

ACADEMIC ATHLETES OF THE YEAR

Norwalk's Bryan Echesirim, Liyah Salazar take home top honors

■ The Norwalk High School duo excelled in athletics and academics, graduating earlier this month with honors.

By John M. Sherrard
Contributor

NORWALK - Bryan Echesirim and Liyah Salazar have recently finished a very successful four years at Norwalk High School, as they recently graduated with honors for the Lancers.

The two seniors are the recipients of the 35th Annual CIF-Southern Section Ford Academic Award Male and Female Athletes of the Year for 2021-22 for Norwalk.

The stringent requirements for this award are a minimum 3.5 GPA (on a 4.0 scale) during the recipient's sophomore, junior and senior years, in addition to involvement in both athletic and extra-curricular activities. The academic award is the highest individual award bestowed upon students from the CIF Southern Section.

Named as Male and Female Athletes of the Year were Jonathan Goodloe (Football) and Denise Cortez (Volleyball and Basketball). A feature will appear in a future issue.

Echesirim, who had a GPA of 4.167, competed in varsity wrestling for three years, played football as a running back and corner back and was a member of the school band, while Salazar (4.1) was also in the wrestling program since her freshman year and tutored youth.

"It's pretty difficult to manage, because I needed to worry about my own studies," Salazar said. "Plus, I needed to help my little cousin or other people who needed help. It's a lot to balance and then wrestling in midseason, we had to cut weight. That's a lot."

Echesirim, who plays the trombone in the band, also said balancing was a big part.

"It was definitely the band and wrestling part," Echesirim said. "Some band events had us playing for other sports while I had to practice. Sometimes they both took

time after school, so I had to find a balance and miss some events in band. As long as I'm having fun with what I'm doing, I don't see the downside of it. If I'm having fun with it, it makes it all worthwhile."

"At the end of the day I was still able to enjoy both. I liked playing (the trombone) because of the way it kind of differs from the rest of the instruments."

Echesirim was also named the Norwalk Male Scholar Athlete of the Year, along with Female Scholar Athlete of the Year Alexandra Mendez.

"I was actually surprised I got the award," said Mendez, who was a Tennis singles player and had a 4.7 GPA and was a captain in her senior year. "Mainly, because I heard of other players playing multiple sports."

"I knew how much dedication it took to play. It's a very difficult sport and it took a considerable amount of time to be a decent player."

Mendez, who never played the sport until high school, was on varsity for three years and was named the Most Valuable Player in her first year on varsity as a sophomore.

Mendez will attend UC Berkeley and major in Civil Engineering.

Echesirim, who placed second in league in his first year of wrestling as a sophomore and went to CIF, also played football all four years. He accomplished a preseason goal in his senior year by winning league and placing (7th) in CIF.

"This young man will forever have my respect," Norwalk Boys Assistant Wrestling coach Bryan DeVries said. "He didn't start wrestling until his sophomore year and was a sponge when it came to wrestling. He just absorbed everything up. This young man is a great human being, and I am honored to have spent time with him. Truly a role model."

Boys wrestling coach Frank Soto also had high praise for Echesirim saying, "From day one I knew that Bryan would be a CIF placer," Soto said. "Had he wrestled his freshman year and COVID not hit his junior year, who knows how good he would have been. It was an honor and joy to work with him,



Wrestlers Bryan Echesirim and Liyah Salazar have been selected as Norwalk High School's CIF-SS Ford Academic Awards Male and Female Student Athletes of the Year. (Photo by Keith Durlfing)

and I'm glad he placed in CIF."

Echesirim lost his mother at the beginning of his senior year and had to take on more responsibility with his two younger siblings.

He would often walk his elementary sibling to school and return to the high school for his classes. This was all while maintaining a 4.0 in class.

Meanwhile, Salazar began wrestling on the boys team in her freshman year, since the girls team hadn't been formed yet. She was one of four girls on the boys team.

After the girls team was organized in her sophomore year, Salazar became a P.R. person for the coaches in recruiting new girls into the program.

"It was really fun and it was a good experience to be one of the founders, I guess, of the girls team," Salazar explained.

Helping Salazar was recent

graduate Anahy Aguilar.

"Wrestling gave me a sort of discipline," Salazar added. "Homework-wise, it gave me a kind of power to keep pushing through, even if I don't understand what's happening. I find other opportune ways to get that help that I need."

"In studies, there's a lot of times where I wanted to give up midway through the year because I was tired and I wanted to go to sleep. I ended up pushing through and getting the grades I needed."

In the three years that followed, Salazar would see the program grow from five to eight and finally to 13 wrestlers this past year.

Salazar spent a good deal of time promoting the sport, as she would always welcome a new athlete with open arms.

Assistant coach Soto said of Salazar, ".....Liyah was one of the best leaders a coach could ask for.

She looked out for new wrestlers and helped returners grow. Our sixth-place finish in CIF was due to her dedication to the team.

"We preach family and she is family to all girl wrestlers. All while maintaining a high GPA," DeVries said.

"She will tell you that the sport of wrestling has given her much. I say that she has given everything to the sport and helped to build the Norwalk Girls program from the ground up.

"She would always take the time to teach new wrestlers' proper technique and more importantly make them feel welcomed in a new and sometimes violent sport.

"The Norwalk Program has had much success recently and continues to improve. None of that happens without Liyah Salazar. She will forever be known as, 'My Captain'."

Entertainment district renamed 'The Walk'

■ The entertainment district, which includes the civic center, movie theater, hotel, and surrounding restaurants and businesses, is set to be redeveloped.

By Vincent Medina
Contributor

NORWALK - Primestor Development Inc. has determined that the Norwalk Entertainment District will be renamed "The Walk" after conducting community outreach in the community.

During a presentation in the city council chambers last week, director of community outreach for Primestor, Claudia Cardenas, explained how the organization determined the name.

"Many options [were] presented to the community," Cardenas said. "The Walk, The Park, Park Place, North Park, Keystone Park, Bridgewater, and each one of the options was presented with the concepts of what inspired the name."

The community narrowed the options down through voting and decided on "The Walk."

Cardenas said the next step is constructing a district logo by taking inspiration from Norwalk's history and landmarks.

"The input that we received from the community for an icon was based on peacocks which are associated with the city," Cardenas said. "As well as the history of the dairy industry that was a big part of Norwalk up until the 1950s."

No official logo is finalized as Primestor continues to receive community input.

Cerritos College extends president's contract

■ Dr. Jose Fierro's labor deal was extended through 2026, making him the second-longest serving president in the college's history.

