

Council hears Covid update

Public safety officials briefed council members on the latest pandemic numbers and emphasized the importance of being vaccinated.

By Vincent Medina Contributor

NORWALK – The Norwalk city council held a meeting to discuss new projects and COVID-19 emergency operations on Tuesday.

Public Safety Lieutenant Eric Wosick revealed that 18,006 cases of COVID-19 were found in Norwalk during the pandemic, according to the LA County Department of Public Health.

Wosick also noted that COVID cases in the county have stabilized, but deaths from the virus continue to increase, as of Sept. 3.

“Last month we were seeing 3,000 cases [a day]. Now to see 2,600 cases, this is one of our lower ones,” said the public safety lieutenant. “The downside is the 37 deaths we had on Sept. 3. Early August we were reporting eight deaths [a day], now we are routinely seeing 20 deaths and even over 40 deaths.”

The report also showed increased hospitalizations, however, Wosick said there is a lag in the data.

“You’ll get case numbers first, then two, three weeks later hospitalizations will show up, then two, three weeks later deaths will show up. We are still seeing the deaths from six weeks ago. So the stabilization that has happened in cases, has not reached hospitalizations yet,” said Wosick.

The lieutenant used the data to emphasize the importance of receiving the COVID-19 vaccine.

He showed that vaccinated individuals are 25 times less likely to be hospitalized and 30 times less likely to die from the virus.

Wosick acknowledged that vaccinated people can die from the COVID, but they are stronger against the virus.

“Virtually all of our deaths and hospitalization are preventable since vaccines are readily available to us,” said Wosick.

PINELINE

City council also discussed a pipe resolution that would grant public utility pipeline franchise to Heraeus Metal Processing Incorporated.

Councilmembers disagreed about the amount of money the pipeline would require.

“\$75,000 sounds unusually low to me,” said Vice Mayor Tony Ayala. “I think we need to take a look at these fees, considering we already have a pipeline running across town from Shoemaker Avenue to Stuebaker Avenue.”

Councilmember Ana Valencia expressed concern over the potential traffic caused by pipeline maintenance.

“I understand that repairs come as needed, but maybe an outline of when they would review or look at their [pipeline] because traffic is terrible on Shoemaker Avenue and Stuebaker Avenue,” said Valencia.

She agreed that the council should wait to discuss the resolution at a later date, so they can gather all the information.

The council voted to continue the pipeline discussion during a public hearing on Oct. 5.

Doctors go from colleagues to friends as one saves the other’s life

Dr. Sammy Saab suffered a heart attack at home but was saved by his healthcare colleagues.

Contributed by UCLA Health

Eight months after a massive heart attack, Sammy Saab, MD, MPH, medical director of the Adult Liver Transplant Program at UCLA Health, trekked 60 miles of mountain trails with his 17-year-old daughter’s Girls in Boy Scouts of America troop.

As he carried a 50-pound pack, Saab sometimes feared he could die in the remote New Mexico wilderness.

Yet as he trudged through storms and mud over the summer, he found confidence and inspiration thinking about Tamer Sallam, MD, PhD, the UCLA Health cardiologist who helped save his life.

“When I was on the hike all I could think about was Tamer and how I’m going to thank him when I get back,” Saab said. “If it wasn’t for him, I wouldn’t be doing it. I thought about him every day.”

Sallam said he wasn’t expecting to care for a colleague on that October 2020 day at Ronald Reagan UCLA Medical Center. Although now, Saab is also his friend.

“A lot of it comes down to the basic principles that guide any patient-physician relationship, which is based on trust, being ethically responsible, trying to advocate for your patient’s welfare – whether they’re a physician or not – and making recommendations based on the evidence,” Sallam said.

“I don’t see him as this well-known physician at UCLA, I see him like he could be my brother and how would I want him being treated.”

2 workouts, 1 ambulance ride

On a Tuesday afternoon last fall, Saab finished a 30-minute stair workout before rushing to his home office for a Zoom meeting without time to shower. He began feeling heaviness and squeezing in his chest. His

asthma inhaler and an antacid provided no relief.

“When I realized it was probably a heart attack, I took a quick shower. I was pretty smelly,” said Saab, who also ran four miles early that morning.

Saab, who was 52 at the time, called 911 and directed the ambulance to take him to Ronald Reagan UCLA Medical Center, next door to his office in the Medical Plaza.

Sallam, co-director of the UCLA Cholesterol Management Center, was on call overseeing the cardiac care unit when he got a page with Saab’s name. He’d never met him but knew he also cared for critically ill patients at the hospital.

“I initially thought it must be an error,” Sallam said. “I thought they probably paged me with a supervising physician name.”

He soon discovered that Saab was his emergency patient despite no history of heart problems.

“Sammy was arguably the poster child for a healthy person, exercising twice a day and not having any seemingly obvious risk factors,” Sallam said. “But unfortunately, this is the humbling nature of this disease; 15% of patients who have their first heart attack don’t have any obvious predisposing conditions.”

Diagnosis and treatment

Sallam’s team began their evaluation and an EKG showed that Saab had suffered what’s known as a “widow maker” heart attack, which involves the blood vessel that supplies up to half of the heart muscle.

“The key is to move quickly and initiate treatment right away,” he said. “Even a few minutes can be the difference between tens of millions of dead or healthy heart cells.”

They administered medication and cardiologist Rushi Parikh, MD, performed an emergency angioplasty to remove the clot and place a stent.

Saab, who was hospitalized for the first time since childhood, said he adjusted



Dr. Tamer Sallam, left, was on call overseeing the cardiac unit at Ronald Reagan UCLA Medical Center when Dr. Sammy Saab was brought in, having suffered a massive heart attack. (Photo by Joshua/UCLA Health)

easily to being a patient rather than a provider. Colleagues dropped by to say hello. Due to COVID-19 protocols, only his wife could visit. His four children made a big sign and stood outside his window. He had his laptop to respond to work emails.

“I’m a big believer in karma,” he said. “I’ve always been very sensitive to patients. I always picture myself as a patient and that’s how I treat people. It wasn’t a big adjustment. I felt empowered, they answered all my questions.”

Saab spent two days in the ICU and two more in a recovery unit before he was released. He went back to work on the following Monday and started the process of recovery, both physically and psychologically.

He underwent cardiac rehab, a program of supervised exercise, based on the recommendation of Sallam.

“I didn’t think I needed it, but in reality I needed it,” he said. “It was a great boost to my mental health. It gave me a lot of confidence.”

Saab takes about seven medications, including a twice-a-month injectable to treat a type of bad cholesterol called lipoprotein A (LPA) that isn’t captured on a traditional lipid panel but increases the risk of

heart disease. Some of his family members see Sallam after Saab’s brothers and son were tested for elevated LPA.

He said managing his own medication has helped him realize the intricacies that patients face. He now spends more time explaining the purpose of what he prescribes.

“I can’t pronounce the drugs I take,” Saab said. “Now I can see how easy it is to get medication confused.”

Moving forward

Saab is treated by a team of UCLA Health cardiologists, including Parikh and Eric Yang, MD, and sees Sallam every few months. He still exercises twice a day, although his running pace isn’t as fast as before.

“Physically he feels great and I’m expecting that his prognosis is excellent based on all the data we have,” Sallam said.

After Saab returned from the June hiking trip, he sent a letter to Sallam chronicling the hailstorm, gushing winds, hypothermia and dehydration he faced.

“Nevertheless, spending time with my daughter during those 12 days was priceless,” he wrote. “I wanted to thank you for helping make this trip possible.”

Rio Hondo College debuts new child development center

The revamped facility was renovated during the lockdown with updated classrooms and learning materials.

WHITTIER – Children are smiling and playing while learning about horticulture, math, art and conflict resolution at Rio Hondo College’s Child Development Center, which has revamped and reopened following a year of virtual learning.

The Child Development Center, which reopened its doors in July, has updated its classrooms, safety procedures and its personnel to provide a stronger foundation for children.

The Child Development Center has updated its safety procedures to include temperature checks for all visitors, spaced out learning areas and deep cleaning of classrooms three times a day. Students also adhere to mask requirements and are taught cleanliness during their lessons.

Cindy O’Neill, who has 16 years of experience in the early childhood field, was appointed director of the Center in July after serving as

its administrative coordinator since 2019.

“People often don’t realize that we’re teaching these children the foundations of science, technology, engineering and math (STEM) – they learn about engineering by playing with construction blocks or horticulture by helping grow corn or plants,” O’Neill said. “Children learn socio-emotional skills that supports children’s behavior as well.”

O’Neill has a Bachelor of Arts in child development and a master’s degree in early childhood development from California State University, Long Beach. She is currently enrolled in an Ed.D. program for educational leadership at the University of Southern California.

The improvements have led to an outpouring of praise from community members and students who use the Child Development Center resources.

“The Child Development Center provides a warm, rich and diverse environment that has allowed my child to grow exponentially socially and academically,” said Sarah Ramirez, a Rio Hondo College student and mother. “Enrolling



Assistant Teacher Marialuisa Lopez helps Paul Kniha water plants at the Child Development Center during a horticulture lesson, teaching him about how to take care of plants to benefit the environment. Rio Hondo College’s Child Development Center has reopened for the fall 2021 semester to provide child care and an educational foundation for attendees.

my daughter is one of the best things I’ve done for her.”

Space for more students is available at the Child Development Center, which offers full-time childcare from 7 a.m. to 5 p.m. Monday through Friday.

“The Child Development Center is a shining example of how Rio Hondo College offers nurturing and caring

educational development to even the youngest people in our community,” Superintendent/President Teresa Dreyfuss said. “We are so proud of all the recent upgrades and improvements and we know that our staff are truly making a difference in the lives of the children that attend the center.”

