

## Norwalk creating Master Bike Plan

**NORWALK** - Norwalk is developing a Bicycle Maser Plan, called Bike Norwalk, as a framework for future investment in bicycle infrastructure.

Bike Norwalk will outline goals, policies, physical improvements, educational programs and implementation strategies to make biking within and around Norwalk safe and improve bicycle connections to key destinations.

Community input is instrumental in development of this plan. Input will help shape the types of improvements that Bike Norwalk will include, as well as identify key areas where the community would like to see bike infrastructure.

A virtual community workshop is scheduled for Thursday, April 15, from 6-7 pm. To register for the workshop, visit [tinyurl.com/NorwalkBike2](http://tinyurl.com/NorwalkBike2)

Residents can also share their bicycling needs and concerns via an online survey and interactive map at [tinyurl.com/NorwalkBike](http://tinyurl.com/NorwalkBike)

For more informatoin, contact Monica Rodriguez at (562) 929-5744 or [moridriguez@norwalkca.gov](mailto:moridriguez@norwalkca.gov)

## Rios gets overdue honor for time as mayor

■ Margarita Rios led Norwalk as mayor but her term ended just as the coronavirus pandemic exploded in Southern California.

By Alex Dominguez  
Staff Writer

**NORWALK** - Norwalk City Council honored Councilwoman Margarita Rios on Tuesday, giving official recognition to her term as mayor two years ago.

Rios led the council from April 2019 to April 2020 after being elected in 2017 and serving as vice mayor behind current Mayor Jennifer Perez. It was her first term in the position.

Traditionally, Norwalk council and staff recognize an outgoing mayor during the annual mayoral transition ceremony. However, Rios's moment in the spotlight was forcibly put on hold due to the Covid-19 pandemic.

At this week's council meeting, the city finally got its opportunity to reflect on and thank Rios for her leadership.

"I did not want another day to go by without presenting Margarita Rios with her acknowledgements and her accommodations from the city council and from the city for her time spent in the year 2019/2020," said Perez.

During her tenure as the head of the city, Norwalk focused on enhanced public safety and growth.

According to a presentation given by the city, Norwalk saw crime drop by 16%, a reduction of homeless individuals from 200 to 168, the opening of several restaurants and one grocery store, and 224 registered business licenses during Rios's mayorship. The Norwalk Connects app was also launched.

Rios is also credited with spearheading the city's partnership with Ring, which offered more than 100 discounted home security devices to residents, as well as the adoption of the Coyote Coexistence and Management Plan. She also initiated a homeownership assistance program.

Norwalk also saw the aggressive "Everyone Counts" campaign kickoff under Rios, being the only city in Los Angeles County to use vehicle wraps to promote the 2020 census.

Rios would also reintroduce the Los Posadas event to Norwalk, and the city would see several enhancements to its parks including



Then-Mayor Margarita Rios at a veterans scholarship dinner in 2019. (City of Norwalk photo)

state-of-the-art equipment in the Norwalk Arts and Sports Complex weight room, and the planting of over 1,940 trees.

The city credited Rios as being "instrumental" in the securing of a \$300,000 grant from the office of Supervisor Janice Hahn for a new playground at Hollifield Park, as well as a \$40,000 grant from the National Recreation and Park Association's "10 Minute Walk to a Park" for development of a masterplan for Hermosillo and Norwalk Parks.

Rios also proposed the reinstatement of the long inactive Youth Commission.

Rios thanked staff for their presentation.

"What I appreciate about it is that it really captured the essence of my year as mayor, but also I think it captured the trajectory of work that we started, that we're continuing, and that we're moving on with," said Rios. "Thank you for everyone who has supported me then, now, and honestly, I'm just grateful to be here. I'm grateful, I feel blessed to have this opportunity to serve my community."

## Weekend at a Glance

Friday 78° ☁️

Saturday 77° ☁️

Sunday 74° ☁️

## ON THIS DAY APRIL 9

**1865:**  
Confederate Gen. Robert E. Lee surrendered his army to Union Gen. Ulysses S. Grant at Appomattox Court House in Virginia.

**1903:**  
Gregory Pincus, the American scientist whose discoveries led to the development of the first birth-control pills, was born.

**1939:**  
Black singer Marian Anderson performed at the Lincoln Memorial in Washington, D.C., after she was denied the use of Constitution Hall by the Daughters of the American Revolution because of her race.

**1940:**  
Germany invaded Denmark and Norway during World War II.

**1942:**  
American and Philippine defenders on Bataan capitulated to Japanese forces during World War II.

**1959:**  
NASA announced the selection of America's first seven astronauts: Scott Carpenter, Gordon Cooper, John Glenn, Gus Grissom, Wally Schirra, Alan Shepard and Donald Slayton.

**1969:**  
The album "Nashville Skyline" by Bob Dylan was released.

**1980:**  
The Iraqi regime of Saddam Hussein kills philosopher Muhammad Baqir al-Sadr and his sister Bint al-Huda after three days of torture.

**2001:**  
American Airlines' parent company acquired bankrupt Trans World Airlines.

**2003:**  
Jubilant Iraqis celebrated the collapse of Saddam Hussein's regime, beheading a toppled statue of their longtime ruler in downtown Baghdad.

**2005:**  
Britain's Prince Charles married Camilla Parker Bowles, who took the title Duchess of Cornwall.

**2017:**  
After refusing to give up his seat on an overbooked United Express flight, a passenger was forcibly dragged off the flight by aviation security officers, leading to major criticism of United Airlines.

## Birthdays

"Far From Heaven" actor **Dennis Quaid** (67), fashion designer **Marc Jacobs** (58), television journalist **Lisa Guerrero** (57), "Sex and the City" star **Cynthia Nixon** (55), adult film star **Jenna Jameson** (47), "The Cosby Show" actress **Keshia Knight Pulliam** (42), "She's Out of My League" actor **Jay Baruchel** (39), "Gossip Girl" actress **Leighton Meester** (35), wrestler **Bianca Belair** (32), "Twilight" star **Kristen Stewart** (31), "Super 8" actress **Elle Fanning**, and rapper and singer **Lil Nas X** (22).

