

## Lucas Mealy named new La Mirada football coach

■ Mealy came from Orange High, St. John Bosco and Cerritos College

By John Sherrard  
Contributor

**LA MIRADA** – After a month-long search, La Mirada High School has named former Orange High assistant coach Lucas Mealy as its new football coach.

“We want to establish a brand and platform for these young men,” Mealy said. “We want to make sure that they know how we’re going to do things moving forward and what they’re going to get out of myself and the rest of the coaching staff. We also want to show the community how we’re going to do things in the long run.”

“It’s going to take a lot of work and these young men I think are up to the task. Our ultimate goal from a football standpoint is to win. Those core principals are going to carry us over to where we want to be.”

“We have a lot of things moving forward and we’re going to try and get things rolling as fast as we can.”

Mealy replaces former coach Mike Moschetti and hopes to bring the Matadores back into prominence for one of the area’s top programs.

La Mirada athletic director Christine Mead said of the hiring, “Coach Mealy is ready to get started and is excited to begin Spring ball,” Mead said. “I believe he will bring great things to La Mirada. He has

amazing energy and is so excited to bring his knowledge and passion to this program. We are looking for great things from coach Mealy and his staff.”

Mealy, who was formally hired last Friday (April 21) and takes a head job for the first time, has also done stints at Cerritos College and St. John Bosco. He has been coaching for 11 yrs. While at Orange, they went 19-7 with two league championships and CIF appearances.

Prior to the two years at Orange, Mealy was the quarterbacks coach at Fountain Valley during the shortened COVID Spring of 2021.

Before Fountain Valley, he was on the coaching staff for St. John Bosco as wide receiver and tight ends coach for six years. Mixed in that period for one year in 2016, Mealy was the tight ends coach at Cerritos College.

Mealy, who graduated from St. John Bosco in 2009, was an All-Trinity League player for three years as a tight end and wide receiver.

He started his college years at Cerritos College in 2009 and was an All-Conference tight end. He was part of a conference champion, won post-season bowl game and finished his two years with 61 receptions for 798 yards and 12 touchdowns.

He transferred to Adams State University in Colorado and was the starting tight end for two years.

He graduated from Adams State, majoring in Liberal Studies with an emphasis in Sports Management.



New Head Football Coach, Lucas Mealy, at La Mirada High School on Wednesday. (Photo by Keith Durlinger)

“We want to make sure the kids understand the philosophies that we’re going to implement in the day-to-day strategies on how we’re going to go about things,” Mealy added. “We want the kids to make sure that at the end of the day, it’s about them and not about me. We want to make sure they are ready to play on Friday nights.”

Unfortunately, Mealy will not get to have a real home game yet, as

the new stadium appears not to be ready.

With the team on the “road” for the last four years playing home games at Excelsior, Mealy will have to wait until the 2024 season for the new digs.

“I think it’s a very exciting situation,” said Mealy, of the new stadium. “The first year (2023) I don’t believe we’ll have it. But, in the long run having a place to play our

home games at, having a place for our kids to call home, I think is great for the young men.

“It’s great for the community. I know this community is super involved and super excited about everything.”

### Weekend at a Glance

Friday 79°

Saturday 83°

Sunday 78°

### ON THIS DAY

**1758:** James Monroe, the fifth president of the United States who asserted a cornerstone of U.S. foreign policy in the Monroe Doctrine, was born.

**1789:** Captain William Bligh of the British ship *Bounty* and 18 of his men were set adrift by mutinous sailors led by the master’s mate Fletcher Christian.

**1881:** Outlaw and gunfighter Billy the Kid escaped from prison in Mesilla, New Mexico, where he had been convicted of murder and sentenced to death; he was killed several months later by Sheriff Pat Garrett.

**1926:** Author Harper Lee—who won national acclaim for her novel “*To Kill a Mockingbird*”—was born.

**1945:** Italian dictator Benito Mussolini who, after a series of military misadventures, became unpopular even among his fellow Fascists, was executed after he was captured trying to flee Italy.

**1952:** The Allied occupation of Japan came to an end after seven years of rapid social and economic change following the country’s surrender in World War II.