By Eric Pierce
Editor

NORWALK - Cerritos College president Dr. Jose Fierro had his employment contract extended through 2026, a unanimous move by the college's board of trustees.

Fierro's contract wasn't due to expire until June 20, 2025, but the extension approved by the board June 8 will keep Fierro at Cerritos College at least one additional year.

All other contract terms remain the same.

"Under Dr. Fierro's administration, the College has made significant progress in advancing student-centered policies and innovative programs that have resulted in increased graduation and completion rates," Cerritos College board president James Cody Birkey said in a statement.

"The Board is unanimously behind the extension to his contract. We have deep confidence in his leadership, continued investment in student success, campus-wide vision, and relationship-building within the communities we serve."

"We are very excited for the next four years with Dr. Fierro, working alongside him to support our students, faculty, and staff, and building this institution—inside and out—into one of Southeast LA's most transformative assets."

Fierro was hired as Cerritos College president in 2015 with an annual salary of \$234,000. He received a 3.3% raise in 2019 and the promise of a \$40,000 bonus if he remains with Cerritos College through June 30, 2023.

"I am grateful and incredibly humbled to have the Board's support and confidence throughout my tenure as president of Cerritos College," Fierro said in a statement. "Our accomplishments would not be possible without the tireless work of the faculty who provide an excellent education to our students, and for that, I am grateful to each

of them.

"I am also thankful for our classified, confidential, and management teams and the Cerritos College community at large who share the same vision for helping our students to realize their goals and dreams.

"I look forward to more years working with all of you finding innovative ways to meet and exceed the needs of our students and community."



Dr. Jose Fierro joined Cerritos College in 2015. He recently had his contract extended.

Weekend at a Glance

Friday	76°	
Saturday	76°	
Sunday	79°	

THINGS TO DO



Weird Al
Saturday & Sunday
The Wiltern

Weird Al makes his long-anticipated return to the concert stage in his highly acclaimed Ridiculously Self-Indulgent, Ill-Advised Vanity Tour. This tour is bare bones: no costumes, no props, no video screens... just Al and his band of almost four decades. No songs are repeated between both nights.

ON THIS DAY

1775: The Battle of Bunker Hill took place near Boston during the Revolutionary War.

1856: The Republican Party opened its first convention, in Philadelphia.

1885: The Statue of Liberty arrived in New York City aboard the French ship Isere.

1928: Amelia Earhart embarked on the first trans-Atlantic flight by a woman.



1961: Soviet ballet dancer Rudolf Nureyev defected to the West while his troupe was in Paris.

1963: The Supreme Court struck down rules requiring the recitation of the Lord's Prayer or the reading of Biblical verses in public schools.

1971: President Richard Nixon, in a televised press conference, called drug abuse "America's public enemy number one", starting the war on drugs.

1994: After leading police on a chase through Southern California, O.J. Simpson was arrested and charged with murder in the slayings of his ex-wife, Nicole, and Ronald Goldman.



2008: Hundreds of same-sex couples got married across California on the first full day that gay marriage became legal by order of the state's highest court.

2021: Juneteenth National Independence Day was signed into law by President Joe Biden, becoming the first federal holiday established since Martin Luther King Jr. Day in 1983.

Birthdays

Pop singer **Barry Manilow** (79), actor **Greg Kinnear** (59), singer **Paulina Rubio** (51), tennis player **Venus Williams** (42), rapper **Kendrick Lamar** (35), and actor **KJ Apa** (25).

NEWS BRIEFS

Congresswoman pushes for transportation funding

NORWALK - Norwalk Congresswoman Grace Napolitano, Sen. Alex Padilla and Sen. Dianne Feinstein, D-California, along with two Southern California-based U.S. representatives, introduced legislation Wednesday aimed at improving Los Angeles' transportation infrastructure ahead of the 2028 Olympic and Paralympic games.

"While the eyes of the world will be on the Olympic and Paralympic Games in Los Angeles in 2028, the work preparing our region for this grand stage is already starting," Padilla said. "The transportation plans made in the coming years will not only make the Olympics and Paralympics run smoothly, but will also be an investment that will benefit commuters and the region for decades to come."

Padilla and Feinstein introduced the Transportation Assistance for Olympic Cities Act with Reps. Julia Brownley, D-Westlake Village and

Alan Lowenthal, D-Long Beach.

Padilla's office said the act would allow the U.S. Department of Transportation to give Los Angeles priority for federal transportation grants for projects related to the Olympics. It would also direct the DOT to provide planning assistance for the games, including by developing intermodal transportation plans and expediting federal review of requests related to Olympic events. The legislation would also allow the DOT to provide funding for temporary facilities, equipment, operations and maintenance.

"Everyone in our region is excited to host the upcoming 2028 Summer Olympic and Paralympic Games, but we also know that transportation challenges must be tackled head-on not only to assist athletes and spectators for the games, but more broadly, to keep traffic and commerce flowing now and in the future for our busy region," Brownley said.

Los Angeles County Supervisor Hilda Solis, who chairs the Metro Board of Directors, welcomed the legislation, saying "collaboration between local, state and federal government will be critical to ensure that Metro can secure funding for investments not only to serve the

2028 Games but to serve Angelenos for decades to come."

Padilla and Feinstein also introduced the LA28 Olympic and Paralympic Games Commemorative Coin Act with Sen. Mitt Romney, R-Utah, and Rep. Brad Sherman, D-Sherman Oaks. If passed, it will direct the U.S. Treasury Department to mint four coins to commemorate the event.

"This will be a major event in both Los Angeles and American history, that's why I'm also introducing legislation to make a commemorative coin that will honor the 2028 Games and its legacy youth sports programs," Padilla said.

The bill seeks a \$5 gold coin, \$1 silver coin, half-dollar clad coin and proof silver \$1 coin.

Ontario airport reports busiest month since 2016

ONTARIO - Ontario International Airport is seeing more travelers and reaching volumes that surpass pre-pandemic levels, according to figures released Tuesday.

There were nearly 520,000 passengers at Ontario International Airport in May, the most in a single month since 2016. It was 41.5% more travelers than reported a year ago and 9.2% more travelers than reported in 2019. It is the third month in a row Ontario International Airport has reported travel volumes that exceeded pre-pandemic levels.

The airport had 518,885 travelers in May. It had 502,042 domestic travelers and 16,843 international travelers.