## Book Recommendation

"The Forever Girl" by Jill Shalvis

When Maze returns to Wildstone for the wedding of her estranged bf and the sister of her heart, it's also a reunion of a once ragtag team of teenagers who had only each other until a tragedy tore them apart and scattered them wide.

Now as adults together again in the lake house, there are secrets and resentments mixed up in all the amazing childhood memories. Unexpectedly, they instantly fall back into their roles: Maze their reckless leader, Cat the den mother, Heather the beloved baby sister, and Walker, a man of mystery.

## College lands \$1M grant

**NORWALK** - Cerritos College's Advanced Transportation and Logistics Center (ATL) received \$1.5 million from the California Energy Commission (CEC).

The college received a \$1 million grant from CEC in 2017 and 2019 to develop clean fuel training programs for high schools in underserved communities, regions impacted by poor air quality, and those serving minority populations.

The grant is part of the California Energy Commission's initiative to grow and increase clean transportation.

Since its inception, the college's Zero-Emission Vehicle Career Pilot Programs have funded 28 high schools, served approximately 1,800 students each year, and trained 36 high school and community college faculty members for the new electric vehicle curriculum.

The additional grant will allow Cerritos College to expand its pilot programs to more high schools, and include training for zero-emission medium- and heavy-duty vehicles.

Cerritos College's ATL has a proven record of successfully training a workforce in the clean transportation field.

Through its existing energy academies and career technical education pathways, ATL is uniquely qualified to increase workforce interest for clean transportation through hands-on training with advanced vehicle technologies.

These efforts will focus on underserved communities and assist students with a pathway choice that gives them an opportunity to matriculate into college training programs, increasing their opportunities for greater personal economic success and serve this new field's growth needs.

## Santa Fe football players keep perspective

■ Statistics don't accurately capture the significance of this football season.

By John M. Sherrard  
Contributor

**WHITTIER** - In one of the most challenging football seasons for every team this year, Santa Fe High School had a tough start with a game cancelled due to Covid-19 and only has a four-game schedule.

For a team that didn't reach the end zone in a 14-0 setback to visiting Chino Hills last Saturday night, they played like it was for a league title, especially the seniors, since it was their last home game.

"It was frustrating (Saturday)," said Santa Fe coach Dave Pierson, of the loss. "Because we felt like we could have done more. I'm proud of our kids. I told them when we got together right now, 'I'm super proud of you guys'."

"For most of the game it was 7-0 and we were in it the entire game and there was a chance for us and we just didn't get it done. Hats off to Chino Hills. We had a lot of kids that played both ways."

After their opening game against La Serna was cancelled, the Chiefs had five days to prepare for the Cal High game (a 23-16 loss) and only a few days for Chino Hills.

"I'm not going to say woe is me, but it's challenging," Pierson added. "I'm happy our kids competed and I'm happy our kids had a chance to come out here and play football and compete."

And compete they did.

Trailing 7-0 late in the third quarter and Chino Hills knocking on the door for a second score, the Santa Fe defense made a huge stop.

After a long, nine-play Huskies drive that started at



Santa Fe's Jeremiah Solares (5) runs after intercepting a pass as they play Chino Hills during their non-league game at Pioneer High School in Whittier on Saturday. (Photo by Keith Durlfonger)

midfield and was at the Santa Fe 1-yard line, two back-to-back goal line stands were huge at the time.

Chino Hills running back Jamar Williams (17 carries, 99 yards) was stopped for no gain on third and goal and again was halted on fourth and goal at the one.

On the fourth and goal play, Santa Fe sophomore middle linebacker Pedro Debora and senior defensive linemen Jacob Contreras and Damien Hernandez all stopped Williams again.

"Pedro got through when I pushed the guard back and he came right behind and Jacob went inside the tackles and made a great play," Hernandez said.

Contreras came out of the pile and with excitement went running to the sidelines, as the offense took the field.

Continued on page 15



Santa Fe quarterback Thomas Reyes (32) runs on a keeper as they play Chino Hills during their non-league game at Pioneer High School in Whittier on Saturday. (Photo by Keith Durlfonger)

# Cerritos prepares to reopen public facilities

**CERRITOS** – The City of Cerritos is preparing to reopen public facilities in compliance with the County of Los Angeles Public Health Officer Order and all applicable health and safety protocols.

Cerritos Mayor Naresh Solanki said: “My City Council colleagues and I are delighted that Los Angeles County is now in the orange tier of the State of California’s Blueprint for a Safer Economy, which allows many sectors to open at a greater indoor capacity. The City is working towards welcoming the community back to our outstanding facilities.”

Cerritos staff members are developing detailed plans to safely reopen the Cerritos Library and the Cerritos Senior Center at Pat Nixon Park, as well as the Cerritos Park East, Heritage Park and Liberty Park community centers. The City’s Recreation Services Division is also working on plans to restart the youth soccer league and the summer basketball program.

The planning process involves staff training and adapting facilities and services to reduce the spread of COVID-19. Once the reopening plans are completed and implemented, the City will announce the dates that each facility will reopen to the public.

The city encourages everyone to protect themselves and their families from COVID-19 by following all guidelines from public health officials.

L.A. County guidelines also include: avoid or clean surfaces that are touched by others, increase ventilation by going outside or opening windows, keep interactions with others short and give yourself space from others.

# Paging Dr. Frischer...

By Dr. Alan Frischer

It’s no secret: our planet is suffering from extreme weather and warming. Let’s not ignore this.

Climate change is considered the biggest global health threat of the 21st century – yes, a greater threat than this current pandemic.



