

Downey Fathers celebrated at Norwalk Senior Center votes to fly pride flag

■ In a historic 4-1 vote, the Downey City Council votes to fly the rainbow-colored flag for one week.

By Alex Dominguez
Staff Writer

DOWNEY - The LGBTQ pride flag will fly over City Hall for the remainder of the month.

As national Pride month wraps up over the next week, there has been an increased call by many of the LGTBQ community and its allies for the city to raise the symbolic rainbow flag at City Hall as a sign of solidarity.

They officially got their wish in the early morning hours Wednesday, as the Council voted 4-1 in support of the gesture.

Councilman Sean Ashton said that he had "no skin in the game," but added that sometimes "we focus on certain things to show you matter."

"No matter what it is, you matter. Everybody matters, we know that, but you matter at this point in time. That doesn't mean that anybody else matters less; it just means you matter and sometimes it's good to acknowledge that."

"It doesn't mean that you have to say that you agree with everything that they believe in, but if we can't come back just to say 'you matter,' then it just really kind of brings us back to times where we would take things away because you were different."

There was considerable pushback from the faith-based community, many of which spoke at Tuesday's meeting to voice concerns that the raising of the pride flag would be divisive and not representative of the city as a whole.

These claims drew sharp criticism from Council members Mario Trujillo and Catherine Alvarez, both of whom are part of the LGTBQ community.

Alvarez said that she "felt sad about how churches were thinking about her right now."

"It's unfortunate to say that churches in Downey have closed their doors to me because I'm disabled, because I got into politics, and because I'm LGBT as well," said Alvarez. "Everything divides, and it's unfortunate that one person who is sitting down right here in front of us has told me that no church will open its door to me, and has bullied me several times."

Man killed after police pursuit

NORWALK - A man was shot and killed by sheriff's deputies in Norwalk following a chase on the 605 Freeway on Wednesday, authorities said.

The incident began just before 10 a.m. when CHP officers were following a suspect in a box truck on the southbound 605.

The driver pulled off the freeway at Alondra Boulevard and Los Angeles County Sheriff's deputies became involved in the pursuit.

There was some type of confrontation that ended with sheriff's deputies opening fire and killing the driver of the box truck at Alondra and Piuma Avenue, officials said.

Officials said that they recovered an object that resembled a firearm but "upon further examination, it was confirmed not to be a firearm."

■ Dads and father figures were cheered at a drive-thru celebration.

By Vincent Medina
Contributor

NORWALK - The Norwalk Senior Center held a drive-thru Father's Day celebration on June 17. Mayor Jennifer Perez, Councilwoman Ana Valencia, faculty and staff cheered as fathers drove by the Senior Center to take photos and receive gifts.

Fathers, grandfathers, uncles, or any significant male figure in a family was welcomed to pre-register for the event. As they drove up, staff cheered as they announced their name and presented them with a cup that read "Dad, the man, the myth, the legend," and took photos with the mayor.

The event was sports themed, following the notion that most fathers are sports enthusiasts.

"It's really hard to go with dads. You're either going to go with cars, sports or music," said Recreation Supervisor Daniel Abrego.

As a father himself, Abrego had some insight into how to organize the event. He put together a playlist for the event which included songs such as "Cats in the Cradle," by Harry Chapin, "Isn't She Lovely," by Stevie Wonder, "Supersonic Rocket Ship," by the Kinks, and "We Will Rock You," by Queen.

Romolo Acucena drove through the event and was overjoyed by the celebration.

"That was very nice," said



Romolo Acucena enjoyed the drive-thru Father's Day event at the Norwalk Senior Center on June 17. Senior center staff cheered and held a frame to take photos during the celebration.

(Photo by Vincent Medina)

Acucena. "My family will be surprised that they did all this. I have my own celebration planned at home, too."

As an athletics supporter, Acucena enjoyed the sports theme as well.

"The event went extremely well," said Senior Center Manager Janine Andrade. "It made me look forward to Father's Day. I'm excited to spend time with my own dad."

The Norwalk Senior Center closed in March 2020 due to

COVID-19, but has offered services during the pandemic such as home delivery meals, social services, virtual seminars, parking-lot bingo, and drive-thru events for special occasions and holidays.

"There were a lot of seniors that came by that are regulars at the center. It always gets us a bit misty because we miss them so much, and we can see they miss us," said Andrade.

"It was such a tough year and a half, we wanted to make them

feel special. Even though they are not physically in our center, our services and our activities go beyond our walls."

The senior center manager also said there is no set date for when the facility will reopen to the public.

Abrego says the senior center is planning a "4th of July barbeque and drive-thru," which will be limited to 60 people. They are also planning an outdoor movie night, where visitors will be socially distanced and required to wear a mask.

State eyes closed malls for new affordable housing



State officials are considering ways to redevelop closed malls and shopping centers to accommodate affordable housing.

■ Legislation proposals would allow developers to build homes on sites of non-operating malls.

SACRAMENTO - California state lawmakers are grappling with a particularly 21st-century problem: What to do with the growing number of shopping malls and big box retail stores left empty by consumers shifting their purchases to the web.

A possible answer in crowded California cities is to build housing on these sites, which already have ample parking and are close to existing neighborhoods.

But local zoning laws often don't allow housing at these locations. Changing the zoning is such a hassle that many developers don't bother trying. And it's often not worth it for local governments to change the designations. They would prefer

to find new retailers because sales taxes produce more revenue than residential property taxes.