**1967:** At the height of the Vietnam War, boxer Muhammad Ali refused induction into the U.S. Army, citing religious reasons; his subsequent conviction was eventually overturned by the U.S. Supreme Court.

**1969:** French leader Charles de Gaulle resigned his presidency.

**1973:** “The Dark Side of the Moon” goes to number one on the US Billboard chart, beginning a record-breaking 741-week chart run.

**1996:** Martin Bryant began a killing spree that left 35 people dead and some 18 others wounded in the Port Arthur area of Tasmania, Australia; it was the country’s worst mass shooting and led to stricter gun controls.

**2001:** Businessman Dennis Tito became the first space tourist when he was launched into orbit aboard a Russian supply mission to the International Space Station; he paid approximately \$20 million for the six-day trip.

**2003:** Apple launched the iTunes Store, which gave users the ability to purchase and download music from the internet directly to their iTunes library.

**2004:** CBS broadcast photographs depicting harsh treatment of Iraqi inmates at the Abu Ghraib prison in U.S.-occupied Iraq, initiating a national debate on torture and the Geneva Conventions.

### Birthdays

Comedian **Jay Leno** (73), reality TV star **Big Ed** (58), golfer **John Daly** (57), rapper **Too Short** (57), actress **Penelope Cruz** (49), and actress and philanthropist **Jessica Alba** (42).



## Crisis Residential Treatment Program introduces alternative for mental health recovery



(Photo by Vincent Medina)

■ The open house for the Valley Star Crisis Residential Treatment Program showed the community how the facility will operate when they open in May.

By Vincent Medina  
Contributor

**DOWNEY** - Valley Star Behavioral Health held an open

house for their Crisis Residential Treatment Program (CRTP) facility at the Rancho Los Amigos National Rehabilitation Center Restorative Care Village in Downey on April 20.

The Los Angeles County Department of Mental Health granted Valley Star the contract to operate the CRTP. The department will also allow Valley Star’s parent company, Stars Behavioral Health Group, subsidiary organizations the

contract to operate an additional eight CRTPs in LA County, which will open throughout 2023.

The 16-bed facilities were designed for adults struggling with mental health challenges or a recent crisis who need intensive treatment. These nine facilities will operate across four sites for 144 patient beds serving 2,500 clients annually.

Steve Albrecht, the regional administrator for Stars Behavioral

Health Group, explained the programs are an alternative to hospitalization, where patients live on-site in a homelike setting for approximately 30 days while they receive counseling and learn interpersonal skills.

“Clients will receive physical and psychological evaluation, mental health and case management services, in addition to assistance locating permanent housing,” Albrecht said. “They are given supportive services to remain stable and successfully transition back to community living.”

During the open house, guests were shown how the CRTP facility would operate when housing clients. Staff members are on-call 24/7 to assist patients if any accidents occur during the evening.

The facility has a cafeteria, lounge on the first and second floor, computer room and patio. Rooms are disability accessible and equipped to assist patients with crises.

While the facility is open for clients to walk outside and enjoy the patio, leaving the campus without a family member or staff member is prohibited.

Kent Dunlap, the Stars Behavioral Health Group CEO, expressed limiting recidivism is essential to the organization and a priority for the facility to ensure when a client leaves.

“If a client cycles back into a crisis or struggles with their mental

health, we want them to have the resources to stabilize themselves,” Dunlap said. “They won’t need to be hospitalized or need intensive services. We want them to have a better chance of them maintaining their well-being and stability.”

Kenyette Boyde, a recovery counselor at the facility, explained the activities and processes she goes through with clients to help them manage their crises.

“I noticed that they love to do art and I find it’s very therapeutic for them to paint. I always ask clients to focus on colors,” Boyde said. “A lot of clients like to use black because they feel like they’re living in a dark hole. You know, they’re trying to find their way out.”

By focusing on the colors a client uses, Boyde said she could better understand how to proceed with either goal setting or coping skills.

“We want clients to be able to interact with staff and peers. Some clients are nonverbal and it takes them a while to open up,” Boyde said. “It takes empathy and patience to assist them.”