"Ontario's remarkable performance is a tribute to the dedicated efforts of our outstanding team, the dynamic market we serve and the faith and confidence of our airline partners. We look forward to continuing our robust growth and providing travelers with a customer experience that is even better than before the pandemic," said Alan D. Wapner, President of the Ontario International Airport Authority (OIAA) Board of Commissioners

and Mayor pro Tem of the City of Ontario.

There were more than 2 million domestic and 73,000 international air travelers from January through May, according to reports from airport officials. There were 1.4% more travelers than the same period in 2019 and 74.6% more travelers than last year.

"We are immensely pleased with the pace of Ontario International's performance as we move into the heart of the summer travel season. Our commitment to welcoming more leisure and business travelers, as well as processing more cargo, is unquestionable, as is our intent to be an engine for economic growth in Southern California," said Atif Elkadi, OIAA Chief Executive Officer.

LA County pursues stricter gun control measures

LOS ANGELES - The Los Angeles County Board of Supervisors unanimously directed its attorneys Tuesday to investigate potential gun-control measures that could be implemented locally.

"There's no doubt that we're facing a gun violence epidemic in our nation," Supervisor Janice Hahn, who introduced the motion asking for the report, told her colleagues. "There's simply too many guns out in our communities."

The motion calls for county attorneys to explore an array of possible local regulations, such as increasing the required age to purchase a long gun from 18 to 21, enacting a safe-storage ordinance similar to one in place in the city of Los Angeles, creating buffer zones between schools and gun stores, and banning people who are on the federal no-fly list from purchasing guns.

Hahn referenced gun-control rallies that were held across the country over the weekend, including in downtown Los Angeles. She said students and parents are "begging those of us who can to take action against gun violence."

"I wanted to take a look at what we could do as county supervisors

here in Los Angeles County," she said, calling for a list of "common-sense gun measures that we can enact here at the local level that would save lives."

The board unanimously backed her motion.

"We know that each shooting takes somebody's life away, and we have to go way beyond this now, and I do believe this motion will help us get there," Supervisor Hilda Solis said.

The motion also asks county staff to explore what it would take to enable the county Department of Public Health to declare gun violence a public health emergency. It also adds the county's voice in support of bipartisan gun legislation being considered in Congress.

Restaurant worker sues El Torito, alleging discrimination

WEST COVINA - A 63-year-old former longtime server at the El Torito restaurant in West Covina is suing the Mexican food restaurant chain's parent company, alleging she was wrongfully fired earlier this year because of her age and for taking time off after she contracted the coronavirus.

Laura Christie's Pomona Superior Court lawsuit allegations against FM Restaurants HQ LLC include wrongful termination, disability and age discrimination, retaliation, failure to prevent discrimination and retaliation, failure to engage in the interactive process and intentional infliction of emotional distress. Christie seeks unspecified compensatory and punitive damages.

"During the time period of January 2020 through February 2022, defendants engaged in concerted efforts to socially and physically ostracize plaintiff from her employment with defendants and either force her to quit or manufacture a reason to fire her," the suit alleges.

A representative for Cypress-based FM Restaurants HQ could not be immediately reached for comment on the suit filed June 3.

Christie was hired at El Torito in 2000 and her server duties included welcoming guests, taking food and beverage orders and ensuring food and beverages were delivered in a timely manner, the suit states. She was paid \$14 an hour when she was fired, the suit states.

"For nearly the first two decades of her employment with (El Torito), plaintiff was treated well by defendants," the suit states. "However, as soon as (Christie) reached the age 61, she was subjected to harassment and discrimination on account of her age."

In early 2020, managers at the Garvey Avenue eatery made comments that included, "You're too old," "You're getting old" and "You need to retire," the suit states. The coronavirus pandemic started about that time and it was used as an excuse to reduce Christie's weekly work schedule to two days, the suit alleges.

Christie tested positive for COVID-19 last August and had life-threatening symptoms related to her age and preexisting medical conditions, so she contacted the restaurant's general manager and informed him, the suit states. He told her to rest and let him know when she tested negative, according to the suit.

Christie was subsequently admitted to Pomona Valley Medical Center, was diagnosed with COVID-19-induced pneumonia and later underwent a plasma infusion and lung booster injection, according to the suit.

Christie tested negative on Sept. 1 and told the general manager, who said he would schedule her return to work later that month, the suit states. After not hearing anything from the manager, she contacted the manager and asked to be put back on the work schedule, to which he answered, "OK," the suit states.

Christie did not hear anything more from the restaurant until she received a Jan. 28 email stating that due to her failing to show up for two scheduled work days in July, "We take that as your resignation," the suit states. However, the general manager subsequently told her that there was a greater demand for employees to work evening shifts and that the plaintiff was being fired because she could only work in the daytime, the suit states.

The story changed yet again during a subsequent meeting with a human resources representative who told Christie she was being fired for a "no show" months earlier, even though the plaintiff provided documentation of communications between her and the manager and general manager regarding her health since her last day of work on July 7, the suit states.

Christie alleges the real reasons she was fired were related to her age, her acquiring of the coronavirus and for taking sick leave and requesting accommodations, the suit states.

Norwalk Chamber announces events

NORWALK - The Norwalk Chamber of Commerce will hold its 99th annual Installation of Officers and Awards Luncheon on Thursday, June 23 from 12-1:30pm at the Norwalk Arts and Sports Complex.

Tickets are \$40 per person, or \$340 for a reserved table of eight. Lunch is included.

Registration is required. To RSVP, call 562-404-0909 or email info@norwalkchamber.com.

The Norwalk Chamber of Commerce is also holding a "Coffee and Conversation" event at Chick-fil-A on Thursday, June 30 at 9 am.

Connect with the Norwalk Chamber at a networking event hosted by Farid Khansarinia with complimentary coffee.

Chick-fil-A is located at 12555 Imperial Hwy.

Finally, the Norwalk Chamber of Commerce invites the community to an after-hours mixer at the American Legion Post 359 on July 6, from 5pm to 7pm.

Reconnect, network, and build relationships with other business owners, professionals, and community leaders, while taking the opportunity to promote your business and learn about others.

Light refreshments will be served.

For more information or to RSVP, call (562) 404-0909 or email info@norwalkchamber.com.