Weekend at a Glance

Friday	93°	
Saturday	94°	
Sunday	90°	

THINGS TO DO



Cool Cruise Car Show Saturday, 10 am-4 pm Old Town La Verne

Featuring The Answer band in concert and benefitting the La Verne K9 Police Foundation.

ON THIS DAY SEPTEMBER 10

1813: Oliver H. Perry sent the message, “We have met the enemy, and they are ours,” after an American naval force defeated the British in the Battle of Lake Erie in the War of 1812.

1846: Elias Howe of Spencer, Mass., received a patent for the sewing machine.

1919: New York City welcomed home Gen. John J. Pershing and 25,000 soldiers who had served in the U.S. 1st Division during World War I.

1924: A judge in Chicago sentenced Nathan Leopold Jr. and Richard Loeb to life in prison for the murder of 14-year-old Bobby Franks - a “thrill killing” that had shocked the nation.

1948: American-born Mildred Gillars, the Nazi wartime radio broadcaster known as “Axis Sally,” was indicted in Washington, D.C., for treason.

1960: At the Summer Olympics in Rome, Abebe Bikila becomes the first sub-Saharan African to win a gold medal, winning the marathon in bare feet.

1963: Twenty black students entered public schools in Birmingham, Tuskegee and Mobile, Ala., following a standoff between federal authorities and Gov. George C. Wallace.

1977: A convicted murderer became the last person to be executed by the guillotine in France.

1988: Steffi Graf achieved tennis’ Grand Slam - winning all four major tournaments in a calendar year - by taking the U.S. Open women’s title.

2000: The Andrew Lloyd Webber musical “Cats” closed after 7,485 performances over nearly 18 years as the longest-running show in Broadway history.

2000: NBC’s “The West Wing” won a record nine Emmy awards, including best drama series.

2003: Swedish Foreign Minister Anna Lindh, 46, was stabbed in a Stockholm department store; she died the next day.

Birthdays

“The King’s Speech” star Colin Firth (61), baseball hall of fame pitcher Randy Johnson (58), film director Guy Ritchie (53), rapper Big Daddy Kane (53), “Cruel Intentions” star Ryan Phillippe (47), and wrestler Sarah Logan (28).

Obituaries

Michael K. Williams, actor starred in 'The Wire'

Michael K. Williams, an actor best known for his portrayal of stickup man Omar Little in the HBO drama "The Wire," died Sept. 6 at his home in Brooklyn, New York at the age of 54.

Williams began his career as a dancer, appearing in music videos and touring with musicians including George Michael and Madonna.

A bar fight on his 25th birthday left Williams with a prominent scar on his face, a distinction that made him perfect for roles playing criminals and lowlifes.

His breakout role was on "The Wire," playing the complex antihero Omar. He was a gay robber who targeted drug dealers.

Williams went on to star in "Boardwalk Empire" as Albert "Chalky" White and in "Lovecraft Country" as Montrose Freeman. His other notable roles included "Alias" and "Community," and he was Emmy-nominated for his performances in "Bessie," "The Night Of," "When They See Us," and "Lovecraft Country."

Williams also appeared in movies including "Bullet," "I Think I Love My Wife," "12 Years a Slave," "The Road," and "The Gambler."

Gregg Leakes, businessman and reality TV star

Gregg Leakes, a businessman who was the husband of NeNe Leakes, a star of "Real Housewives of Atlanta," died Sept. 1 of colon cancer at the age of 66.

Leakes was a real estate investor who married NeNe Leakes twice – first in 1997, and again in 2013 after a 2011 divorce.

He began appearing on "Real Housewives of Atlanta" alongside his wife in 2008, continuing to appear through 2019. In 2013, their second wedding was featured in the spinoff show, "I Dream of NeNe: The Wedding."

Leakes' battle with cancer was shared on "Real Housewives" as he underwent surgery in 2018 to remove part of his colon.

"I went over and prayed to God and I told Him, 'If it's time, let's go,'" he said on an episode of "Real Housewives of Atlanta." "I don't fear death, I don't want to go. If my work here is finished here, take care of them, let's go."

Willard Scott, longtime weatherman on 'The Today Show'

Willard Scott, the weatherman for "The Today Show" from 1980 to 1996, and the first actor to play the Ronald McDonald character for McDonald's, died Sept. 4 at his farm in Delaplane, Virginia after a brief illness at the age of 87.

Scott joined "The Today Show" when its anchors were Tom Brokaw and Jane Pauley, delivering the nationwide weather report. In 1983, he began a practice that would become a tradition: wishing a happy birthday to centenarians.

Throughout his years at "Today," Scott brought his quirky sense of humor to the show, with antics including dressing up as Carmen Miranda and kissing a pig on-air.

While many viewers loved the way Scott lightened the news broadcast, he also received criticism, including in a leaked memo from anchor Bryant Gumbel, who complained of Scott's "bad taste."

Scott publicly forgave Gumbel, including kissing him on the cheek on camera.

Scott went into semi-retirement in 1996, but he continued to appear on "Today" regularly after Al Roker succeeded him, offering his birthday wishes to centenarians and subbing for Roker until his official retirement in 2015.

Scott was working for WRC-TV in Washington, DC, playing Bozo the Clown, in the late 1950s and early 1960s. When McDonald's launched their now-iconic Ronald McDonald character, Scott had just ended his run as Bozo.

He was a natural choice to portray this new clown, and he became Ronald in a series of 1963 TV ads. Scott also claimed he created Ronald McDonald, though other sources say the clown was the brainchild of McDonald's franchisee Oscar Goldstein and an ad agency.

Daffney Unger, professional wrestler in WCW and TNA

Daffney Unger, a professional wrestler with World Championship Wrestling (WCW) and Total Nonstop Action Wrestling (TNA), died Sept. 1 at age 46.

Born Shannon Spruill, Unger began wrestling professionally in 1999 with WCW.

Her "Scream Queen" persona included goth styling and a piercing scream she'd utter when she was ringside. Unger said she based her style in part on the DC Comics character Harley Quinn.

In 2000, Unger won the WCW Cruiserweight Championship in a tag team match followed by a one-on-one match.

After WCW folded in 2001, Unger wrestled for TNA and Shimmer. She was a valet and an actress in addition to wrestling.

Carol Fran, blues singer and pianist who sang 'The Great Pretender'

Carol Fran, a Louisiana blues singer and pianist known for singles including "Emmitt Lee" and "The Great Pretender," died Sept. 1 at age 87.

Fran began performing and recording in Louisiana in the 1950s, debuting with the single "Emmitt Lee." Mixing her blues music with soul and swamp pop, she became a popular Bourbon Street musician, as well as touring abroad.

Her later singles included "You Can't Stop Me" and "Any Day Love Walks In." She sang with notable artists including Aretha Franklin, Guitar Shorty, and Lee Dorsey.

Fran also recorded frequently with her husband, Clarence Hollimon.

"Well, actually, Emmitt Lee was a real person," Fran said of her first single. "He was a salesman from McGregor Men's Fashion. And he came over to my hometown. He was such a nice person; he was a good dresser. But anyway, I met him, and he went away, and he promised to call me. And so, four weeks went by, and I didn't hear from him. I got the blues one day, sat at the piano, and that's what I came up with."

Carolyn Shoemaker, astronomer discovered record number of comets

Carolyn Shoemaker, an astronomer who co-discovered Comet Shoemaker-Levy 9 and set a record for comets discovered, died Aug. 13 at a hospital in Flagstaff, Arizona at the age of 92.

Shoemaker didn't have scientific training, but she learned her work by working side by side with her husband, Eugene Shoemaker,

a planetary geologist.

The two used telescopes to scan and photograph the night sky, then Shoemaker worked with those photographs to identify comets, asteroids, and other minor bodies in space.

She set a record for the most comets discovered, having identified 32 by 1994. Among her discoveries was Comet Shoemaker-Levy 9, which collided with Jupiter a year after her 1993 identification of the comet.

Her discovery helped her husband and other scientists track the comet's progress and gather useful information about the impact of a comet strike on a planet.

"Without Gene, I would never have known the excitement of planetary science," she wrote in her autobiography. "Without me, he often said, his search for asteroids and comets and then the Australian cratering work would never have been attempted. Together, we could do more than either of us alone."

David Patten, NFL wide receiver

David Patten, an NFL wide receiver who won three Super Bowls while playing with the New England Patriots in the early 2000s, died Sept. 2 after a motorcycle accident in Columbia, South Carolina at the age of 47.

Patten played college football for Western Carolina University before joining the Arena Football League in 1996. He played briefly for the Albany Firebirds before being signed by the New York Giants in 1997.

Patten went on to play for the Cleveland Browns, Washington Redskins, and New Orleans Saints as well as his time with the Patriots. His career highlight came with the Patriots as he earned three Super Bowl rings, in Super Bowls XXXVI, XXXVIII, and XXXIX.

In his first Super Bowl, Patten caught the first postseason touchdown pass of quarterback Tom Brady's career. In 2001, Patten became the first player since 1979 to catch, run, and throw for a touchdown in the same game.

After his playing career ended in 2010, Patten coached for Western Carolina University and was pastor of Anointed Word of Life Ministries.

Sarah Harding, singer with Girls Aloud

Sarah Harding, an actress, model, and singer with the British girl group Girls Aloud, died Sept. 5 of breast cancer at the age of 39.

Harding was best known for her work with Girls Aloud, which was formed out of the 2002 British reality TV series "Popstars: The Rivals."

Girls Aloud became wildly popular in the U.K., with their debut single, "Sound of the Underground," reaching No. 1 on the U.K. Singles Chart in 2002. It was followed by 19 other top ten hits between 2003 and 2012, including "I'll Stand By You" and "The Promise."

Girls Aloud was called the "Most Successful Reality TV Group" by Guinness World Records.

Harding was also a model for Ultimo lingerie and an actress with appearances including "Coronation Street" and the BBC TV film "Freefall."