The effects of climate change include record temperatures and drought, melting glaciers, severe storms and floods, fires, and the many health threats that accompany them: air pollution, disease-carrying insects, access to safe water and food, displacement, and mental illness. As is so often the case, the impacts of global warming disproportionately affect the most marginalized groups of people, including those with disabilities, low-income families, the elderly, and those who live in more remote areas.

How does this impact our

personal health?

Hotter days are expected to become more common and severe. Rising temperatures in summer months can add many thousands of premature deaths from heat stroke and exhaustion, and from the exacerbation of heart and kidney problems. In general, children and older adults are the most vulnerable to heat, along with those with chronic medical problems and those on certain medications.

Frost-free seasons will lengthen. Warmer weather allows mosquitoes to live longer, leading to increased disease transmission. In warmer climates, ticks experience longer periods of activity. This will increase the spread of diseases like Zika, dengue, and West Nile.

Increased ground-level ozone and smog will result in worsening air quality, which in turn will lead to more serious respiratory diseases. Larger and more frequent wildfires will continue to unleash dangerous particles and gasses into the air. Allergy seasons will last longer and be

more intense. 88% of the world’s population breathes air that does not meet the World Health Organization’s air quality guidelines.

Crop yields and food security will be impacted. Floods, droughts, and storms occur in greater frequency with climate change, and any of these can wipe out harvests. Pest infestations are likely to increase. Elevated levels of carbon dioxide reduce the nutritional value of some crops like wheat and rice, and warmer summers affect many crops. Warmer temperatures also reduce milk production on dairy farms, and can reduce water quality by encouraging the growth of harmful algae.

Extreme weather like hurricanes and wildfires bring with them a decline in our safety and well being. It harms our health care infrastructure, making it more difficult for people to receive needed care. Heat causes mood changes and fuels aggressive behavior, and worsening air pollution leads to an increase in mental health issues like anxiety and depression.

How might an individual slow global warming?

Use your energy: Install renewable energy sources like solar panels, or use a utility company that generates much of its power from wind or solar sources.

Use your home: Weatherize to better retain both cooling or heating.

Use your appliances: Choose appliances that are energy efficient.

Use your water: Reduce water waste, which reduces the amount of energy it takes to get water to you.

Use your food: Minimize food waste, and consume less meat. 10% of energy in the United States goes into growing, processing, packaging, and shipping food. Approximately 40% of this food ends up in landfills. Note that livestock are among the most resource-intensive of all food sources.

Use your lighting: Invest in LED bulbs, which use up to 80% less energy than conventional incandescent bulbs. They are cheaper in the long run.

Use your car: Drive a fuel-efficient vehicle. Save fuel by keeping tires properly inflated, and by keeping it well maintained.

Use your voice: Speak up for positive change.

*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.*



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# How effective is the first shot of the Pfizer or Moderna vaccine?

By William Petri  
Professor of Medicine,  
University of Virginia

As the COVID-19 vaccines reach more people across the country, some people have asked: Could we delay the second dose of the Pfizer and Moderna vaccines to allow more people to be vaccinated more quickly? And, how safe am I after my first dose?

As an immunologist, I hear this question frequently. The answer is that a single dose is

very effective – but I would add that you should still get both doses. The issue is important, however, not only for your personal health but also for the country’s health as leaders figure out how to ensure there’s enough vaccine for everyone who wants one.

A recent study in Israel showed that a single dose of the Pfizer COVID-19 vaccine is highly effective, up to 85%.

The Sheba Medical Center reported its experience with vaccinating its nearly 10,000 staff members with the Pfizer COVID-19 vaccine. Vaccination there started Dec. 19, 2020, which coincided with the third wave of COVID-19 in Israel. The researchers looked to see the rate of reduction in SARS-CoV-2 infection and COVID-19 disease after vaccination. By Jan. 24, 2021, 7,214 health care workers there had received a first dose, and 6,037 had received the second dose.

Altogether, there were 170 cases of infection between Dec. 19, 2020, and Jan. 24, 2021. Of those, 89 people, or 52%, were unvaccinated; 78 people, or 46%, tested positive after the first dose; and three, or 2%, tested positive after the second dose.

This is consistent with a reanalysis of the phase 3 clinical trial data reported in 2020 in the New England Journal of



Medicine. In that study, the 52% protection from the first dose included infections that occurred in the first 10 days after vaccination, when one would not expect the vaccine to have had time to generate protective anti-spike antibodies.

Using the data from the published study of the Pfizer vaccine, Public Health England determined that vaccine efficacy was 89% for 15–21 days after dose 1 – and before dose 2 on day 21. The range was between 52% and 97%. For days 15–28, or up to the first week after the second dose, protection from the first dose was estimated at 91%. The range for this was between 74% and

97%. A second dose would not be expected to confer immunity within that time.

So what do we know? The Centers for Disease Control and Prevention urges people to get both doses of the Pfizer and Moderna vaccines. You should be reassured that even after a single dose of either of those vaccines, you have very high levels of protection after your body has time to build immunity, about a week. The scheduled second dose of these vaccines makes them even more effective, but at a time where vaccine supplies are limited, there’s a lot to be said about prioritizing the first dose for the most people.








Spring is the best time for a fresh start: spring cleaning, enjoying outdoor activities, gardening, and sustainable living. As we prepare our yards for a beautiful landscape, we must remember to take some important steps to accomplish some great results.

