

## Cerritos College soccer one win away from advancing

■ No. 1 Cerritos defeats Bakersfield, 2-0, in third round playoff game.

By John M. Sherrard  
Contributor

**NORWALK** – The Cerritos College Men's Soccer team is one win away from advancing to its eighth CCCAA State Championship tournament appearance in the last 18 years, with a 2-1 win over visiting Santa Monica in the Southern California Regional 3rd Round Tuesday (November 22).

Standing in its way is rival Mt. San Antonio College, which has won six state titles in the last 12 years. The Falcons will host No. 5 Seed Mt. SAC, which defeated El Camino, 5-3 in penalty kicks after a 2-2 tie in regulation and overtime, this Saturday (Nov. 26).

"When you're at this level, everyone is good," Cerritos College coach Benny Artiaga said. "It was a hard-grinding win."

To get to the 3rd round, the Falcons defeated Bakersfield, 2-0, Saturday (Nov. 19) in the 2nd Round to open the playoffs.

Cerritos, which is ranked No. 1 in the CCCSIA poll coming into the playoffs and seeded No. 1, improved to 20-0-2 with the two playoff wins this week.

Cerritos, under Artiaga, has won previous state titles in 2006, '08, '14 and '18.

Beginning in 2004, the Falcons have been in the playoffs every year but 2015.

As for the clash against the Mounties, this will be the third time the two teams will face each other this season. "We like our chances at home," Artiaga added.

Cerritos defeated Mt. SAC, 2-1, in the regular season in South Coast Conference action and again in the SCC Tournament Championship game, 3-2.

"Two reasons," explained Artiaga, of the game. "We are playing our rival and it's hard to beat a team three times in a season."

The Falcons faced the same scenario in last year's playoffs, as they faced El Camino for the third time in the season in the So Cal's.

### CCCAA 2nd Round

#### Cerritos 2, Bakersfield 0

Cerritos, which received a first-round bye, faced the Renegades for the second time this season. The first meeting resulted in a 0-0 tie on a rain-filled day at Cerritos.

"We actually nicknamed this the 'flu game', Cerritos coach Benny Artiaga said. "We didn't train at least three days out of the week. We had everyone sick and I told the

boys 'you got to get up and feed your family and go to work if you are an adult. One of the first teaching tools is you got to come to work (play the game) today. Whether you are sick or hurt or injured, you got to come to work today.

"This is the kind of game that teaches you about adversity, grit and finding deep down what you're made out of."

Cerritos, which controlled most of the first half, got on the scoreboard in the 15th minute on a goal from sophomore midfielder Raul Ortiz, as he took a pass from sophomore forward Chris Corona.

"In this game, it is imperative that we score that early goal," Artiaga said. "When we scored that early, they can no longer dictate play.

"You could just work the ball around and keep control and it's just strategic on our part. We just keep the ball moving around back. To be honest with you, I couldn't be prouder. Our boys did awesome."

The second goal came 10 minutes into the second half in the 55th minute by sophomore midfielder Uriel Sanchez. He took a pass from freshman midfielder Kobe Chavez, dribbled the ball around two defenders and scored for the 2-0 lead.

"From the first game that we played against them, we played way better and we put them away early," Cerritos sophomore center back Jaret Rocha said. "It was my first game back after my injury (collar bone). I felt a little slow in the beginning, but it started getting better. I missed six or seven games.

"It feels better now, but my conditioning was a bit off, but I'll be back."

Rocha talked about the post season and how the level of play goes up.

"These types of games are never easy," he said. "Playoff games are always hard. But, once we get our rhythm going, we keep going."

Freshman keeper Steven Ruiz won his 13th game of the season and had two saves.

"The game went exactly the way we wanted it," sophomore midfielder Antonio Negrete said. "We were touching around them and put in two goals. We had a pretty good game.

"The last game (0-0 tie in Sept.) we were having trouble putting it away. We were defending a lot and we just had trouble putting them in.

"The key to (Saturday's) game was to spread them out and penetrate in and get a goal. "That they will open up and try to attack us and they won't be able to defend us. They are going to have to chase the game.



Cerritos College defender Ernesto Vergara (14) leaps for a head shot as they play Bakersfield in the second round of the CCCAA Southern California Regional playoffs at home on Saturday. Cerritos defeated Bakersfield 2-0. (Photo by Keith Durlinger)

"We just had to put one in, and we knew it would be our game after that."

### CCCAA 3rd Round

#### Cerritos 2, Santa Monica 1

"It's a weight off our shoulders," said Artiaga, of the game. "This was not going to be an easy game," added Artiaga.

"Getting that early goal set the tone of the game," Artiaga added.

The Falcons again scored the first goal and it was in the first 15 minutes by sophomore forward Enrique Penate, as he headed the ball into the net.

Cerritos took the lone one-goal lead into half and didn't score until after Santa Monica tied the game, 1-1, in the 76th minute by Alexander Lalor.

The Falcons would respond just five minutes later with a go-ahead goal by Negrete (Diego Alvarado), his 11th of the season.

"The boys dug down deep," Artiaga said. "Kobe took a shot and ricocheted off a player and Tony (Antonio) knocked it in."

Santa Monica, which ends its season at 15-4-5, defeated Norco, 1-0 in the second round.



Cerritos College midfielder Antonio Negrete (16) controls the ball as they play Bakersfield in the second round of the CCCAA Southern California Regional playoffs at home on Saturday. (Photo by Keith Durlinger)

## Whittier transition student praised for leadership, independence

■ Fred Bartz has three jobs and volunteers with special education students.

**WHITTIER** – Whittier Union Transition Program student Frederick Bartz arrives at school each morning with a smile on his face and bursting with confidence. The 21-year-old, who is in his fourth and final year of the Transition program and known simply as Fred, brings a positive outlook and genial sense of humor to class that sets an excellent example for his younger peers in the program.

When Fred arrives on campus, he barely stops to take a breath before heading out to perform volunteer work at the Whittier Area Cooperative Special Education Program (WACSEP) or work at one of his many part-time jobs in the community.

For his progress and tremendous growth, Fred was

recognized by the Whittier Union Board of Trustees with an Award of Merit during its Nov. 8 Board meeting. During the meeting, Fred used his communication device to thank the Board for the recognition. Whittier Union Transition teacher Darla Breiling, who joined Fred and his family, was effusive in her praise.