Valley Star Crisis Residential Treatment Program expects to open in May, and an additional 16-bed facility will open on the same campus later this year.



# Paging Dr. Frischer...

By Dr. Alan Frischer

I love my morning smoothie, and it always starts my day off right. I throw in spinach, avocado, Greek yogurt, peanut butter, blueberries, banana, milk, and even a few chocolate chips. A recent houseguest expressed surprise that I didn't include protein powder. In my mind, every ingredient of my shake (even the blueberries!) contains some protein, so I figure that I'm covered. Am I wrong?



Protein is important for all of our bodies, but each of us has different needs. High level athletes might need twice the protein, due to the energy they expend and the process of breaking down, repairing and building muscle. Many vegetarians and vegans choose protein powders to replace animal-based sources like meat, dairy or eggs. Post-operative patients and those recovering from various illnesses can benefit from more protein. Those who are trying to increase their muscle mass may want additional protein. Still others look for an easy, non-greasy meal.

There are different types of protein powder. It might be dehydrated from milk, soy, or other plants. It is typically mixed with water or other liquids, or added to foods. Which protein powder would you select?

**Whey protein:** Whey is a natural byproduct of making cheese from milk. It is quickly absorbed, is low in fat or even fat free, and is rich in amino acids, minerals, and vitamins. Note that some cheaper versions do contain additives, including sugar. Whey protein is well thought of; it is relatively cheap, low in fat and carbs, and because it is low in lactose, is tolerated well among those who are lactose

intolerant. It is absorbed quickly, so can be useful before, during, and after working out.

**Casein protein:** Casein makes up 80% of milk protein. It is not appropriate for those who are lactose intolerant. It can be high in sodium, trigger allergies, cause bloating, and due to its slow digestion, is not as useful as a before, during or post-workout protein. It is often used at bedtime, or with a large meal when there is ample time for digestion.

**Milk protein isolates:** This is made up of 20% whey protein and 80% casein. The powder has both fast and slow acting proteins, but absorption is still slower than whey protein alone. It works well for those who are lactose intolerant.

**Egg protein:** This protein from eggs is inexpensive, full of amino acids, and high in protein quality. However, it can cause gas and bloating.

**Soy protein:** This plant-based alternative comes from soybeans. It can reduce cholesterol and help prevent heart problems. It is good for those with lactose intolerance. It has a complete amino acid profile (unlike other plant-based options), and is low in fat and carbs. However, research is still underway regarding its benefits and its relationship to estrogen-related cancers. It may be a lower quality protein than others, and in general, limiting our soy intake is a good idea.

**Pea protein:** This protein, made from peas, appears to perform relatively well. However, it lacks the amino acid methionine, so should be combined with another source of protein.

**Rice protein:** Rice protein is good for those with

allergies to other protein sources, and for vegetarians. It is easily digested, but is not the best quality of the proteins listed here.

Regardless of which protein you might use, these powders are convenient. They can enhance the quantity and quality of protein in your diet, usually (but not always) in a cost-effective way. However, note that they do not contain the vitamins and minerals that would be in the actual food.

I would suggest that, for most of us, there is no great advantage to choosing a supplement over food. And, consider that too much protein (generally over 35% of daily calories) can lead to health issues, including nausea, cramps, fatigue, headaches and bloating. Too much protein can even potentially cause kidney damage, loss of calcium and bone weakness, and dehydration. And, many protein powders contain extra calories, oils, and sugar.

It will come as no great surprise to most of my readers that my recommendation is to eat a wholesome, balanced, high quality diet filled with fruits, vegetables, beans, nuts, dairy, seeds, fish, whole grains, and low-fat meats. If your protein intake is sufficient and evenly distributed among a variety of sources, then supplements are usually unnecessary. Still, if you have an additional need for protein, select a powder that suits you, and control the quantity you consume. Personally, I'm going to leave my morning smoothie recipe just as it is.

*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.*

## College students are graduating faster than before

**NORWALK**—Cerritos College is shortening students' time to complete their degrees, according to the Integrated Postsecondary Education Data System (IPEDS) 2022 data feedback report.