Anna's Pet Grooming
 "We pamper your pet as if it was our own"
 Since 1975
\$5.00 OFF
 Mon-Thurs Only. Exp. 9/31/22
 COUPON MUST BE PRESENTED AT CHECK IN
OPEN 7 DAYS A WEEK
 Mon-Sat: 7:30 a.m.-6:00 p.m.
 Sunday: 9:00 a.m.-5:00 p.m.
 (562) 868-1200 12001 Firestone Blvd., Norwalk, CA 90650

COCOONS
 Gifts for the Imagination
 Sterling Silver, Natural Soaps & Candles,
 Bizarre Oddities, Cultural Art Gallery
 and Gifts from around the world!
 7391 Stewart & Gray Rd. Downey, CA 90241 562.927.3934

INTERNATIONAL ELECTRICAL AUTOMATION INC.
FOR ALL YOUR ELECTRICAL NEEDS
 • 24/7 ELECTRICAL EMERGENCY
 • ENERGY SAVING PARKING LOT LIGHTS
 • ELECTRICAL PANEL REPAIR & UPGRADE
 • REWIRING • AC ELECTRICAL FEEDING
 • MINI SPLITS COOLING & HEATING INSTALLATION
 • POOL ELECTRICAL TROUBLESHOOTING & REPAIR
 35 Years of Experience - CSLB# C-10-1074691
 562-966-1943
 ieaelectricians.com • ieaelectricians@gmail.com

ROSE HILLS
 MEMORIAL PARK & MORTUARY
 Whittier • FD 970
 Now Hiring
SALES PROFESSIONALS
 NO EXPERIENCE NECESSARY
 paid training
 SET YOUR OWN SCHEDULE
 medical, dental & vision benefits
 GREAT EARNING POTENTIAL
 offices in Alhambra, City of Industry & Whittier
 Please send your resume to Kimberly.Ortega@RoseHills.com
 Immediate interviews will be arranged
 (562) 205-4615

Dine Local
VERACRUZ
 FAMILY RESTAURANT
BUY 1, GET 1 FREE
 * Buy any item from our dinner menu at regular price and get the 2nd of equal or lesser value FREE w/purchase of 2 drinks. Items 1-43 Only. Take Out Only. 1 Coupon Per Visit. Substitutions Extra. Expires 6-29-22. Excludes Holidays.
 9085 IMPERIAL (AT COLUMBIA WAY) • DAILY 10 AM - 9 PM • (562) 923-1013

Hybrid Community Forum
 CITY OF NORWALK
 A Connected Community
Social Services Center
June 28 • 6 - 9 pm
11929 ALONDRA BLVD.
(562) 929-5735
Join Zoom Meeting:
https://tinyurl.com/CommForum62822
Meeting ID:
885 0922 0356
Dial In Number:
669 900 6833

Inflation isn't going to bring back the 1970s

By Ben S. Bernanke

We had another bad inflation report last week.

Inflation over the past 12 months exceeded 8 percent, a level that evokes memories of America's Great Inflation of the 1960s and '70s. From the beginning of 1966 through 1981, the Consumer Price Index rose, on average, by more than 7 percent per year, peaking at over 13 percent in 1980. This period also saw two major and two minor recessions and an approximately two-thirds decline in the Dow Jones industrial average, when adjusted for inflation.

Are we in danger of repeating that experience?

The short answer: almost certainly not.

Although the inflation of the 1960s and '70s had higher peaks and lasted much longer than what we have seen recently, it's true there are some similarities to what we are going through now. The inflation of a half-century ago, like today's, began after a long period when inflation was generally low. In both cases, heavy federal spending (on the war in Vietnam and Great Society programs in the 1960s, on the response to Covid in 2020 and 2021) added to demand. And shocks to global energy and food prices in the 1970s made the inflation problem significantly worse, just as they are doing now.

But there are critical differences as well. First, although inflation was very unpopular in the '60s and '70s, as it (understandably) is today, back then, any inclination by the Federal Reserve to fight inflation by raising interest rates, which could also slow the economy and raise unemployment, met stiff political resistance. President Lyndon Johnson, attempting to insulate the public from the economic costs of an unpopular war, put intense pressure on the Fed chairman, William McChesney Martin, to keep interest rates low. Johnson promised to raise taxes to pay for the war, and Martin accordingly refrained from raising rates for a time, but Johnson's temporary tax surcharge in 1968 failed to cool an overheated economy, allowing inflation to gain a toehold.

Richard Nixon, angling for re-election in 1972, made it clear to Martin's successor at the Fed, Arthur Burns, that he would not tolerate an economic slowdown before the election, and Burns took no significant action against inflation. Even after Nixon resigned in 1974, Congress continued to pressure Burns and the Fed to avoid anti-inflation policies that might slow the economy. For example, a 1978 law set a target for the unemployment rate of 3 percent for people 20 and older — well below its sustainable, noninflationary level at the time.

In contrast, efforts by the current Fed chairman, Jerome Powell, and his colleagues to bring down inflation enjoy considerable support from both the White House and Congress, at least so far. As a result, the Fed today has the independence it needs to make policy decisions based solely on the economic data and in the longer-run interests of the economy, not on short-term political considerations.

Besides the Fed's greater independence, a key difference from the '60s and '70s is that the Fed's views on both the sources of inflation and its own responsibility to control the pace of price increases have changed markedly. Burns, who presided over most of the 1970s inflation, had a cost-push theory of inflation. He believed that inflation was caused primarily by large companies and trade unions, which used their market power to push up prices and wages even in a slow economy. He thought the Fed had little ability to counteract these forces, and as an alternative to raising interest rates, he helped persuade Nixon to set wage and price controls in 1971, which proved a spectacular failure.

Inflation gained momentum over the decade, ending only with the shock treatment applied by the Fed under Paul Volcker in the early 1980s, which resulted in a deep recession.

Burns wasn't wrong that factors beyond the Fed's control can contribute to inflation. Supply-side forces are, indeed, important today — not only the increases in global energy and food prices already mentioned but also pandemic-related constraints, like the disruption of global supply chains. Unfortunately, the Fed can do little about these supply-side problems.

Nevertheless, today's monetary policymakers understand that as we wait for supply constraints to ease, which they will eventually, the Fed can help reduce inflation by slowing growth in demand. Drawing on the lessons of the past, they also understand that by doing what is needed to get inflation under control, they can help the economy and the job market avoid much more serious instability in the future.

In short, the lessons learned from America's Great Inflation, by both the Fed and political leaders, make a repeat of that experience highly unlikely. The Fed today recognizes that it must take the leading role in controlling inflation, and it has the tools and sufficient political independence to do so. After a delay caused by a misdiagnosis of the economy in 2021, the Fed has accordingly turned to tightening monetary policy, ending its pandemic-era bond purchases, announcing plans to shrink its securities holdings and raising short-term interest rates.