**Conservation and Sustainability Tips:**

- Replace batteries in your irrigation clocks when Daylight Savings starts
- Teach your plants to grow deeply for moisture. In spring, for average soils, water deeply only every two to three weeks.
- Test-run your irrigation system to check for leaks and spray heads that are broken or out of adjustment
- Irrigation systems should always be inspected each spring and fall for potential damage from the winter and summer seasons.
- Work compost or soil amendments into planting beds to improve moisture retention as summer approaches
- Keep mulch on the soil to temper the drying and heating effect of the sun


**Water Efficiency Programs:**

- **NO COST Conservation Kit**  
This kit will be mailed directly to your home at no cost. The kit contains: 1 efficient hose nozzle, 1 soil moisture meter, 1 five-minute shower timer, 2 bathroom aerators, 1 kitchen sink aerator, toilet leak detection tablets and a device information flyer. Request your kit at [www.libertyutilities.com](http://www.libertyutilities.com)
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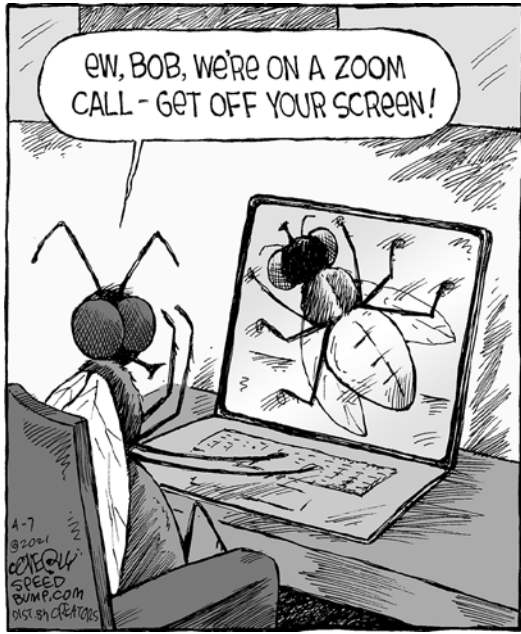


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# CALENDAR OF EVENTS

## 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

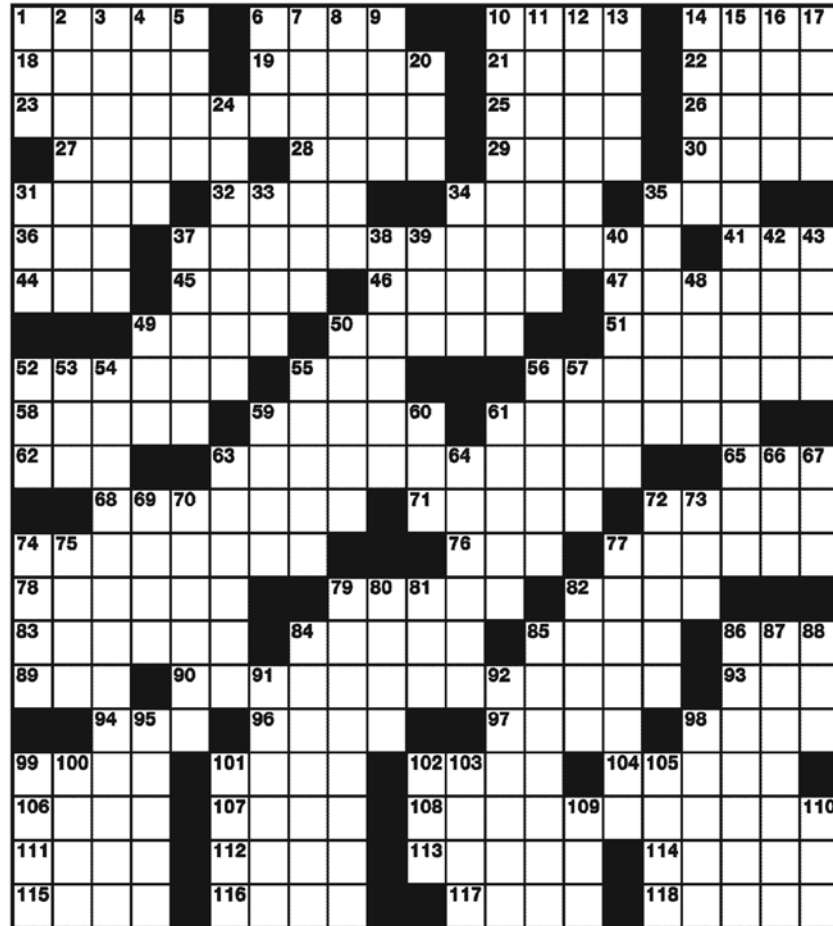


## THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)  
**HAIR TODAY: A barber-y bunch**  
by Mark McClain

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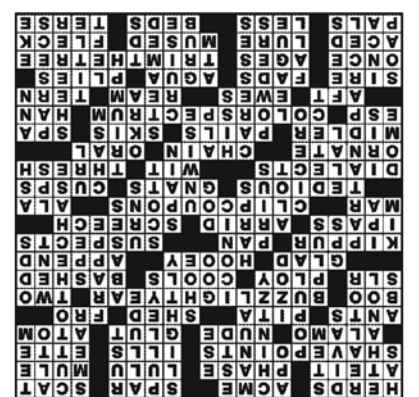


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# WrestleMania: Preview and Predictions

■ Staff writer Alex Dominguez offers his picks for the greatest spectacle in sports entertainment.

**By Alex Dominguez  
Staff Writer**

Like the rest of the world around it, it's been a weird year for sports entertainment.

Due to Covid-19, fans have watched as matches went from packed arenas to virtual "Thunder Domes." Matches, segments, and storylines have also changed, some of which taking on more theatrical narratives in lieu of the traditional collar and elbow tie-ups and smack talking.

Now, the world starts to crawl its way to a sense of somewhat normalcy, and at a perfect time for wrestling fans – WrestleMania.

After the biggest show of the year was held in an empty performance center last year, a limited number of fans will enter the Raymond James Center in Tampa for the "Showcase of the Immortals."

Here is the list of announced matches (at the time of writing), along with predictions.

## Night 1

### WWE Championship Match – Bobby Lashley (c) vs Drew McIntyre

I consider booking this match to be one of those "rock and hard spot" scenarios.

On one side, you have champion Bobby Lashley, who only recently climbed to the top of the roster and has been red hot ever since; many believe his winning the company's top prize to have been long overdue.

Then on the other hand, you have challenger McIntyre, who after a lackluster initial run in the WWE, has slowly but surely built himself to be one of the next top guys, only to be robbed of a true WrestleMania moment last year when coronavirus forced him to raise his newly won WWE title over his head in a rather awkward empty arena celebration.

