

Cerritos College debuts Women's Wrestling

■ New coach Dustin Kirk leads the way as the CCCAA approves 13 colleges for competition beginning this month

By John M. Sherrard
Contributor

NORWALK – It has taken approximately 10 years, but the California Community College Athletic Association (CCCAA) has officially started Women's Wrestling this year as a competitive sport.

Action starts Friday (Jan. 27) for Cerritos College with a Tri-dual at Downey High School, with Menlo College and Vanguard University.

On Saturday, Jan. 28, Cerritos will hold its inaugural Cerritos College Women's Open (Freestyle).

Right at the forefront is Cerritos College with a full roster and a familiar name for its first head coach.

Former CCCAA State Champion Dustin Kirk became the first coach for the Falcons and has a full squad for the initial campaign. Assisting Kirk is Yoshito Funakoshi.

Kirk, who is also an assistant coach for the men's team, had a phenomenal two-year career, winning a state title at 133 Lbs. in his sophomore season in 2014. In his freshman season, he was 36-1 and finished third in the state at 125 Lbs.

In addition, he won the conference title in 2014, the same year that the Falcons won a state championship. It was their fourth in school history.

In his championship win, Kirk was 3-0 (Major, 2 decisions), which included a win over an opponent who beat him in the CCCAA So Cal's a week before the state tournament.

After Cerritos, Kirk competed at King University in Tennessee and was an NCAA Academic All-American and a two-time NCAA All-American (top 8 in the country).

"It feels great," said Kirk, of being named the first women's wrestling coach. "It's an opportunity. Women's Wrestling is the fastest growing sport in the country right now. In 2022 at the four-year level, there was 39 new women's college wrestling programs added.

"Just being able to add it and start it here at Cerritos College from a school I went to is awesome. I'm just thrilled for the opportunity."

"I've got a great group of girls," he said. "They're excited with a lot of energy and a lot of talent on the team. They bought in already early and that's a great thing for a coach. To start with 19 girls on the team for a first-year program is awesome. Everybody is great, the talent is there and I'm super excited. I'm grateful for the opportunity for this sport and to develop the women's program."

Cerritos College athletic director Maria Castro, who was one of many who were behind the formation of women's wrestling, was also excited about the new beginning of women's wrestling.

"The Cerritos College athletics program is very excited for the opportunity to offer women's wrestling," Castro said. "It is a growing sport for women's athletics in the state. The addition of this program allows us to serve our neighboring community and give a chance for students to participate and be involved in our athletic programs here at Cerritos. I have no doubt that women's wrestling will add to the excellence of Cerritos College Athletics."

Also involved on the ground floor of developing the women's program along with Castro was Paul Keysaw (Fresno City College coach), longtime Cerritos College Men's coach Donny Garriott and John Woods (So Cal Wrestling Alliance), who helped in writing the legislation for the sport.

This addition of women's wrestling also comes on the heels of the 50th Anniversary of Title IX.

"I tell these girls that they are



Head coach, Dustin Kirk, leads the Cerritos College women's wrestling team for their first competitive season. (Photo by Keith Durlinger, Contributing Photographer)

pioneers of this sport," added Kirk. "I come from humble beginnings and wrestling saved my life."

"I wanted to be in a position to help other people."

The CCCAA announced that there will be 12 colleges competing in the inaugural season. They are Fresno City, Sacramento City, Lassen, Santa Rosa, Mt. SAC, Cerritos, Palomar, Moorpark, ELAC, Santa Ana, Cuesta and Bakersfield. College of the Redwoods will start up next year.

Garriott also talked of the momentous occasion. "This has been years in the making," said Garriott, who has served as the men's head coach since 2006. "Our wrestling coaches association has been talking and implementing this for years now and it is finally coming to fruition."

Garriott has had several women on his roster in years past.

One of Kirks wrestlers, freshman Aine Drury, said of the first women's team,

"It's exciting. There's a lot of four years (colleges) going on and not everyone can go into a four year, especially because of finances. (Community) colleges are really a good way for kids in the area that don't know what schools they want to go to yet. It's a good way to wait so they can start developing to see where they want to go, like for example Iowa or Nebraska."

"We get to set an example for kids who want to go to a JC (community college)."

Drury, who had committed to a four-year college, decided to de-commit because of Kirk recruiting her.

"I started wrestling in my freshman year at Westminster, but I did jiu-jitsu and J.O. before this, but I've been grappling my whole life," she added. "I was down for that (going to a community college), and I decided to do that."

Kirk talked of Drury and her previous success.

"Aine is a great athlete," he said. "In 2022 she qualified for the World Team Trials. When I recruited her, she had the passion again to wrestle."

Drury took fourth at the U.S. Open and was in the top seven in the World Team Trials.

Freshman Alyssa Rodriguez, who is a team captain, explains how proud she is to be in the program. "I'm really proud because whenever people ask me about our growing sport I tell them I'm the team captain," she said. "I know that the new girls will help the sport grow years from now."

Rodriguez talked about her first competition on Friday at the Tri-

Dual. "I'm really nervous because the first competition is always nerve-wracking," she said. "But it's the kickoff for the season. I'm excited. I feel proud."

Rodriguez started wrestling as a junior in high school. Her dad, brothers and uncles were wrestlers. "I always went to all the tournaments growing up and always wanted to be a wrestler and finally when I was a junior in high school my dad let me wrestle. He still coaches me."

Another wrestler, Sabrina Sinohui of Norwalk High, comes from a young but very successful program under the direction of coach Bryan DeVries. "Sabrina has come a long way since day one," Kirk said.

At Friday and Saturday's first two wrestling events, the Falcons will get plenty of experience with the teams involved.

"For a first-year program (Cerritos) to be able to wrestle Menlo and Vanguard (Friday's Tri-

Dual), I'm just excited to test the waters," Kirk said.

At the Cerritos Open on Saturday, six teams and Cerritos will compete in the individual event. The teams are Mt. SAC, Menlo, Vanguard, Palomar, Santa Ana and ELAC.

"The cool thing is we're going to run a three-man mechanics for officials," explained Kirk. "This is the standard for the Olympic and World Championships."

"(Cerritos) is ready and excited for this weekend," added Kirk. "This is only week three for us. We just started."

Also on the schedule is a trip up to Menlo College in Atherton, a trip to Fresno City College for the CCCAA State Team Dual Championships, another trip up north to the Sacramento City College Open and finally the CCCAA State Individual Championships in April.

This summer Kirk will have

campus to bring opportunity for wrestlers.

Inaugural 2023 Cerritos Roster

Katherine Aquino, FR, (Artesia HS); Aine Drury, FR, (Westminster HS); Denise Figueroa, FR (Mayfair HS); Natalie Flores, FR (Downey HS); Jewelysa Funakoshi, FR (West Torrance HS); Andrea Gonzales, FR (Banning HS); Lucy Guadarrama, FR (Orange HS); Isabel Guerrero, FR (Warren HS); Jessica Hong, FR (Western HS); Nile Jennigan, SO (Cerritos HS); Jaylene Martinez, FR (Whittier HS); Kaili Oshiro, FR; Isabella Pacheco, FR (Kennedy HS); Natalie Resendiz, FR (El Toro HS); Alyssa Rodriguez, FR (Mayfair HS); Karen Sanchez, FR (Warren HS); Sabrina Sinohui, FR (Norwalk HS); Savannah Valle, FR (Warren HS); Sianna Verdugo, FR (Santa Fe HS).

New Chick-fil-A opens



The City Council, Chamber of Commerce, and community members celebrate the Grand opening of Norwalk's second Chick-fil-A location. (Photo by Vincent Medina)

By Vincent Medina
Contributor

■ Chamber of Commerce executive Caren Spilsbury hopes the new location will help keep Chick-fil-A fans in Norwalk.

NORWALK - The Norwalk chamber of commerce and the city council welcomed a new Chick-fil-A location at 10710 Firestone Blvd. on Wednesday morning.

Chick-Fil-A owner Chris Schivley and his family expressed gratitude toward the city for adding

a second location to the community. The first location is on the corner of Imperial Highway and Bloomfield Avenue.