Markets and the public appear to understand how the Fed's approach

has changed from the earlier era I described. Although the Fed has raised interest rates only twice this year (this week's meeting will no doubt bring an additional increase), financial conditions have already tightened significantly (for example, mortgage rates have risen by more than two percentage points in the past year) as markets anticipate that policymakers will persist in their anti-inflation campaign. And while market indicators and surveys of consumers reveal that inflation is expected to remain high over the next year or two, for the most part, they suggest continued confidence that, over the longer term, the Fed will be able to bring inflation down close to its 2 percent target.

This confidence in turn makes the Fed's job easier, by limiting the risk of an "inflationary psychology," as Burns once put it, on the part of the public. Since Mr. Volcker's conquest of inflation in the 1980s, bursts of inflation have tended to die away more quickly and with less need for monetary restraint than in previous episodes.

None of this implies that the Fed's job will be easy. The degree to which the central bank will have to tighten monetary policy to control our currently high inflation, and the associated risk of an economic slowdown or recession, depends on several factors: how quickly the supply-side problems (high oil prices, supply-chain snarls) subside, how aggregate spending reacts to the tighter financial conditions engineered by the Fed and whether the Fed retains its credibility as an inflation fighter even if inflation takes a while to subside.

Of these, history teaches us, the last may be the most important. Inflation will not become self-perpetuating, with price increases leading to wage increases leading to price increases, if people are confident that the Fed will take the necessary measures to bring inflation down over time.

The Fed's greater policy independence, its willingness to take responsibility for inflation and its record of keeping inflation low for nearly four decades after the Great Inflation, make it much more credible on inflation today than its counterpart in the '60s and '70s. The Fed's credibility will help ensure that the Great Inflation will not be repeated, and Mr. Powell and his colleagues will put a high priority on keeping that credibility intact.

Ben S. Bernanke, the chairman of the Federal Reserve from 2006 to 2014, is the author of "21st Century Monetary Policy: The Federal Reserve From the Great Inflation to Covid-19."

The First Amendment applies to government - not Twitter

By Judge Andrew Napolitano

"Congress shall make no law ... abridging the freedom of speech, or of the press." —First Amendment to the U.S. Constitution

When James Madison authored the language that would become the First Amendment, he and his colleagues feared that the new federal government might enact legislation that would interfere with personal liberty. That fear was shared by many in the 13 states that had just ratified the Constitution. Indeed, five of the states conditioned their ratification on the addition of a Bill of Rights.

Madison — who had been the scrivener of the Constitution in 1787, was, by 1791, a member of the House of Representatives and the House's resident expert on the Constitution — was designated by his colleagues as the drafter of the Bill of Rights.

Madison's language in the First Amendment's is clear; it only restrains Congress. Yet, recognizing the natural origins of the freedom of speech and aware of the universal governmental animosity to free speech, and taking account of the 14th Amendment's imposition of due process upon the states, the courts expanded the scope of the First Amendment so as to impose its restraints upon all government — including the president, the judiciary, the states and their subdivisions.

During the Civil War and World War I, Presidents Abraham Lincoln and Woodrow Wilson incarcerated folks for their speech and argued that the First Amendment only restrained Congress, not the president. Today, such an argument would be dismissed out of hand in any court.

Today, the First Amendment protects the freedom of speech from all government.

But the First Amendment only restrains the government. It does not restrain private persons, whom lawyers call nongovernmental actors.

The old counterpoint that "the First Amendment does not permit shouting 'fire' in a crowded theater" is inaccurate. If the theater is owned by nongovernmental actors, the First Amendment plays no role

whatsoever in regulating or permitting the shouting; the property owner does. There are sound reasons why shouting fire in a crowded theater is actionable under the law, but the First Amendment is not among them unless the government owns the theater.

I offer this brief background as a prelude to addressing the latest turn of events concerning social media platforms that suppress speech of which they don't approve. Because the social media companies are nongovernmental actors, they are free to infringe upon the speech of their clients and customers for any reason they choose that does not violate public policy, such as infringement based on race, gender, religion, sexual orientation or place of origin.

Yet, a nongovernmental actor that enters into a symbiotic relationship with the government may lose its freedom to suppress speech and be subjected to the same restraints as the government.

Thus, Twitter, for example, is free to suppress any speech and any speaker because of the content of the speech, unless it is doing the government's bidding. If it is, if Twitter is doing for the government what the government cannot do on its own — suppress speech because of its content — and if sufficient evidence of this is properly before a court, the court may very well invoke the state action doctrine, which will impose the restraints of the First Amendment upon Twitter.

I use Twitter as an example because last week two U.S. senators obtained and revealed emails between officials of the Department of Homeland Security and Twitter executives contemplating how Twitter can suppress speech that the DHS believes constitutes mis- or dis- or mal-information. This is dangerous for personal liberty and, frankly, dangerous for Twitter.

The courts have ruled that when a governmental actor — here the DHS — and a nongovernmental actor — here Twitter — are so intertwined for their mutual benefit, and someone — here those whose speech Twitter has suppressed because of its content — is harmed thereby, the courts will impose First Amendment restraints upon the nongovernmental actor.

Let's say you are in Yankee Stadium at a Yankees/Boston Red Sox game and you go to buy a hot dog from a vendor in the stadium and he refuses to sell to you because you are wearing a Red Sox baseball cap. (In New York, this happens!) Who has punished you for your speech, the private vendor, which is not restrained by the First Amendment, or New York City, which owns the stadium and hired the vendor and which clearly is restrained by the First Amendment?

Since the city provides customers for the vendor and the vendor provides products for the customers and your presence at the game benefits both, and because you don't know whose rule — no Red Sox caps allowed — is being enforced, there is obviously a symbiotic relationship between the vendor and the city, and thus the First Amendment will restrain the vendor from punishing your speech as if it were the city.

The same may very well be the case for Twitter. The emails released last week revealed the contemplation of a symbiotic DHS/Twitter relationship that, if proven, will harm Twitter severely and expose the government for its attacks on the freedom of speech.

The whole purpose of the First Amendment is to keep the government entirely out of the business of interfering with speech — directly or indirectly. Moreover, if Twitter does the government's bidding, and the First Amendment is applied to Twitter, it will lose its private property-generated ability to suppress speech.

The interesting question is not what does the government gain; governments always want to suppress the speech they hate and fear. The real question is why a social media entity would do the government's dirty work for it. The probable answer is to retain its statutory immunity from liability for what its clients post.