However, with a stubborn housing shortage pushing prices to all-time highs, state lawmakers are moving to pass new laws to get around those barriers.

A bill that cleared the state Senate last week would let developers build houses on most commercial sites without changing the zoning. Another proposal would pay local governments to change the zoning to let developers build affordable housing.

"There has always been an incentive to chase retail and a disincentive to build housing," said Sen. Anthony Portantino, a Los Angeles-area Democrat who authored the bill to pay local governments. "There is more dormant and vacant retail than ever."

If successful, it's believed

California would be the first state to allow multi-family housing on commercial sites statewide, said Eric Phillips, vice president of policy and legislation for the California chapter of the American Planning Association. Developers who use the law still would have to obey locally approved design standards. But Phillips said the law would limit local governments' ability to reject the projects.

That's why some local leaders oppose the bill, arguing it undermines their authority.

"City leaders have the requisite local knowledge to discern when and which sites are appropriate for repurposing and which are not," wrote Mike Griffiths, member of the Torrance City Council and founder of California Cities for Local Control, a group of 427 mayors and council members.

It's a familiar battle in California. While nearly everyone agrees there is an affordable housing shortage, state and local leaders face different political pressures that often derail ambitious proposals. Last year, a bill that would have overridden local zoning laws to let developers build small apartment buildings in neighborhoods reserved for single-family homes died in the state Senate.

Sen. Anna Caballero, a Democrat from Salinas and

author of this year's zoning proposal, said her bill is not a mandate. Developers could choose to use the bill or not. The Senate approved the measure 32-2, sending it to the state Assembly for consideration.

"It's always a challenge when you're trying to do affordable housing, because there are entrenched interests that don't want to negotiate and compromise, and we're working really hard to try to break through that," she said. "I'm trying to give maximum flexibility to local government because the more that you start telling them how they have to do it, the harder it becomes for them to actually do it."

Even before the pandemic, big-box retail stores were struggling to adapt as more people began buying things online. In 2019, after purchasing Sears and Kmart, Transformco closed 96 stores across the country - including 29 in California.

The pandemic, of course, accelerated this trend, prompting major retailers like J.C. Penney, Neiman Marcus and J. Crew to file for bankruptcy protection. An analysis by the investment firm UBS shows online shopping will grow to 25% of all retail sales by 2025.

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Early voting begins in school board election

NORWALK - Early voting is now underway for the Norwalk-La Mirada Unified School District's July 20 special election.

Vote by mail ballots went out Monday to all eligible registered voters.

Ballots can be returned by mail (no postage required) but must be postmarked by Election Day.

Ballots can also be dropped off at a ballot drop box or at a vote center beginning July 10.

In-person voting can be done starting now at the Los Angeles County Registrar-Recorder/County Clerk headquarters in Norwalk.

Weekend at a Glance

Friday 80°

Saturday 82°

Sunday 82°

ON THIS DAY JUNE 25

1848: A photograph of the June Days uprising becomes the first known instance of photojournalism.

1868: Florida, Alabama, Louisiana, Georgia, North Carolina and South Carolina were readmitted to the Union.

1876: Lt. Col. George A. Custer and his 7th Cavalry were slaughtered by Sioux and Cheyenne Indians in the Battle of Little Big Horn in Montana.

1947: "The Diary of a Young Girl" (better known as "The Diary of Anne Frank") was published.

1950: War broke out on the Korean peninsula as forces from the communist North invaded the South.

1951: The first commercial color telecast took place as CBS transmitted a one-hour special from New York to four other cities.

1962: The Supreme Court ruled that the use of an unofficial, nondenominational prayer in New York public schools was unconstitutional.

1967: The Beatles performed a new song, "All You Need Is Love," during a live international telecast.



1978: The rainbow flag representing gay pride is flown for the first time during the San Francisco Gay Freedom Day Parade.

1991: The Yugoslav republics of Croatia and Slovenia declared their independence.

1997: An unmanned cargo ship crashed into Russia's Mir space station, knocking out half of the station's power and rupturing a pressurized laboratory.

1997: The National Hockey League approved expansion franchises for Nashville (1998), Atlanta (1999), Columbus (2000), and Minneapolis-Saint Paul (2000).

2009: Michael Jackson died at age 50 from an overdose of the powerful anesthetic propofol. (The singer's doctor, Conrad Murray, was convicted of involuntary manslaughter.)

2009: Actress and fashion model Farrah Fawcett died of cancer at age 62.

Birthdays

Singer and children's author **Carly Simon** (76), Supreme Court justice **Sonia Sotomayor** (67), actor and comedian **Ricky Gervais** (60), retired basketball player **Dikembe Mutombo** (55), "The Office" actress **Angela Kinsey** (50), actress **Busy Phillips** (42), and reality star **La La Anthony** (40).



Basking in the sun? Getting a tan? Think again.

With California reopening, and this week marking the beginning of summer, many people can hardly wait to enjoy more time outdoors walking, biking, hiking, camping and swimming after spending more than a year mainly indoors due to the COVID-19 pandemic.

Although that is welcomed news for families and outdoor enthusiasts, we cannot forget an important fact: spending too much time in the sun and its harmful ultraviolet (UV) rays is hazardous to your health as it can cause skin cancer, a potentially deadly disease.

"There's no doubt that many of us can hardly wait to spend more time outdoors at the beach, park or in a campground with our friends and loved ones," said Dr. Joy M. Twersky, a dermatologist with Kaiser Permanente Southern California. "Nevertheless, it's important to know how and why we all need to protect our skin from the sun's UV radiation to lessen our risk of skin cancer."