"I can't say enough about Fred. He has grown tremendously in his willingness to try new experiences and work at new job sites," Breiling said. "As a staff, we have been delighted by the great strides Fred has made in self-advocacy, independence and leadership. He has learned to use his communication device to self-advocate and share information about his day with the staff and other students."

Among Fred's employers are Smart & Final, the Santa Fe Springs Post Office and Lucky Treats Bakery

in La Habra. At Lucky Treats, Fred is valued for his perfect attendance record and excellent customer service skills, greeting customers with a smile and holding the door open for them. Fred also packages the bakery's popular cake nachos and prepares pumpkins for pumpkin pie.

The Transition Program, which serves students from the age of 18 to 22, is founded on the belief that the instruction of functional skills should be taught in the communities and locations the student will use throughout their life.

"Fred Bartz has brought so much joy to the Transition program, we cherish every moment we get to spend with him," United Sierra Education Center Director Dr. Margie Moriarty said. "To see Fred out in the community working independently and establishing a foundation for his life makes us very proud."



Fred Bartz, second from left, is surrounded by family after he was honored by the Whittier Union Board of Trustees.

### Weekend at a Glance

Friday	79°	
Saturday	73°	
Sunday	72°	

### THINGS TO DO



#### White Christmas

Saturday, 2 pm & 8 pm  
La Mirada Theatre for the Performing Arts

A timeless tale of joy and goodwill, featuring Don Lemaster's highly acclaimed Big Band Orchestra. Tickets start at \$32.

### ON THIS DAY

**1846:** American temperance advocate Carry Nation, famous for using a hatchet to demolish barrooms, was born.

**1863:** General Ulysses S. Grant defeated General Braxton Bragg's Confederate forces in the Battle of Missionary Ridge during the American Civil War.

**1942:** Leslie Groves and J. Robert Oppenheimer chose Los Alamos, New Mexico, as the site of Project Y, which developed the first atomic bomb.

**1963:** President John F. Kennedy's funeral took place at Cathedral of St. Matthew the Apostle. He was buried at Arlington National Cemetery.

**1970:** Japanese novelist Mishima Yukio and four members of his Shield Society, a private army formed to preserve Japan's martial spirit, seized a military headquarters in Tokyo, and he later committed seppuku.

**2002:** In London the Agatha Christie play "The Mousetrap" celebrated its 50th anniversary with a royal gala, having opened on November 25, 1952, and this performance being its 20,807th.

**2016:** Cuban political leader Fidel Castro, who transformed his country into the first communist state in the Western Hemisphere and became a symbol of communist revolution in Latin America, died at age 90.

**2020:** Argentine football (soccer) star Diego Maradona—who was considered one of the greatest footballers of all time, known for such memorable plays as the "Hand of God" goal in the 1986 World Cup—died at age 60.

### Top Songs on this Date

**1992:** "I Will Always Love You" by Whitney Houston

**2002:** "Work It" by Missy Elliott

**2012:** "We Are Never Ever Getting Back Together" by Taylor Swift

### Birthdays

Actor **John Larroquette** (75), Christian singer **Amy Grant** (62), UCLA football coach **Chip Kelly** (59), football hall of famer **Cris Carter** (57), actress **Christina Applegate** (51), journalist **Jenna Bush Hager** (41) and competitive eater **Joey Chestnut** (39).

# Whittier bids farewell to two longtime school board members

■ Leighton Anderson and Jeff Baird both served on the Whittier Union board of trustees for more than 25 years.

By Alex Dominguez  
Staff Writer

**WHITTIER** — The Whittier Union High School District Board of Trustees celebrated the careers of two of its longest-serving members during the Nov. 8 Board meeting, saying farewell to Jeff Baird and Leighton Anderson, who are both retiring from the board after serving together for 25 years.

Baird and Anderson were first elected to the board in 1997 and have each served five terms. During that time, they have worked alongside four superintendents, have shepherded through three separate facilities bond measures, and seen thousands of Whittier Union students graduate and receive their diplomas.

Both trustees have children who graduated from the District. Baird's three children attended California High School; Anderson's three children attended La Serna High School. Baird and Anderson are both attorneys and became so close over the years that Anderson eventually joined Baird's law firm

of Bewley, Lassleben & Miller LLP, in Whittier. Baird has since retired from the firm.

"Congratulations to our retiring Board members, Mr. Baird and Mr. Anderson, who have served our community with integrity, compassion and the highest level of professionalism while always remaining student-centered," Superintendent Dr. Monica Oviedo said. "Whittier Union is blessed to have a Board of Trustees that is truly invested in the health and welfare of its students and families, and eager to work with administration, faculty and staff to ensure that we have all of the tools necessary to provide our children with an education that puts them on the path to college and career."

Baird had already served a term on the South Whittier School District Board of Trustees when he first ran for a seat in Whittier Union. Anderson felt compelled to run after attending several Board meetings as a parent.