She appeared on reality shows including "Tumble," "Celebrity MasterChef," and "Celebrity Big Brother," which she won in 2017.



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Comic book exhibit opens at Cerritos Library

■ The exhibit features comic book artwork from several artists and runs through Oct. 31.

CERRITOS - The Cerritos Library is now presenting an exhibition of comic book artwork by some of the most influential and groundbreaking artists in history.

The exhibition, "Artists' Alley," is on display until Sunday, October 31 throughout the first floor of the library.

The exhibition includes "Bat Man," "Black Panther," "Justice League America," "Superman," "Dr. Strange" and "X-Men" comic books, posters and action

figures.

Featured artists include Amanda Conner, Carmine Infantino, Dan Jurgens, Bob Kane, Jack Kirby, Adam Kubert, Andy Kubert, Joe Kubert, Win Mortimer, Dick Sprang, Joe Shuster, Brian Stelfreeze, Jim Steranko and Mico Suayan.

The exhibition was organized by Allen Montgomery and features many pieces from his collection.

Cerritos Library is located at 18025 Bloomfield Avenue, Cerritos.

The library is open 11 a.m. to 7 p.m., Monday through Friday; 1 to 5 p.m. on Saturday; and 1 to 5 p.m. on Sunday.



Comic book artist Allen Montgomery, pictured above, will have his work displayed during an exhibit at Cerritos Library, now open through Halloween.

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The Supreme Court's assault on women

By Susan Estrich

It was almost 50 years ago that the United States Supreme Court gave women control over their bodies prior to viability.

Within the next two years, they will take it away.

By a vote of 5-4, minutes before midnight, a very different Court refused — for the first time in 50 years — to say that an anti-abortion law is/was/will be unconstitutional.

By a vote of 5-4, the United States Supreme Court elected George W. Bush as president. The rest, as they say, was history.

I am old enough to remember.

Girls used to “get in trouble” in high school, meaning they dropped out of high school, while the boys went to college.

In college, we passed the hat for the bus fare to New York, hoping that no one started bleeding in Massachusetts, where even birth control was illegal.

For the last 30 years, we have been one vote away. For the last 30 years, Democrats have tried to convince women that we really are just one vote away.

Now we are no votes away.

Women younger than me don't remember. Teenagers and

20-somethings can't even imagine.

Wake up, girls.

Wealthy women can go to their OB-GYNs, and no one will be the wiser. Mothers can bring their daughters. Universities will take care of their own.

But teenagers? Twelve and 13-year-olds?

Victims of rape and incest?

Should those girls be forced to be mothers? Coat hangers or bus tickets? The girls least able to be mothers should be the first in line? Why?

This is the good news. Eighteen-year-olds had best to register to vote. The unimaginable is about to come true. All it took was one more vote. All it took was one term of Donald Trump.

Chief Justice John Roberts can no longer keep the Court out of politics. For better or for worse, Trump's trio has made the case for court-packing, a terrible idea whose time may have come.

What can the president say? What can the Democrats in the Senate say?

This is the good news for Democrats. Texas has overplayed its hand. First, get rid of voting rights. Second, get rid of abortion rights. Third, House Speaker Nancy Pelosi may be, just maybe, about to grab victory from the jaws of defeat. Not to mention Senate Majority Leader Chuck

Schumer.

The jobs numbers were terrible. The withdrawal from Afghanistan was a disaster. But if anything, anything, could make half the country sit up and take notice, it is what Judge Amy Coney Barrett and the boys did, literally with seconds to go on the clock.

Cowards, they are.

Hiding behind a procedural trick. No, the state isn't enforcing the law, so the state can't be sued, and then the tricksters play their games. Conservatives, the last folks to anoint private attorneys general, will allow anyone in Texas to be sued — for \$10,000 — if they so much as give a woman a ride to the gynecologist.

You have to hand it to those Texans. On the one hand, they believe in liberty — to not wear a mask. That's liberty. But for the victim of rape or incest to have control over her body? No way. For a teenage girl to have a chance to finish high school? No way.

Shame on Texas.

Susan Estrich is an expert in law and politics, criminal law, and gender discrimination. She teaches Criminal Law, Gender Discrimination and Election Law at the USC Gould School of Law.

Who wants to move to Texas?

By Froma Harrop

Texas has low taxes, which is nice. Its mild winter weather appeals to many in the snowbound north. And the cost of living there is certainly lower than that of the elite coastal cities. Also nice.

On the other hand, it has a political culture that launches serial attacks on voting rights and obsesses over transgender youth in high schools. It has now deputized citizen creeps to hunt down anyone who helped a woman obtain an abortion — her parents included — for which they can collect a \$10,000 bounty. And we're only on our second cup of coffee.

In recent years, Texas has attracted companies looking for the nice things. But some big corporations worry that the young, educated workers they want to lure to their Texas operations will start saying “no, thanks” to a place whose government mass-produces schemes, it seems, just to get into the faces of people like them.

Texas has cool progressive cities — Austin's at the top — that fit right into the knowledge workers' list of allurements. But these diabolical state laws and restrictions apply to those places as well.

Banning abortion after only six weeks — during which most women wouldn't know they are pregnant — effectively ends abortion in the state. Even more offensive, though, is the legal trickery employed to get around

Roe v. Wade — the guarantee to a right to abortion — by substituting citizen enforcers for government ones.

Opportunities for odious behavior are limitless. A woman in Waco who has suffered a miscarriage in private could represent a bag of cash to complete strangers in Wyoming. They could extort her medical providers to pay them money just to go away.

No standing in the case? No problem. Have a good time, and if you prevail, you win a \$10,000 lottery plus legal fees. No money to pay the other side's legal fees if you lose? No problem. The defendants cannot go after you for legal fees.

We have here the Lone Star version of Stasi, the surveillance apparatus run by Communist East Germany. Under Stasi, an estimated 2 million East Germans spied on fellow citizens. A study found that most informers did it for ideological reasons, not money. Imagine what would happen if, in addition to political motivations, you added a cash prize.

The Supreme Court rushed out its decision letting the law stand. Chief Justice John Roberts says the majority's ruling was tentative — that this was not an overturn of Roe, not yet.

Some say the law gets a pass because no one intends to enforce it. If so, its intention is merely to create an atmosphere of suspicion, confusion and fear.

School board meetings are getting scary

By Michelle Cottle

America's school board meetings are out of control.

Forget sonorous debates over capital improvements and annual budgets. Today's gatherings are ground zero for some of the nation's nastiest brawls over the hyper-politicized issue of mask mandates. Meetings are being overrun by protesters voicing their objections to face-coverings in classrooms — replete with mask-themed conspiracy theories, accusations of fascism and biblically themed condemnations. (Many protesters have divined that the Almighty hates masks.) School board members are being harassed and threatened, in person and online.

The encounters can get weird — and scary. Outside a school board meeting near Nashville, protesters swarmed medical professionals who had spoken in support of masking, screaming profanity and threats. “You will never be allowed in public again!” one raged. “We know who you are,” another warned. “You can leave freely, but we will find you!”

At a school board meeting in Lee County, Fla., one anti-mask speaker linked the board's support of a mandate with support for child sex trafficking (don't ask). Outside, law enforcement had to break up physical altercations.

Just before a scheduled meeting in Fort Lauderdale, a protester sporting a “Not Vaccinated” T-shirt spritzed a tray of masks with lighter fluid and set it aflame, proclaiming, “It's time to pass off this symbol of tyranny!” The board postponed its mask discussion.

After a school board on the outskirts of Pittsburgh passed a mask mandate, one man in the audience gave a Nazi salute, and someone shouted, “You made Dr. Mengele proud!” On the other side of the state, near Philadelphia, a father in a hazmat suit told the audience at a board meeting that divisive mask mandates are “what Hitler wants.”

Who knew Pennsylvania's anti-maskers possessed such keen insight into the minds of the Third Reich?

Displays like these upset people who do not think that largely nonpartisan school boards should be the targets of partisan lunacy. But while the drama may feel bound up in the angry, ugly, polarized politics of the moment, it is nothing new. Public schools have long been an irresistible battleground for America's culture warriors. On issues ranging

from sex education to desegregation, public prayer to evolution to the Pledge of Allegiance, cultural cage matches are frequently fought on the backs of local schools, with board members, educators and students too often caught in the fray.

Mask mandates are not the only topic roiling the school scene. Not infrequently, multiple issues get bundled together. In the affluent Virginia suburbs of Washington, the Loudoun County School Board has drawn the wrath of parents opposed to critical race theory, transgender rights and pandemic policies. The board's actions have been compared to those of Nazis and Communists. A new PAC, Fight for Schools, has popped up, aimed at recalling and replacing most of the board with “common sense” candidates. On Wednesday, the PAC is co-hosting a “Save Our Schools” rally with 1776 Action, a group opposed to critical race theory. The rally is to feature the former Trump administration cabinet member Ben Carson.

Much of the passion in the school culture wars is grounded in gut-level fears. Many parents are terrified by the thought that their children could be indoctrinated or otherwise manipulated by strangers.

This is a particular concern for conservatives, who worry that a snooty, liberal education establishment, in cahoots with a secular state, will turn their offspring against them and their traditional values. The fierce strains of anti-intellectualism and anti-science that periodically dominate conservatism make things exponentially worse. Just witness the backlash in some conservative corners against college — not against specific institutions or particular excesses but against the idea of higher education altogether.

As Wilma Mankiller, who was the first woman elected to head the Cherokee Nation, once noted, “Whoever controls the education of our children controls the future.”

School boards are super local, highly accessible public entities on which citizens can focus their rage and frustration. Fed up with the coronavirus pandemic disrupting normal life? What easier target than the low-level officials struggling to keep area schools on track? It can be tough for an individual or a small band of people to command the attention of a member of Congress or a state lawmaker. But school board members are right there in the community — with meetings open to all! — just waiting to be screamed at. Think of it as open-mic night for the disgruntled.