If you're going to spend a lot of time under the sun, using sunscreen with a sun protection factor (SPF) of 30 or higher is critically important, Dr. Twersky said. What is often forgotten is that sunscreen needs to be reapplied about every 1.5 - 2 hours, or more frequently when in the water or perspiring, she noted. However, using sunscreen alone isn't always enough during prolonged sun exposure. That's why you also should consider taking the following steps to protect yourself and your loved ones.

Consider the following tips to lessen your chance of getting skin cancer:

Avoid the sun during its peak hours from 10 a.m. to 4 p.m.

Understand that sand, water and snow can reflect 85% of the sun's rays.

To protect your eyes, wear sunglasses capable of blocking 99% of UVA and UVB radiation.

When possible, wear loose-fitting, long-sleeved clothing to cover much of your skin.

Wear clothing with the UPF label that helps protect against UV radiation.

Because their skin is more sensitive, completely shield the skin of babies younger than 6 months from the sun.

"We may not be able to completely prevent skin cancer, but if we take these simple, but important precautions, that will help to protect your skin and keep your skin looking healthy," Dr. Twersky said.

"Keep an eye out for new spots or growths on your skin that are changing such as growing, itching or bleeding, as these could be early signs of skin cancer. With early detection, skin cancer can be treated more easily. That's why it's important to regularly check your skin. There are great free resources online, including videos and tips for self-exam, such as at www.aad.org. If you find something of concern, have your skin checked by a doctor."

Paging Dr. Frischer...

By Dr. Alan Frischer

Like so many, I was optimistic when e-cigarettes first became widely available. Would a vaping device that could taper the dose of nicotine down to 0%, and not endanger others (since the smoke appeared to be clean) be an effective way to satisfy and beat a nicotine addiction? Let's address whether vaping has proven to be a good alternative to traditional cigarettes, as the marketing promised.



How do e-cigarettes work? When the user sucks on the mouthpiece, a heating element vaporizes the solution, which is then inhaled, (vaped). The nicotine content varies; although e-cigarettes do have a 0% nicotine option, to help the smoker wean off of nicotine, nearly all e-cigarette "juice" contains nicotine. Flavors vary from traditional and menthol to a huge variety of fruit and candy flavors.

In 2004, the use of e-cigarettes exploded. Much of their popularity was due to claims that they could help wean smokers

off of traditional cigarettes. By 2018, the most recent year with CDC statistics available, there were over 8 million adults (18 and older) in the United States using them. They are used more frequently by men, and are used far more often by those between the ages of 18 and 24. However, note that this CDC data doesn't include those under 18. There are likely more than 5 million middle and high school students who use e-cigarettes at least monthly, and 1 million using them daily.

There do appear to be some advantages of e-cigarettes over smoking traditional tobacco cigarettes.

E-cigarettes likely reduce the substantial risk from traditional cigarettes of cancer, heart and lung disease. However, their safety is still under review and long-term data doesn't exist. Traditional cigarettes release smoke from burned tobacco and contain about 7,000 chemicals, hundreds of which have been proven harmful. E-cigarettes contain fewer chemicals (although those chemicals can also be dangerous).

Can they help smokers to

eventually kick the habit? Research is still mixed. A 2019 New England Journal of Medicine study concluded that those who started vaping are 67% more likely to quit smoking. This indicates that they are twice as effective as traditional nicotine replacements, such as patches or gum. And, in that study, they found that 19% of participants who used e-cigarettes to quit smoking were no longer smoking one year later, compared to 9% of those who used patches or gum. However, 80% of the smokers who used e-cigarettes to quit were still vaping a year later, compared to only 9% of smokers who quit by using nicotine replacement products.

How about the disadvantages?

Vaping among kids is skyrocketing, getting new generations addicted to nicotine and thus introducing them to smoking. Teens who use e-cigarettes are four times more likely to try regular cigarettes than those who do not use them. The U.S. Surgeon General has declared youth e-cigarette use an epidemic. The tobacco industry is well aware that flavored tobacco products appeal to youth, and therefore markets e-cigarettes with fruit and candy flavors. (The FDA is actively banning the sale of all e-cigarette flavors in increasing numbers of states and localities.)

It comes as no surprise that there are real health risks from vaping. Those who use e-ciga-

rettes have a 71% higher risk of stroke and 40% higher risk of heart disease. Vaping is also associated with an increased risk of blood clots, kidney disease, respiratory irritation, shortness of breath, and more. E-cigarette vapor, like regular cigarettes, produces formaldehyde, which is a carcinogen.

Due to the significant amount of nicotine present in most vaping products, there is an increased risk of developing gum disease such as gingivitis and periodontitis. Dry mouth and gum recession are common, which leads to dental cavities. Vaping has been associated with clenching and grinding of teeth.

E-cigarettes use lithium batteries, which can catch fire or explode. Because of this, airlines do not allow e-cigarettes in checked baggage.

Let's be clear. Vaping was designed to be highly addictive. It was created with flavors to attract a younger population, in order to get new generations hooked on nicotine. Just like the traditional tobacco industry, e-cigarette manufacturers knowingly put their customers at risk. Nicotine products, including e-cigarettes, are unsafe for users of any age.

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.

State eyes closed malls for new affordable housing

Continued from page 1

The analysis predicted that up to 100,000 stores across the country could close.