State Senator Bob Archuleta and Assemblymember Blanca Pacheco released statements congratulating the owners for adding another location to the city.

Caren Spilsbury, The Norwalk Chamber of Commerce executive director, said the chamber was eager to continue working with the franchise after the success of the first location.

"People on that side of Norwalk will gravitate to that one, but the people on this side of Norwalk will

usually go to Downey," Spilsbury said. "We'd like to keep them in Norwalk, because we want to keep the business here to support Norwalk."

City residents continue to advocate for more businesses within the city. Spilsbury said she wants to continue working and add more businesses within the Norwalk Entertainment District.

"Once they break ground on the location early next year, we can start outreach to secure businesses," Spilsbury said.

The new Chick-fil-A is open from 6:30 a.m. - 11 p.m.

Weekend at a Glance

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Saturday	65°	
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THINGS TO DO



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ON THIS DAY

1880: Inventor Thomas Edison patented the incandescent lamp.

1944: The Soviet Red Army ousted German and Finnish forces from Leningrad (St. Petersburg), concluding an 872-day siege.

1945: The Nazi concentration camp at Auschwitz, Poland, was liberated by Soviet troops.

1967: During a simulation of a launch, U.S. astronauts Virgil I. Grissom, Edward H. White, and Roger B. Chaffee perished in a fire aboard Apollo 1.

1973: The Paris accord ending the Vietnam War, America's longest war to that time, was signed, providing for an exchange of prisoners and for the unilateral withdrawal of U.S. forces from South Vietnam.

1976: The first episode of the sitcom "Laverne and Shirley," a spin-off of "Happy Days," aired on ABC; it starred Cindy Williams and Penny Marshall, who later became one of the first women to achieve consistent commercial success as a movie director.

2003: The first selections for the National Recording Registry were announced by the Library of Congress. Among the selections were "Respect" by Aretha Franklin, "White Christmas" by Bing Crosby, and Dr. Martin Luther King Jr.'s "I Have a Dream" speech.

2010: Writer J.D. Salinger—who was best known for The Catcher in the Rye (1951)—died at age 91.

2010: Apple announced the iPad.



2018: Swedish entrepreneur Ingvar Kamprad — who founded the home furnishings retailer IKEA — died at age 91.

Birthdays

Actor **James Cromwell** (83), actress **Mimi Rogers** (67), sports commentator **Keith Olbermann** (64), actress **Bridget Fonda** (59), and actor/comedian **Patton Oswalt** (54).

Paging Dr. Frischer...

By Dr. Alan Frischer

The American Heart Association recommends that most adults consume no more than 1,500 mg of sodium in a day, with the maximum being 2,300 mg. The actual average? A whopping 3,400 milligrams. We Americans do love our salt, and 70% of it comes from restaurants and packaged foods. This makes it difficult to control how much we consume.



What is so bad about too much sodium? It can increase our blood pressure, and over time, high blood pressure is a leading cause of many conditions, including kidney failure, heart attack, and stroke. Every one of us can benefit by restricting our salt intake to the recommended levels. Here are some suggestions:

- There are natural salts in fresh cuts of meat, chicken, and fish, but far less than in their processed versions. Use fresh foods, rather than packaged.
- Look for fresh or frozen poultry that has not been injected with sodium. Read the fine print on the packaging and be on the lookout for terms like broth, saline, or sodium solution.
- When you do buy packaged and prepared foods, choose them carefully. Brands differ, and sodium content will be listed

on the label.

- Select your condiments carefully. Soy sauce, bottled salad dressings, dips, ketchup, salsa, capers, mustard, pickles, olives, and relish often have lower salt options available.
- Fresh fruit and vegetables are naturally very low in sodium. If you buy frozen varieties, look for the words "fresh frozen." Canned or frozen produce often have added sodium, but look for ones which state that they do not.
- When buying packaged items, look for the red American Heart Association Heart-Check mark.
- Choose spices and seasonings that do not list sodium as an ingredient. For example, use garlic powder instead of garlic salt. Salt substitutes often contain potassium, and are not only a good alternative to sodium, but can actually lower blood pressure. (Of course, make sure that you have no health issues with potassium.)
- Potassium-rich foods include sweet potatoes, potatoes, greens, tomatoes, white beans, kidney beans, nonfat yogurt, oranges, bananas and cantaloupe.
- Before going to a restaurant, take a look at its website. Restaurants often list the sodium content of their menu items. When ordering, don't hesitate to ask for their lower sodium dishes.
- Don't be fooled by dishes that may not taste salty. (Cottage cheese is a good example!) Read those labels.
- For some, adding salt before tasting has become a habit. Always taste your food first.

- Use onions, garlic, herbs, spices, citrus juices and vinegars in place of some or all of the salt.
- Drain or rinse your canned beans and vegetables in order to cut the sodium by as much as 40%.
- Try combining lower-sodium versions of food with the regular versions – like broths, soups, soy sauce and tomato-based pasta sauces.
- Try preparing your pasta, rice and hot cereal without salt.
- Grilling, braising, roasting, searing and sauteing can bring out natural flavors, and reduce the need for added salt.
- Watch out for words on labels like pickled, brined, barbecued, cured, smoked, au jus, or soy, miso or teriyaki sauce. These tend to be extremely high in salt.
- Cut your portion sizes! Eating less food means that you are also cutting down on the sodium.

Reducing the salt content of your diet is not easy. Salt makes food taste so good! So many of us rely on foods like bread, pizza, tacos, sandwiches, soup, and cheeses, which are extremely high in sodium. Our culture does not encourage us to make this switch easily, so it is up to us.

On the positive side, with less salt, we can better taste our food's natural flavors. Salt preference is often an acquired taste that can be changed. Over time, our taste buds will adjust to a lower sodium diet, and our blood pressure will thank us!

Dr. Alan Frischer is former chief of staff and former chief of medicine at Downey Regional Medical Center. Write to him in care of this newspaper at 8301 E. Florence Ave., Suite 100, Downey, CA 90240.

Pioneer High School senior receives award of merit for overcoming academic obstacles

WHITTIER – Pioneer High School senior Lucas Lopez has had to endure many challenges in his education. As a member of a military family, he spent years traveling the country, bouncing from school to school; as the brother of family members who have been diagnosed with a rare genetic condition, he has mourned siblings who have passed away at a young age.

Through it all, Lopez has found a home at Pioneer High and a family of friends in the Titan band, where he has played trumpet since joining as a freshman. Academically, Lopez has challenged himself with honors and Advanced Placement classes, maintaining a 3.25 GPA, and plans to study music composition and music therapy in college.

For overcoming obstacles in his education and serving as a role model for others, Lopez was recognized with an Award of Merit by the Whittier Union Board of Trustees during its Jan. 17 Board meeting.

"Thank you to the Board for allowing me to represent Pioneer High School, it is quite an honor," Lopez said. "Pioneer has provided me with so much during the past four years and I am very thankful. It feels so good going to Pioneer every day because there is always something new going on and I love my music classes. I'd like to also recognize and thank my family and friends for always being there and supporting me."

After years of living on military bases – which made it difficult to make friends and form genuine connections – Lopez and his family relocated permanently to Whittier, just prior to his freshman year. Lopez quickly bonded with his Titan bandmates and said that for the first time he was able to establish long-term friendships with his classmates.

At home, Lopez remained close with and cared for his older sister

Hannah, one of his two siblings diagnosed with Sanfilippo syndrome, a genetic condition that targets the brain and nervous system. This condition had also claimed Lopez's younger brother, Aiden, at three years old.

In the summer before Lopez's senior year, tragedy struck the Lopez family twice. First, Lopez's grandmother died and then Hannah lost her battle with Sanfilippo syndrome. Though the grieving process has been difficult, Lopez said he has found a system of support through his friends and Pioneer High's student well-being program.

It hasn't been easy, as Lopez has had to deal with his own health issues, as when he suffered a public panic attack on campus. Connecting with Pioneer High social worker Karen Gonzalez, Lopez now employs a series of breathing techniques and coping strategies when he is overwhelmed or beginning to panic. On campus, Lopez is a frequent visitor to the school's tranquility lounge, where he goes when he needs to escape.