For the average citizen, punishing or even replacing a school board member seems a much more manageable proposition than ousting a mayor or governor. Small surprise that, over the decades, conservative movements and groups — who tend to have a better grasp of the power of local politics than their liberal counterparts — have spearheaded large-scale pressure campaigns and board takeovers. The conservative strategist Ralph Reed, the former executive director of the Christian Coalition, once said he would “exchange the presidency for 2,000 school seats.”

Pretty much every era has its defining school battles. Last decade, the Tea Party organized pressure campaigns on boards and fielded candidates, with an eye toward starving education systems it considered bloated and focused on the wrong missions.

During the Clinton presidency, the Christian Coalition led a nationwide push to stock school boards with social conservatives as part of its broader effort to build a grass-roots army. The group even conducted training seminars for candidates.

During the 1960s and 70s, sex education was a major flash point. The civil rights era brought bloodshed over school desegregation along with the rise of all-white academies. In the 1920s, the Ku Klux Klan, as part of its nativist agenda, pushed school boards to jettison textbooks that spoke “slightly of the founders.” And at any given moment, someone somewhere is apoplectic over a textbook or novel that is part of the local school curriculum.

National political players are quick to latch on to issues that resonate. Remember when President Ronald Reagan was pushing for a school-prayer amendment? Republicans today, including many denizens of Trumpworld, are working overtime to keep their base spun up over critical race theory.

All these fights are purportedly waged “for the good of the children, even as the children are being used as pawns. It is not a pretty sight. But it is the American way.

Michelle Cottle is an opinion writer for the New York Times.

We may be doomed in the next pandemic

By Wolfgang Klietmann

“There have been as many plagues as wars in history,” wrote Albert Camus in *The Plague*, “yet always plagues and wars take people equally by surprise.” The world was certainly unprepared for COVID-19, but in just a year and a half after the SARS-CoV-2 virus was identified, 5 billion doses of vaccines have been administered — an unprecedented response.

American pharmaceutical manufacturers have been leading the fight. The U.S. Food & Drug Administration (FDA), has granted approval or emergency authorization to three vaccines. Two were developed by U.S. companies and the other by a U.S.-German partnership.

The U.S. leads, in large part, because our government has been wise to resist counterproductive constraints on innovation. Successfully developing a drug requires billions in capital, and any firm embarking on such a venture requires the possibility of a reward for taking enormous risk. In recent years, governments in Europe and other parts of the world have introduced price controls on medicines, and their pharmaceutical industries have suffered accordingly.

As recently as 1990, European pharmaceutical companies were spending far more on research and development than U.S. firms. But,

by 2019, U.S. companies were spending 50% more than their European counterparts.

R&D is paying off for patients. The FDA has already approved 34 new drugs this year, including 12 therapies for cancer and others for conditions such as lupus, schizophrenia and kidney disease.

Unfortunately, however, President Biden has a plan that threatens the U.S. health innovation model. On Aug. 12, the President proposed that Medicare authorities would “negotiate” prices with pharmaceutical companies.

In other words, the president wants price controls on drugs.

Setting artificially low prices would impede patients' access to treatments today and discourage companies from investing in the drugs of tomorrow. There's no way to reduce Medicare drug spending by hundreds of billions of dollars without it resulting in less R&D and ultimately, fewer new drugs and vaccines.

Such measures would impede our ability to foresee future pandemics. This preparedness is essential, because additional health crises are inevitable. The United States recently recorded four cases of Melioidosis, an infectious disease in several tropical regions, including Central

America. And on August 11, 2021 the WHO reported that for the first time a case of the Marburg Virus was seen in Guinea in West-Africa, a tropical hemorrhagic disease related to Ebola which had caused smaller eruptions in East-Africa in the past.

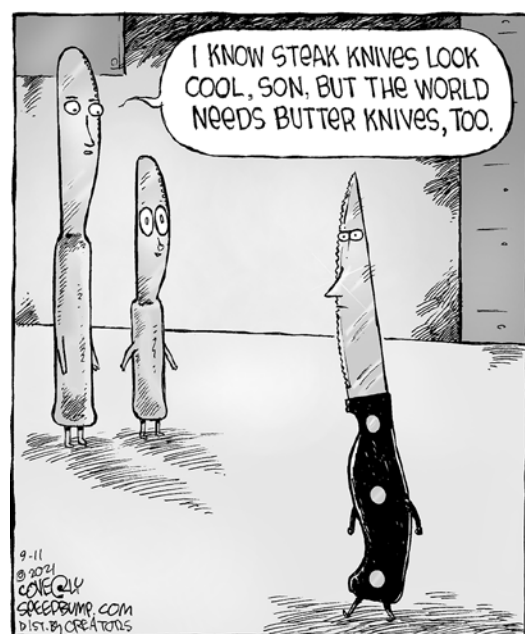
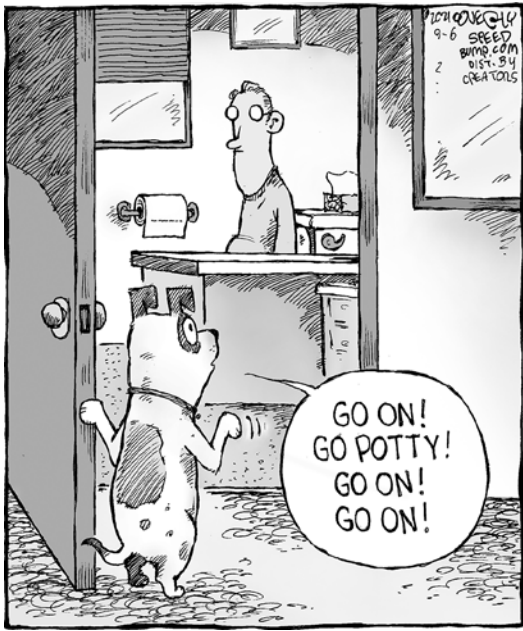
Rather than risking such a disaster, Washington could reform the Medicare insurance system itself. Biden wants to set a cap on “the amount that seniors have to spend on prescription drugs each year at no more than...\$250 a month on average. That'd be a game changer.” He's right.

Changing the structure of Medicare insurance would not only be fairer for America's seniors, it would also avoid disrupting the innovation model that has already prevented millions of COVID deaths. We can be certain that, as Camus wrote, other plagues are coming, but, with a strong system of developing and manufacturing the best vaccines and medicines, we won't be taken entirely by surprise.

Dr. Wolfgang Klietmann is a former clinical pathologist and medical microbiologist at Harvard Medical School. This piece was previously published in the Boston Herald.

www.TheNorwalkPatriot.com

SPEED BUMP DAVE COVERLY



Norwalk Community Calendar

MONDAYS

1st Mon., 6 pm - Public Safety meetings - Council Chambers

TUESDAYS

9:00 a.m. - 1 pm - Farmers Market - Norwalk City Hall
 1st & 3rd Tues., 6 pm - Toastmasters Meetings - Registrar Recorder/County Clerks Office
 1st & 3rd Tues., 6 pm - City Council - Council Chambers
 3rd Tues., 5:45 pm - Housing Authority - Council Chambers
 3rd Tues., 7 pm - Soroptimist International - Via Zoom

WEDNESDAYS

1st & 3rd Wed., 7 pm - Lions Club - Bruce's Restaurant
 2nd Wed., 10:30 am - Norwalk Woman's Club - Masonic Lodge
 2nd & 4th Wed., 1:30 pm - Alondra Senior Citizens - Social Services Center
 2nd & 4th Wed., 7:30 pm - Planning Commission - Council Chambers
 4th Wed., 11:30 am - Coordinating Council - Arts & Sports Complex

THURSDAYS

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

SATURDAYS

9:00 a.m. - 1:00 p.m. - Farmers Market - Norwalk City Hall
 2nd Sat., 8:30 a.m. - 10:30 a.m. - Pancake Breakfast - 1st Christian Church of Norwalk

Would you like an event listed in the community calendar?
 E-mail news@thedowneypatriot.com

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PUZZLE OF THE WEEK

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)
COURSE CATALOG: It's your choice
 by Greg Johnson