The number of Cerritos College students graduating within two years has doubled over the last five years, and students graduating

within three years have increased by nearly 50 percent. On average, Cerritos College students complete their degrees and certificates in less time than other local institutions, giving them an edge at transferring or entering the job market.

Completing a degree on time helps avoid accruing additional years of expenses and allows

students to advance their social mobility faster. Based on these findings, the Cerritos College Board of Trustees is working to establish ambitious goals to further increase graduation rates, improve academic momentum, and achieve early course success.

"Our talented faculty, staff, and administrators are going above

and beyond to reduce barriers so that our students can complete their education," said Dr. Jose Fierro, president/superintendent of Cerritos College. "We want our students to increase their earning potential sooner rather than later and as an institution, we are ready to strive for the next level of student achievement."

To achieve its ambitious goals that will boost students' success, the College will establish a comprehensive master plan to launch in spring 2025. This plan will include key performance indicators that will help Cerritos College develop interventions that ultimately support students in completing their degree and certificate goals in less time.

## Downey space center hosting science fair

**DOWNEY** - The Columbia Memorial Space Center is hosting the Girls in STEM Club Science Fair this Saturday from 10 am to 5 pm, with a wide variety of science fair projects on display, covering a variety of topics including polymers, black holes and plant physiology.

From 10 am to 1 pm, attendees can speak with professional women

in different STEM careers. The women will share their experiences selecting a STEM career, the impact it's made on them, and how their jobs affect our world.

There will also be an on-site career fair.

The Science Fair is open to all ages and all genders. Admission is free.

## Donate blood at Century 21 Peak

**DOWNEY** - Century 21 Peak in Downey is hosting a blood drive May 2 benefiting the American Red Cross.

The blood drive is from 11:30

am to 6 pm.

Make an appointment online at [redcrossblood.org](http://redcrossblood.org)

## Sewage spill closes streets in Downey

**DOWNEY** - An estimated 250,000 gallons of sewage spilled into the Los Angeles River, closing local beaches, authorities said Friday.

According to the Los Angeles County Sanitation Districts, equipment from one of its maintenance crews malfunctioned

and caused a temporary blockage in the sewer. At 9:40 a.m. Thursday, the blockage caused sewage to overflow into the street at Burns Avenue and Rives Avenue in Downey.

"Although our staff worked to set up containment to prevent sewage from reaching receiving

waters, we estimate that 250,000 gallons of sewage reached the Los Angeles River before our crews could fully contain the sewage that spilled into a local storm drain. Local public health officials have been notified and are expected to close local beaches as a safety precaution," sanitation district officials said.

"Our crews will be sampling water in the river and ocean for signs of bacteria to help officials determine when it is safe to reopen beaches."

The spill was contained at 11:40 a.m. Thursday, Downey authorities said, and sanitation teams have been cleaning the affected area.

"Residents living within the area are allowed access to their homes. Others that don't live within the area are asked to avoid the area for the remainder of today," they said.

Long Beach City Health Officer Dr. Anissa Davis ordered all open coastal swimming areas in Long Beach temporarily closed for water contact due to a sewage spill.

The city's Health Department's Recreational Water Quality Health Inspection Team is monitoring water quality along the affected beach sites. Water monitoring will continue until results comply with state water quality standards, said Long Beach spokeswoman Jennifer Rice Epstein.

State law requires temporary closure and posting at beaches in these situations, out of an abundance of caution, until the water quality meets state requirements.

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## Editor's Note

All op-eds in this week's issue were created by artificial intelligence. Artificial intelligence (AI) is rapidly transforming the media landscape, and many newspapers are now using AI to improve their content creation, delivery, and engagement with their audiences.

AI can help newspapers to improve the accuracy and efficiency of their reporting. AI tools can be used to fact-check news stories and analyze data, reducing the risk of errors and improving the quality of reporting. AI can also be used to automate certain tasks, such as transcribing interviews or analyzing data, freeing up journalists to focus on more in-depth reporting.