Another calming method Lopez employs is to carry a notebook with him at all times, where he writes down notes and song lyrics. After his sister Hannah died, Lopez used the notebook to write a song for her as a way to remember and honor her. Lopez believes sharing his story is important to help other students get through difficult times.

Inspired by the Rev. Martin Luther King Jr., Lopez understands that life is full of choices, and he chooses to try and find the good, motivated by King's quote, "If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do, you have to keep moving forward."

"Lucas inspires his classmates and teachers every single day," Pioneer High Principal Mary Chapman said. "We are so proud of Lucas for



overcoming the obstacles in his path and moving forward in his life. We are so happy Lucas has found the band, his friends and a true sense of self as a Pioneer High student. We look forward to hearing about his bright future."

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It’s in the United States’ best interest to help China with Covid

By Michael Callahan

Michael Callahan is an infectious disease physician scientist at Massachusetts General Hospital.

China rolled back its longstanding pandemic strategy “zero Covid,” which had protected the country for nearly three years, in early December. This reversal came after historic public protests calling for an ease in restrictions but amid concern that there was not enough immunity to adequately protect the population.

The timing could not have been worse. A few weeks into a post-zero-Covid reality, the nation’s largest annual migration for the Lunar New Year, which ends in February, has begun. After years of restrictions, travel for 2023 is anticipated to be enormous as urban employees travel home to celebrate with family and friends. The combination of densely packed public transit systems, winter conditions and multigenerational gatherings is so ideal for the study of disease transmission that the Lunar New Year is a common tabletop simulation for training public health officials. This year we’ll actually see any fallout.

The challenge will be made harder by the arrival of the coronavirus’s most infectious subvariant to date, XBB1.5. In the United States, which has high vaccination rates using highly protective vaccines, XBB1.5 accounts for nearly half of all Covid cases. If the U.S. experience is any indication, XBB1.5 could be devastating if it spreads widely in China. Domestically made Chinese vaccines — Beijing has so far refused to import American mRNA vaccines — may provide less lasting protection against the virus and its variants. This is something the world will watch unfold in the weeks ahead.

What can the United States do, presuming our government is motivated to do anything? Given Beijing’s threats to Taiwan, its oppression of Uighurs and efforts to block the investigation into the origins of the coronavirus, Congress may be inclined to take a hard

line on China or not do anything for the Chinese government at all. And the newly seated Congress is even more hawkish.

But doing nothing is a dangerous game. A refusal to help could not only cause incalculable suffering and deaths; it risks harming our own hard-earned gains to end the pandemic.

Given the current politics on both sides, direct government agreements seem unlikely. Over the past few years, decades-old U.S.-Chinese research collaborations, including my own research on emerging disease, have decreased. Beijing has also dragged its feet on transparent virus surveillance. However, some U.S.- Chinese academic and commercial partnerships have continued throughout the pandemic in areas such as clinical trials and vaccine research and development. With imagination, several of these collaborations could be quickly redirected to assist China in the coming weeks.

For example, in 2021, the U.S. National Academy of Engineering, the Chinese Academy of Engineering and the Royal Academy of Engineering in Britain issued a joint statement affirming their commitment to facilitate global action to respond to the pandemic through engineering approaches, including sharing public health information. In December, at least one online pharmacy in China began selling the Covid drug Paxlovid, made by the American pharmaceutical company Pfizer, directly to patients. The pharmacy shipped Paxlovid to any Chinese person with a positive coronavirus test. If the Beijing government were to tie the government’s home test result reporting system to the commercial Paxlovid home delivery providers, many lives could be saved.

What can the U.S. government do to help? Although the Chinese government has refused lifesaving assistance from the United States, Chinese physicians, patients and families devastated by Covid have not. U.S. agencies might save more lives and prevent more disruption of the Chinese economy — and our own — by bypassing Beijing and leaning on longstanding academic and commercial partnerships to go directly to the provinces,

communities, companies, hospitals and individuals that have the most to lose.

Some potential solutions include the exportation of successful strategies from the United States’ Operation Warp Speed playbook, which accelerated the delivery of mRNA vaccines from the manufacturer into people’s arms. This huge logistical challenge can be revised for the rapid deployment of a new Chinese-made mRNA vaccine. Other possible initiatives include sharing disaster medicine protocols that extend hospital drug stockpiles to treat many more patients and sharing pandemic-proven strategies to help protect Chinese health care workers during Covid surges. These include prioritizing the protection of bedside nurses, using telemedicine consultants to increase available physicians and grouping clinical workers to reduce workplace infection and absenteeism. One high-impact technology approach would be to share U.S. taxpayer-funded intellectual property that could make average Chinese vaccines more potent.

Those who think the Chinese government is unlikely to cooperate need to do their homework. Though it’s still early, Pfizer was able to secure a deal with China to sell Paxlovid through a state-owned company. In September, Merck & Co. also made a deal with the Chinese state-owned drugmaker Sinopharm to import and market the antiviral medication molnupiravir in China.

Any solution that saves lives, avoids the collapse of the Chinese health care system and reduces the chance of a pandemic reboot is in our national interest. A pandemic catastrophe in China will reverberate around the world, making it a hugely crucial outbreak to contain. Many low-cost solutions are based on hard lessons learned by U.S. health care, and many of these are readily transferable to sister hospitals in China. This will have a trivial cost for taxpayers. It is also in the interest of U.S. national health security — provided you believe pandemics are made far worse by apathy, small thinking and politics.

George Santos’ denial was a real drag

By Jennifer Boylan

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.

My first thought, when I read that, during his salad days, Rep. George Santos had seemingly performed as a drag queen, was, “Finally! Something about him that’s appealing!”

But almost as soon as the news broke that our favorite congressional dissembler apparently had a former life as “Kitara Ravache,” he felt it necessary to step forward and deny the whole thing.

I don’t know what disappointed me more, the possibility that he might never have really been a drag performer or that, if true, he felt it necessary to deny it. (On Saturday, Santos admitted to dressing as a woman but denied being a drag queen, telling reporters: “No, I was not a drag queen in Brazil, guys. I was young and I had fun at a festival. Sue me for having a life.”)

Why, I wondered, did Santos (R-N.Y.) feel so strongly to respond to this particular controversy? What was there about wearing a dress that was somehow more shameful than, say, lying about the Holocaust, or making up stories about 9/11?

On Instagram, a former friend of Santos’s, Eula Rochard — a Brazilian drag queen — posted a photograph of herself that sure looks like she’s with the young man then known as Anthony. The photo shows him in a lovely red off-the-shoulder sequined dress, Brunette wig and a pair of dangly earrings. A second source quoted by Reuters avowed that the young Mr. Santos had, during this same time period, aspired to be Miss Gay Rio de Janeiro.

But the congressman said that the claims were “categorically false” and added that he would not be “distracted nor fazed by this.”

Previously, when confronted with a long string of fabrications, from claiming that he was a volleyball star at a college he never attended to his tale about having worked at Goldman Sachs, he never felt it necessary to respond with much more than, “I have my

story to tell and it will be told next week.” Which he never really got around to doing.

But an accusation that he once performed in drag — which would put him in the perfectly normal company of Rudy Giuliani — this, apparently, could not stand.

For me, looking upon that photo — in which the person shown, let the record show, looks fantastic — it is impossible not to think of the Chico Marx (not Groucho) line, “Who are you gonna believe, me or your own eyes?”

My disappointment that Santos found it necessary to disavow something that, unlike his lies, should really be no source of shame, went deeper the more I thought about it. There’s a trope about “deceit” in the national conversation around transgender people — that we are somehow not what we appear to be, that we are going through the turmoil of transition not to find a sense of hard-won authenticity but instead as part of some kind of imaginary plot to harm the womenfolk.

Santos isn’t trans, but it can’t be good to have this new element folded into the larger story of the congressman as a liar and a deceiver. It’s exactly this trope that has done people like me so much harm.