So, what do you do? Do you keep the title with the guy who just reached the pinnacle, or do you pay up the IOU debt to last year's champ?

It's close, but I give the slight edge to McIntyre, since WWE is a sucker for a good happy ending; remember that point for later, by the way.

**Prediction:** Drew McIntyre

### Smackdown Women's Championship Match – Sasha Banks (c) vs Bianca Belair

If you just take a look at the last few months, it's pretty obvious how this one is going to go. Belair gained a significant head of steam heading into the Royal Rumble in January, including being promoted pretty heavily by the WWE. Of course, then she won the Rumble.

I'm not a Belair fan myself, but this seems like a moment built specifically for her. Luckily, Banks doesn't need the title to get herself over, so a loss here won't be hugely detrimental, if at all.

**Prediction:** Bianca Belair

### Bad Bunny vs. The Miz

This match irritates me.

I have long said that the Miz is one of the best things the WWE has today, which is shocking when you realize exactly where he came from (who would have thought that the "Real World" guy on Tough Enough would eventually be one of the top heels in the company).

I was ecstatic when The Miz won his second WWE Championship after cashing in the Money in the Bank briefcase at Elimination Chamber; it was a title reign I had been clamoring for for years.

And then – just like that – it was over. The title was moved over to Bobby Lashley, and Miz continued his celebrity rivalry with Bad Bunny that had been going since the Royal Rumble.

Now, we will see Miz and John Morrison take on Bad Bunny and Damian Priest. Whoop-de-freaking-do.

I don't mind when the WWE has the occasional celebrity guest, but it shouldn't tie up a guy like The Miz, let alone two other guys as well. It's pretty obvious who takes the win here

After 'Mania, Bad Bunny needs to go.

**Prediction:** Bad Bunny and Damian Priest

### Raw Tag Team Championship Match – The New Day vs AJ Styles and Omos

What even is this match?

In the other misuse of talent of the night, The New Day defends their titles against AJ Styles – one of the best wrestlers in the world – and his backing muscle Omos.

The obvious answer here is that New Day retains, as they're the only "tag team" in the traditional sense involved in the match.

However, something feels just gimmicky enough that may lead

to Styles and Omos walking away with the win and the belts.

At least, that's how I'm trying to justify Styles being used here and not elsewhere.

**Prediction:** AJ Styles and Omos

### Cesaro vs. Seth Rollins

Cesaro is one of those guys that is hard pressed to put on a bad match; there are not many better workers out there.

Yet, as much as fans always call for him to reach the top of the mountain, it seems that WWE is never quite ready to fully pull the trigger on him.

Right now, Cesaro is riding a bit of a momentum wave, however at Mania he finds himself pitted up against Seth Rollins who – by many accounts – is one of the chosen handful of guys to be the face of the company for years to come.

Hot streak or not, I can't see Cesaro besting Rollins at the show of shows. Rollins is one of the company's established top guys, and having just returned not long ago, needs something solid to kick off of.

**Prediction:** Seth Rollins.

### Shane McMahon vs. Braun Stroman in a Steel Cage

It's not WrestleMania unless Shane O Mac jumps off of something.

Facing off against a monster like Braun Stroman, the inclusion of the cage allows for Shane to hit a daredevil spot or two and win in some sort of gimmicky fashion.

This isn't going to be the show-stealer of the night; not even close. It's not going to do much for either guy either in terms of where to go next.

What this match is meant to and will be, however, is an absolute train wreck (in the best sense of the word).

**Prediction:** Shane McMahon

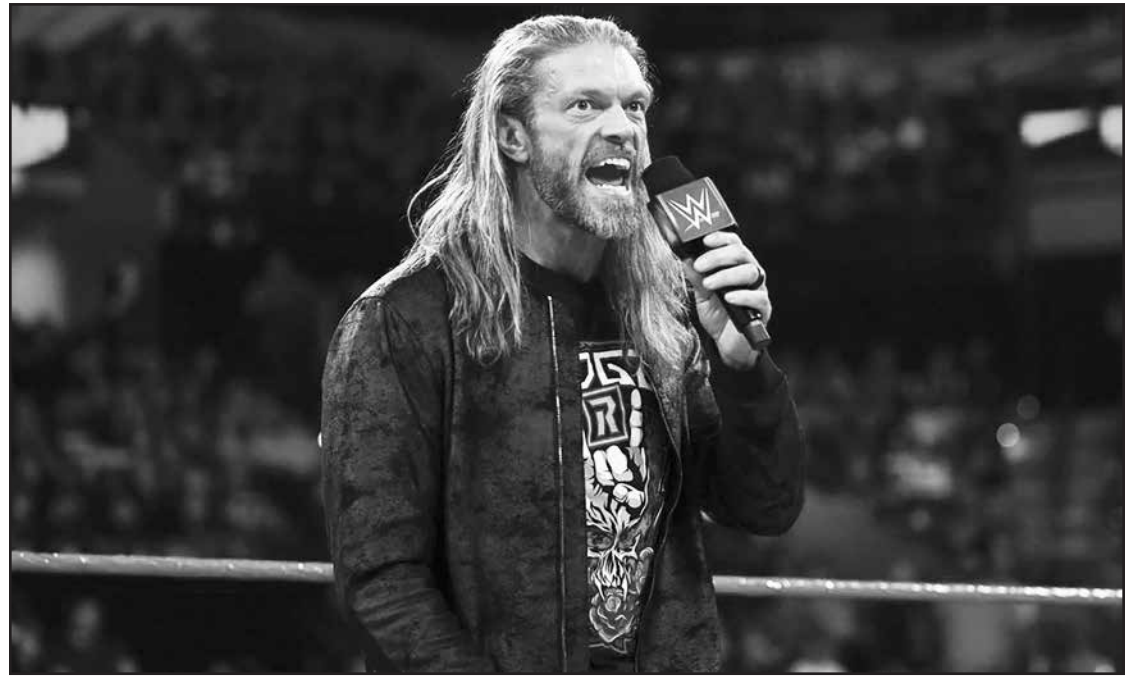
## Night 2

### Universal Championship Match – Roman Reigns (c) vs. Edge vs. Daniel Bryan

Personally, this match breaks my heart.