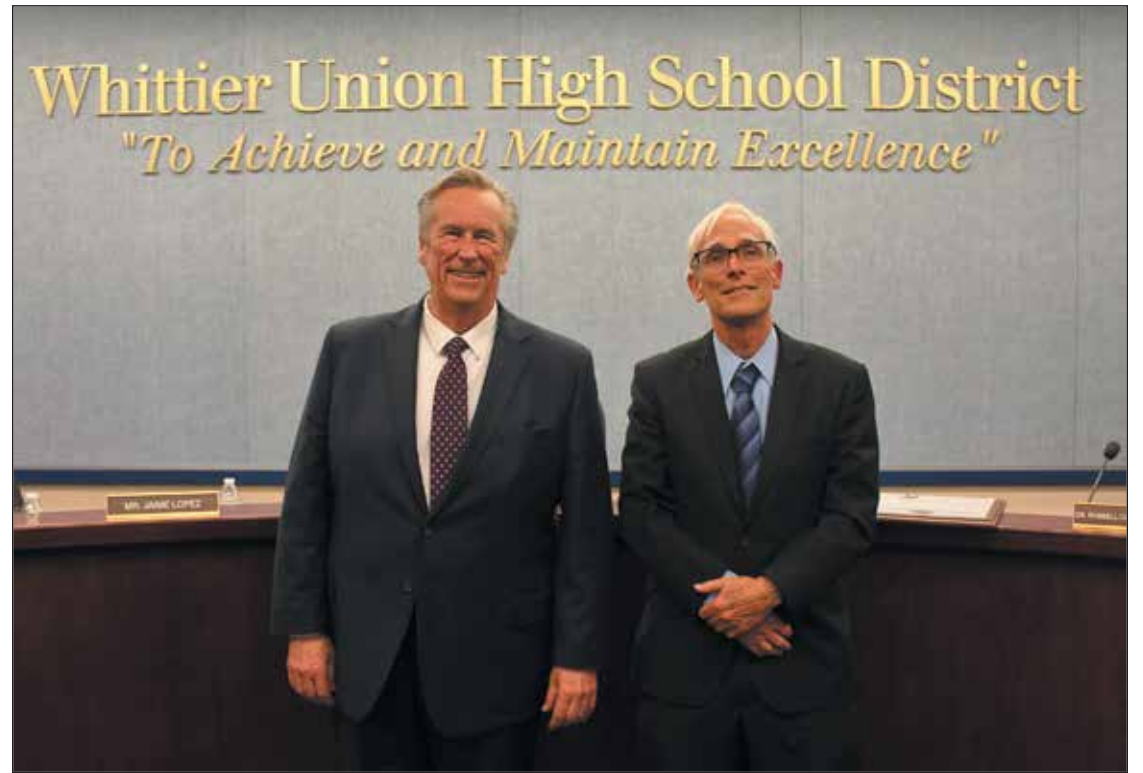
"I've enjoyed working with Jeff over the years," Anderson said. "We are very dissimilar. I'm a talker while Jeff is reserved. But everyone on the Board knows that when Jeff has something to say, you have to listen. He has always been focused on what matters. It's always been a delight to work with Jeff."

Baird has cherished his years on

the Board, which have given him the opportunity to work with, and be mentored by, a succession of highly regarded superintendents. He said he is most proud of seeing so many students from his Trustee district — which includes Cal High — graduate and become first-generation college goers. His wife, Jan Baird, is still a member of the South Whittier Board of Trustees.

"It's been a lot of fun. There is a tradition of excellence at Whittier Union and I am proud to have played a small part in our 122-year history of providing excellent high school education services," Baird said. "One of the most outstanding characteristics of the District has been the hiring and training of our faculties. There has also been a tradition of mentoring our staff at all levels. I thank the Whittier community for giving me the opportunity to serve."

Anderson said he is most proud of restoring District facilities into state-of-the-art campuses through a series of bond measures passed by Whittier voters over the years. Anderson supported District administrators in securing millions of dollars in Federal Emergency Management Agency (FEMA) funding for District schools, which remained in disrepair after the 1987 Whittier earthquake, by meeting with congressional and FEMA staff during a personal visit to



Leighton Anderson and Jeff Baird celebrate with one another as they complete their final meeting as part of the Whittier Union Board of Trustees on Nov. 8. Both members are retiring after serving together for 25 years.

Washington D.C.

Among Anderson's favorite memories are the years he spent as the La Serna High home game football announcer, attending band competitions and other school events and handing out diplomas at

commencement ceremonies.

"It has been an absolute pleasure," Anderson said. "I consider Whittier Union to be the premier education agency in Los Angeles County. The District is continually being recognized for its

outstanding work. I am proud that I have been able to contribute to laying the foundation for a culture of excellence. I've enjoyed every minute."

# L.A. councilman seeks ban on new gas car sales

**LOS ANGELES** — City Councilman Paul Koretz is seeking to ban the sale of new gas cars in Los Angeles by 2030, according to a motion filed Tuesday.

Koretz, who is in his final weeks on the council, introduced a motion that seeks to phase out the sale of new gasoline, diesel and natural gas vehicles -- beginning with all such cars that cost over \$28,000 by 2028, cars that cost over \$22,000

by 2029 and all such cars by 2030.

He sought a report from the Los Angeles Department of Water and Power and the General Services Department in 90 days with an applicable ordinance.

The request was part of a package of climate-related motions Koretz filed Tuesday, which also included seeking a greenhouse gas emissions fee for private jets that land at Los Angeles airports and a

report on the climate impacts from the SoCalGas Playa Vista Natural Gas Storage facility at LAX and Silicon Beach.

"We need to pull our collective heads out of the sand and face the climate crisis at the actual speed and actual scale necessary," Koretz said. "That means ending the production of the internal combustion engine immediately. Ending free private jet joy rides. And closing down

the ticking time bomb fossil fuel infrastructure that threatens LAX at Playa Vista."

Two years ago, Gov. Gavin Newsom announced California would allow only emission-free new vehicle sales by 2035.

"This is the most impactful step our state can take to fight climate change," Newsom said at the time. "For too many decades, we have

allowed cars to pollute the air that our children and families breathe. Californians shouldn't have to worry if our cars are giving our kids asthma. Our cars shouldn't make wildfires worse -- and create more days filled with smoky air. Cars shouldn't melt glaciers or raise sea levels threatening our cherished beaches and coastlines."

The California Air Resources

Board is developing regulations to mandate that 100 percent of in-state sales of new passenger cars and trucks are zero-emission by 2035 -- a target which would achieve more than a 35 percent reduction in greenhouse gas emissions and an 80 percent improvement in oxides of nitrogen emissions from cars statewide.



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# The LGBTQ family is united by our fear for our lives

By Jennifer Finney Boylan

“And what do we have here?” Dolly Parton asked me. “The typical American family?”

This was in Provincetown, Mass., many years ago, on the street in front of a drag club, where my wife and I were pushing a baby carriage. At the time I seemed to be a youngish, tweedy English professor. What I did not look like, though, was the thing I actually was: a closeted transgender woman.

How I wanted, back then, to shout to that drag artist who was not actually Dolly Parton — I’m like you! We are sisters, you and I!

But I didn’t have the courage. I couldn’t imagine it.

In the years since then, and especially since I did finally come out, in 2000, I have occasionally wondered whether the thing I longed to say to her was true. Was I her sister? Was I like her?

On Sunday, as the news about the murders inside Club Q in Colorado Springs emerged, I thought of these questions again.

Among the victims was bartender Daniel Aston, 28, a trans man. His partner, a drag performer, was behind the bar when the shooting began. It was not lost on those of us in the LGBTQ community that the massacre took place on the annual Transgender Day of Remembrance, a day set aside in memory of all the trans people who have lost their lives to violence.