It also doesn’t help that my fellow progressives are finding so much merriment in the Santos drag story. The amusement, on the surface, is about busting him, once again, for his hypocrisy, and if so: fair enough. But there’s something deeper and meaner in the laughter, too, I think, as if the one thing that might bring Republicans and Democrats together is their shared disdain for a man in a dress.

It’s Republicans, though, who are attempting to turn that disdain into national policy. In a season in which the GOP appears to have no policy agenda besides obstruction, opposition to drag queens appears to be one of the few things that the current Republican Party actually believes in.

Santos was elected last fall as the first non-incumbent gay Republican member of Congress. Which on the surface seemed like

a good thing, some of his actual politics notwithstanding. The more queer people we have in Congress, the more likely it is that our voices will be heard. Also, the more gay Republicans who make it to Congress, the more likely that members of the GOP might come to understand that sexual orientation, and gender identity, aren’t issues unique to liberals. We’re everybody.

In the end, though, there’s no such thing as “actual politics notwithstanding.” Upon arrival in Congress, Santos seemed inclined to join the House Freedom Caucus. That would be the group of conservative legislators committed to, among other things, rolling back marriage equality and employment protections for LGBTQ Americans. They appear to believe that any suggestion that queer lives can be fulfilling, and normal, and fun is part of some (actually fictional) program of “grooming” children into being gay, or lesbian, or trans.

No one can “turn” a child gay, in the same way that no one can “turn” a child straight. What you can do is “turn” someone from being a close-minded bigot and into someone more accepting of all the many different ways there are of being human.

With the latest twist of his story, George Santos had an opportunity to make people think well of him again. He might have said, “It’s true I did drag in my younger days; that was a fun time and I want everyone to know that I support everyone’s right to pursue their dreams, whether they are part of my LGBTQ community or part of some other marginalized group still seeking full equality under the law.”

He could have said that, and for a single moment, won back a little of the respect he’s lost since his election.

But he didn’t. Because the crowd he seeks to join has no place in their hearts for anyone who is different. Because the crowd he seeks to join is less interested in legislation than destruction. Because the crowd he seeks to join isn’t really all that concerned with whether the things it says are true.

No lie.

Spendaholics put our economy in peril

By Betsy McCaughey

Betsy McCaughey is a former lieutenant governor of New York

Most people don’t lie awake at night worried about the national debt. Unfortunately, that includes President Joe Biden and the spendaholic Democrats in Congress.

They should be worried. Frankly, so should you, no matter what your politics. Economics is a science, and numerous studies by world-class economists confirm that when a nation’s debt gets too high, it pushes the economy into decline. Inflation soars, jobs become scarcer and mortgage rates to buy a home are unaffordable. Ouch.

The U.S. is heading off that cliff. The national debt is at the highest level since WWII, and is forecast to break that record soon. In 2022, it hit 98% of GDP — everything we all produce going to work every day — and is growing rapidly. The U.S. is in the company of nations such as Mozambique, Bhutan, Angola, Portugal and Greece. We don’t want our kids to live in a crumbling economy.

It wasn’t always like this. Over the last 50 years, debt to GDP has averaged 46%.

Republicans, who recently won control of the House of Representatives, are withholding the House’s approval to raise the debt ceiling — the amount the nation is legally permitted to borrow — until Democrats negotiate a plan to reduce spending and pull the nation back from its dire straits.

Biden, visiting Al Sharpton’s National Action Network on Jan. 16, called the House Republicans “fiscally demented.” It takes nerve for Biden to call anybody “demented.”

Never mind. The Republicans are making a reasonable demand. If Washington’s leaders won’t rein in government spending, who will?

New York Times columnist Paul Krugman calls the House Republicans’ quid pro quo economic terrorism. Nonsense. The real domestic terrorism is Congress’ continued spending on borrowed money.

It can only go on so long. Ordinary people who live on credit cards and pay only the monthly minimum can tell you that. Eventually, credit card payments don’t pay for any new goods or services, just interest.

That’s what our nation faces if it doesn’t change course now. Interest expenses will mount, rates will go up and an increasing proportion of tax revenues will be consumed paying interest. The Congressional Budget Office predicts that over the next 10 years, interest expense will triple. In a decade, interest outlays will exceed defense spending. Yikes.

Eventually, if fiscal sanity is not restored, government will have to cut services or impose massive tax hikes, or both.

Worse, as government borrows more, less money is available to make loans to businesses and homebuyers. Jobs dry up and wages decline. The economy spirals downward. It isn’t a pretty picture. Ask economists who have examined high-debt countries.

Harvard’s Carmen Reinhart and Kenneth Rogoff analyzed 44 countries in their landmark analysis for the American Economic Review. They found that when national debt exceeds 90% of GDP — a benchmark that’s already in the U.S.’ rearview mirror — the

economy falters.

Thirty-six other studies confirm that excessive government borrowing sabotages economic growth. Washington pols need to stop padding their own political fortunes and look at these scientific facts.

Sadly, there is no hope Democrats will agree to spending reforms without pressure from House Republicans withholding the debt ceiling hike.

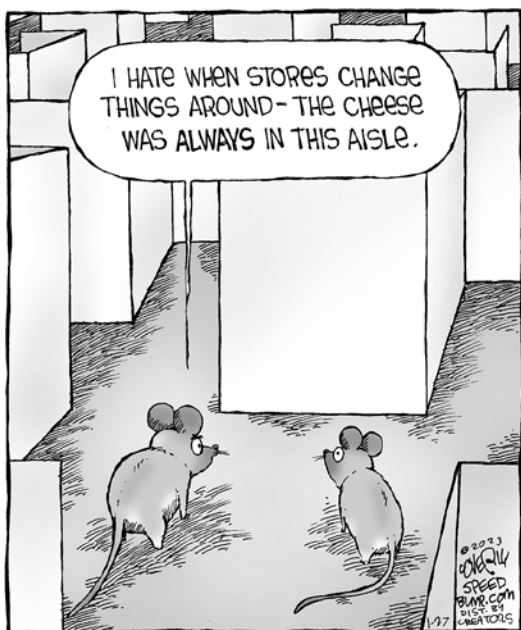
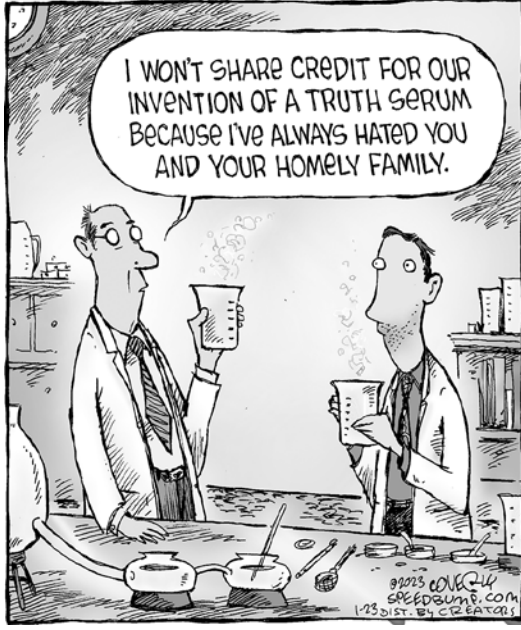
After all, in December, as a last hurrah before ceding control of the House, Democrats enacted an omnibus spending bill that included 7,200 earmarks — favorite projects of often unnamed legislators bringing pork home to their own district. Earmarks, a symbol of corruption, had been banned for a decade, but in 2021 the Democratic controlled Congress reinstated them in a flourish of political cynicism. Like holding up a middle finger to the unsuspecting public.

The rhetorical attacks on Republicans for delaying a hike in the debt ceiling are mounting. Bloomberg’s editors call the Republican strategy “malpractice.” Democratic Sen. Chris Van Hollen (Md.) accuses the Republicans of an “extremist agenda.”

There is nothing “extremist” about putting the nation on a responsible fiscal plan. Republicans need to stay unified — a formidable challenge — and hold their ground.

The party of unlimited spending and vote buying must be stopped, before the U.S. economy and our standard of living are destroyed.