Local governments and developers in California are already trying to redevelop some retail sites. In Salinas, a city of about 150,000 people near the Monterey Peninsula, city officials are working to rezone a closed Kmart. In San Francisco, developers recently announced plans to build nearly 3,000 homes in the parking lot that surrounds Stonestown Mall - a sprawling, 40-acre site that has lost some anchor retail tenants in recent years.

Still, the idea of repurposing shopping centers has divided labor unions and affordable housing advocates, putting one of the Democratic Party's core base of supporters against backers of one of their top policy goals.

Housing advocates love the idea, but they don't like how Democrats want to do it. Both proposals in the Legislature would require developers to use a "skilled and trained" workforce to build the housing. That means a certain percentage of workers must either be enrolled or have completed a state-approved apprenticeship program.

Developers have said while there are plenty of trained workers available in areas like San Francisco and Los Angeles, those workers are scarce in more rural parts of the state, potentially

delaying projects in those areas.

California needs to build about 180,000 new housing units per year to keep up with demand, according to the state's latest housing assessment. But it's only managed about 80,000 per year for the past decade. That's one reason the state's median sales price for single-family homes hit a record high \$758,990 in March.

"At a time when we're trying to increase production, we don't believe we should be limiting who can do the work," said Ray Pearl, executive director of the California Housing Consortium, a group that includes affordable housing developers.

Robbie Hunter, president of the State Building and Construction Trades Council of California, dismissed that argument as just greedy developers trying to maximize their profits.

He said there is no construction project in California that has been delayed because of a lack of workers, adding: "We man every job."

"When there is a demand for workers, we rise with the demand," Hunter said.

Labor unions appear to be winning. A bill in the state Assembly that did not initially require a "skilled and trained" workforce stalled in committee because it did not have enough support.

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Congress must investigate the insurrection now



By Joe Conason

Framing his diplomatic visit to Europe within a broader historical mission, President Joe Biden rightly warns us that authoritarians are eager for democracy to fail. He knows very well that democracy's enemies are active here as well as abroad. Now, he and the leadership of his party must act to fully expose the most overt assault on our system of self-government since the Nixon era.

Congressional Democrats should move swiftly, with Biden's support, to establish a select committee to investigate the Jan. 6 insurrection.

Like many Americans, including Democrats, Republicans, and independents, the president previously expressed his preference for an independent bipartisan commission, empowered by Congressional legislation, to conduct that investigation. But that path was closed last month when Senate Republicans killed the January 6 commission bill that had already passed the House. They did so at the bidding of Donald Trump, the principal investigative target, and of Senate Minority Leader Mitch McConnell, who articulated one of their more absurd arguments against the commission.

"I think we will know everything we need to know. We were all witnesses," he said. "We were right there when it happened and I simply think the commission is not necessary." When a shattering crime occurs and a major witness then insists that an investigation is "not necessary," suspicion immediately arises concerning that person's consciousness of guilt.

The devious McConnell has aimed to prevent or discredit an

investigation of Jan. 6 not because we "know everything we need to know," but because he's scared of death of what we will learn — about the former president and other members of their party. On Trump's orders, the minority leader instructed his caucus to vote down the commission, despite its perfectly bipartisan composition, its pre-midterm deadline and a host of other features demanded by House Republicans.

Of course, this isn't the first time that Republicans have tried to evade scrutiny of a national catastrophe for which they were culpable. The bill establishing a commission to investigate Jan. 6 was modeled on the 9/11 Commission — but that probe itself was nearly killed by aides to President George W. Bush, who feared that he would be blamed for failing to curtail the al-Qaeda plot.

Then-Vice President Dick Cheney made a threatening phone call in the spring of 2002 to Senator Tom Daschle, the Democratic majority leader, warning that any investigation of 9/11 would be seen as a partisan maneuver and a hindrance to the "war on terror." Cheney's intervention is ironic in hindsight since his daughter Liz is among the handful of Republicans who urge a thorough investigation of the Capitol insurrection.

Congress ignored Cheney's whining; Bush reluctantly signed the enabling legislation; and the 9/11 Commission discharged its duties honorably, issuing a report that escaped the "partisan" taint. Now, however, the Republicans have only themselves to blame for shutting down the option of an independent commission on which they would have shared equal authority with Democrats.

Instead, House Speaker Nancy Pelosi can and should create a select committee to investigate the events of Jan. 6. With the House Republicans behaving as if nothing untoward happened that day, the select committee ought to operate with a Democratic majority and a tough chair who will dismiss obstruction and distraction from the minority. And unlike the commission that Republicans stupidly killed, it would have the power to issue subpoenas without their consent.

No doubt some Democrats in Congress, as well as the White House, fear that any investigation of Jan. 6 will suffer from accusations of partisanship. In a moment of comical hypocrisy, Minority Leader Kevin McCarthy — who boasted about the partisan gains achieved by the Benghazi select committee in 2015 — has already leveled that charge against the bipartisan commission. Republicans are never more indignant than when they're faking it.

But who cares what McCarthy thinks anyway? What will matter in the investigation of Jan. 6 is an orderly, comprehensive and undaunted finding of facts, wherever they may lead. It is indeed possible that such an investigation will benefit Democrats in the midterm elections and beyond. That's why Republicans want to stop it at all costs.

Too bad for them. Unearthing the truth about a violent assault on our Constitutional procedures — nothing less than an attempted coup d'etat — is a fundamental duty of Congress that cannot be evaded. Tempted by authoritarianism, the Republicans have chosen to dishonor their oath and cover up a crime against our country. There must be consequences for that, or we will forfeit our democratic heritage, perhaps forever.