Still, there are some challenges that must be addressed, including the potential for bias and ethical concerns. AI algorithms are only as unbiased as the data they are trained on, and there is a risk that biased data can lead to biased content.

The Norwalk Patriot has no plans to use AI in any significant way. Still, we're curious about its emerging use in journalism and encourage feedback to the editorials published this week.

# Front Street can be Norwalk's cultural, social hub

Norwalk is a city that has seen significant growth in recent years, and as a result, it's important to invest in infrastructure that will continue to support that growth. One such investment is Front Street, which has the potential to be a hub of economic activity in the area and a thriving center of commerce and culture.

Firstly, investing in Front Street would create jobs and spur economic growth in the area. As more businesses open up in the area, they will create new employment opportunities for local residents, boosting the local economy. This, in turn, will attract more businesses and investors to the area, creating a virtuous cycle of economic growth that will benefit Norwalk for years to come.

Secondly, Front Street has the potential to become a vibrant cultural and social hub in the area. By investing in public spaces, such as parks, plazas, and community centers, Norwalk can create a gathering place for residents to come together and build a sense of community. This will help to strengthen the social fabric of the area and make it a more attractive place to live, work, and visit.

Investing in Front Street will help to improve the overall quality of life in Norwalk. By creating safe, walkable streets and bike lanes, Norwalk can encourage healthy and active lifestyles among its residents. This will help to reduce traffic congestion, air pollution,

and promote sustainability in the area.

Moreover, by investing in public transportation, Norwalk can improve accessibility to Front Street and other parts of the city, making it easier for residents to get around.

Finally, by investing in Front Street, Norwalk can establish itself as a destination for tourists and visitors. With its proximity to major transportation hubs and attractions such as Disneyland and Knott's Berry Farm, Norwalk has the potential to attract people from throughout Southern California. By creating a vibrant, walkable, and attractive Front Street, Norwalk can capitalize on this potential and bring in new revenue to the city.

Investing in Front Street is a smart move for Norwalk. By creating a hub of economic activity, culture, and community, Norwalk can improve the quality of life for its residents, attract new businesses and investors to the area, and establish itself as a destination for tourists and visitors.

We should urge Norwalk's leaders to invest in Front Street and take advantage of the many benefits that it can offer.

# City councils are more effective when they stay non-partisan

Non-partisan city councils are a critical component of local government. These councils are made up of elected officials who are not affiliated with political parties and are therefore free to focus on the needs and concerns of their constituents.

One of the primary benefits of non-partisan city councils is that they promote transparency and accountability. When elected officials are not bound by party affiliations, they are less likely to be influenced by partisan interests, and more likely to be transparent and accountable to their constituents. This promotes a culture of open and honest communication between elected officials and the public, and encourages greater trust in local government.

Another important benefit of non-partisan city councils is that they foster collaboration and compromise. When elected officials are not constrained by party lines, they are free to work together on issues that matter to their communities, regardless of their political affiliations. This creates an environment of collaboration, where elected officials can come together to find solutions that benefit everyone, rather than being limited by party ideologies.

Non-partisan city councils also ensure a more diverse representation of the community. Political parties often have their own agendas and priorities, which may not always align with the

needs of the community. Non-partisan city councils, on the other hand, allow for a wider range of perspectives and priorities to be represented in local government, ensuring that the needs of all members of the community are taken into consideration.

In addition, non-partisan city councils can lead to greater innovation and creativity in local government. When elected officials are not bound by partisan politics, they are free to think outside of the box and explore new ideas and approaches to solving problems. This can lead to innovative solutions to local issues and a more dynamic and responsive local government.

Finally, non-partisan city councils promote a sense of community and civic engagement. When elected officials are not aligned with political parties, they are more likely to engage with their constituents and promote a sense of community involvement in local governance. This can lead to greater civic engagement, a stronger sense of community, and a more responsive local government.

Despite these benefits, non-partisan city councils are not without their challenges. One of the primary challenges of non-partisan city councils is that it can be difficult for voters to understand the positions of individual candidates without the

guidance of party affiliations. This can make it more challenging for voters to make informed decisions, particularly in local elections where there may be less media coverage or public attention.