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

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

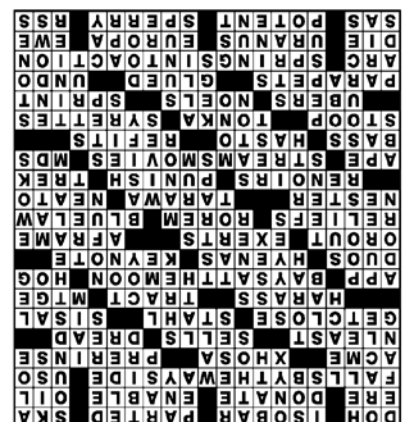
Edited by Stanley Newman (www.StanXwords.com)
WATER LOG: For which you'll stay dry
by Gary M. Larson

- ACROSS**
- 1 Homer Simpson shout
 - 4 Weather map line
 - 10 Went separate ways
 - 16 Jamaican pop music
 - 19 "... he drove out of sight"
 - 20 Be generous
 - 21 Help make possible
 - 22 Furnace fuel
 - 23 Gives up an effort
 - 26 GI entertainment group
 - 27 Utmost height
 - 28 Mandela's native language
 - 29 Washer cycle
 - 31 NY Mets' division
 - 34 Goes (for)
 - 37 Apprehension
 - 38 Draw near
 - 41 60 Minutes reporter
 - 43 Twine fiber
 - 46 Annoy repeatedly
 - 48 Expanse of land
 - 51 S&L holding
 - 52 Software download
 - 55 Wastes time and energy futilely
 - 59 Monopolize
 - 60 Minimal musical groups
 - 62 Serengeti scavengers
 - 63 Convention address
 - 65 "Are you in ___?"
 - 67 Puts forth, as force
 - 69 Shape of many a chalet
 - 72 Embossed art
 - 74 Pulitzer composer Ned
 - 76 Sunday shopping ban
 - 77 Home-building bird
 - 78 Kiribati's capital
 - 80 Old-school "Cool!"
 - 81 Some Louvre works
 - 85 Subject to a fine, say
 - 87 Long haul
 - 88 "Barbary" beast
 - 90 Watches films online
 - 93 ER roles
 - 94 Guitar range
 - 96 Can't help but
 - 97 Provides new gear for
 - 99 Bend forward and downward
 - 101 Toy truck giant
 - 104 Disposable injection units
 - 108 Some rideshares
 - 111 Seasonal songs
 - 113 Top-speed run
 - 114 Defensive walls
 - 117 Stuck together
 - 120 Bring to ruin
 - 121 Orbital path
 - 122 Starts moving in earnest
 - 127 Tool and ___ company
 - 128 Father of the Titans
 - 129 Moon of Jupiter
 - 130 One in a flock
 - 131 ___ in "Stockholm"
 - 132 Packing a punch
 - 133 Gyrocompass inventor
 - 134 Blog feed format: Abbr.
- DOWN**
- 1 Render harmless
 - 2 Ancient prophet
 - 3 NASCAR topper
 - 4 Passports, for short
 - 5 Cry audibly
 - 6 Cameo stone
 - 7 Spot for a soak
 - 8 Dumas swordsman
 - 9 Hershey brand
 - 10 Fried rice morsel
 - 11 Your choice of
 - 12 Hoarse voice
 - 13 Air Force aerobat, familiarly
 - 14 Church dignitary
 - 15 Some farm machines
 - 16 Warns of danger
 - 17 Warm greeting
 - 18 Natural balm
 - 24 Remove by percolation, as soil
 - 25 Creator of Mickey and Minnie
 - 30 "___ to please"
 - 32 Hunk of bacon
 - 33 Synagogue scroll
 - 35 Backing for plaster
 - 36 Animated ogre
 - 39 Assent
 - 40 Suburban London county
 - 42 Metallic fabric
 - 44 In years past
 - 45 Chicken portion
 - 47 More reasonable
 - 49 Playfully evasive
 - 50 Of sound quality
 - 52 Accessorize
 - 53 Blender setting
 - 54 Combines several's supplies
 - 56 Divination deck
 - 57 Sandal feature
 - 58 Far from enjoyable
 - 61 Set of furniture
 - 64 Armour's Spam rival
 - 66 Freezing temperatures
 - 68 Immunization fluid
 - 70 Defeated in chess
 - 71 Star Wars series beasts
 - 73 Latte foam
 - 75 Posh residence
 - 76 Make more alkaline
 - 79 Bard's title spouses
 - 82 Tax-deferred plan
 - 83 Take a timeout
 - 84 Kept secret
 - 86 Inheritors
 - 88 Workout target
 - 89 Butter portion
 - 91 A third of tri-
 - 92 Very short distance
 - 95 Japanese noodles
 - 98 Swaggering walk
 - 100 Invigorates
 - 102 Brewery hardware
 - 103 WWII side
 - 105 More microscopic
 - 106 Funds long-term
 - 107 Paving pieces
 - 109 Photocopy, for short
 - 110 Fender guitar, for short
 - 112 Dawn
 - 114 Stationer's stock
 - 115 Contralto solo
 - 116 ___ qua non (essential thing)
 - 118 To be, to Henri
 - 119 Cabinet cover
 - 123 Convent member
 - 124 Big Ben clock setting: Abbr.
 - 125 Visa statement abbr.
 - 126 Caribbean isle

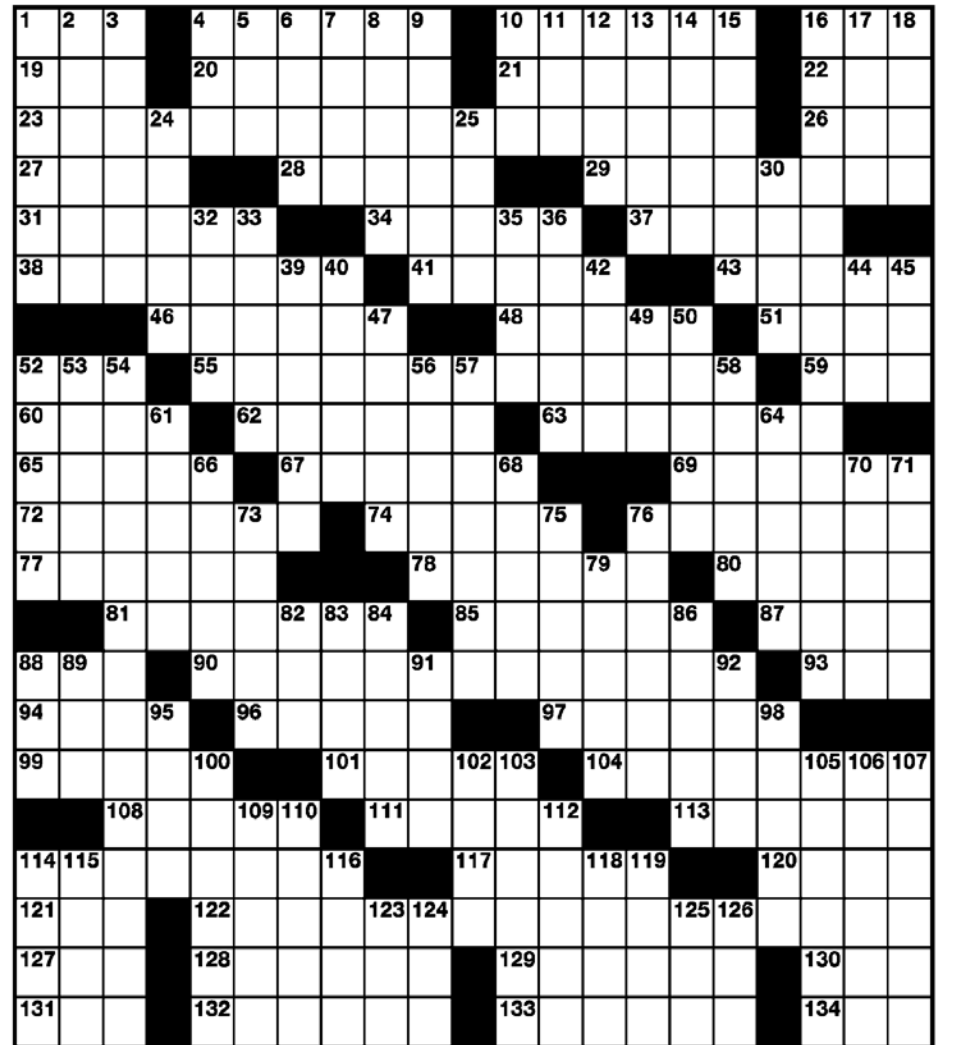
You can contact puzzle editor Stanley Newman at his e-mail address: StanXwords@aol.com. Or write him at P.O. Box 69, Massapequa Park, NY 11762, Please send a self-addressed, stamped envelope if you'd like a reply.