Joe Conason is a journalist and author of several books, including "Big Lies" and coauthor of the New York Times bestseller "The Hunting of the President: The Ten-Year Campaign to Destroy Bill and Hillary Clinton."



Former Google CEO Eric Schmidt saw his personal wealth climb 61% to \$17.4 billion over the last four years.

Taxes are for raising revenue, not punishing rich people

By Froma Harrop

Taxes are how we raise the money needed to run government. The rich have the wherewithal to bear most of those costs. These points are especially connected at a time when the rich have gotten so much richer and the government needs to do so much more.

But in making the case to raise taxes on the wealthy, it is counterproductive to portray such a scenario as a kind of just punishment for those who have accumulated wealth. Many on the left can't stop themselves from hurting their cause.

It's true that America's billionaires added \$1 trillion to their pile during President Donald Trump's four years. But though the 2017 tax cuts mostly benefited the richest investors, a growing concentration of wealth has been going on for decades. So, raise taxes on these guys because they have the money and not because they are supposedly greedy or otherwise in need of moral teachings.

The pandemic did especially nice things for Silicon Valley companies that helped stay-at-home Americans move their shopping and working online. They didn't create the pandemic. They just happened to be in the right businesses when it hit.

Thus, there was no good reason for the Institute for Policy Studies and others to fulminate against "pandemic profiteers," a list heavy with tech entrepreneurs. The dictionary defines profiteer as one who makes "an excessive or unfair profit, especially illegally or in a black market."

What exactly made Zoom founder Eric Yuan one of the pandemic profiteers? Yuan had no idea when he created his videoconferencing service in 2011 that nine years later, economic shutdowns and social distancing would create a huge market for his invention and make him a billionaire several times over.

Liberals should bear in mind that many of the biggest donors to President Joe Biden's presidential campaign are the very billionaires on whom he wants to raise taxes. They include the top people at the likes of Facebook, Google and Apple. One of them, Google CEO Eric Schmidt, saw his net worth, now \$17.4 billion, rise 61% in the Trump years.

Also note that several factors influence rich people's view of taxes. Some feel morally obligated to help support the society that has done so much for them. Others consider it very much in their interests to have good roads, ports and internet — things their taxes pay for.

The "fairness" argument does remain valid. The wealthiest Americans have received enormous tax breaks while having the ability, in many cases, to set their own number for taxable income. By contrast, the working stiffs see their taxes automatically deducted every week from their paychecks.

That makes Biden's plan to beef up the IRS to go after tycoons who chisel on their taxes long overdue. IRS Commissioner Charles Rettig has said that tax cheats deprive the government of something like \$1 trillion a year.

Just don't blame the honest economic winners in the pandemic for the hardships of others. New York State Sen. Luis Sepulveda, who represents a working-class area of the Bronx, implied as much when he said, "It makes me angry because in the wealthiest city in the world, it's inexcusable to have such a high rate of unemployment in one area."

His largely immigrant constituents did not lose their service jobs because rich people lived elsewhere in the city. They lost them because a deadly virus shut down the businesses that employed them.

So, there's no need here to spin a morality tale about the evils of great wealth. The case for raising taxes on those who could most easily pay them is good. Let's stick to this more sophisticated argument and skip the reproach.

Froma Harrop is a syndicated columnist who writes about politics, culture and the economy.

Joe Biden and the Blessed Sacrament

By Judge Andrew Napolitano

The dispute over whether Roman Catholics who facilitate abortions should be permitted to receive the Blessed Sacrament appears to be coming to a head as President Joseph R. Biden Jr., a public Roman Catholic and public abettor of abortion, continues to attend Mass regularly and receive.

The Church has condemned abortion as being among the gravest of sins. To Catholics, the baby in the womb is a distinct human being who enjoys the right to live, and the Blessed Sacrament is not a symbol; it is substance. It is the body, blood, soul and divinity of Our Lord and Savior Jesus Christ, and there are necessary preconditions to its reception.

Can a person who facilitates killing a class of innocent human beings worthily receive the Blessed Sacrament? In a word: No. Here is the backstory.

There is no ambiguity in the Church's teaching about abortion. It is the gravest of evils. All humans have the right to live from conception to natural death. It is a core teaching of the Church: "Thou shalt not kill."

Also core among the Church's teachings is that Catholics have a duty to inform their consciences of what the Church teaches, to exercise their informed reason in distinguishing right from wrong and to conform their acts to core Church teachings. A properly formed conscience will conclude that it is always wrong intentionally to kill an innocent human life. I doubt that Biden disagrees with these principles. If he does, he is in the wrong church.

The stumbling block for Biden and other Catholic supporters of abortion is whether or not the baby in the womb is a person. If the baby is a person, then all abortion is homicide. The Fifth Amendment protects the life, liberty and property of all persons, and the 14th Amendment requires the states to do so on an equal basis. Thus, if the baby is a person,

the states cannot outlaw and prosecute only postnatal killings; they must outlaw and prosecute prenatal killings as well.

We know the baby in the womb is a person because she or he has human parents and possesses from conception all the genomic material needed to be viable. Through guardians, the baby can inherit, litigate and own property.

The reception of the Blessed Sacrament is limited to Roman Catholics who are not in a state of grave sin. The sin is facilitating abortions, not politically supporting those who favor them. Here is where Biden would have a sound point — when he argues that this is a private matter — if he were just private citizen Joe, voting for folks who support abortion. Then, his conscience and his beliefs would be mostly a private matter between him and his confessor.