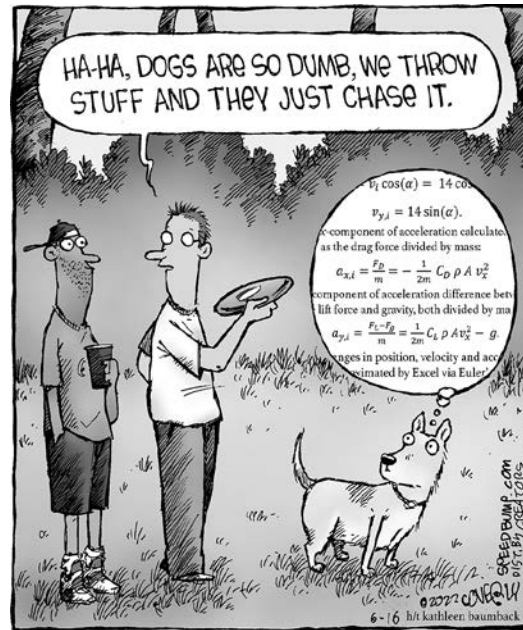
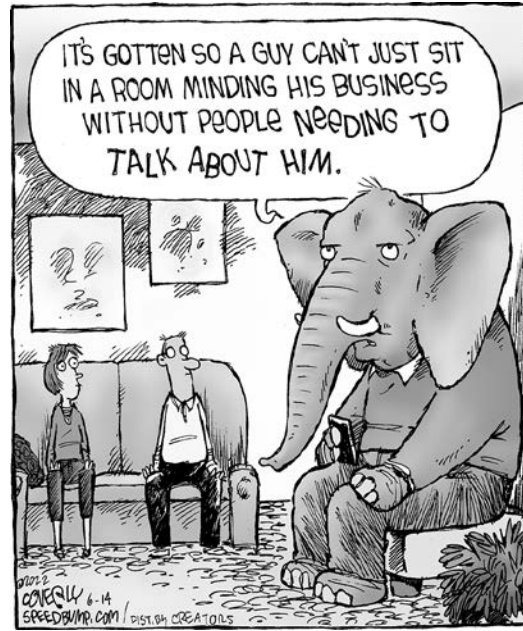
This is what happens when you get in bed with the feds. You wake up with a constitutional headache as well as fleas.

Andrew Napolitano is a retired judge and distinguished professor at Brooklyn Law School.

Visit us at:

www.TheNorwalkPatriot.com

SPEED BUMP DAVE COVERLY



Norwalk Community Calendar

MONDAYS

1st Mon., 6 pm - Public Safety meetings - Council Chambers
 2nd Mon., 7 pm - Relay for Life meetings - Mr. Rosewood Family Restaurant

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

WEDNESDAYS

1st & 3rd Wed., 7 pm - Lions Club - Bruce's Restaurant
 2nd Wed., 10:30 am - Norwalk Woman's Club - Faith Church
 2nd & 4th Wed., 1:30 pm - Alondra Senior Citizens - Social Services Center
 2nd & 4th Wed., 6 pm - Soroptimist International - Via Zoom
 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., 6 pm - 605 Kiwanis Club - Mr. Rosewood Family Restaurant
 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

The Norwalk Patriot STAFF

- JENNIFER DEKAY**
Publisher
- JULIE LEDESMA**
Display Advertising
- LINDA LARSON**
Classified Advertising
- JONATHAN FOX**
Production
- KEITH DURFLINGER**
Photographer
- ERIC PIERCE**
Vice President,
Business Operations
- ALEX DOMINGUEZ**
Staff Writer
- JOHN M. SHERRARD**
Contributor
- VINCENT MEDINA**
Contributor
- CAROL KEARNS**
Contributor

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

ADVERTISING POLICY
 THE NORWALK PATRIOT reserves the right to censor, reclassify, revise or reject any ad. THE NORWALK PATRIOT is not responsible for incorrect ads beyond the first business day of an ad scheduled. Please check your ad on the first day of publication and report any errors that have occurred to the Advertising Department at 562-904-3668 at the beginning of the next business day to have it publish correctly for the remainder of the schedule.

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

PUZZLE OF THE WEEK

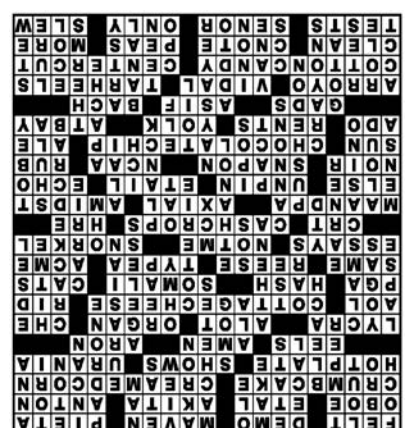
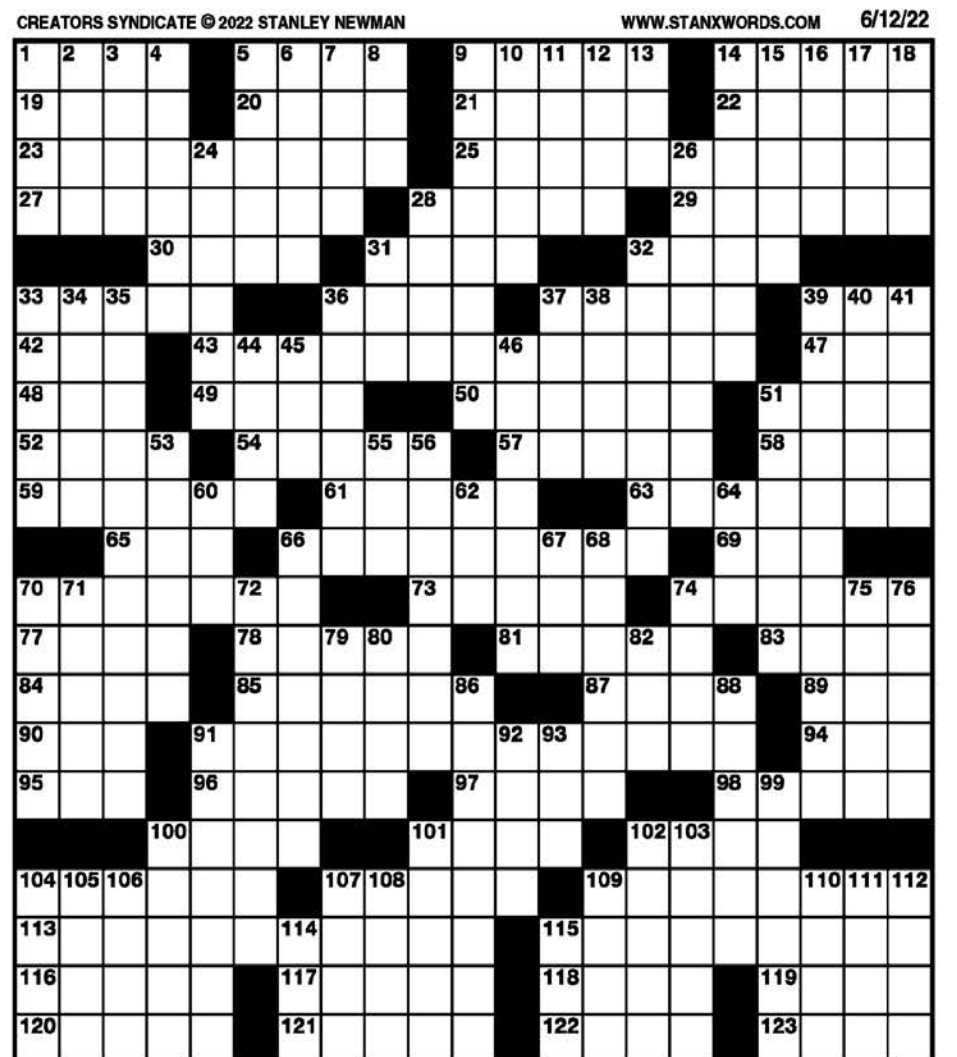
THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)
 SEE FOOD: From the sea, and not by S.N.