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

The clue for 19 Across is the end of the next-to-last line of the Clement Moore poem "A Visit from St. Nicholas." XHOXA (28 Across) is one of the official languages of South Africa and Zimbabwe. Lesley STAHL (41 Across) began her CBS career in 1971 as a producer, and has been a 60 Minutes reporter since 1991.



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The Norwalk Patriot

from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/06/2023, 01/13/2023, 01/20/2023, 01/27/2023. THE NORWALK PATRIOT. AAA10844061.

FICTITIOUS BUSINESS NAME STATEMENT 2022278931

The following person(s) is/are doing business as: WAYWARD THOUGHTS INTERACTIVE, 6805 LOUISE AVE. APT. 307, VAN NUYS, CA 91406 LOS ANGELES. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: RILEY USLAN, 6805 LOUISE AVE. APT. 307, VAN NUYS, CA 91406. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: RILEY USLAN, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): 08/20/14. This statement was filed with the County Clerk of Los Angeles County on (Date): 12/29/2022. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/06/2023, 01/13/2023, 01/20/2023, 01/27/2023. THE NORWALK PATRIOT. AAA1084092.

FICTITIOUS BUSINESS NAME STATEMENT 2022279433

The following person(s) is/are doing business as: GLOBAL INFORMATION SERVICES, 3116 COMMUNITY AVE, LA CRESCENTA, CA 91214 LOS ANGELES. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: VIC V HACOBIAN, 3116 COMMUNITY AVE, LA CRESCENTA, CA 91214. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: VIC HACOBIAN, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): 01/20/22. This statement was filed with the County Clerk of Los Angeles County on (Date): 12/29/2022. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/06/2023, 01/13/2023, 01/20/2023, 01/27/2023. THE NORWALK PATRIOT. AAA1084715.

FICTITIOUS BUSINESS NAME STATEMENT 2022279452

The following person(s) is/are doing business as: EXCLUSIVE FLEET SERVICE, 13183 SAYRE ST, SYLMAR, CA 91742 LOS ANGELES. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: EXCLUSIVE FLEET SERVICE LLC, 13183 SAYRE ST, SYLMAR, CA 91742 (State of Incorporation/Organization: CA). This business is conducted by: LIMITED LIABILITY COMPANY. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: DAVID GONZALEZ, CEO. The registrant commenced to transact business under the fictitious business name listed above on (date): 12/20/22. This statement was filed with the County Clerk of Los Angeles County on (Date): 12/29/2022. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/06/2023, 01/13/2023, 01/20/2023, 01/27/2023. THE NORWALK PATRIOT. AAA1084176.

FICTITIOUS BUSINESS NAME STATEMENT 2022281491

The following person(s) is/are doing business as: HERMINIO ROOFING REPAIR, 1218 LINDEN GROVE AVE, ROWLAND HEIGHTS, CA 91748 LOS ANGELES. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: HERMINIO MURCIA CASTRO, 1218 LINDEN GROVE AVE, ROWLAND HEIGHTS, CA 91748. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: HERMINIO MURCIA CASTRO, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date): 12/29/2022. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/06/2023, 01/13/2023, 01/20/2023, 01/27/2023. THE NORWALK PATRIOT. AAA1084719.

FICTITIOUS BUSINESS NAME STATEMENT 2022280088

The following person(s) is/are doing business as: W SCREEN GOLF, 229 1/2 S WESTERN AVE, LOS ANGELES, CA 90004 LOS ANGELES. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: YK INSPIRED INC, 229 1/2 S WESTERN AVE, LOS ANGELES, CA 90004 (State of Incorporation/Organization: CA). This business is conducted by: CORPORATION. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: KIM PRESIDENT. The registrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date): 12/30/2022. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/06/2023, 01/13/2023, 01/20/2023, 01/27/2023. THE NORWALK PATRIOT. AAA1084292.

FICTITIOUS BUSINESS NAME STATEMENT 2023000045

The following person(s) is/are doing business as: BYRON'S FLOORING, 4460 OVERLAND AVE, APT.#2, CULVER CITY, CA 90230 LOS ANGELES. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: MARGAUX JOSEPHINE STANITSAS, 5131 E VERNON STREET, LONG BEACH, CA 90815. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: MARGAUX JOSEPHINE STANITSAS, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date): 01/27/2023. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/06/2023, 01/13/2023, 01/20/2023, 01/27/2023. THE NORWALK PATRIOT. AAA1084436.

FICTITIOUS BUSINESS NAME STATEMENT 2023000841

The following person(s) is/are doing business as: JNR RECYCLING, 5109 BRIERCREST AVE, LAKEWOOD, CA 90713 LOS ANGELES. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: EDWARD RICE JR., 5109 BRIERCREST AVE, LAKEWOOD, CA 90713. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: EDWARD RICE JR., OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): 01/20/23. This statement was filed with

the County Clerk of Los Angeles County on (Date): 12/30/2022. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/06/2023, 01/13/2023, 01/20/2023, 01/27/2023. THE NORWALK PATRIOT. AAA1084460.

FICTITIOUS BUSINESS NAME STATEMENT 2023000334

The following person(s) is/are doing business as: 108 MOTEL, 10721 SOUTH BROADWAY, LOS ANGELES, CA 90061-2017 LOS ANGELES. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: PAWANPUTRA 108 INC., 10721 SOUTH BROADWAY, LOS ANGELES, CA 90061-2017 (State of Incorporation/Organization: CA). This business is conducted by: CORPORATION. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: NIKESHKUMAR N AHIR, CEO. The registrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date): 01/03/2023. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/06/2023, 01/13/2023, 01/20/2023, 01/27/2023. THE NORWALK PATRIOT. AAA1084500.

FICTITIOUS BUSINESS NAME STATEMENT 2023000454

The following person(s) is/are doing business as: FLORES CONSTRUCTION, 6331 BRYNHURST AVE, LOS ANGELES, CA 90043 LOS ANGELES. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: CESAR ENRIQUE FLORES, 6331 BRYNHURST AVE, LOS ANGELES, CA 90043. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: CESAR ENRIQUE FLORES, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): 12/29/2022. This statement was filed with the County Clerk of Los Angeles County on (Date): 01/03/2023. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/06/2023, 01/13/2023, 01/20/2023, 01/27/2023. THE NORWALK PATRIOT. AAA1084501.

FICTITIOUS BUSINESS NAME STATEMENT 2023000575

The following person(s) is/are doing business as: TRADE N PRINT, 6808 ATLANTIC AVE, BELL, CA 90201 LOS ANGELES. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: JESUS MARTINEZ, 6921 SHERMAN AVE, BELL, CA 90201. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: JESUS MARTINEZ, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): 01/20/23. This statement was filed with the County Clerk of Los Angeles County on (Date): 01/03/2023. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/06/2023, 01/13/2023, 01/20/2023, 01/27/2023. THE NORWALK PATRIOT. AAA1085148.

FICTITIOUS BUSINESS NAME STATEMENT 2023000573

The following person(s) is/are doing business as: LA CUSTOM PRINT, 6808 ATLANTIC AVE, BELL, CA 90201 LOS ANGELES. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: JESUS MARTINEZ, 6921 SHERMAN AVE, BELL, CA 90201. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: JESUS MARTINEZ, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): 01/20/23. This statement was filed with the County Clerk of Los Angeles County on (Date): 01/03/2023. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/06/2023, 01/13/2023, 01/20/2023, 01/27/2023. THE NORWALK PATRIOT. AAA1085149.

