will be read during the meeting; or 2) By dialing into the Zoom Meeting at (669) 900-6833, Meeting ID: 709 573 2685, to speak on the matter. If you challenge the proposed matter, you may be limited to only those issues raised at the public hearing described in this notice, or in written correspondence delivered prior to the public hearing.

**More Information:** Should you have any questions regarding this matter, please contact Beth Chow, Senior Planner, at (562) 929-5953; [bchow@norwalkca.gov](mailto:bchow@norwalkca.gov).

**Accessibility:** In compliance with the Americans with Disabilities Act, if you need special assistance to participate in a City meeting or other services offered by this City, please contact the City Clerk Department at (562) 929-5720. Notification at least 48 hours prior to the meeting or time when services are needed will assist the City staff in assuring that reasonable arrangements can be made to provide participation in the meeting or service.

Dated this 26th day of March 2021.

Theresa Devoy, CMC  
 City Clerk



**The Norwalk Patriot**  
 3/26/21

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.  
**YOU MAY EXAMINE** the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

**Attorney for petitioner:  
 MATTHEW C YU ESQ  
 SBN 256235  
 LAW OFFICE OF  
 MATTHEW C YU  
 3620 PACIFIC COAST HWY STE 200  
 TORRANCE CA 90505  
 CN976352 PACHECO Mar 26, Apr 2, 9,  
 2021**

**CNS976352**  
**The Norwalk Patriot**  
 3/26/21, 4/2/21, 4/9/21

**NOTICE OF PETITION TO  
 ADMINISTER ESTATE OF  
 CARMEN WYATT aka  
 CARMEN M. WYATT  
 CASE NO. 21STPB01987**

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of CARMEN WYATT aka CARMEN M. WYATT.  
 A PETITION FOR PROBATE has been filed by Martha Rufino in the Superior Court of California, County of LOS ANGELES.  
 THE PETITION FOR PROBATE requests that Martha Rufino be appointed as personal representative to administer the estate of the decedent.  
 THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.  
**YOU MAY EXAMINE** the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.  
 Attorney for petitioner:  
**ROBERT L COHEN ESQ  
 SBN 150913  
 LAW OFFICES OF  
 ROBERT L. COHEN INC  
 8081 ORANGETHORPE AVE  
 BUENA PARK CA 90621  
 CN976095 WYATT Mar 12, 19, 26, 2021**

**CNS976095**  
**The Norwalk Patriot**  
 3/12/21, 3/19/21, 3/26/21

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Call Linda Larson  
 to include your ad in  
**The Norwalk Patriot**  
**Classified Section**  
**Deadline is Wednesday**  
**at 11:00 am**  
**(562) 904-3668**

# Paging Dr. Frischer...

By Dr. Alan Frischer

Food allergies are on the rise. Children are more likely than ever before to suffer from them. This increase has been most evident in industrialized countries. Currently, they affect over 10% of children in the United States, as well as some 7% of children in the United Kingdom, 9% in Australia, and (strangely) about 2% in Europe.



What is an allergic reaction? Allergens, which are normally harmless substances in the environment, trigger the immune system. Allergic reactions include skin rashes, hives, swelling, vomiting, diarrhea, and most seriously, difficulty breathing and anaphylactic shock.

The most common allergy causing foods in children include milk, eggs, peanuts, tree nuts (walnuts, almonds, pine nuts, brazil nuts, and pecans), sesame, fish, and shellfish.

Could the increases in those with allergies, and differences among countries, actually be due to disparities in reporting and increasing awareness? Scientists think this is not the case, and that the current level of increased sensitivity to foods is likely some combination of the effects of our Western lifestyle with various environmental factors. The rates of allergies are much lower in developing countries, and occur in urban rather than rural areas. Theories abound to explain this. They include:

- The impact of pollution.
- The effects of dietary changes.
- When exposure to microbes is reduced, our immune systems actually respond more strongly to exposure. Ironically, most of the world's populations now have less exposure to microbes due to cleanliness and improved hygiene.
- Vitamin D helps our immune system to develop healthy responses, and makes us less susceptible to allergies. However, most people don't get enough

vitamin D. There are several reasons for this, including avoiding dairy products due to lactose intolerance, and staying out of the direct sun. The rate of vitamin D deficiency in the United States is thought to have doubled in just over a decade.

When babies consume trigger foods during weaning, it can lead to a healthy immune response and prevent an allergy from developing. Newer practices include introducing new foods slowly, which can actually encourage the formation of allergies. (A major study in the U.K. showed about an 80% reduction in peanut allergy in five-year old children who regularly ate peanuts from the year they were born. This study led to changes in U.S. guidelines regarding peanut consumption during infancy.)

Families with an allergic child must constantly be on alert. Food allergies can be deadly; consuming minute amounts, or even breathing the fumes of certain foods, such as peanuts, can trigger a life-threatening reaction. Managing the condition relies on avoiding the dangerous foods, and on having an emergency plan in case of exposure. An emergency plan includes always having an EpiPen nearby, and always knowing the location of the closest hospital.

The diagnosis of a food allergy is made when the same reaction

occurs each time a food is consumed. Blood tests can identify most common food allergens, but aren't conclusive. A supervised oral food challenge is still the most definitive test to confirm a diagnosis.

There is no cure, but some find improvement through allergen immunotherapy. This involves introducing small amounts of the offending allergen, which gradually reduces sensitivity.