Edge is my absolute favorite wrestler of all time, so you can imagine how emotional I was when he won this year's Royal Rumble; I had my credit card all but ready to purchase those Rated R WWE Championship replica side plates that I was more than sure would hit the online shop soon.

Of course, he would first have to get past Roman Reigns, who



after being forced onto fans as a babyface, has finally found his stride as the "head of the table" and – more importantly – the heel he needed to be.

Then Daniel Bryan was added to the mix.

Look, I get it: Bryan is insanely popular, and with him seemingly headed to the end of his career, his vast legion of fans wants – if not needs – him to have one more moment in the sun; even I can't deny how much of a perfect ending to his Cinderella story career the title would bring.

If I had to guess, Bryan will go over at the end of the night, with Edge eating the pin. This way Bryan and his fans can get their last feel-good moment, while not hurting the integrity of WWE's current biggest heel.

Like I said before, WWE is a sucker for happy endings.

**Prediction:** Daniel Bryan

### Raw Women's Championship Match – Asuka (c) vs Rhea Ripley

This has all the makings of being one of the top matches of the entire event; both Asuka and Rhea Ripley are extremely talented and entertaining to watch.

I give this match to Ripley, only because she was practically fed to Charlotte Flair at last year's event and lost her NXT Women's title in the process.

Not to mention, Asuka has held the title for a while now, and losing to someone like Ripley could open up options for future storytelling, if not freshen the division up a little bit.

**Prediction:** Rhea Ripley

### The Fiend vs. Randy Orton

This should be the conclusion to one of the best stories the WWE has going right now. It also provides the opportunity to rectify a huge miscalculation from a few years ago.

Back in 2017, Orton won the Royal Rumble and went on to beat Bray Wyatt for the WWE Championship in what was an absolute mess of a match; it was a result that severely stunted Wyatt for the time being.

Fast-forward to present day, and Wyatt as "The Fiend" – alongside Alexa Bliss – is one of the hottest acts in WWE (not sure if pun is intended there or not quite yet).

Orton should definitely take the loss here. From a story perspective, it just makes sense.

It's time for WWE to right the wrong of WrestleMania past.

**Prediction:** The Fiend

### Intercontinental Championship Match – Big E (c) vs Apollo Crews

I'm still not entirely over the split of the New Day, but I can't deny that it opened a lot of opportunities for Big E. He's done well since he went back to solo competition.

That said, I don't see him retaining at 'Mania, for the simple fact that as the story goes, all signs seem to point in that direction.

Crews already has a few unsuccessful bids for the IC title in recent history. Couple that with his heel turn and new gimmick, it would make sense to put the title on him to build onto the new persona.

If he loses here, I feel WWE risks that he slips into lower-

midcard / sitting at catering obscurity again.

**Prediction:** Apollo Crews

### Kevin Owens vs. Sami Zayn

Stop and do a quick google search: "Kevin Steen vs. El Generico Ring of Honor."

Did you watch it? Good. Now you know how potentially awesome this match can be.

The Owens / Zayn rivalry is pretty plug-and-play in that no matter where or what card you put it on, you're likely going to end up with a solid, entertaining match; the fact that it's at 'Mania this year only opens the possibilities.

I give the win to Zayn here; I think it'd do him more good than it would Owens in the long-run.

**Prediction:** Sami Zayn

### United States Championship Match – Riddle (c) vs Sheamus

Similar to Lashley vs. McIntyre, this match puts a fresh champ against momentum.

While I think any result would be acceptable here, I feel the smart play would be to have Riddle retain.

Sheamus is an already established star in the WWE, and though I'm sure he would bring a lot to the title at this moment, I don't think he needs it as much as a star like Riddle does.

**Prediction:** Riddle

*WrestleMania airs this Saturday and Sunday, available via streaming on Peacock.*



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Santa Fe's Matthew Lizarraga (22) is brought down by a Chino Hills defender during their non-league game at Pioneer High School in Whittier on Saturday. (Photo by Keith Durlflinger)



Santa Fe's Damian Hernandez (52) and Matthew Gonzalez (10) sack Chino Hills' quarterback. (Photo by Keith Durlflinger)

# Santa Fe athletes don't take their games for granted

Continued from page 1

"Jacob is going to remember that (play) this whole offseason and going to talk it no matter what," Pierson said. "It's something to build on no matter what. It was a huge momentum play."

"The defense played great for the entire game and my hats off to our defensive coaches. The defensive players, they played outstanding."

Contreras described the defensive stop which he hoped would change the momentum for the Chiefs.

"It was such an amazing moment," he said. "I thought we would get momentum and the offense would go and tie it up. It's (the play) going to be on my mind and I'm going to be ready for next season. Every play I want to make plays like that."

In the second quarter the Santa Fe defense made two big plays in one series.

Senior defensive end Daveon Parks sacked the Chino Hills quarterback for an eight-yard loss. Two plays later, Contreras blocked a punt and Debora recovered the ball on the Huskies 29.

However, the Chiefs couldn't move the ball and Chino Hills took over the ball on downs.

With seven minutes left in the half, sophomore wide receiver Jeremiah Solares made the first of two defensive plays. The first was a fumble recovery. Again, the Chiefs offense couldn't move the ball.

After two short series' by each team, Solares intercepted a Huskies pass and ran it 35 yards back, but the half came to an end.

In the first eight minutes of the third quarter, there were four turnovers - two by each team.

Highlighting the Santa Fe plays was another big play by the defense, with Parks stopping a Huskies drive deep in Santa Fe territory with a fumble recovery.