Another challenge of non-partisan city councils is that they can be less effective in promoting party platforms and national policy agendas. While this is not necessarily a negative thing, it can be challenging for political parties to gain traction in local politics without a clear party affiliation.

Despite these challenges, non-partisan city councils remain an important component of local governance. By promoting transparency, collaboration, diversity, innovation, and civic engagement, non-partisan city councils ensure that local government is responsive, effective, and accountable to the community it serves.

For these reasons, it is important for communities to consider the benefits of non-partisan city councils when developing their local government structures.

# Every successful downtown includes housing

Housing in downtowns plays a vital role in the economic and social development of a city. The benefits of having a strong downtown housing market are numerous, and it is essential that we recognize and promote the importance of housing in these areas.

One of the primary benefits of downtown housing is the positive impact it can have on the local economy. When people live in the downtown area, they are more likely to shop and spend money locally, which can lead to increased business activity and job creation. Additionally, the presence of a thriving residential community in the downtown area can attract new businesses, further boosting economic growth.

Moreover, downtown housing can help reduce traffic congestion and pollution. When people live in the heart of the city, they are more likely to use public transportation or walk to work, reducing

the number of cars on the road and their associated environmental impacts.

Furthermore, downtown housing can help promote social cohesion and create a sense of community. By living in close proximity to one another, residents are more likely to interact and form bonds with their neighbors. This can help create a more inclusive and welcoming atmosphere in the downtown area, promoting social and cultural diversity.

Despite these benefits, however, many cities continue to face a shortage of affordable housing in their downtown areas. This can lead to a variety of negative outcomes, including increased homelessness, gentrification, and displacement of long-time residents. It is crucial, therefore, that policymakers take steps to ensure that there is adequate affordable housing in downtown

areas, including through the implementation of inclusionary zoning policies and the use of public funding to support the construction of affordable housing.

The importance of housing in downtowns cannot be overstated. The benefits of a thriving residential community in the heart of the city are many, including economic growth, reduced traffic and pollution, and increased social cohesion. By recognizing the vital role that housing plays in downtown areas and taking steps to promote its development, we can create vibrant, sustainable, and inclusive communities that benefit everyone.

# Free public transportation makes sense for cities like Norwalk

The idea of free public transportation has been gaining traction in recent years, and for good reason. There are many benefits to making public transportation free, both for individuals and for society as a whole. In this article, we will explore some of the arguments for free public transportation and why it should be considered as a viable option.

Firstly, free public transportation would increase access to transportation for low-income individuals. Many people who cannot afford a car or expensive public transportation fares rely on walking or biking to get around, which can limit their access to job opportunities, healthcare, and other important services. By making public transportation free, we can ensure that everyone has equal access to transportation, regardless of their income level.

Secondly, free public transportation would reduce traffic congestion and air pollution. When more people use public transportation, there are fewer cars on the road, which means less traffic congestion and reduced air pollution. This benefits everyone,

as it makes it easier and more pleasant to get around, and helps to combat climate change by reducing greenhouse gas emissions.

Thirdly, free public transportation would save individuals money. For many people, the cost of transportation is a significant expense that can make it difficult to make ends meet. By making public transportation free, individuals could save hundreds or even thousands of dollars per year on transportation costs, which could be put towards other necessities such as food, housing, or education.

Fourthly, free public transportation would boost local economies. When people have better access to transportation, they are more likely to travel to different parts of the city, which can increase economic activity in those areas. This can benefit local businesses, create job opportunities, and increase tax revenue for local governments.

Finally, free public transportation would promote sustainability and reduce our reliance on fossil fuels. By making it easier and

more convenient for people to use public transportation, we can encourage more people to choose sustainable modes of transportation instead of driving cars. This can help to reduce our carbon footprint and protect the environment for future generations.