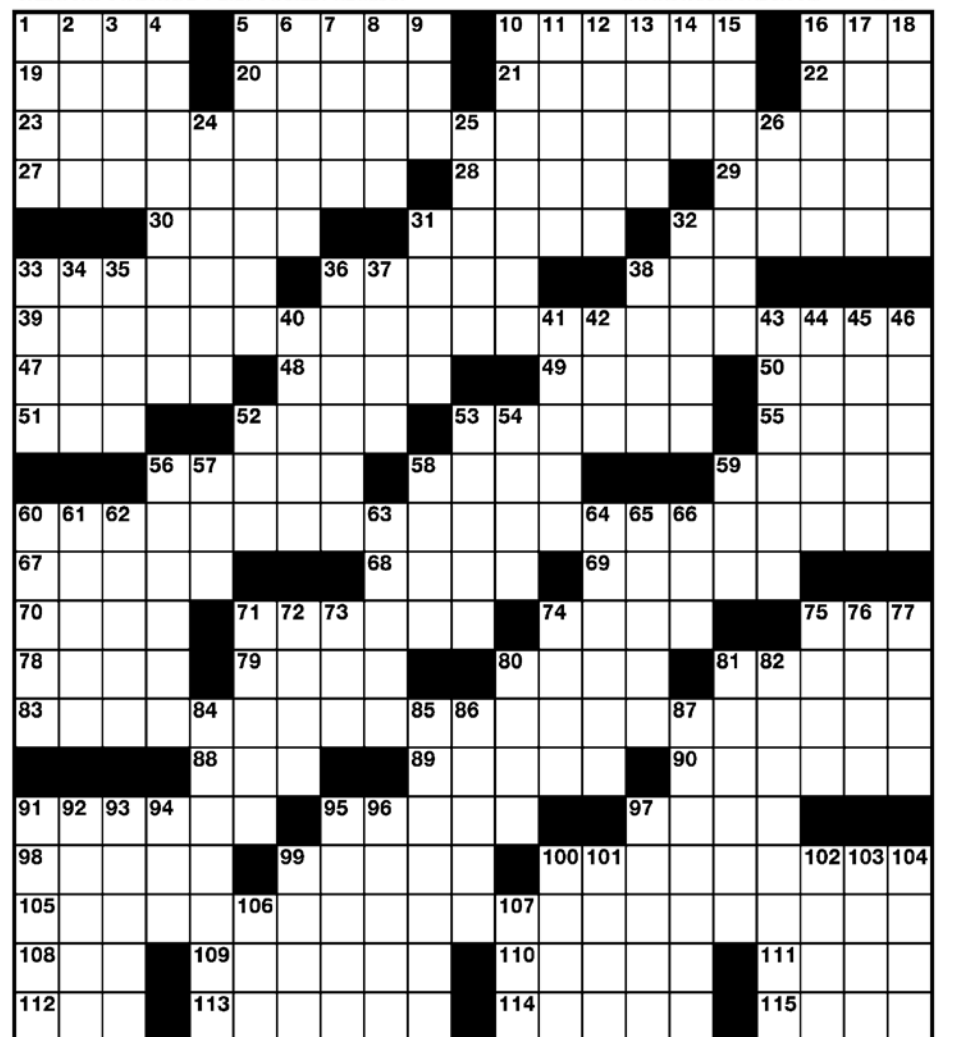
You can contact puzzle editor Stanley Newman at his e-mail address: StanXwords@aol.com. Or write him at P.O. Box 69, Massapequa Park, NY 11762, Please send a self-addressed, stamped envelope if you'd like a reply.

You can contact puzzle editor Stanley Newman at www.StanXwords.com

Author Earl DERR Biggers (55 character on a real-life Honolulu character of an 18th century French play, which was adapted to opera by Mozart and Rossini. In addition to *My Fair Lady*, other notable films directed by George CUKOR (97 Down) include *Dinner at Eight*, *The Philadelphia Story* and *Gaslight*.

- | | | | |
|--|--------------------------------|--------------------------------|----------------------------------|
| ACROSS | 1 Quick breath | 70 Far from colorful | 12 Hotel room amenities |
| 5 Opinions | 71 The Barber of Seville | 74 Strike with a snowball | 13 Toiletry case |
| 10 CPA's calculation | 75 Across the pool and back | 78 Gift wrapper's need | 14 Margarine holder |
| 16 Highway travel abbr. | 79 45th state | 80 Immunological fluids | 15 Lost control on the road |
| 19 Earn an effort | 81 Pursue | 83 Seafood options | 16 Lava, before its exit |
| 20 Where Bollywood films are made | 82 Pursue | 88 Swelter | 17 Joyous song |
| 21 Gab with | 83 Seafood options | 89 Empathetic comment | 18 Brave and strong |
| 22 Great report card | 88 Swelter | 90 Japanese autos | 24 Carved emblems |
| 23 Vegan options | 89 Empathetic comment | 91 Calm down | 25 Plant swelling |
| 27 Silliness | 90 Japanese autos | 95 Rock bottom | 26 Foolish talk |
| 28 A question of risk | 91 Calm down | 97 24 cans, often | 31 City near Santa Fe |
| 29 Land rover | 95 Rock bottom | 98 Big game venue | 32 Domineering |
| 30 French state | 97 24 cans, often | 99 Bungle | 33 Club with a house |
| 31 Evaluations | 98 Big game venue | 100 Golf groups | 34 Stitch's pal in a Disney film |
| 32 Flora's field | 99 Bungle | 105 Non-vegan options | 35 Instrument with keys |
| 33 Bit of broccoli | 100 Golf groups | 108 Boston winter hrs. | 36 Instigate |
| 36 "Ditto" | 105 Non-vegan options | 109 Book after Nehemiah | 37 Henry Ford contemporary |
| 38 Gymnast Mary ___ Retton | 108 Boston winter hrs. | 110 Ornate tie | 38 Secret retreat |
| 39 Bovine options | 109 Book after Nehemiah | 111 "Inner" starter | 40 Japanese dog |
| 47 Soothing plant extracts | 110 Ornate tie | 112 Image quality, for short | 41 Tolkien letters |
| 48 Growing goats | 111 "Inner" starter | 113 Knight rides | 42 F ___ (certain test choices) |
| 49 Leon who wrote historical novels | 112 Image quality, for short | 114 Fairy tale trio | 43 Full-___ (hearty) |
| 50 Gymnast Korbut | 113 Knight rides | 115 Metallic corrosion | 44 Send to a senate |
| 51 Bathwater tester | 114 Fairy tale trio | | 45 Wetlands wader |
| 52 Broadcasts | 115 Metallic corrosion | | 46 Language of Iran |
| 53 Upper class | | DOWN | 52 Novelist Patchett |
| 55 Detective novelist Earl ___ Biggers | 1 Ideal, in teenspeak | 2 In the distance | 53 Thingy |
| 56 Language of central Africa | 3 Formal denial | 4 Move across | 54 LAX board data |
| 58 Acknowledge as a source | 5 Infringe upon | 6 Arctic native | 56 Very risky proposition |
| 59 Cuts squarishly | 7 Cut for fit or content | 8 Guileful | 57 Grow mellow |
| 60 Trattoria options | 8 Guileful | 9 Common Little Italy nickname | 58 Business baron |
| 67 Wear away | 9 Common Little Italy nickname | 10 Pretend | 59 UPS competitor |
| 68 Power-production projects | 10 Pretend | 11 Low on cash | 60 Caused |
| 69 Casino exit line | 11 Low on cash | | 61 Impressive collection |
| | | | 62 Cleaning products |
| | | | 63 43rd state |

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- | | | |
|-----------------------------|-------------------------|---------------------------------|
| 64 Upper Midwest capital | 81 Sophisticated | 96 Sought info |
| 65 Fix ___ (do tire repair) | 82 Become foggy | 97 <i>My Fair Lady</i> director |
| 66 Comprehended | 84 Blots out | 99 Trifling amount |
| 71 Like a fox | 85 Auction participants | 100 Melt together |
| 72 Tiny | 86 Descendant | 101 Porpoise cousin |
| 73 128 fl. oz. | 87 Turkish inns | 102 Course listing |
| 74 Look closely | 91 Stuff to recycle | 103 Digs in |
| 75 Force around USC | 92 Came to light | 104 Hole to fill |
| 76 Origin of oranges | 93 Altoids alternative | 106 FDR successor |
| 77 Podded plants | 94 Prepare a press | 107 What may fit into a |
| 80 Heavenly light | 95 Market subsegment | 104 Down |

Reach Stan Newman at www.StanXwords.com

INDUSTRIES, 2070 FREMONT AVE., SOUTH PASADENA, CA 91030 (State of Incorporation/Organization: CA). This business is conducted by: CORPORATION. I declare that all information in this statement is true and correct.

FICTITIOUS BUSINESS NAME STATEMENT 2021181696 The following person(s) is/are doing business as: LIMELIGHT ACTING STUDIO, 25000 AVE STANFORD SUITE 250, VALENCIA, CA 91355

FICTITIOUS BUSINESS NAME STATEMENT 2021181884 The following person(s) is/are doing business as: WESTERN AVE, LOS ANGELES, CA 90047 LA COUNTY, Mailing address if different: 9157 S GARVEY WAY, INGLEWOOD, CA 90305.

FICTITIOUS BUSINESS NAME STATEMENT 2021182102 The following person(s) is/are doing business as: PARTY LLAMA RENTALS, 654 S. DUNCAN AVE, LOS ANGELES, CA 90022 LA COUNTY, Mailing address if different: N/A.

FICTITIOUS BUSINESS NAME STATEMENT 202183495 The following person(s) is/are doing business as: SD STUDIO, 9420 RESEDA BLVD SUITE 401, NORTHRIDGE, CA 91324 LA COUNTY, Mailing address if different: N/A.

FICTITIOUS BUSINESS NAME STATEMENT 2021183815 The following person(s) is/are doing business as: ROYAL POOL SERVICES, 5318 E. 2ND ST, #522, LONG BEACH, CA 90803 LA COUNTY, Mailing address if different: N/A.

FICTITIOUS BUSINESS NAME STATEMENT 2021183971 The following person(s) is/are doing business as: AMOR MEDICAL TRANSPORTATION,

14536 ROSCOE BLVD., SUITE 204, PANORAMA CITY, CA 91402 LA COUNTY, Mailing address if different: N/A. The full name(s) of registrant(s) is/are: AMOR NON-EMERGENCY MEDICAL TRANSPORTATION, 14536 ROSCOE BLVD., SUITE 204, PANORAMA CITY, CA 91402

FICTITIOUS BUSINESS NAME STATEMENT 2021184335 The following person(s) is/are doing business as: A MAGICAL PLACE BOUTIQUE, 615 ROYAL VIEW ST, DUARTE, CA 91010 LA COUNTY, Mailing address if different: N/A.

FICTITIOUS BUSINESS NAME STATEMENT 2021184606 The following person(s) is/are doing business as: 1, MEDICARE 10, 2 CLEAR CHOICE LIFE, 9744 WILSHIRE BLVD STE 305, BEVERLY HILLS, CA 90212

FICTITIOUS BUSINESS NAME STATEMENT 2021185045 The following person(s) is/are doing business as: GLADY'S DONUTS, 17230 DOWNEY AVENUE, BELLFLOWER, CA 90706 LA COUNTY, Mailing address if different: N/A.

FICTITIOUS BUSINESS NAME STATEMENT 2021185292 The following person(s) is/are doing business as: COLE'S CONFECTIONS, 1985 ORLANDO RD, SAN MARINO, CA 91108 LOS ANGELES, Mailing address if different: N/A.