Senior linebacker Matthew Gonzalez recovered a second consecutive Chino Hills fumble.

After that great goal line stand late in the third quarter, the Chiefs were punting from their own 18-yard line early in the fourth quarter. But, it fell short and the Huskies had the ball again deep in Santa Fe territory at the 10-yard line.

Three plays later, Chino Hills scored its second TD on a 16-yard TD pass for the 14-0 lead with 7:37 left in the game.

Santa Fe senior quarterback Thomas Reyes threw for 39 yards on six of 39 passing in the game, while senior running back Caleb Campero had 17 yards on four carries.

Santa Fe played Whittier on Thursday (April 8) in a Del Rio League game. Results weren't available at press time.

## What they said

**Santa Fe coach Dave Pierson:** "We have some alumni here and they come out to watch the game. The parents are here to support their kids and the football program. I couldn't be prouder of our kids, the parents and the administration."

**Pedro Contreras, jr. defensive lineman:** "There were interceptions that we had that we could have taken to the house."

On the crazy season and chance to play again: "I just thank God for blessing us and every team in California the opportunity to play again. I prayed at night to please give us one more chance to play."

"When they announced that we were going to play, I was excited and jumping and was ready."

**Alano Cardenas, sr. middle linebacker:** "I was sad that this was going to be my last game here. I was excited to play. I don't know how to explain the feeling. It gave off a wierd emotion - either exciting or sad - I don't know which one to choose."

On how it feels to play again: "I was excited when (CIF) announced it that we were playing. I was ready to play out there, any game, one game, four games, any type of scrimmage, anything. I'd play anything to get back on the field."

"It was a lot of fun playing here at Santa Fe. It was definitely a learning curve. I'm definitely sad it's the last home game."

**Jeremiah Solares, so. wide receiver:** "As a sophomore, I'm still learning. I thought we were going to play way earlier this year. There were rumors going around that we were going to have the whole season. Then we found out we were going to have only four games. But I was still happy for it. As a sophomore, just getting varsity experience is great. Last week I scored my first touchdown on varsity and when I was running into the end zone, I was thinking to myself,

'Is this real?' It didn't feel real to me. Because I was just a sophomore and didn't expect to score a touchdown."

**Damien Hernandez, jr. defensive lineman/center:** "It felt real good to be playing with my teammates and my family. There's nothing in the world I'd give up for them."

"This was like an NFL preseason with only four games. We just played to see who were the starters. I think we have a bright future for this program."

"It just feels real good to be playing."

## Results around the area

**La Mirada football:** The Matadores dropped to 0-3 on the season with a 35-14 loss to Mayfair in the Suburban League opener last week. La Mirada played Norwalk last night (Thursday April 8) with another league contest. Results were unavailable at press time.

**Norwalk football:** The Lancers lost to Chaffey last week, 30-7, in a non league game.

**St. Paul football:** With only two games played to date, the Swordsmen are 0-2, with a 22-15 loss to Crespi last week. St. Paul tied the game at 15-15 in the third, but the Celts scored a fourth-quarter TD to win.

The Swordsmen host 2-0 Loyola (Friday April 9) in an Angelus League game.

**St. Paul softball:** The Lady Swordsmen are off to a 6-2 start. This week, with four games, they defeated Covina, 6-3, and lost to Torrance (7-0) and Chino Hills (9-5). They played Diamond Bar on Thursday (April 8) in tournament action. Results are unavailable at press time.



Santa Fe quarterback Thomas Reyes (32) runs on a keeper as they play Chino Hills during their non-league game at Pioneer High School in Whittier on Saturday. (Photo by Keith Durlflinger)

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# Obituaries

## Isamu Akasaki, inventor of blue LED light

Isamu Akasaki, a Japanese physicist who was part of the Nobel Prize-winning team that developed blue LED light, a breakthrough that led to the widespread use of LED today, died April 1 at a hospital in Nagoya, Japan of pneumonia at the age of 92.

Early LEDs emitted red light. They were useful in technological applications, but they only provided a very small amount of light.

Creating a blue LED was a challenge that many scientists worked on, including Akasaki and his graduate student, Hiroshi Amano. They successfully developed an LED that emitted blue light, and Shuji Nakamura further refined their process to create a blue LED that produced abundant light.

This was key to today's ubiquitous use of LEDs as efficient light sources, and the technology is also used in flatscreen TVs, automobile headlights, medical devices, and much more.

Akasaki, Amano, and Nakamura shared the Nobel Prize in Physics in 2014 for their work. Akasaki received hundreds of other patents for his work over the years, and he was awarded for his work with honors including the Kyoto Prize in Advanced Technology, the Edison Medal, and the Queen Elizabeth Prize for Engineering.

## Martha Lou Gadsden, soul food cook

Martha Lou Gadsden, owner of the iconic Charleston, South Carolina soul food restaurant Martha Lou's Kitchen, died April 1 at her home in Charleston at the age of 91.

After years of cooking at restaurants owned by others, Gadsden opened Martha Lou's Kitchen in 1983 in a converted Charleston service station. There, she served a soul food that's specific to the Low Country region of the South Carolina/Georgia coast.

Gadsden's specialties included beef stew with oxtails, chitterlings, okra soup, and her best-selling fried chicken. Over the years, Martha Lou's Kitchen began attracting notice from foodies and tourists, and Gadsden's reputation as a top soul food chef grew.

The restaurant was featured in the New York Times and on TV's "Top Five Restaurants" and "The Zimmern List."

Gadsden continued her work at Martha Lou's Kitchen until the restaurant closed in September 2020 as the landlord sold the lot and the building was slated to be demolished.

"I work by air; I do not measure," she said in a 2013 interview. "I know what I want done but to give you the recipe I'll have to just make up one because I know how I fix my food. And see everybody don't do the same. See, I put a dash of this and a dash of that and a dash of that. And then I get it coming out my way."