Nor is it lost on us that conservatives across the country this year have been using the LGBTQ community as their whipping boys. And girls. Rep. Brianna Titone, Colorado’s first openly trans legislator, tweeted on Sunday, “When politicians and pundits keep perpetuating tropes, insults, and misinformation about the trans

and LGBTQ+ community, this is a result.”

In October, a man attacked a trans librarian in Boise. Other attacks, by armed men and groups such as the Proud Boys, have disrupted drag-related events in Texas, Nevada and Oregon. At the Children’s Hospital of Philadelphia — where I once presented a grand rounds lecture on the variety of trans experiences — security has been increased in the wake of threats to its transgender clinic. In Massachusetts, Boston Children’s Hospital reports that its clinicians and staff have received multiple threats of violence.

One observer at a Colorado Springs vigil said, “It feels like, ‘When is it going to happen to me?’ As opposed to thinking, ‘This kind of thing will never touch me.’ ”

The harassment at Boston Children’s came in the wake of anti-LGBTQ posts from social media users, including the Twitter account LibsoftikTok. On Sunday morning, right after the attack in Colorado Springs, Chaya Raichik, who runs that Twitter account, pointed to Titone’s support of a Denver nonprofit that helps young drag performers.

In August, Colorado Republican Lauren Boebert, who has used slurs to describe trans people, warned drag queens to stay away from children in the state’s 3rd District, where she just won reelection. Late Sunday, Boebert expressed sympathy for the victims. The victims, she said, were in her prayers. Titone replied, “You spreading tropes and insults contributed to the hatred for us. There’s blood on your hands.”

Like many trans women, especially those of us who are decades post-transition, I have occasionally wondered how much in common I have with the drag community. I’ve loved watching drag,

and have looked upon the artistry of my friends with wonder and delight. But I have never thought of my gender as part of a fantasy or a performance. All I ever really wanted for myself was the solace and grace that came from finally feeling at home in my own body.

To be honest, at this age, I’m more Edna Krabappel than Dolly Parton.

I’ve been married to my wife for 34 years now — 12 as husband and wife, and 22 as wife and wife. Our children, just toddlers during that long-ago vacation in Provincetown, have since gone into the world to find their own adventures.

But I know the answer to the question that I asked myself in Provincetown now.

Yes, that Dolly Parton was my sister. Just as Daniel Aston was my brother. Just as all of us in the LGBTQ community in this country are one family, bound together not only by the love we feel for one another but also by the way, every day, we have now come to fear for our lives.

And if I met that Dolly Parton now, even with all the changes in our family, I would still give her the answer I gave her three decades ago.

The typical American family? Why yes, that’s us.

*Jennifer Finney Boylan is a professor of English at Barnard College of Columbia University and a fellow at Harvard University’s Radcliffe Institute for Advanced Study. Her most recent book is “Mad Honey,” co-written with Jodi Picoult.*

# The massacre at Club Q was only a matter of time

By Michelle Goldberg

The massacre this past weekend at Club Q, an L.G.B.T.Q. club in Colorado Springs, was at once shocking and entirely predictable, like terrorist attacks on synagogues and abortion clinics.

The police are still investigating the motive behind the shooting, in which five people were killed and at least 18 others wounded. But we know that the suspect is facing hate crime charges, and that the attack took place in a climate of escalating anti-gay and anti-trans violence and threats of violence.

We also know that, in recent years, the right has become increasingly fixated on all-ages drag shows, part of a growing moral panic about children being “groomed” into gender nonconformity. Club Q hosted a drag show on Saturday night and had an all-ages drag brunch scheduled for Sunday. Perhaps we’ll learn something in the coming days that will put these murders, which took place on the eve of Transgender Day of Remembrance, into a new light, but right now, it seems hard to separate them from a nationwide campaign of anti-L.G.B.T.Q. incitement.

During the early years of Donald Trump’s administration, conservatives downplayed the contempt for homosexuality and gender nonconformity that had once been central to their movement, foregrounding racial resentment instead. Opposition to gay marriage had become a political loser, and it was hard to pose as champions of wholesome family values while enthusiastically supporting a thrice-married libertine who’d made a cameo in soft-core porn. But in recent years, as growing numbers of kids started identifying as trans, the puritanical tendency on the right has come roaring back, part of an increasingly apocalyptic worldview that sees the erosion of traditional gender roles as a harbinger of national collapse.

Chris Rufo, the entrepreneurial activist who made critical race

theory into a major political issue, shifted his focus to “gender ideology” in public schools. Lawmakers began to target pro-L.G.B.T.Q. teachers, and to accuse anyone who opposed them of being “groomers.” When Florida was debating legislation restricting classroom discussion of sexual orientation and gender identity, Gov. Ron DeSantis’s press secretary wrote on Twitter, “If you’re against the Anti-Grooming Bill, you are probably a groomer or at least you don’t denounce the grooming of 4-8 year old children.”

The language of “grooming” recapitulated old homophobic tropes about gay people recruiting children, while also playing into the newer delusions of QAnon, which holds that elite liberals are part of a sprawling satanic child abuse ring. Conservatives hoped to turn this conspiracy theory into political power; according to the Human Rights Campaign, Republicans and Republican-aligned groups spent at least \$50 million on anti-L.G.B.T.Q. ads in the midterms.

Drag queens have been a particular obsession of those who believe that children are being lured into changing their gender or sexual orientation. “The drag queen might appear as a comic figure, but he carries an utterly serious message: the deconstruction of sex, the reconstruction of child sexuality, and the subversion of middle-class family life,” wrote Rufo in an essay about Drag Queen Story Hour, a public event series in which drag queens read to children and lead singalongs.

All over the country, Drag Queen Story Hours have been targeted by Proud Boys and other demonstrators, some heavily armed. In August, the Republican congresswoman Lauren Boebert tweeted a photo of a flier for a Drag Queen Story Hour at a Colorado public library with the words, “Sending a message to all the drag queens out there: stay away from the children in Colorado’s Third District!” The Daily Wire’s Matt Walsh described drag events involving kids as a “cancer,” and wrote that “just like cancer, stopping it is not a

gentle or a painless process.”