But he is not private citizen Joe. He is the president of the United States who exercises his authority under unjust laws to facilitate and pay for abortions, and that is a grave sin.

What is a grave sin? It is a grievous act of weakness or defiance done with sufficient reflection and full consent of the will. All three aspects of sinfulness — gravity, reflection, consent — must be present for the sinner to have culpability. There is no dispute but that abortion is a grievous matter. Unless Biden's exercise of his presidential powers is not done with sufficient reflection and full consent of his will, he is likely culpable for the sin of abetting the killing of innocent human life.

On the other hand, if he firmly believes that the baby in a womb is not a person, that somehow abortion does not kill an innocent human life, that Jesus in Mary's womb was not God and that Mary could morally have killed Him, then he should leave the Catholic Church. For if he stays, at the least, he is culpable for having a gravely and substantially malformed conscience — one that embraces heresy.

Even the arguments of the preeminent modern Catholic defender of the primacy of conscience, St. John Henry Newman, would not help Biden. Newman was a 19th-century British academic and Anglican priest who converted to Catholicism and rose to the College of Cardinals. At his beatification, Pope Benedict XVI summarized Newman's teaching on conscience as "not a path of self-asserting subjectivity, but, on the contrary, a path of obedience to the truth that was gradually opened up to him."

The key word here is "gradually." This is so because one's conscience — Biden's, yours and mine — discerns more as one's intellect learns more.

Stated differently, no one knows how Biden discerns right from wrong, and could change his mind, but Biden himself. If his conscience tells him that the baby in the womb is not a person — as un-Catholic and irrational as that is — his aiding abortion is still gravely sinful, but he may not be culpable.

Now back to Biden's public dispute with the American Catholic hierarchy. It is profoundly the duty of the bishops to safeguard and protect the sacraments. Traditionally, priests trust the recipient of the Blessed Sacrament not to be in a state of grave sin at the time of the reception.

But one who directly and publicly employs the assets of government to kill babies and then receives the Blessed Sacrament nevertheless — if uncorrected by the hierarchy — will cause grave scandal. As Biden's reception of the Sacrament and his facilitation of abortion are public, his admonition should be public as well.

A retired bishop friend of mine recently put it this way: Do you think it was right for the Catholic hierarchy in Germany to remain silent and permit priests to give the Blessed Sacrament to SS officers whose regime was slaughtering the Jewish people because unjust laws permitted them to do so? The answer is obvious because Catholics who help to kill innocents are Catholic in their own minds only.

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

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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

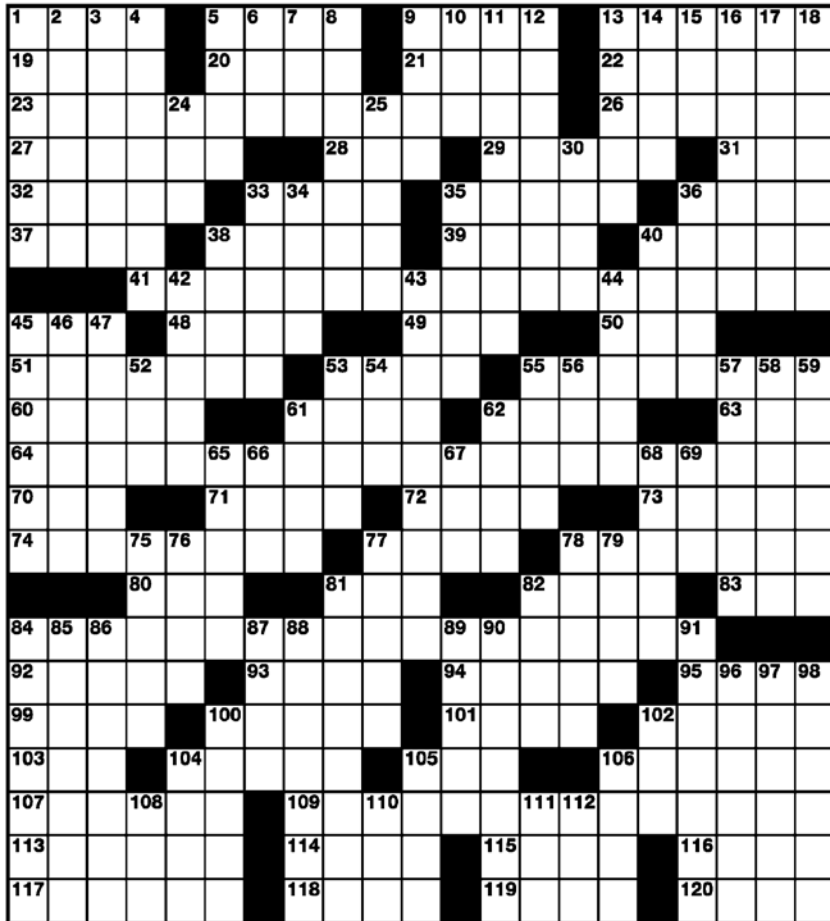
SATURDAYS

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)
A HYMN TO HIM: Featuring five different addresses by S.N.