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

- ACROSS**
- 1 Pool-table fabric
 - 5 Floor model
 - 9 Expert, so to speak
 - 14 Michelangelo sculpture
 - 19 Woodwind instrument
 - 20 Footnote abbr.
 - 21 Japanese dog
 - 22 Russian dramatist
 - 23 Dessert with coffee
 - 25 Soupy canned veggie
 - 27 Microwave alternative
 - 28 Displays
 - 29 Muse of astronomy
 - 30 Elongated swimmers
 - 31 Prayer ender
 - 32 Elvis' middle name
 - 33 Elastic fabric
 - 36 Frequently
 - 37 "House" newsletter
 - 39 Benicio del Toro
 - 42 Yahoo! alternative
 - 43 Dairy case selection
 - 47 Free (of)
 - 48 Sports touring org.
 - 49 Discuss, with "over"
 - 50 Certain East African
 - 51 Lloyd Webber score
 - 52 Identical
 - 54 Actress Witherspoon
 - 57 Blood-bank stock
 - 58 High point
 - 59 Opinion pieces
 - 61 Phrase of denial
 - 63 Diving gear
 - 65 Flatscreen ancestor
 - 66 Soybeans, coffee, etc.
 - 69 Charlemagne's domain: Abbr.
 - 70 Local shop's partners, perhaps
 - 73 The "A" in "CAT scan"
 - 74 In the center of
 - 77 Alternatively
 - 78 Remove, as a brooch
 - 81 Web commerce
 - 83 Repeat verbatim
 - 84 Hard-boiled film genre
 - 85 Attach, in a way
 - 87 Final Four org.
 - 89 Massage
 - 90 Snow melter
 - 91 Cookie variety
 - 94 Serving on draught
 - 95 Hubbub
 - 96 Takes out a lease
 - 97 Egg portion
 - 98 Hemmed in, perhaps
 - 100 Wanders (about)
 - 101 "In your dreams!"
 - 102 Giant of Baroque music
 - 104 Southwestern gully
 - 107 1876 author
 - 109 North Carolinians
 - 113 Circus snack
 - 115 Steak selection
 - 116 Spotless
 - 117 Benjamin
 - 118 Soup veggies
 - 119 Seconds at the dinner table
 - 120 Experiments
 - 121 Mister in Madrid
 - 122 Merely
 - 123 Large quantity
 - 10 Goodyear's headquarters
 - 11 Vista
 - 12 Cockpit announcements
 - 13 '60s war zone
 - 14 Italian innkeeper
 - 15 Ancient Peruvian
 - 16 Prince William alma mater
 - 17 Actress Spelling
 - 18 Fictional Karenina
 - 24 Laundry bottle
 - 26 From a supercontinent
 - 28 Urban pollution
 - 31 Just like
 - 32 Eternal
 - 33 Minor mistake
 - 34 Certain gym classes
 - 35 Seafood serving
 - 36 Greek goddess of wisdom
 - 37 "Heavens!"
 - 38 Take in the harvest
 - 39 Seafood serving
 - 40 Blackjack table request
 - 41 '50s Ford
 - 44 Dinghy movers
 - 45 Monogram of inspiration
 - 46 Circle of chums
 - 51 Stephen King's first published novel
 - 53 Breadwinner
 - 55 Nine-symbol message
 - 56 Renewable fuel
 - 60 Since 1/1
 - 62 1110, in old Rome
 - 64 Resistance unit
 - 66 Armada's firepower
 - 67 Bran source
 - 68 Nobel Prize physicist from Germany
 - 70 High-IQ group
 - 71 So all can hear
 - 72 Persevered
 - 74 Jai
 - 75 Memorable Miami Dolphins coach
 - 76 Maguire of Spider-Man
 - 79 Treaty
 - 80 Wall St. debuts
 - 82 I, in Innsbruck
 - 86 Pessimist
 - 88 Army helicopter
 - 91 Restaurant freebie for tots
 - 92 Hard work
 - 93 Santa Claus, in the Moore poem
 - 99 Gas-bill measures
 - 100 Suggested subtly
 - 101 Augment
 - 102 Far from original
 - 103 Pretentious
 - 104 No. on an invoice
 - 105 Function
 - 106 Numbered hwy's
 - 107 Barn-top device
 - 108 Privy to
 - 109 Numerical suffix
 - 110 Environmental sci.
 - 111 Entice
 - 112 Meat-and-potatoes dish
 - 114 Includes in an e-mailing
 - 115 Naval noncom



Reach Stan Newman at www.StanXwords.com

Depression among men not to be taken lightly, Kaiser doctors say



Men are less likely to seek help for mental health illness, and the consequences could be severe.

It's impossible to measure the mental health impact of the global pandemic, recent mass shootings, economic stressors such as inflation, and world events like the war in Ukraine. From the loss of life to changes in our everyday behaviors and actions, our lives are being profoundly affected.