It’s been clear for some time that there are people willing to act on such ideas. Just last month, a man in a red baseball cap firebombed a Tulsa doughnut shop that had hosted a drag event. According to The Tulsa World, the vandal “left a note on a neighboring business that contained Bible verses and hateful rhetoric.”

Now that a mass shooting has drawn attention to the danger of the right’s dehumanizing language, many of those who have demagogued about trans kids and drag queens are painting themselves as victims. “The quest by the Democratic leadership and media to link a horrifically evil shooting at a Colorado gay club to anyone who doesn’t support a progressive social agenda is ongoing and terrible for the country,” tweeted the writer and podcaster Ben Shapiro. It was an attempt to frame any call for tolerance and responsibility as intellectual bullying.

There are, I believe, legitimate debates over questions like when puberty blockers should be prescribed or gender-confirming surgeries performed on minors. But people who hurl baseless accusations of child abuse are not engaged in a debate. Their project is one of demonization in the service of domination, akin to the anti-abortion extremists who put doctors’ faces on “Wanted” posters. They’ve been screaming that drag events — like the brunch that should have happened at Club Q on Sunday — are part of a monstrous plot to prey on children. They don’t get to duck responsibility if a sick man with a gun took them seriously.

*Michelle Goldberg is an opinion columnist for the New York Times. She is the author of several books about politics, religion and women’s rights, and was part of a team that won a Pulitzer Prize for public service in 2018 for reporting on workplace sexual harassment.*

# What makes Trump different than DeSantis and other Republicans

By Rachel Bovard

Despite near-unison attempts from conservative media to declare his moment in the Republican sun over, Donald Trump refuses to go away. He is officially back on the hunt for the Republican nomination, and this resistance from many parts of the Republican universe obscures the fact that he may very well still win the nomination — if not in spite of the elite power brokers of the political right trying to stop him, then perhaps because of them.

In his announcement last week, Mr. Trump said, “Together we will be taking on the most corrupt forces and entrenched interests imaginable.” He pointed out that “this is not a task for a politician or a conventional candidate.” The task falls to an outsider — and Mr. Trump remains, to his supporters, an outsider. They see him as the only candidate truly capable of taking on the system.

Mr. Trump’s appeal has been difficult for many mainstream G.O.P. politicians and pundits to stomach. They’re embarrassed — about Mr. Trump and, in the case of elected officials, about representing people who would vote for him. But the characteristics that Washington Republicans hate — the bombast, the outrageousness — is what makes his base trust him. They love that Mr. Trump points at the system and calls it what it is: corrupt.

The comedian Dave Chappelle recently homed in on this point while hosting “Saturday Night Live.” “I live in Ohio amongst the poor whites,” he said, and went on: “A lot of you don’t understand why Trump was so popular.” People in Ohio “have never seen somebody like him” — an “honest liar,” he said. Mr. Chappelle pointed to Mr. Trump’s comment in a 2016 debate with Hillary Clinton: “He said, ‘I know the system is rigged because I use it.’ ”

That exchange reflects the essence of the relationship Mr. Trump has with his base. It was striking for someone at the top to say out loud what everyone at the bottom already knew: that the system works for the country’s elite, because that’s what it is designed to do. And that most of American politics since 2016 is about preserving that status quo.

He returned to this theme in his announcement speech: “Anyone who truly seeks to take on this rigged and corrupt system will be faced with a storm of fire that only a few could understand,” he said.

Mr. Trump was a beneficiary of that system, which gave him tremendous credibility in calling it out. He is one of the only politicians who many voters — which in 2016 included a majority of independents — feel has been honest with them.

The professional class sees Washington fixtures like Mitch McConnell as unexciting but necessary institutionalists — people who know how to work the system to “get things done.”

But that’s not how many voters and anti-establishment conservatives see the self-appointed Republican wise men. What did Bob Dole, John Boehner, Mr. McConnell, the Bushes or the Cheneys ever do to stop illegal immigration? Or to protect vulnerable families and communities from globalization? Or to solve the opioid crisis, check corporate consolidation over information and speech, stem the tide of left-wing cultural aggression or stand up for the rights of parents not to have their children indoctrinated in schools?

An entire generation of Republican leaders has blithely ignored and betrayed the core concerns of many Republican voters, while too many of their jobs were shipped to China, their sons were sent off to unwinnable wars and their communities were poisoned by drugs.

Compare this thinly veiled contempt with the way Mr. Trump embraced working-class voters. He was the only Republicans since Ronald Reagan who seemed to genuinely like everyday Americans. The irony of it taking a real estate mogul, reality television star to be the politician most able to connect with grass-roots voters cannot be overstated. As president, Mr. Trump helped deliver rising wages, peace and economic growth, and the Supreme Court justices who overturned Roe v. Wade.

To political insiders, Mr. Trump’s imperviousness to

criticism from the likes of National Review or even Tea Party-era conservative standard-bearers seemed like a kind of superpower. To his supporters, though, all those attacks revealed the elitist contempt for conservative voters that those voters had suspected was there all along.

This presents a tricky problem for Gov. Ron DeSantis of Florida or any other potential Republican presidential candidate who seeks to be Trump-y without being Mr. Trump. Mr. DeSantis has vaulted to well-deserved stardom for his aggressive stance against corporate cultural meddling, his fearless defense of parents and his levelheaded foresight in handling the pandemic.

But the defining dynamic of the G.O.P. that enabled Mr. Trump to win in 2016 — primary voters’ deep and justified distrust of the Washington elites to handle the issues they care about the most — adheres in 2022. The conservative intelligentsia and establishment Republicans embracing Mr. DeSantis should understand that their public affection for him may ultimately end up harming a candidate they seek to help.

Mr. Trump still wants to upend the system that Republican voters distrust. Since 2016, the establishment has lit more of its credibility on fire. You don’t have to think Mr. Trump should be canonized as a saint to believe the system is still rigged, as corrupt and hostile to nonelite Americans as ever.