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- 5 Grandiose
- 9 Hem in
- 13 Steep-roof home
- 19 Director Ethan or Joel
- 20 Young toon explorer
- 21 Fit to serve
- 22 Of first importance
- 23 North American capital, to natives
- 26 Laid-back
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- 28 Prefix for center
- 29 Turned on, as an alarm
- 31 [Uncorrected by me]
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- 112 Homer's beer server

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Spanish word for "pelican."
Down) is derived from the old name of ALCAIRAZ Island (11 Oscar), Show Boat and Giant. The Western to receive a Best Picture films include Chinatown (the first Ferber (37 Across) adapted into The numerous novels of EDNA the populous city in North America. (Mexico City, 23 Across) is the most million, CIUDAD DE MEXICO



Reach Stan Newman at www.StanXwords.com

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Juneteenth: Our new federal holiday

■ A joyous occasion as President Biden makes Juneteenth a new federal holiday.

By Carol Kearns Contributor

I am thrilled that the end of slavery in our country will now be celebrated as a national holiday known as Juneteenth. June 19, 1865, is the day Union soldiers entering Galveston, Texas, told enslaved Black people that the Confederacy had actually surrendered more than two months earlier. Slavery had officially ended.

Apparently Galveston was so far away and isolated that enslaved Blacks also hadn't heard about the Emancipation Proclamation two and a half years earlier, and that many former slaves had joined the Union forces as free men.

Juneteenth has been celebrated in the Black community ever since, and it rightfully deserves to be celebrated as a national holiday now. I admit my surprise that the Congressional vote was so overwhelming and non-partisan (House vote 415 to 14, Senate vote unanimous) given the acrimony over the Black Lives

Matter movement. But this was the right thing to do and it gives me hope for my country.

The Black community has been celebrating Juneteenth in various ways ever since 1865. Festivities include public celebrations with music, food, and commemorative speeches. In 1872 a group of Black businessmen and ministers in Houston purchased ten acres for this purpose and named the land Emancipation Park.

Texas named Juneteenth an official state holiday in 1979, and forty-nine other states now officially recognize the event in some form. A well-known activist who has campaigned for national recognition of Juneteenth is ninety-four-year-old Opal Lee from Texas.

In a wonderful coincidence, June is also African-American Music Appreciation Month. President Jimmy Carter, who celebrated performers and music of all genres with numerous cultural events during his time in office, declared June as Black Music Month in 1979. His proclamation was never drafted officially, so in 2000 Bill Clinton signed an official decree after the House passed a resolution.

On June 2, 2009, President Barack Obama, in recognition of the profound gift of African-American music and its impact

upon the world, renamed the month in an official Presidential Proclamation—African-American Music Appreciation Month.

If you're looking for a way to commemorate Juneteenth this year, you might consider a visit to Bidley Mason Memorial Park in Downtown Los Angeles. Bidley Mason and her children were brought to San Bernardino as slaves by Robert Smith in 1852. California was a free state at that time, and Smith wanted to relocate to Texas so he could sell Bidley and others. Bidley escaped with others to the Los Angeles area and her free status was recognized legally.

Though born into slavery and dehumanizing conditions, Bidley went on to become a major contributor to the economy and culture of Los Angeles. She served others as a midwife and nurse, grew her savings with land purchased between Spring St. and Broadway, shared her wealth with the needy through philanthropic efforts, organized a school for Black children, and was one of the original founders of the First African Methodist Episcopal Church of Los Angeles.

The Bidley Mason Memorial Park is tucked in between Spring Street and Broadway, just across from Grand Central Market, and with access to the south entrance



President Biden signing the bill making Juneteenth a national holiday. Advocate Opal Lee is second from left.

to the Bradbury building. A timeline of her life is stenciled into an eighty-foot concrete wall designed by artist Sheila Levrant de Bretteville. In 2018, inaugural poet Amanda Gorman participated in a celebration of Bidley's 200th birthday.

You can bring your own

refreshments to eat in the park; you can visit one of the many eateries in Grand Central Market across the street; or you can visit the Maccheroni Republic which features handmade pastas and outside dining.

Footnote: Bidley Mason was featured in my first post on this

blog. Our new national holiday of Juneteenth is a wonderful reason to be mentioning her again.

This article first appeared in Carol Kearns' blog, Morning Echo. It is republished with permission.

Breast cancer survivor notes it's never too late to commit to a healthy lifestyle

When Laura Abb was diagnosed with breast cancer in 2020, it came as a total shock. After all, Abb thought she was in good health, and never anticipated receiving the terrifying news that would have life-changing implications on the grandmother of two.

"You never think it will happen to you," said Abb, who's in her early 70s. "When I found out I had breast cancer, it had a profound impact on me, both physically and mentally.



But today, following chemotherapy, a double mastectomy and a commitment to maintaining a healthy lifestyle focusing on healthy eating, managing her weight and exercising, Abb is cancer-free, and plans to remain so. With June being National Cancer Survivor Month, Abb has a simple message to her family members, friends and the public at large: "Do everything you can to protect your health and prevent diseases,

including cancer. It's within your power to do so, and that starts with some simple lifestyle changes."

Those lifestyle changes involve eating right, managing your weight and exercising regularly, as that has proven to significantly protect one's health against disease, including many forms of cancer, according to Dr. Rashmi Menon, an oncologist with Kaiser Permanente Southern California.

Dr. Menon noted a diet based on less consumption of red meat and processed food, a higher intake of fiber, vegetables and lean meats that include fish and chicken reduce a person's risk of developing many forms of cancer, including breast and colon cancer. She also encouraged 150 minutes per week of moderate exercise such as brisk walking, or 75 minutes a week of vigorous exercise such as aerobics or jogging.