Are childhood food allergies permanent? Allergies to milk, eggs, wheat and soy sometimes disappear over time, while allergies to peanuts, tree nuts, fish and shellfish tend to be lifelong. Those with food allergies learn to be extra careful when dining in restaurants, as waiters may not always know the ingredients of every dish on the menu. Depending on the level of sensitivity, simply walking into a kitchen or a restaurant can trigger an allergic reaction.

It is unfortunate that food allergies remain a source of worry and concern for children and their families. However, the future of preventing or minimizing food allergies in children looks promising. Researchers are investigating the use of probiotics to change the microbiota (bacteria in the intestines), and a host of oral immunologic therapies are being investigated to help desensitize children. Stay tuned.

*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.*

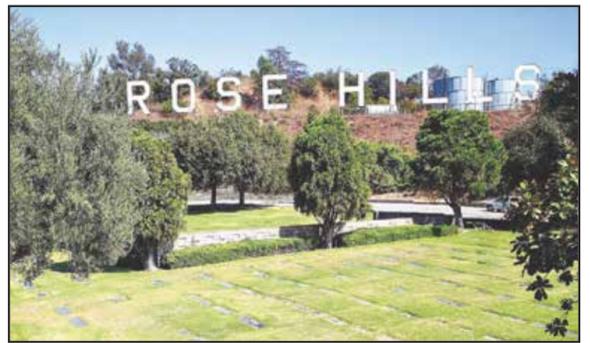
# Rose Hills opens Covid-19 memorial

**WHITTIER** - A Covid-19 memorial opened at Rose Hills Memorial Park on Tuesday and will remain open through the end of April.

The memorial is located in the Garden of Meditation, accessible via Gate 1 off Workman Mill Road.

"Our Covid-19 memorial serves as a place of healing, a place of comfort and a place to remember," Rose Hills said in a statement. "With over 1,600 Rose Hills families directly affected and over 20 million Southern California residents impacted, we felt the need to create a space for our community to find comfort in knowing they are not alone."

The memorial features a grove of trees physically distanced to represent the 2020 experience. More than 1,600 reflective hearts and stars hang from the trees,



representing a person lost to Covid-19 and interred at Rose Hills.

"Their reflective light serves as a reminder of those who once brought light into our lives," Rose Hills said.

Members of the public are invited to choose a heart or star

from one of the trees and write a message or memory in honor of a loved one.

The star or heart should be placed back on the tree "so that others may find the strength, comfort and peace in knowing they are not alone."

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# Whittier students take top honors at academic decathlon

Whittier High and Santa Fe High students are impressive in L.A. County's academic decathlon, held virtually this year.

**WHITTIER** - Whittier High School junior Steven Curfman knew the Los Angeles County Office of Education (LACOE) 2021 Virtual Academic Decathlon would feel different this year, with Zoom conferencing and breakout rooms replacing the festive team atmosphere and audience participation that make the event so popular among students and families.

Tackling the transition to an online competition with vigor, Curfman led the way with five gold medals and helped guide the Cardinal AcaDec team to a first-place Division III finish. The Cardinals narrowly edged out District rival Santa Fe High School, which took second place in Division III in only its second year of competition.

"AcaDec required a lot of independent will as well as support from the entire team, but we were able to persevere," Curfman said. "The Cold War theme was very appealing and kept me motivated to focus on a variety of subjects which I medaled in. Overall, the

experience was one I will never forget, and I'm grateful for the opportunity this year."

Whittier's and Santa Fe's strong showing in the 2021 competition reflects students' and coaches' determination to succeed, rising to the challenges of studying independently and staying focused during a year of remote learning and social distancing.

"This year's decathlon was definitely different. It was strange having all the events online, especially speech and interview," Whittier High junior Sophia Rodriguez said. "But it was still an incredible experience that I'm fortunate enough to have been a part of."

Whittier High was awarded 27 medals, with Curfman and Rodriguez finishing with the

top two overall individual scores in Division III, winning gold and silver medals respectively.

Santa Fe, led by junior Tania Padilla and junior Germain Becerra, scored 21 medals, and were named LACOE's 2021 Most Improved Team. Santa Fe also took third place in Super Quiz, earning bronze medals for each team member.

"Despite the circumstances due to COVID, I still think that our team made the best of it," Padilla said. "I'm very proud of our team for all of our hard work."

Whittier High economics teacher Kele Perkins has coached the Cardinal AcaDec team since 2015. Perkins used his sixth-period Academic Teams class to recruit potential team members. As a coach, his goals are to field a successful team and to



Steven Curfman



Tania Padilla

strengthen a student's academic capabilities, which will prepare them for college and career.

"Our team stayed motivated to study independently this year and it really paid off. I am very proud of what they have accomplished," Perkins said. "Students participating in AcaDec receive a well-rounded education, knowing a little about everything. That's a big draw for me as an instructor. At first students think about medals, but later they realize the long-term benefits."

Two years ago, Santa Fe High English teacher Annette Snow was approached by Padilla and Becerra, who wanted to establish an Academic Decathlon team and asked Snow to be their coach. Despite being unfamiliar with the competition Snow accepted and,

using Perkins as a mentor, has helped build a team that is just beginning to tap its potential.

"Academic Decathlon prepares students for the rigors of higher education," Snow said. "Each year a student participates, their confidence grows. Categories like speech, interview, and essay writing are all skills they will use in college and beyond."

Academic Decathlon is a competition consisting of ten events, including Super Quiz, with a common theme linking the subjects. This year's theme was the Cold War. Teams are divided into three groups, based on grade point average - Honor, Scholastic and Varsity. Individual scores are combined to determine the winning teams.

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