## Gloria Henry, 'Dennis the Menace' TV mom

Gloria Henry, the actress who became a household name in the late 1950s when she landed the role of Alice Mitchell, the title character Dennis' mother on the hit sitcom "Dennis the Menace," died April 3 at her home in Los Angeles at age 98.

After a minor movie career in the 1940s and '50s, Henry landed her most notable role, playing Alice Mitchell in TV's "Dennis the Menace." She starred as the gentle, loving

mother of the mischievous little boy from 1959 until the show's cancellation in 1963.

Later, Henry made appearances on TV shows including "Hazel," "Falcon Crest," "Dallas," "Doogie Howser, M.D.," and "Parks and Recreation." Her film credits include "Miss Grant Takes Richmond" (1949) with Lucille Ball and "Gang War" (1958) with Charles Bronson.

"Many of the fans say, 'Oh, I always wished you were my mom' and 'My mom was jealous of you, because I wanted you for a mom.' Which is pretty funny, because I don't think my own children felt that way," Henry said in an interview. "I have a daughter and two sons. All they knew was, I was off to work, and I wasn't with them as much as they would have liked me to be."

## Lee MacMillan, social media influencer

Lee MacMillan, a social media influencer who shared stories of her "van life" travels, died by suicide March 26 at age 28.

MacMillan became a popular influencer alongside her then-boyfriend, Max Bidstrup, as the couple traveled around the Americas in a van.

Their videos for their Max & Lee YouTube channel documented how they handled a minimalist lifestyle of tiny home living as they traveled and camped in the van, as well as sharing their many adventures.

After MacMillan and Bidstrup broke up in 2020, MacMillan continued to share her life via her Life with Lee YouTube channel and Instagram account. In addition to documenting her adventures, MacMillan candidly discussed her struggles with mental health.

A post to MacMillan's Instagram account on Monday confirmed her death was by suicide.

"After living an extraordinary life, and fighting a brave battle with depression, our hearts are shattered to share that Lee took her life on Friday," the post said. "She was the brightest light, a magnetic force of nature and was loved by so many."

The statement continued, "If we can do one thing for Lee now, in the midst of this soul-crushing loss, it's to spread the message that mental health is just as real as physical health, and that illness can strike anyone, no matter how unlikely they may seem. It's ok to not be ok, it's ok to ask for help, it's absolutely necessary to ask for help."

## Bibian Mentel, Paralympic gold medalist

Bibian Mentel, a snowboarder who won three gold medals at the Paralympic Winter Games after losing part of her leg to cancer, died March 29 at her home in Loosdrecht, the Netherlands of brain cancer at the age of 48.

Mentel was a Dutch snowboarding champion before her illness, winning the national championship six times. She was preparing to compete in the 2002 Winter Olympics in Salt Lake City when she injured her ankle.

An x-ray revealed a bone tumor, one that had initially occurred in 1999 and was now back. Mentel's leg was amputated below the knee and she was told she'd never snowboard again.

Instead, she was back on the slopes as soon as possible, and seven months after her surgery, she won her seventh Dutch championship, competing against non-disabled athletes.

The Paralympics initially weren't an option for Mentel, as snowboarding wasn't included in the games. But she lobbied for years, and the event was finally added to the 2014 Paralympic Winter Games.

Mentel won gold in the snowboard cross that year, and she came back to the 2018 Paralympics and won gold in



Lee MacMillan, a popular social media influencer, died March 26 after chronicling her mental health issues. She was 28.

both snowboard cross and banked slalom.

But Mentel's cancer continued to return over and over again. She had five more surgeries even as she continued to compete as often as possible.

"As an athlete, it's a funny thing — people look up to you, put you on a pedestal, think you're capable of doing anything," Mentel said in 2018. "A week later, suddenly you're disabled, and now people were telling me what I could not do. And this made me really rebellious. Because, let's be honest: The more people were telling me what I could not do, the more I wanted to prove them wrong."

## Morris Dickerson, founding member of War

Morris "B.B." Dickerson, the bassist and vocalist for the classic funk-rock band War, died April 2 at a hospital in Long Beach after a long illness at the age of 71.

Dickerson was one of the founders of War in 1969. His distinctive bass lines helped give the band their unmistakable funk-rock sound.

Dickerson co-wrote some of War's most enduring hits, including "Low Rider," "Why Can't We Be Friends?" and "Summer." He also provided vocals on some songs, including singing lead on 1972's "The World is a Ghetto."

Dickerson recorded 12 albums with War before his departure from the band in 1979. In the 1990s, he reunited with some members of War to form the Lowrider Band.

## Alcee Hastings, long-serving Congressman

Alcee Hastings, a U.S. Representative from Florida who served from 1993 until his death, died April 6 after a battle with pancreatic cancer at the age of 84.

Hastings began his career as a lawyer in Fort Lauderdale, Florida, taking on civil rights cases in an area where the rights of Black people were often threatened in the 1960s and '70s.

Hastings fought to desegregate Broward County schools and sued establishments that wouldn't serve Black people.

After building a reputation as a crusader for social justice, he made history in 1979 by becoming the first Black federal judge in Florida. But his term on the bench ended 10 years later in impeachment and removal after he was tried on charges of soliciting a bribe.

He became the first sitting federal judge to be tried on criminal charges. The impeachment ended his judicial career, but it didn't prevent him from seeking — and winning — public office in the future.

Hastings had mounted several unsuccessful bids for various public offices, including the U.S. Senate, before his first win in 1992 — just three years after he was removed from the federal bench. He was elected to the House, representing Florida's 23rd district and later its 20th district. He would go on to mount another 14 successful campaigns, becoming the longest serving current member of the House. Serving on the Rules Committee, Hastings earned a reputation in Congress for speaking his mind.

"The most practical way of looking at it is I've had a good run," Hastings said after his cancer diagnosis. "The simple fact of the matter is that I have faced no challenge as considerable as this particular one, but I face it with the same courage that I've faced other challenges, and that is it ain't nothing but something to do."

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