"If you adopt these lifestyle changes, you will have a lower risk of

developing cancer and many other diseases," Dr. Menon explained. "At any point in time, there's a benefit to eating healthy and exercising. Even after one develops cancer, the outcome will be improved if you're able to reduce your weight and start exercising."

Dr. Menon noted the suggested daily caloric intake for men should not exceed 2,400 calories, or 2,000 calories for women.

As for Abb, adopting a healthier lifestyle has paid off, and has helped her remain cancer-free.

"I feel great, I'm living life to the fullest, and I feel reinvigorated and have more energy," she said. "I want to help my body fight any future illness, including cancer, and adopting a healthy lifestyle makes a huge difference when it comes to staying healthy, not just for cancer, but for everything. It's a commitment worth taking and the benefits to your health are indisputable."

The Norwalk Patriot



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La Mirada High School girls soccer: A season like no other

■ The Matadores were honored by the La Mirada City Council after winning the CIF championship.

By John M. Sherrard
Contributor

LA MIRADA – “Defense wins championships.”

That statement was spot on for the 2021 La Mirada High School girls’ soccer team, which came away with its first CIF-Southern Section Championship since back-to-back CIF titles in 2015-16, which also included a State CIF title in 2016.

And they did it with a defense and a goal tender that gave up just two goals all season and an offense that scored 63 goals.

The season was one of its most successful in program history, which concluded with a 2-1 overtime win over host Saugus, May 29.

The Matadores, which won their first CIF crown as co-champs in 2008, finished with a 15-1-2 record, which included 16 shutouts. Their only loss was in the first round of the CIF State Regional playoffs.

“You know what, this one was super special,” La Mirada coach Dave Christensen said, who is in his 31st year of coaching. “In 2015 when we won it, it was my 25th year of coaching.”

“This one was really special because it was Division 2 and because it was COVID and a bumper year. This group, I knew we were good, but the bottom line of this group is the heart and tenacity that it took to eke out those games. To never say die and play all out, especially in the playoffs.”

Leading the way in this year’s championship with a game-winner was senior defender Marissa Marquez with the penalty kick in the 95th minute.

With the score tied 1-1,

sophomore forward Cassandra Villanueva was fouled inside the box, which resulted in the PK for the Matadores.

“At first I didn’t know it was inside the box (for the penalty kick) and then Coach said, ‘Marissa, you’re taking it,’” said Marquez, who was at La Mirada City Hall for the team’s recognition on Tuesday night. “I said, ‘no I can’t, let someone else take it.’ Then Sage (goalie Sage Strohmman) turned to me and we had a good talk and she gave me confidence.”

Marquez lined the ball up and shot and scored.

“I always look at the goalie and I just always put in the left corner low and hard,” Marquez said. “It was amazing. I just felt all of the pressure released. I just had the biggest smile on my face.”

Marquez, who also scored a golden goal in the first round over Palos Verdes and scored in the PK shootout over Mission Viejo in the quarterfinals, played only her freshman and senior season for the Matadores.

“I was on varsity for my freshman year, but I stopped playing because I made DA (Development Academy) for my club team,” she said. “I didn’t play my sophomore or junior year, but then I came back for my senior year.”

“All of the younger players (when she came back in her senior year) were very welcoming and glad to have me back. They heard a lot of things that I did in my freshman year and we felt that bond and it helped us.”

Four La Mirada players were named to the All-CIF team – Player of the Year, Strohmman (goalie), Marquez, senior midfielder Ryley Candelario and sophomore forward Cassandra Villanueva.

Named to the second team were junior forward Amarissa Alvizo and sophomore defender Mikayla Gonzalez.

Villanueva described the moment leading up to Marquez’ score; “I dribbled down and lost the ball and won it back and then (the Saugus defender) she tripped me from behind,” Villanueva said. “It was a good foul. As soon as she fouled I knew we were going to win.”

The team was also honored and introduced at the La Mirada City Council meeting Tuesday.

Strohmman, who is headed to play soccer at the United States Military Academy at West Point, knew the confidence level was high for the team in the post season.

“Obviously, before going into the playoffs, only having one goal against and zero loses, we had a lot of confidence,” she said. “I think everyone believed that we could do it but no one expected what was to come with probably one of the craziest playoff runs.”

“Winning one game in regular time and the rest in golden goal and one penalty kick win, it really took everyone to win this championship. I can’t express enough how proud I am of this team. Finally winning one was like a sigh of relief and I couldn’t think of a better way to go out.”

For the first time all season the Matadores found them trailing in a game as Saugus scored first in the opening half.

However, in the 35th minute, Villanueva scored her first goal of the playoffs to tie the game at 1-1, off of a thrown distribution assist from Strohmman. Villanueva, who scored 10 goals and had nine assists in the regular season, traversed 80 yards down field for the goal.

Perhaps Strohmman said it best about the community feel of La Mirada High School.

“Everyone who plays for La Mirada, lives in La Mirada,” she said. “We grew up together, and we truly have this bond together, which amplifies us wanting to win for each other and wanting to win for the program.”



La Mirada Varsity Girls Soccer coach Dave Christensen, center, with the CIF Championship team at the La Mirada City Council meeting on Tuesday. (Photo by Keith Durlflinger)



La Mirada Varsity Girls Soccer coach Dave Christensen shows their CIF Division 2 Championship trophy. (Photo by Keith Durlflinger)



La Mirada Varsity Girls Soccer CIF Championship team at the La Mirada City Council meeting on Tuesday. (Photo by Keith Durlflinger)

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