FICTITIOUS BUSINESS NAME STATEMENT 2023000579

The following person(s) is/are doing business as: CALI-OPTICS IMPORTER, 15902A HALLIBURTON ROAD #128, HACIENDA HEIGHTS, CA 91745 LOS ANGELES. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: MI CHEN LUI, 15902A HALLIBURTON ROAD #128, HACIENDA HEIGHTS, CA 91745. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: MI CHEN LUI, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): 02/20/13. This statement was filed with the County Clerk of Los Angeles County on (Date): 01/03/2023. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/06/2023, 01/13/2023, 01/20/2023, 01/27/2023. THE NORWALK PATRIOT. AAA1085150.

FICTITIOUS BUSINESS NAME STATEMENT 2023000577

The following person(s) is/are doing business as: KINTRO AQUATICS TROPICAL FIS, 600 N 21ST ST, MONTEBELLO, CA 90640 LOS ANGELES. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: LUIS ALEJANDRO ABUNDIS CHAVEZ, 600 N 21ST ST, MONTEBELLO, CA 90640. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: LUIS ALEJANDRO ABUNDIS CHAVEZ, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): 04/20/07. This statement was filed with the County Clerk of Los Angeles County on (Date): 01/03/2023. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/06/2023, 01/13/2023, 01/20/2023, 01/27/2023. THE NORWALK PATRIOT. AAA1085151.

FICTITIOUS BUSINESS NAME STATEMENT 2023000841

The following person(s) is/are doing business as: JNR RECYCLING, 5109 BRIERCREST AVE, LAKEWOOD, CA 90713 LOS ANGELES. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: EDWARD RICE JR., 5109 BRIERCREST AVE, LAKEWOOD, CA 90713. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: EDWARD RICE JR., OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): 01/20/23. This statement was filed with

the County Clerk of Los Angeles County on (Date): 01/03/2023. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/06/2023, 01/13/2023, 01/20/2023, 01/27/2023. THE NORWALK PATRIOT. AAA1085152.

FICTITIOUS BUSINESS NAME STATEMENT 2023000868

The following person(s) is/are doing business as: D'S MTG LOAN & NOTARY SVS, 520 E. CARSON PLAZA CT., SUITE 206, CARSON, CA 90746 LOS ANGELES. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: DIANA A. AMEZOLA ARELLANO, 520 E. CARSON PLAZA CT., SUITE 206, CARSON, CA 90746. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: DIANA A. AMEZOLA ARELLANO, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): 01/20/21. This statement was filed with the County Clerk of Los Angeles County on (Date): 01/03/2023. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/06/2023, 01/13/2023, 01/20/2023, 01/27/2023. THE NORWALK PATRIOT. AAA1085158.

FICTITIOUS BUSINESS NAME STATEMENT 2023001390

The following person(s) is/are doing business as: THE US TUTOR, 2 MALIBU CIRCLE, ESTATE SCHOOL, 3 90265 STYLE, 4. BEVERLY HILLS' FINEST, 5. CHANNEL ISLANDS' FINEST, 6. DISTRICT 1 SPEAKERS BUREAU, 7. JOSE ANGEL MANAIZA JR ENTERPRISES, 8. LAGUNA BEACH'S FINEST, 9. MALIBU A PLUS TUTOR, 10. MALIBU EDUCATION, 11. MALIBU FINEST NETWORKING, 12. MALIBU TOASTMASTERS, 13. MALIBU'S FINEST, 14. MALIBU'S FINEST NETWORKING, 15. MANHATTAN BEACH'S FINEST, 16. MARINA DEL REY'S FINEST, 17. NEW PORT BEACH'S FINEST, 18. SILICON BEACH'S FINEST, 19. BEVERLY HILLS EDUCATION, 9461 CH CHARLEVILLE BLVD #322, BEVERLY HILLS, CA 90212. This business is conducted by: LIMITED LIABILITY COMPANY. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: JOSE ANGEL MANAIZA JR, MANAGING MEMBER. The registrant commenced to transact business under the fictitious business names listed above on (date): 01/20/24. This statement was filed with the County Clerk of Los Angeles County on (Date): 01/04/2023. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 01/06/2023, 01/13/2023, 01/20/2023, 01/27/2023. THE NORWALK PATRIOT. AAA1085162.

GOVERNMENT

**CITY OF NORWALK
NOTICE OF PUBLIC HEARING AND
SOLICITATION OF PUBLIC COMMENTS
ON THE FISCAL YEAR 2021/22
ANNUAL ACTION PLAN SUBSTANTIAL
AMENDMENT TO INTEGRATE HOME-
ARRP ALLOCATION PLAN**

**Date: Tuesday, March 7, 2023
Time: 6:00 p.m.** or as soon thereafter as the matter may be heard
**Place: City Council Chambers,
Norwalk City Hall, 12700 Norwalk
Boulevard, Norwalk, CA 90650 and Via
Videoconference**

Description: The City Council will conduct a public hearing to consider the proposed Substantial Amendment to Fiscal Year (FY) 2021/22 Annual Action Plan, and will accept public comments on the proposed Substantial Amendment. The Substantial Amendment will be available for public review starting February 1, 2023 through March 6, 2023.

As directed by the U.S. Department of Housing and Urban Development (HUD), the City will process a Substantial Amendment to integrate a HOME-ARRP Allocation Plan that budgets a special allocation of HOME American Rescue Plan Act funding provided to assist individuals or households who are homeless, at risk of homelessness, and other vulnerable populations, by providing housing, rental assistance, supportive services, and non-congregate shelter, to reduce homelessness and increase housing stability in the City of Norwalk. These grants will be administered through HUD'S HOME Investment Partnerships Program (HOME).

The City of Norwalk is slated to receive a \$1,231,940 in HOME-ARRP funding and is proposing to utilize such funds on the following project:

The City of Norwalk intends to work in partnership with a housing development organization to design, construct, and operate an affordable housing development to be located in the Norwalk Entertainment District. The City is providing land for the development that can accommodate an estimated 65-70 rental units. A portion, 48%, of the rental units will house homeless veterans. The rental units will provide housing for residents meeting 30-50% Area Median Income.

Complete copies of the FY 2021/22 Annual Action Plan Substantial Amendment inclusive of the HOME-ARRP Allocation Plan are available for public review and comment on the City's website at <http://www.norwalkca.gov/city-hall/departments/community-development/housing-neighborhood-development> or during normal business hours at the following locations:

- City of Norwalk, Community Development, Room #12, 12700 Norwalk Blvd., Norwalk, CA
- City of Norwalk, Social Services Center, 11929 Alondra Blvd., Norwalk, CA
- City of Norwalk, Senior Center, 14040 San Antonio Dr., Norwalk, CA
- Norwalk Regional Library, 12350 Imperial Hwy., Norwalk, CA

Written comments can be addressed to: Nida Watkins, Housing Manager, Housing and Neighborhood Development, 12700 Norwalk Blvd, Room #12, Norwalk, CA 90650

The City Council will consider all comments received for the HOME-ARRP Allocation Plan during the 15-day public comment period starting February 6, 2023 through February 21, 2023 at the March 7, 2023 City Council public hearing.

Public Comment: Interested persons may review the agenda report for the above-described project at the City's webpage at: <https://www.norwalkca.gov/city-hall/meeting-agendas-393>. Until further notice, City Council meetings will be conducted pursuant to the provisions of Assembly Bill 361, which allows City Council and/or staff to participate from a remote location without listing a physical location. You may watch the meeting from home on Charter Channel 3, Verizon Fios Channel 32, or livestream through the City's website. If you wish to make a comment on the item during the meeting, you may provide input by attending the meeting, in writing, by phone, or electronically through the following procedures: 1) by emailing publiccomments@norwalkca.gov - emails will be read during the meeting up to three minutes; or 2) by calling into the Zoom Meeting at (659) 254-9633. Meeting ID: 709 577 2685 to speak on the matter; or 3) mailing written comments: Attention: City Clerk at the address noted above prior to

the time set for the hearing. Please limit your comments to three minutes maximum, which is the same time allotted in person. If you challenge the proposed matter, you may be limited to only those issues raised at the public hearing described in this notice.