The scars on our mental well-being are more difficult to see, however. Depression and suicide in particular have become a growing concern, especially among men, who often hide the pain and anxiety they may be feeling.

With June being Men's Health Month, it's important to know that the prevalence of depressive symptoms reported by men in the U.S. has increased in every age group during the

pandemic, according to JAMA.

Men are also stigmatized when it comes to talking about mental health issues like anxiety or depression, and far less likely than women to get help, according to the American Journal of Men's Health. That's why it's important to shed light on how mental health challenges affect men in particular.

It's self-evident that men need mental health support and self-care advice. However, it's no secret that many men tend to delay seeing a doctor for medical problems, so it's no surprise that they're less likely to reach out for mental health support, too.

In fact, studies show men are less likely than women to recognize, talk about and seek treatment for depression, which affects a large number of men. And, if left untreated, depression can lead to thoughts of suicide.

"For many men, hiding their emotions seems to be common due to cultural reasons and

stereotypes of how 'real men' are supposed to behave and remain strong," explained Dr. Britany Alexander, a psychiatrist at Kaiser Permanente Southern California. "Unfortunately, that can lead to serious mental health problems where men with depression may feel very tired and lose interest in work, family or hobbies. If left untreated for long periods of time, it can also lead to suicide."

Instead of seeking treatment for depression, some men turn to drugs or alcohol to try to cope with their emotional symptoms, Dr. Alexander added. Also, while women with depression are more likely to attempt suicide, it is more likely for men to die by suicide, due to the use of more lethal methods and weapons. In fact, men are nearly four times more likely to die by suicide than women, according to the American Foundation for Suicide Prevention.

According to the National Institute of Mental Health

(NIMH), common depression symptoms among men include:

Withdrawing from family and friends or becoming isolated.

Inability to meet the responsibilities of work, caring for family, or other important activities.

Thoughts of suicide or suicide attempts.

Feeling sad, "empty," flat, or hopeless.

Feeling anxious, restless, or "on the edge."

Not being able to concentrate or remember details.

Feeling very tired, not being able to sleep, or sleeping too much.

Engaging in high-risk activities.

A need for alcohol or drugs.

According to NIMH, research suggests that depression is caused by a combination of risk factors, including:

Family history of depression.

Financial problems, loss of a loved one, a difficult relationship, major life changes, work problems, or any stressful situation may trigger depression in some men.

Depression can occur with other serious medical illnesses such as diabetes, cancer, heart disease, or Parkinson's disease. Depression can make these conditions worse and vice versa. Sometimes, medications taken for these illnesses may also cause side effects that trigger or worsen depression.

Because men often avoid addressing their feelings, the role of friends and family in encouraging a man with depression to visit a doctor or mental health professional for an evaluation is critically important, Dr. Alexander stressed.

"Once diagnosed, depression among men can be treated successfully with medications or psychotherapy or through a combination," she noted. "The key is not to ignore the symptoms, or to not seek help when necessary."



Farmer John meat-packing plant set to close next year

About 1,500 people work at the facility, which has been the target of protests by animal rights advocates.

By City News Service

VERNON - The Farmer John meat-packing plant in Vernon -- a frequent target of protests by animal-rights advocates critical of the treatment of pigs at the facility -- will close next year, with its Virginia-based owner Friday citing the rising costs of doing business in California.

According to Smithfield Foods, the plant will close in early 2023. The company is also exploring "strategic options to exit its farms in Arizona and California."

"Smithfield harvests only company-owned hogs in Vernon," according to the firm. "Smithfield will service customers in California with its Farmer John brand and other brands and products from existing facilities in the Midwest."

"Smithfield is taking these steps due to the escalating cost of doing business in California," according to the company.

Company officials said it is providing "transition assistance" to employees at the plant, including "relocation options" to other Smithfield facilities and farms.

"We are grateful to our team members in the Western region for their dedication and invaluable contributions to our mission. We are committed to providing financial and other transition assistance to employees impacted by this

difficult decision," Smithfield Chief Operating Officer Brady Stewart said in a statement.

John Grant, president of UFCW 770, the union representing union meat-packers at the plant, said he hopes another operator takes over the operation.

"Despite a strong, mutually beneficial relationship with Farmer John employees and their union, Smithfield has decided to exit operations in California," Grant said in a statement. "A fair agreement that compensates their workers until next year has been reached, and we hope that another operator will take advantage of the highly trained and stable workforce that makes the Farmer John plant a productive and profitable part of Vernon's packing infrastructure."

A union spokeswoman said there are roughly 1,500 workers at the plant.

The Vernon plant and its associated hog-production farm have been the target of weekly vigils organized by the Animal Alliance Network, protesting the treatment of baby pigs raised in cramped conditions until they are loaded on trucks bound for the slaughterhouse.

"They are packed into trucks with over a hundred of them piled together, often without room to move freely," according to the organization's website. "These pigs are usually raised in warehouses without windows and the first time they see the light is when they are loaded onto these trucks."

L.A. County Supervisor Janice Hahn said her office would work to help impacted workers.

"The planned closure of the Farmer John plant in Vernon will have an impact on the economy and workers in Southeast LA County," Hahn said.

"I will do everything I can to get county resources to Farmer John employees to help them with the job training and assistance they need to get new good-paying jobs."

In 2019, Farmer John chose not to renew its contract to supply Dodger Dogs to Dodger Stadium and grocery stores after more than 50 years.

It is unclear what will happen to the meat-packing facility at 3049 E. Vernon Ave., which has long been a popular destination for tourists.

CENTRAL

Ask for Maria to schedule an appointment (562) 927-7888

Mobile Service Menu

OIL CHANGE GAS ENGINE

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

OIL CHANGE DIESEL ENGINE

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

• Engine Air Filter \$32.95 • Cabin Air Filter \$69.95
Battery service Inspection

Recalls performed on all applicable vehicles

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

BULLETIN BOARD

FREE ESTIMATES "Your Local Plumber At Your Service"

A-1 Performance
ROOTER & PLUMBING

Lic. #896712

RESIDENTIAL & COMMERCIAL PLUMBING

• FREE ESTIMATES • RAPID RESPONSE • SENIOR DISCOUNTS

• Plumbing • Sewer • Water Heaters
• Hydro Jet Specialists • Drain Cleaning **(562) 420-6458**

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

Malhotra & Malhotra Attorneys

Serving the community for 37 years

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

Call us for a **FREE** initial appointment

Eva Juarez Malhotra
Krishna Malhotra

Se Habla Espanol

(562) 806-9400 • (800) 811-8881

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