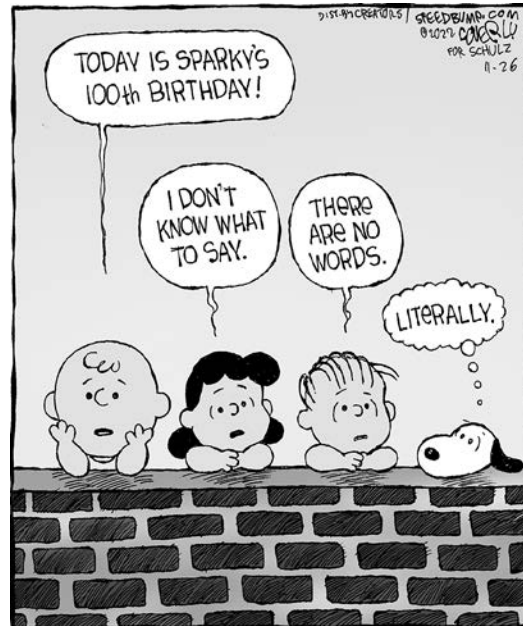
If Mr. Trump once again runs against that system, and the people who run that system haughtily, censoriously align with other candidates, who do you think Republican voters will support?

*Jennifer Finney Boylan is a professor of English at Barnard College of Columbia University and a fellow at Harvard University’s Radcliffe Institute for Advanced Study. Her most recent book is “Mad Honey,” co-written with Jodi Picoult.*

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## 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

### SUNDAYS

12:00 p.m. - 2:00 p.m. - Food Pantry - 12201 Firestone Blvd., Norwalk, CA 90650

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

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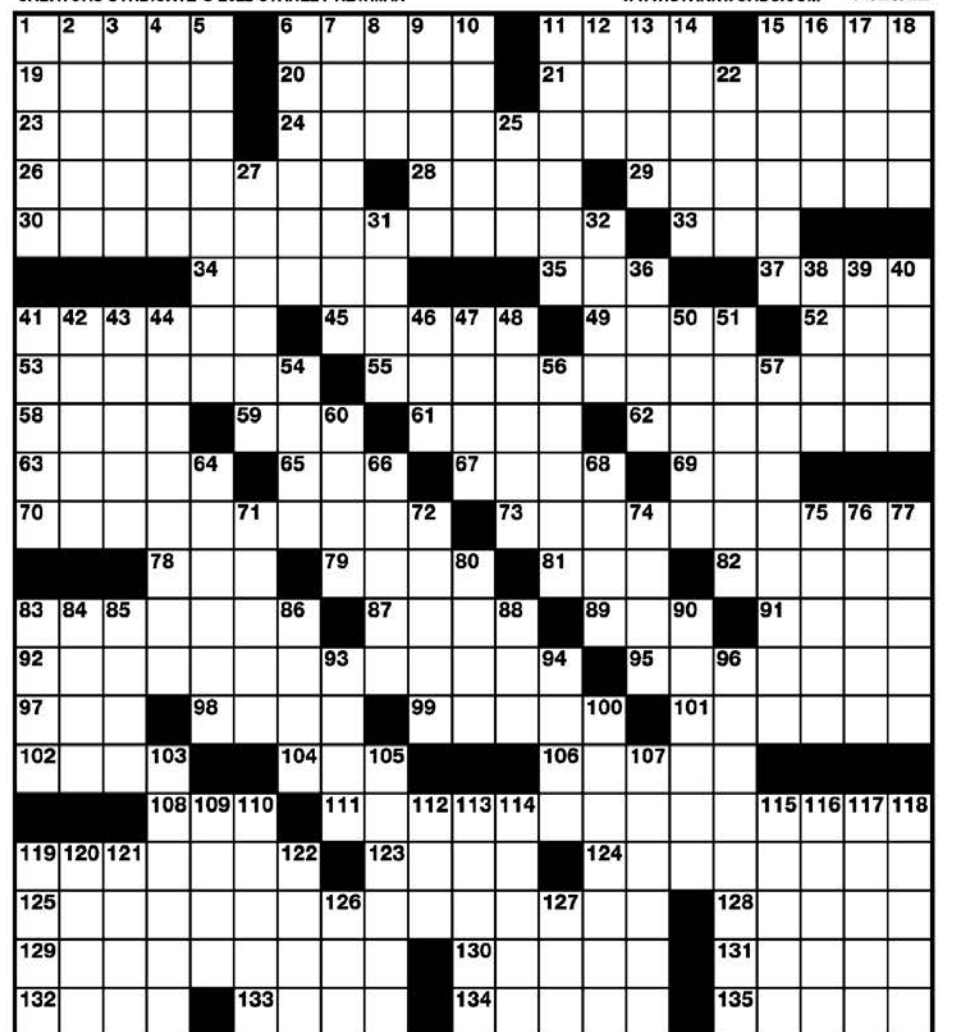
# PUZZLE OF THE WEEK

## THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)  
**FEAST YOUR EYES: No knife or fork needed**  
 by Billie Truitt

- |  |                                  |
|--|----------------------------------|
| <b>ACROSS</b>                                | <b>DOWN</b>                      |
| 1 Sylvia who wrote <i>The Bell Jar</i>       | 1 Medicare component             |
| 6 Out of whack                               | 2 First Lady before Michelle     |
| 11 ___ Lee cakes                             | 3 Spring month in Madrid         |
| 15 Wallop                                    | 4 Tots' batting game             |
| 19 Limerick rhyme scheme                     | 5 Sacrosanct                     |
| 20 Suburb of Phoenix                         | 6 With no markup                 |
| 21 "Whatever"                                | 7 Did intentionally              |
| 23 Far from a city                           | 8 Little devil                   |
| 24 Istanbul once, Ankara today               | 9 Spruce (up)                    |
| 26 Enormous number                           | 10 Plays by a different rules    |
| 28 Warning of an errant drive                | 11 Unvoiced                      |
| 29 Water lilies                              | 12 Needless fuss                 |
| 30 Election law violation                    | 13 Texer's "Hilarious!"          |
| 33 Very short pencil                         | 14 Playwright Chekhov            |
| 34 Measures of power                         | 15 Garb for hospital personnel   |
| 35 Art on an ankle                           | 16 Acorn producers               |
| 37 Cashless deal                             | 17 Native Canadian               |
| 41 Soft shade                                | 18 Locksmith's creations         |
| 45 Corn Belt city                            | 22 Ballet skirt                  |
| 49 Son of Noah                               | 25 Shapiro of NPR                |
| 52 Medical insurance grp.                    | 27 Napoli's land                 |
| 53 Chose to participate                      | 31 "Semper FI" org.              |
| 55 TV addicts                                | 32 Startled sound                |
| 58 Underworld river                          | 36 Norse thunder god             |
| 59 Be indisposed                             | 38 "Not so fast!"                |
| 61 Swiss abstract artist                     | 39 Blessing conclusion           |
| 62 Luminous                                  | 40 Facebook entry                |
| 63 Zhou ___ (Mao associate)                  | 41 Struck a stance               |
| 65 Mouse chaser                              | 42 Urban address abbr.           |
| 67 Web addresses                             | 43 Modus operandi                |
| 69 Vintage film channel                      | 44 Crude oil, slangily           |
| 70 With 73 Across, is in ignorance regarding | 46 Just fine                     |
| 73 See 70 Across                             | 47 Netflix competitor            |
| 78 ___ Fridays                               | 48 Caustic                       |
| 79 Radio dial                                | 50 <i>Les ___Unis d'Amérique</i> |
| 81 Zero                                      | 51 Wild and zany                 |
| 82 Tubular pasta                             | 54 Pottery flaw                  |
| 83 Capital of French Polynesia               | 56 Trojan War captive            |
|  | 57 Covered with trees            |
|  | 60 Long and lean                 |
|  | 64 Gobble down                   |
|  | 66 Liquid restorative            |
|  | 68 Put into words                |
|  | 71 Church donation               |
|  | 72 Chocolatier of fiction        |
|  | 74 Sweet ___ (sugar substitute)  |
|  | 75 Go down ___ knee              |
|  | 76 Auto racing family name       |