More Information: Should you have any questions regarding this matter, please contact Nida Watkins, Housing Manager, at (562) 929-5951; nwatkins@norwalkca.gov.

Accessibility: In compliance with the Americans with Disabilities Act, if you need special assistance to participate in a City meeting or other services offered by this City, please contact the City Clerk Department at (562) 929-5720. Notification at least 48 hours prior to the meeting or time when services are needed will assist the City staff in assuring that reasonable arrangements can be made to provide participation in the meeting or service. Assisted hearing devices will be available at this hearing without prior notification.

Dated this 27th day of January 2023.

Theresa Devoy, CMC
City Clerk

The Norwalk Patriot 1/27/23

LIEN SALES

Extra Space Storage will hold a public auction to sell personal property described below belonging to those individuals listed below at the location indicated:

10950 Firestone Blvd
Norwalk, CA 90650

02/14/2023 11:00am

Elysa Montez
Household items

Adeline Rodriguez
Household items

Natalia Vargas Jimenez
Household items

Tyshia Stowers
Household items

Veronica Ruiz
Household items

Gabriela Arriaga
Household items

Daneisha Burroughs
Household items

Mario Miranda
Household items

Guadalupe Avila
Household items

Cecilia Monzon Olmedo
Household items

Sonia Miranda
Household Items

Duana Hicks
Household items

Virginia Briones
Household items

Veronica Pelayo
Household items

Forest Brown
Household items

The auction will be listed and advertised on www.storage-treasures.com. Purchases must be made with cash only and paid at the above referenced facility in order to complete the transaction. Extra Space Storage may refuse any bid and may rescind any purchase up until the winning bidder takes possession of the personal property.

The Norwalk Patriot 1/27/23, 2/3/23

NOTICES

**SUPERIOR COURT OF CALIFORNIA,
COUNTY OF LOS ANGELES
ORDER TO SHOW CAUSE
FOR CHANGE OF NAME**

CASE NUMBER: 23NWCP00001
TO ALL INTERESTED PERSONS:
Petitioner HORACIO LUGO-MACIEL JR. filed a petition with this court for a decree changing names as follows:
Present name (1) HORACIO LUGO-MACIEL JR. Proposed name (1) JUNIOR LUGO THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause unless the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

**NOTICE OF HEARING
Date: MARCH 1, 2023. Time: 10:30 a.m.,
Department: C, Room: 312**
**The address of the court is Norwalk
Courthouse, 12720 Norwalk Blvd.,
Norwalk, CA 90650**
A copy of this Order to Show Cause shall be published at least once a week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in the county, **NORWALK PATRIOT** JANUARY 03, 2023
Judge Margaret M. Bernal
Judge of the Superior Court
Petitioner or Attorney for Petitioner
**HORACIO LUGO-MACIEL JR
21806 CLARKDALE AVE.
HAWAIIAN GARDENS CA 90716
(562) 230-7675**

The Norwalk Patriot 1/13/23, 1/20/23, 1/27/23, 2/3/23

PROBATE

**NOTICE OF PETITION TO
ADMINISTER ESTATE OF
JOSEPH D. MACIEL
Case No. BP103761**

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of JOSEPH D. MACIEL
A PETITION FOR PROBATE has been filed by: JAMES D. MACIEL, JR. in the Superior Court of California, County of LOS ANGELES

THE PETITION FOR PROBATE requests that JAMES D. MACIEL, JR. be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to the hearing to show cause unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the

FDA's vaccine advisers to meet to consider the future of Covid-19 vaccinations

Health officials are considering how often we should be vaccinated and against which strains.

WASHINGTON D.C. — A panel of independent experts that advises the US Food and Drug Administration on its vaccine decisions will hold a full day of meetings Thursday to consider what the future of Covid-19 vaccination should look like in the United States.

Currently, the US is offering two types of Covid-19 vaccines. The first shots people get — also called the primary series — contain a single set of instructions that teach the immune system to fight off the original version of the virus, which emerged in 2019.

The problem is that this index strain is no longer circulating. It was overrun months ago by an ever-evolving parade of new variants.



So last year, in consultation with its vaccine advisers, the FDA decided that it was time to update the vaccines. These new bivalent shots contain two sets of instructions; one set reminds the immune system about the original version of the coronavirus,

and the second set teaches the immune system to recognize and fight off Omicron's BA.4 and BA.5 subvariants, which emerged in the US last year.

People who have had their primary series of shots — nearly 70% of all Americans — were advised to get the new two-strain booster late last year in an effort to upgrade their protection against the latest variants.

Will yearly Covid-19 shots catch on?

But uptake of the new boosters has been slow. Just 15% of the population has gotten one since they were first offered in September.

A separate but related problem is that previously unvaccinated Americans — a group that includes infants and young children who are just reaching the age of eligibility for their Covid-19 shots — are still being immunized against a virus strain that they're not likely to ever

encounter.

So the FDA's advisers are expected to vote Thursday on whether the US should be offering just one type of Covid-19 shot for both the primary and booster doses. The committee is also expected to consider how many strains of the virus should be in the shot and how and when those strains should be chosen.

The idea is that most people would be urged to get an updated Covid-19 shot once a year, the same way they do for influenza. People who are unlikely to have an adequate response to a single dose of the vaccine — such as the elderly or those with a weakened immune system — would be advised to get two doses each year, as would people who are getting Covid-19 vaccines for the first time.

Are bivalent shots effective? And safe?

Another big question likely to be considered by the advisory committee is just how well the two-strain shots are working.

Early studies on the effectiveness of these new vaccines have been mixed. Some have suggested that they offer better protection compared with the original single-strain shots, while others have concluded that the protection is about the same.

On Wednesday, the US Centers for Disease Control and Prevention released one of the first real-world looks at the effectiveness of the bivalent boosters against the Omicron subvariants BA.5 and XBB and XBB.1.5.

That study, which used the results of nearly 30,000 Covid-19 tests taken at pharmacies, determined that on average, the bivalent boosters are cutting the risk of a symptomatic infection by about half, even against the rapidly spreading XBB.1.5 subvariant. Protection against severe disease and death is likely to be even higher.

Another question the FDA advisory committee will probably consider is how safe the bivalent boosters seem to be.

The CDC and the FDA said this month that they had detected a potential safety signal with the Pfizer boosters. In a single database of medical records from a group of large hospital systems in the US, the updated Pfizer boosters were associated with a higher risk of strokes caused by blood clots in people over the age of 65.

The CDC said it has looked for — but failed to find — the same safety signal in other databases and in other countries that use the Pfizer vaccines. It continues to update its evaluations with new data, but the agency said that it seems to be a statistical fluke and that no changes to vaccination recommendations are warranted at this time.

Cerritos Library presents African American History Month events

CERRITOS — In honor of African American History Month, the Cerritos Library is hosting lectures on the history of African American literary traditions.

“Oral History Is History: Ancient African Foundations of the African American Oral Tradition” with Dr. Alice Nicholas is scheduled for Thursday, February 9 at 6 p.m. in the Skyline Room.

After the United States passed anti-literacy laws in the 1740s, African-Americans relied on the oral tradition to share (and create) history. An Africologist and assistant professor for the Department of Africana Studies at California State University, Long Beach, Dr. Nicholas will discuss the continued significance of the African American historical and literary traditions.

On Monday, February 27, Dr. Natalie Sartin, the department chair of Black/Africana Studies at Cerritos College, presents “If You Surrender to the Air, You Could Ride It,” delving into the works of author Toni Morrison. The discussion will take place at 6 p.m. in the Skyline Room.

The lecture-discussion examines the African-American literary tradition and characteristics of this tradition in Morrison's novels, most notably “Song of Solomon,” “Beloved” and “Sula.”

The Cerritos Library is located at 18025 Bloomfield Avenue. For more information, call (562) 916-1342.

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