FICTITIOUS BUSINESS NAME STATEMENT 2021185919 The following person(s) is/are doing business as: MALANI DESIGN SHOP, 10847 ORO VISTA AVE, SUNLAND, CA 91040

use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law

FICTITIOUS BUSINESS NAME STATEMENT 2021185847 The following person(s) is/are doing business as: DCV CONSTRUCTION, 10440 EZAMORA AVE, LOS ANGELES, CA 90002 LA COUNTY, Mailing address if different: N/A.

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FICTITIOUS BUSINESS NAME STATEMENT 2021186115 The following person(s) is/are doing business as: HAIR BY STEV C, 6749 FALLBROOK AVE SUITE 124, WEST HILLS, CA 91307 LA COUNTY, Mailing address if different: N/A.

knows to be false is guilty of a crime.) Signed: WILLIAM STEVEN CUELLAR RODRIGUEZ, WIFE, THE REGISTRANT COMMENCED TO TRANSACT BUSINESS UNDER THE FICTITIOUS BUSINESS NAME LISTED ABOVE ON (DATE): 05/2021.

FICTITIOUS BUSINESS NAME STATEMENT 2021185922 The following person(s) is/are doing business as: WILLIAM'S SON LLC, 1917 NEW JERSEY ST, LOS ANGELES, CA 90033

FICTITIOUS BUSINESS NAME STATEMENT 2021186351 The following person(s) is/are doing business as: ALLSTAR SPORTSCARDS AND COMICS, 12760 HADDON AVE, SYLMAR, CA 91342 LA COUNTY, Mailing address if different: N/A.

FICTITIOUS BUSINESS NAME STATEMENT 2021187326 The following person(s) is/are doing business as: PEAK THEATRE ARTS, 630 VENICE WAY #303, INGLEWOOD, CA 90302 LA COUNTY, Mailing address if different: N/A.

FICTITIOUS BUSINESS NAME STATEMENT 2021187375 The following person(s) is/are doing business as: WEST FIRE FABRICATION, 1301 EAST AVE I SP 417, LANCASTER, CA 93535

FICTITIOUS BUSINESS NAME STATEMENT 2021187526 The following person(s) is/are doing business as: ZURIKY RESEARCH, 427 YALE AVE, CLAREMONT, CA 91711 LOS ANGELES, Mailing address if different: N/A.

FICTITIOUS BUSINESS NAME STATEMENT 2021187641 The following person(s) is/are doing business as: MOLINO'S VINO, 18715 DELIGHT STREET, CANYON COUNTRY, CA 91351 LA COUNTY, Mailing address if different: N/A.

registrar commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date) 08/23/2021.

FICTITIOUS BUSINESS NAME STATEMENT 2021187663 The following person(s) is/are doing business as: AFFINITY BUSINESS SERVICES, 2215 ZAMORA AVE, SUITE 101, LOS ANGELES, CA 90012 LA COUNTY, Mailing address if different: N/A.

FICTITIOUS BUSINESS NAME STATEMENT 2021188416 The following person(s) is/are doing business as: AFFINITY BUSINESS SERVICES, 2215 ZAMORA AVE, SUITE 101, LOS ANGELES, CA 90012

FICTITIOUS BUSINESS NAME STATEMENT 2021188447 The following person(s) is/are doing business as: GET YOU THERE RIDESHARE, 16953 ROA DRIVE, CARSON, CA 90746 LA COUNTY, Mailing address if different: N/A.

FICTITIOUS BUSINESS NAME STATEMENT 2021188479 The following person(s) is/are doing business as: BIENESTAR NUTRICION JT, 331 W 48TH ST, LOS ANGELES, CA 90037

FICTITIOUS BUSINESS NAME STATEMENT 2021188679 The following person(s) is/are doing business as: J.R. RAIN GUTTERS, 13536 VICTORY BLVD, VAN NUYS, CA 91401 LA COUNTY, Mailing address if different: N/A.

FICTITIOUS BUSINESS NAME STATEMENT 2021188684 The following person(s) is/are doing business as: WRITHEER CONSULTANCY, 6670 LINDENHURST AVENUE 14, LOS ANGELES, CA 90048

declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: DREUX LINDSEY DOUGALL, OWNER, THE REGISTRANT COMMENCED TO TRANSACT BUSINESS UNDER THE FICTITIOUS BUSINESS NAME LISTED ABOVE ON (DATE): N/A.

FICTITIOUS BUSINESS NAME STATEMENT 2021188720 The following person(s) is/are doing business as: INDIGO BODY BALANCE, 12215 VENTURA BLVD, SUITE 110, STUDIO CITY, CA 91604

FICTITIOUS BUSINESS NAME STATEMENT 2021188789 The following person(s) is/are doing business as: BELLARINA, 16018 CLEARBROOK LN, CERRITOS, CA 90703 LA COUNTY, Mailing address if different: N/A.

FICTITIOUS BUSINESS NAME STATEMENT 2021188985 The following person(s) is/are doing business as: MONA CREATIVE STUDIO, 6313 CANOBIE AVE, WHITTIER, CA 90601 LA COUNTY, Mailing address if different: N/A.

FICTITIOUS BUSINESS NAME STATEMENT 2021188991 The following person(s) is/are doing business as: TRAVEL AND TOURS BY CHRISTY, 311 GRISWOLD ST, GLENDALE, CA 91205 LOS ANGELES, Mailing address if different: 311 GRISWOLD ST, GLENDALE, CA 91205

FICTITIOUS BUSINESS NAME STATEMENT 2021189113 The following person(s) is/are doing business as: WICKED WIENER, 7453 CARTWRIGHT AVE, SUN VALLEY, CA 91352 LA COUNTY, Mailing address if different: N/A.

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10 natural ways to control high blood pressure without medication

Contributed by the Mayo Clinic

If you've been diagnosed with high blood pressure, you might be worried about taking medication to bring your numbers down.

Lifestyle plays an important role in treating your high blood pressure. If you successfully control your blood pressure with a healthy lifestyle, you might avoid, delay or reduce the need for medication.

Here are 10 lifestyle changes you can make to lower your blood pressure and keep it down.

1. Lose extra pounds and watch your waistline

Blood pressure often increases as weight increases. Being overweight also can cause disrupted breathing while you sleep (sleep apnea), which further raises your blood pressure.

Weight loss is one of the most effective lifestyle changes for controlling blood pressure. Losing even a small amount of weight if you're overweight or obese can help reduce your blood pressure. In general, you may reduce your blood pressure by about 1 millimeter of mercury (mm Hg) with each kilogram (about 2.2 pounds) of weight you lose.

Besides shedding pounds, you generally should also keep an eye on your waistline. Carrying too much weight around your waist can put you at greater risk of high blood pressure.

In general:

Men are at risk if their waist measurement is greater than 40 inches (102 centimeters).

Women are at risk if their waist measurement is greater than 35 inches (89 centimeters).

These numbers vary among ethnic groups. Ask your doctor about a healthy waist measurement for you.

2. Exercise regularly

Regular physical activity — such as 150 minutes a week, or about 30 minutes most days of the week — can lower your blood pressure by about 5 to 8 mm Hg if you have high blood pressure. It's important to be consistent because if you stop exercising, your blood pressure can rise again.

If you have elevated blood pressure, exercise can help you

avoid developing hypertension. If you already have hypertension, regular physical activity can bring your blood pressure down to safer levels.

Some examples of aerobic exercise you may try to lower blood pressure include walking, jogging, cycling, swimming or dancing. You can also try high-intensity interval training, which involves alternating short bursts of intense activity with subsequent recovery periods of lighter activity. Strength training also can help reduce blood pressure. Aim to include strength training exercises at least two days a week. Talk to your doctor about developing an exercise program.

3. Eat a healthy diet

Eating a diet that is rich in whole grains, fruits, vegetables and low-fat dairy products and skimps on saturated fat and cholesterol can lower your blood pressure by up to 11 mm Hg if you have high blood pressure. This eating plan is known as the Dietary Approaches to Stop Hypertension (DASH) diet.

It isn't easy to change your eating habits, but with these tips, you can adopt a healthy diet:

Keep a food diary. Writing down what you eat, even for just a week, can shed surprising light on your true eating habits. Monitor what you eat, how much, when and why.

Consider boosting potassium. Potassium can lessen the effects of sodium on blood pressure. The best source of potassium is food, such as fruits and vegetables, rather than supplements. Talk to your doctor about the potassium level that's best for you.

Be a smart shopper. Read food labels when you shop and stick to your healthy-eating plan when you're dining out, too.

4. Reduce sodium in your diet

Even a small reduction in the sodium in your diet can improve your heart health and reduce blood pressure by about 5 to 6 mm Hg if you have high blood pressure.

The effect of sodium intake on blood pressure varies among groups of people. In general, limit sodium to 2,300 milligrams (mg) a day or less. However, a lower sodium intake — 1,500 mg a day or less — is ideal for most

adults.

To decrease sodium in your diet, consider these tips:

Read food labels. If possible, choose low-sodium alternatives of the foods and beverages you normally buy.

Eat fewer processed foods. Only a small amount of sodium occurs naturally in foods. Most sodium is added during processing.

Don't add salt. Just 1 level teaspoon of salt has 2,300 mg of sodium. Use herbs or spices to add flavor to your food.

Ease into it. If you don't feel you can drastically reduce the sodium in your diet suddenly, cut back gradually. Your palate will adjust over time.

5. Limit the amount of alcohol you drink

Alcohol can be both good and bad for your health. By drinking alcohol only in moderation — generally one drink a day for women, or two a day for men — you can potentially lower your blood pressure by about 4 mm Hg. One drink equals 12 ounces of beer, five ounces of wine or 1.5 ounces of 80-proof liquor.