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- |                                |                               |                             |
|--------------------------------|-------------------------------|-----------------------------|
| 77 Gift-wrapping mishaps       | 96 Captivated                 | 114 Church topper           |
| 80 Red root                    | 100 Improve one's performance | 115 Work too hard           |
| 83 Sibilant signal             | 103 Twin brother of Artemis   | 116 Endangerment            |
| 84 Blue-green                  | 107 Employs for a purpose     | 117 Last Supper question    |
| 85 Gas station machine         | 109 Otherwise                 | 118 Tricky road curves      |
| 86 Commits a faux pas          | 110 Officially prohibit       | 119 Marine predator         |
| 88 Letters on a Cardinal's cap | 112 Maple product             | 120 Leeway                  |
| 90 Retro T-shirt               | 113 ___ con pollo             | 121 Pandora's escapees      |
| 93 Mine, in Marseilles         |                               | 122 Multigenerational story |
| 94 Fill to excess              |                               | 126 Quarter of a quart      |
|                                |                               | 127 Person on a beat        |

MORE OF STAN'S CROSSWORDS! Play FREE from Stan's archives of Easy, Hard and Sunday puzzles at: [tinyurl.com/stan-newman-crosswords](http://tinyurl.com/stan-newman-crosswords)

You can contact puzzle editor Stanley Newman at his e-mail address: [StanXwords@aol.com](mailto: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](http://www.StanXwords.com)

MEMBERS: TEMPE, Arizona (20 Across), in the East Valley area of greater Phoenix, was named for Greece's Vale of Tempe. Ankara became CAPITAL OF TURKEY (24 Across), succeeding Istanbul, in 1923, upon the establishment of the Turkish republic. First published as *Modern Maturity*, AARP: The Magazine (123 Across) is sent to all 20+ million AARP members.



















# Tips for happier holidays when a loved one has dementia

■ A PIH Health neurologist shares tips on how to make the holidays easier for families.

Contributed by PIH Health

The holidays are a time for bringing together family and friends to celebrate traditions and make new memories. This is a joyous time for many, but if you are sharing the holidays with a loved one who has dementia or Alzheimer's disease, it can also be stressful for everyone.

"Dementia and Alzheimer's disease may change the way the holidays look for families affected by the disease," says Michel Darazi DO, PIH Health neurologist. "The person with dementia may have a difficult time handling the changes that come from a disruption in their routine. Caregivers may find themselves with extra work. And family members may experience a sense of sadness as they think back to the way things used to be."

To make your holiday celebrations as enjoyable as



possible when sharing them with someone with dementia, keep these tips in mind:

**Manage expectations.** The more realistic you can be about what to expect from the holidays—and from your loved one—the less disappointed you will be. Preparing family members for changes they will experience can also help.

**Create a comfortable space.** Make the space as

comforting as possible for the person with dementia. Tone down decorations, avoid blinking lights and play familiar music (but not too loud).

**Involve the person.** Get your loved one involved in celebrating the holidays as much as they are able. Some ideas may include asking them for help with simple decorating or baking tasks, discussing gift ideas, opening holiday cards together or planning the holiday menu.

**Maintain routines.** People with dementia often have a hard time adjusting to changes in their routine, so try to keep things as normal as possible. Stick with their usual schedule for activities, treatment, medication and meals.

**Adjust gatherings.** It can be disorienting for a person with dementia to be around a lot of people so adjust get-togethers to make things more enjoyable for everyone. Keep gatherings to fewer people, plan at the best time of day for the person and keep them brief.

**Visit in their environment.** It can be stressful for a person with dementia to be in a new environment, so it may be best to celebrate with them where they live. If they are in a care facility, have people visit on different days or participate in planned activities for the residents.

**Prepare visitors.** Let others know what to expect before they visit with your loved one. Update them on any differences they may notice since their last visit, including changes to memory, behavior or appearance. Provide tips on how best to communicate with the person.

**Keep the person safe.** Take extra precautions to keep your loved one safe. Check for tripping hazards and survey the environment for anything that may potentially be dangerous (such as lit candles, sharp objects, accessible medication or food and drinks they shouldn't eat). Keep the person as protected as possible from illness by making sure they're up to date on COVID-19 vaccines/boosters and have gotten a flu shot. Don't allow anyone who is sick to be around your loved one and consider asking everyone to wear a mask.

"Celebrating the holidays can be an enjoyable experience for families affected by dementia or Alzheimer's disease," says Dr. Darazi. "Family members just have to learn what to expect."

# Celebrating the holidays safely is important to your health

■ The holidays can trigger anxiety and depression, especially with an expected Covid-19 surge.

Contributed by Kaiser Permanente

With Thanksgiving having taken place on Thursday and Christmas not that far behind, many families will be traveling and gathering once again following two years of the pandemic that made such congregations unsafe before COVID-19 vaccines and boosters became more readily available.