But that protective effect is lost if you drink too much alcohol.

Drinking more than moderate amounts of alcohol can actually raise blood pressure by several points. It can also reduce the effectiveness of blood pressure medications.

6. Quit smoking

Each cigarette you smoke increases your blood pressure for many minutes after you finish. Stopping smoking helps your blood pressure return to normal. Quitting smoking can reduce your risk of heart disease and improve your overall health. People who quit smoking may live longer than people who never quit smoking.

7. Cut back on caffeine

The role caffeine plays in blood pressure is still debated. Caffeine can raise blood pressure up to 10 mm Hg in people who rarely consume it. But people who drink coffee regularly may experience little or no effect on their blood pressure.

Although the long-term effects of caffeine on blood pressure aren't clear, it's possible blood pressure may slightly increase.

To see if caffeine raises your blood pressure, check your pressure within 30 minutes of drinking a caffeinated beverage. If your blood pressure increases by 5 to 10 mm Hg, you may be sensitive to the blood pressure raising effects of caffeine. Talk to your doctor about the effects of caffeine on your blood pressure.

8. Reduce your stress

Chronic stress may contribute to high blood pressure. More research is needed to determine the effects of chronic stress on blood pressure. Occasional stress also can contribute to high blood pressure if you react to stress by eating unhealthy food, drinking alcohol or smoking.

Take some time to think about what causes you to feel stressed, such as work, family, finances or illness. Once you know what's causing your stress, consider how you can eliminate or reduce stress.

If you can't eliminate all of your stressors, you can at least cope with them in a healthier way. Try to:

Change your expectations. For example, plan your day and focus on your priorities. Avoid trying to do too much and learn to say no. Understand there are some things you can't change or control, but you can focus on how you react to them.

Focus on issues you can control and make plans to solve them. If you are having an issue at work, try talking to your manager. If you are having a conflict with your kids or spouse, take steps to resolve it.

Avoid stress triggers. Try to avoid triggers when you can. For example, if rush-hour traffic on the way to work causes stress, try leaving earlier in the morning, or take public transportation. Avoid people who cause you stress if possible.

Make time to relax and to do activities you enjoy. Take time each day to sit quietly and breathe deeply. Make time for enjoyable activities or hobbies in your schedule, such as taking a walk, cooking or volunteering.

Practice gratitude. Expressing gratitude to others can help reduce your stress.

9. Monitor your blood pressure at home and see your doctor regularly

Home monitoring can help

Paging Dr. Frischer...

By Dr. Alan Frischer

I encourage each and every patient I see to find a way to make exercise a regular part of his or her life. Many forms of exercise involve

coordination with others, purchasing costly equipment, reserving a court, or taking classes. There is one simple, no-excuse form of exercise that nearly anyone can do: Walk.



Countless studies show that this simple form of movement has numerous and wide-ranging benefits:

Nearly half of all Americans are inactive, and walking is the simplest way to start. It doesn't involve special training, is safe for new exercisers, and has one of the lowest exercise injury rates.

Walking can be as easy or intense as desired. Start slowly on level surfaces, and increase pace and elevation gradually. Some choose to walk with hand and ankle weights.

Walking regularly for some 22 minutes per day can help with weight loss, lower cholesterol and blood pressure, reduce the risk of heart disease, diabetes and cancer, and strengthen the bones, muscles and joints.

Walking is a brain booster; it improves memory and cognitive function. It has been associated with an increase in the brain's gray matter, and some studies show that walking reduces the risk of dementia and Alzheimer's disease.

Walking boosts mood and lowers stress, especially when walking

outdoors, in a natural setting.

Walking helps to improve our energy level. Many people reason that if they feel tired, how can they go for a walk? It is a proven fact that exercise gives us more energy.

Walking improves sleep and helps to resolve insomnia. This is especially true for those between 50 and 75.

We hear a lot about walking 10,000 steps per day. This is not a magic health goal. While reaching 10,000 steps is admirable, one study showed that even as few as 4,400 steps per day resulted in a lower death rate than did 2,700 steps per day.

Walking with others is a great way to build bonds. Walking with your children can enhance communication, reduce behavioral issues and even help them academically. Walking with your spouse offers similar benefits. Note that most romantic relationships start with a friendship! Take a friend for a walk.

Walking through the neighborhood improves relationships with neighbors, reduces crime rates, and serves as a great way to get to know your community.

Need one more argument? Other than investing in a good pair of well-fitting walking shoes, it's free. No money spent on a gym membership, yoga classes, tennis lessons, etc. I urge you to consider starting your new walking program today.

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.

you keep tabs on your blood pressure, make certain your lifestyle changes are working, and alert you and your doctor to potential health complications. Blood pressure monitors are available widely and without a prescription. Talk to your doctor about home monitoring before you get started.

Regular visits with your doctor are also key to controlling your blood pressure. If your blood pressure is well-controlled, check with your doctor about how often you need to check it. Your doctor may suggest checking it daily or less often. If you're making any changes in your medications or other treatments, your doctor may recommend you check your blood pressure starting two

weeks after treatment changes and a week before your next appointment.

10. Get support

Supportive family and friends can help improve your health. They may encourage you to take care of yourself, drive you to the doctor's office or embark on an exercise program with you to keep your blood pressure low.

If you find you need support beyond your family and friends, consider joining a support group. This may put you in touch with people who can give you an emotional or morale boost and who can offer practical tips to cope with your condition.

What is diabetic nephropathy and can it be treated?

Contributed by the Mayo Clinic

Diabetic nephropathy is a serious kidney-related complication of type 1 diabetes and type 2 diabetes. It is also called diabetic kidney disease. About 25% of people with diabetes eventually develop kidney disease.

Diabetic nephropathy affects your kidneys' ability to do their usual work of removing waste products and extra fluid from your body. The best way to prevent or delay diabetic nephropathy is by maintaining a healthy lifestyle and treating your diabetes and high blood pressure.

Over many years, the condition slowly damages your kidneys' delicate filtering system. Early treatment may prevent or slow the disease's progress and reduce the chance of complications.

Your kidney disease may progress to kidney failure, also called end-stage kidney disease. Kidney failure is a life-threatening condition. At this stage your treatment options are dialysis or a kidney transplant.

In the early stages of diabetic nephropathy, you may not notice any signs or symptoms. In later stages, the signs and symptoms include:

Worsening blood pressure control

Protein in the urine

Swelling of feet, ankles, hands or eyes

Increased need to urinate
Reduced need for insulin or diabetes medicine

Confusion or difficulty concentrating

Shortness of breath

Loss of appetite

Nausea and vomiting

Persistent itching

Fatigue

Make an appointment with your doctor if you have any signs or symptoms of kidney disease.

If you have diabetes, visit your doctor yearly for a urine test that detects protein and a test to check the creatinine level in your blood. These help determine how well the kidneys are functioning.

Your kidneys contain millions of tiny blood vessel clusters (glomeruli) that filter waste from your blood. Severe damage to these blood vessels can lead to diabetic nephropathy, decreased kidney function and kidney failure.

Over time, poorly controlled diabetes can cause damage to blood vessel clusters in your kidneys that filter waste from your blood. This can lead to kidney damage and cause high blood pressure. High blood pressure can cause further kidney damage by increasing the pressure in the delicate filtering system of the kidneys.

Your risk of diabetic nephropathy is greater if you have type 1 or type 2 diabetes.

Several other factors may increase your risk of diabetic nephropathy, including:

High blood sugar (hyperglycemia) that's not well-controlled

High blood pressure (hypertension) that's not controlled

Being a smoker

High blood cholesterol

A family history of diabetes and kidney disease

Complications of diabetic nephropathy may develop gradually over months or years. They may include:

Fluid retention, which could lead to swelling in your arms and legs, high blood pressure, or fluid in your lungs (pulmonary edema)

A rise in potassium levels in your blood (hyperkalemia)

Heart and blood vessel disease (cardiovascular disease), possibly leading to stroke

Damage to the blood vessels of the retina (diabetic retinopathy)

Anemia

Foot sores, erectile dysfunction, diarrhea and other problems related to damaged nerves and blood vessels

Pregnancy complications that carry risks for the mother and the developing fetus

Irreversible damage to your kidneys (end-stage kidney disease), eventually needing either dialysis or a kidney transplant for survival

To reduce your risk of developing diabetic kidney disease:

Treat your diabetes. With effective treatment of diabetes, you may prevent or delay diabetic kidney disease.

Manage high blood pressure or other medical conditions. If you have high blood pressure or other conditions that increase your risk of kidney disease, work with your doctor to control them. Ask your doctor about tests to look for signs of kidney damage.

Follow instructions on over-the-counter medications. When using nonprescription pain relievers such as aspirin and ibuprofen (Advil, Motrin IB, others), follow the instructions on the package. For people with diabetic kidney disease, taking these types of pain relievers can lead to kidney damage.

Maintain a healthy weight. If you're at a healthy weight, work to maintain it by being physically active most days of the week. If you need to lose weight, talk with your doctor about weight-loss strategies, such as increasing daily physical activity and reducing calories.

Don't smoke. Cigarette smoking can damage your kidneys and make existing kidney damage worse. If you're a smoker, talk to your doctor about strategies for quitting smoking. Support groups, counseling and medications can all help you to stop.

Contributed by the Mayo Clinic

Influenza is a viral infection that attacks your respiratory system — your nose, throat and lungs. Influenza is commonly called the flu, but it's not the same as stomach "flu" viruses that cause diarrhea and vomiting.

For most people, the flu resolves on its own. But sometimes, influenza and its complications can be deadly. People at higher risk of developing flu complications include:

Young children under age 5, and especially those under 6 months

Adults older than age 65

Residents of nursing homes and other long-term care facilities

Pregnant women and women up to two weeks after giving birth

People with weakened immune systems

Native Americans

People who have chronic illnesses, such as asthma, heart disease, kidney disease, liver disease and diabetes

People who are very obese, with a body mass index (BMI) of 40 or higher

Though the annual influenza vaccine isn't 100% effective, it's still your best defense against the flu.

At first, the flu may seem like a common cold with a runny nose, sneezing and sore throat. But colds usually develop slowly, whereas the flu tends to come on suddenly. And although a cold can be a bother, you usually feel much worse with the flu.

Most people who get the flu can treat themselves at home and often don't need to see a doctor.

If you have flu symptoms and are at risk of complications, see your doctor right away. Taking antiviral drugs may reduce the length of your illness and help prevent more-serious problems.

If you have emergency signs and symptoms of the flu, get medical care right away. For adults, emergency signs and symptoms can include:

Difficulty breathing or shortness of breath

Chest pain

Ongoing dizziness

Seizures

Worsening of existing medical conditions

Severe weakness or muscle pain

Norwalk rolls past Savanna, 55-0

■ HIGH SCHOOL FOOTBALL ROUNDUP

By John M. Sherrard
Contributor

NORWALK – It was a clean sweep for the Norwalk, John Glenn and La Mirada high school football teams this past week with big wins in week three of the 2021 season.

Santa Fe lost its third consecutive game, but scored its first points of the season.

Norwalk 55, Savanna 0

After a season-opening loss to San Marino, the Norwalk Lancers have been on a roll with two convincing victories.

The latest, a 55-0, shutout over visiting Savanna (0-3), last Thursday Sept. 2, which was the largest margin of victory for the Lancers since a 69-6 thrashing over Cerritos in 2017.

“It (win) feels great,” said Norwalk coach Ruben Guerrero, after the big win. “The offense had a big night (Sept. 2). The

kids played hard and they came out with intention and I’m happy for them.

“We’re 2-1 to open the season, spirits are high, moral is high and it’s awesome to be part of (winning). They are learning all aspects of the game.”

The Lancers also began the season with three consecutive home games after debuting their new stadium on opening night.

“It’s our third home game and we’re getting kind of used to being here,” said Guerrero, of the new facility. “We like being here. The next three are on the road and we’ll see how that goes.”

The Norwalk offense totaled 470 yards rushing by nine different players.

Leading the way for the Lancers was junior running back David Herrera with a monster game on the ground with 224 yards on 10 carries and five touchdowns, which included a 95-yard return after a muffed field goal by Savanna.

“(Herrera) had a breakout



Norwalk running back Adrian Ramirez (2) runs in for a touchdown against Savanna in their non-league game at the Norwalk High School Stadium on Thursday. (Photo by Keith Durlfinger)

game,” Guerrero said. “He was on fire on all cylinders Thursday night.

“When he started to warm up, we saw something in David. He was really determined.”

Herrera now has seven total touchdowns on the season.

Senior running back Jonathan Goodloe carried the ball eight times for 119 yards and a score, while junior running back Adrian Ramirez (2 carries, 50 yards) and junior quarterback Caden Barnhill (4 carries, 25 yards) each scored a rushing touchdown.

Anthony Martinez and Sam Aguirre ran for 20 and 13 yards, respectively, for the Lancers.

Herrera started the Lancer offense going on the second play from scrimmage, as he scored on a 56-yard run to give Norwalk an early, 7-0 lead.

The Lancers scored on their next two consecutive series on a 44-yard TD run by Goodloe and a 2-yard run by Barnhill for the 21-0 first-quarter lead.

The Lancers duplicated that with another 21 points as it was all Herrera in the second quarter.

Herrera scored on a 7-yard run for the 28-0 lead. On a Savanna field goal attempt, Herrera got the loose ball after a tipped 25-yard field goal attempt and ran it back for a 95-yard touchdown.

He would add another long scoring run (58 yards) for the 42-0 halftime lead.

For the fifth and final time, Herrera crossed the goal line in the third quarter with another long run of 41 yards and a 49-0 lead.

Ramirez completed the scoring with a 17-yard run late in the third quarter.

“We were having a lot of success, so we kept it on the

ground,” added Guerrero. “I’m very proud of the kids. The offensive line, led by (senior guard) Damon Ramirez, (senior guard) Angel Rosales and (senior center) Diego Hernandez did an excellent job. They are the leaders of the offense.”

As for the defense, Guerrero challenged them and said, “They really came through.” Free safety Goodloe was one of the standouts, along with the linebackers. “They worked their butts off,” Guerrero said.

“I’m happy for the kids and they are working very hard,” concluded Guerrero.

Next Friday, Guerrero and John Glenn coach, David Cruz, will face off for the first time as head coaches as Norwalk travels to Glenn.

Lancers Notes

Guerrero was an assistant baseball coach under Cruz and both served as assistant football coaches under former JG coach Ken Mason in 2005 and ‘06.....Norwalk kicker, Nelson Vazquez, a junior, is a soccer player by trade. “He never played football and he has come through without exception,” Guerrero added. “He’s all in and he’s lights out for us.”

John Glenn 22, Cabrillo 6

The Eagles stayed perfect at 2-0 with a nonleague win over visiting Cabrillo of Long Beach.

Leading the way for Glenn was senior running back Jonah Young with 112 yards on 19 carries and a touchdown.

“(Young) has a great eye for a hole and is quick-footed,” said John Glenn coach David Cruz of his running back. “He knows how to set up the defense. We’re blessed to have him. Some of his football savvy is big for us.”

Senior quarterback Nataniel Jacobo was 3 of 5, Int. for 42 yards and a passing touchdown.

Opening the scoring for the Eagles was Jacobo with a 10-yard run and the 7-0 lead. Highlighting the drive was a 30-yard reception by junior wide receiver Thomas Lee down to the 5-yard line. After a penalty that brought the ball back to the 10-yard line, Jacobo ran the ball in for the score.

Young gave JG a 14-0 lead in the second quarter with a 17-yard run for the touchdown.

Highlighting the defense in the first half was senior linebacker Richard Ramos with an interception.

Cabrillo scored its only TD in the third quarter to trail, 14-6. In the fourth quarter, sophomore receiver Ray Breslin hauled in an 11-yard touchdown pass from Jacobo and Young added the 2-point conversion run for the 22-6 final.

Defensive standouts for the Eagles were Jacobo at linebacker and junior linebacker Alex Valdez.

Up front in the trenches at Tackle, they were led by junior Mikel Udengwu and junior Joseph Chavez.

Udengwu, who also is a discus thrower for the track and field team, had an interception in the second half for Glenn.

As for the short season last year, Cruz took the positive out of it for his team. “There were a lot of bad things about Covid,” he said. “But, because of it, the kids got a lot of film sessions.”

Glenn will play Bonita Vista (0-1), of Chula Vista, Friday night, September 10. “They look extremely athletic,” Cruz said. “It’s going to be a test for us.”

La Mirada 31, St. Margaret’s 21

La Mirada (2-1) picked up a come-from-behind win over visiting St. Margaret’s at Excelsior High with two touchdowns in the fourth quarter in a nonleague game last week.

“I’m really proud of this group,” La Mirada coach Mike Moschetti said. “These kids don’t quit.”

“We need to play really good football this week.”

The Matadores travel to

Millikan (1-2) of Long Beach Friday Sept. 10.

Junior quarterback Nehuel Garcia led the Matadores with 7 of 12 passing for 168 yards and four touchdowns.

His favorite target was junior wide receiver Xavier Hicks (5 catches, 120 yards) with two touchdowns. He also had an interception for the Matadores.

“He did a really good job and he’s had a really good season,” Moschetti said.

Seniors John Ojeisekhoba (1 catch, 32 yards) and Alex Alonzo (1 catch, 16 yards) each had a TD reception for La Mirada.

Senior running back Eddie Lafferre (15 carries, 139 yards) ran for his second 100-plus game of the season and senior Jacob Black added 27 yards on four carries.

After a scoreless first quarter, Garcia threw a short pass (4 yards) to Hicks for the score in the second quarter.

“(Garcia) is showing great leadership,” said Moschetti, of his signal caller. “The bottom line is he made plays when he had to.”

Late in the half, St. Margaret’s tied the game at 7-7.

St. Margaret’s (0-2) missed two field goals in the first quarter and three in the game.

With nine minutes left in the third quarter, the Tartans took a 14-7 lead as quarterback Jack Ruff connected with receiver William Stahl for the 20-yard scoring pass.

La Mirada senior kicker Aidan Petruscu kicked his first field goal of the season with a 26 yarder to trail, 14-10, with six minutes left in the quarter.

St. Margaret’s extended its lead to 21-10, but the Matadores answered with a 17-yard TD pass to Hicks to trail by four points, 21-17 heading in to the final quarter.

Ojeisekhoba gave La Mirada its first lead since the second quarter with a 30-yard score with five minutes left in the game and the 24-21 lead.

Junior linebacker Trevor Cook intercepted a big pass for the Matadores, which was followed by a 12-yard touchdown pass from Garcia to Alonzo for the 31-21 final.

Moschetti praised his defense for its aggressive play in the game. “With four or five sacks, the defense was hitting and was very physical and making good plays.”

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San Dimas 40, Santa Fe 19

Santa Fe may be 0-3, but they got into the scoring column last week for the first time this season.

Junior quarterback Evan Melendrez led the Chiefs with two touchdowns and was 10 of 16 for 163 yards.

Melendrez also ran for 33 yards on 12 carries and a score.

Santa Fe sophomore receiver Matt Picado caught seven passes for 128 yards and two TD's. Picado also accounted for 166 all-purpose yards.

Defensively, junior linebacker Pedro Debora led the team with 12 solo tackles and two assists. Junior defensive end Brian Hitch recorded a sack for the Chiefs and senior linebacker Angel Jimenez recovered a fumble.

Santa Fe travels to Fullerton for a game Friday September 10.

St. Paul (2-0) will host Jordan (2-1), also on Friday.