Unfortunately, health experts anticipate a COVID-19 surge could again take place this winter, and when coupled with an anticipated severe flu season and a rise in RSV cases, it's only prudent to take precautions to help ensure your holiday season will be not only joyous, but also safe.

"There's no doubt that most of us are looking forward to gathering with our loved ones to celebrate the season after two years of health experts cautioning against such gatherings," said Dr. Daisy Dodd, an infectious disease specialist with Kaiser Permanente Southern California. "However, it's prudent to understand that the pandemic is not over, yet, and with flu and RSV cases expected to grow, taking measures to stay safe is in our best interest."

Health experts agree that the most important thing adults and children can do to protect themselves from COVID-19 infection is to get vaccinated and stay updated on boosters. This is especially true if people plan to travel and gather with others during the holiday season, or if they plan on spending time with others whose vaccination status is unknown.

Also, with an anticipated severe flu season, getting your flu shot will provide important and added protection against influenza, which can cause severe health issues, and could result in death. "Getting a flu shot not only helps keep you healthy, but it also protects those around you who may be at higher risk for flu complications," said Dr. David Bronstein, who also practices at Kaiser Permanente Southern California.

**Safe celebrating tips**

To protect your health and that of your loved ones, health officials encourage you to do your part to stay safe and be vigilant this holiday season. They recommend that you follow these tips to celebrate the holidays safely this year:

- Know you're healthy before you go. Don't travel or gather if you are sick or with someone who is sick.
- Avoid crowded, poorly ventilated spaces. Gatherings and activities held outdoors are safer than indoor gatherings.
- Continue practicing healthy behaviors. Wear a protective mask, watch your distance, and wash your hands regularly.
- If you've been in contact with someone with COVID-19, test yourself. Taking a home antigen test will put your mind at ease and make sure you're not putting others at risk of catching COVID-19 if you are infected.

Dr. Britany Alexander, a psychiatrist with Kaiser Permanente Southern California, notes this holiday season may also cause anxiety and depression among those who lost a loved one due to the pandemic, or are facing economic challenges due to rising prices and job uncertainty.

"What that means is that many people may feel sad during this holiday season," Dr. Alexander noted. "But it's important to not lose hope, as we have the opportunity to remind ourselves what the holidays are all about. Sometimes, the simplest act can have the greatest impact on another person's well-being by extending a kind word or a smile. In order to do that, however, we cannot forget to take care of ourselves, especially when it comes to our mental health."

If you feel down, sad or depressed during the holidays, Dr. Alexander recommends the following:

- Take the time to allow yourself to mourn the loss of your prior expectations.
- You don't have to set lower expectations — just different ones with a new focus on adapting to your current situation.
- Feeling uneasy is normal, considering all the changes and unknowns that we have faced during the past two years due to the pandemic, as well as current economic challenges.

■ We might not be able to give as many presents to our loved ones, like we would normally do, but we can still remind our loved ones how much we care for them and how much they mean to us.

"Do what's right for you and remember: good mental health is essential for all of us to enjoy life to the fullest despite any challenges we might face," advised Dr. Alexander.

Dr. Alexander stressed if your depression or anxiety persists, it's important to seek help from your primary care physician or mental health care provider.

# How I broke out of the cycle of going broke

■ A certified accountant offers tips on how to regain control of your finances.

Contributed by Emil Rem

"You're such a loser. Same as your dad."

That was my mom when coming to visit me in Canada from her home in England.

Mom had divorced my dad and emigrated to England to start a new life. With no education, hardly any English, she juggled three jobs to become a millionaire through investment in real estate.

She looked around my apartment. I was a CPA with a good job, but lived in a bachelor suite. It had no furniture save an IKEA fold up table, a boom box and a sleeping bag. I had no car. Surreptitiously she examined my bank statements, too. Overdrawn.

I had just lost a minor fortune on the stock market. Previously, it had been in gold speculation. Prior to that it was an up and coming hi-tech company about to go public. I chalked all of these losses up to a series of unfortunate events while remaining confident that my next attempt would be a grand-slam success.

But after four years of this, my girlfriend left me. Heartbroken, I sought the advice of a therapist.

With the therapist's help, I became aware of the history underlying my behavior. For

generations my East Indian family had barely survived, each generation barely keeping their head above water. Today, with a well paying job, my future assured, subconsciously I felt guilty for my success. I kept losing money to return to the struggles my ancestors had faced one generation after the other.

This awareness was the first step on my way out of the vicious cycle. Here's what I did next that helped me turn my finances and my life around and can work for all with a little introspection, determination and commitment:

**Identify the pattern of failures.** Ask what triggers your money-loss cycle, whether the same things happen every time and what they are. Therapy and a newfound self-awareness helped me admit that my own failures were self-inflicted and had nothing to do with the financial markets or luck.

**Understand the reasons behind these failures.** I also became aware that I was unconsciously sabotaging my own finances. (Yes, this is entirely possible). Taking big risks and losing big alleviated the guilt I felt about my good fortune relative to my family's struggles. Those were my reasons. We each have our own. Whatever yours are, figure them out.

**Make a plan—and stick with it.** First, I shifted to a strict policy of low-to-no risk instead of recklessly aiming for the jackpot. Then I created a list of the specific things I'd never do, such as risk all my money and

borrow on top of that to invest in projects that, from my informed perspective as an accountant, had either slim or no chances of succeeding. I also leveraged my financial acumen to advise up-and coming businesses, exchanging sweat equity for a stake in the companies rather than taking out loans to make those investments.

**Find a mentor.** In my case, my therapist became a tremendous source of ongoing support. Whenever I felt the urge to do something reckless and potentially sink myself, I turned to her. Whether it's a therapist, a coach or a friend, it's essential to be able to do the same, especially in times of temptation.

**Practice patience and nurture the confidence to believe in your future.** It took me two years, but I broke the cycle going broke. The mindset shift this came with helped my personal life, too. I met the woman who became my wife.

Today, my marriage is in its thirtieth year, and my financial woes are gone. Most of all, I can once again breathe.

*Emil Rem is an accountant and author. His books—collections of interwoven short stories—include "Heart of New York" (October 2022), and "Chasing Aphrodite" (June 2022). Chapters from both books are slated for publication in April Gloaming Literary Journal and The Write Launch.*

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