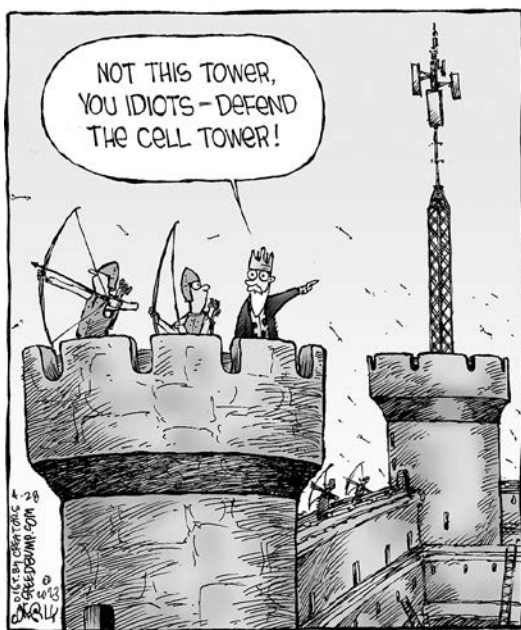
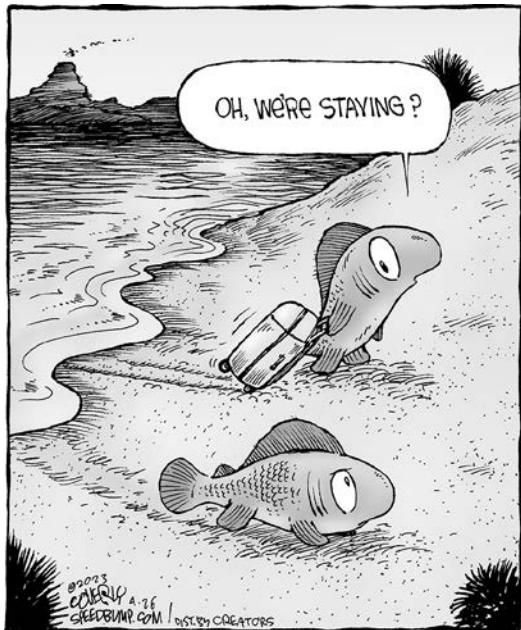
In conclusion, there are many compelling reasons to make public transportation free. By increasing access to transportation for low-income individuals, reducing traffic congestion and air pollution, saving individuals money, boosting local economies, and promoting sustainability, free public transportation can benefit individuals and society as a whole. While there are certainly costs associated with implementing free public transportation, the benefits far outweigh these costs, and we should seriously consider this option as a way to improve our communities and protect our planet.

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# 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

### 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@thedownepatriot.com](mailto:news@thedownepatriot.com)

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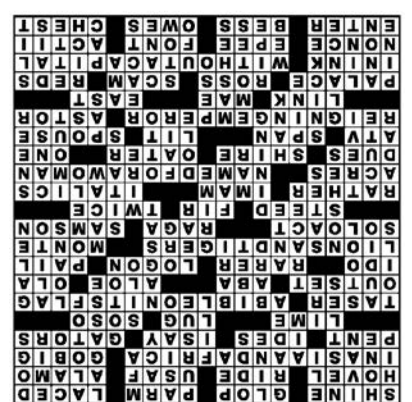
Edited by Stanley Newman ([www.StanXwords.com](http://www.StanXwords.com))  
**NATIONAL ONLIES: One-of-a-kind countries**  
 by Fred Piscop

- ACROSS**
- 1 Perform brilliantly
  - 6 Unappetizing food
  - 10 Italian cheese, for short
  - 14 Fastened, as boxing gloves
  - 19 Ramshackle dwelling
  - 20 Carnival amusement
  - 21 The Thunderbirds' org.
  - 22 Prefix for dome in San Antonio
  - 23 Egypt: \_\_\_
  - 26 Be very ambitious
  - 27 Confined, with "up"
  - 28 "Beware the \_\_\_ of March"
  - 29 Brit's outcry
  - 30 University of Florida team
  - 31 Margarita garnish
  - 33 Drag around
  - 34 No great shakes
  - 35 Stun gun
  - 38 Dominican Republic: with \_\_\_
  - 46 Very beginning
  - 48 Lawyers' org.
  - 49 Moisturizer additive
  - 50 Slang suffix
  - 51 Oath taker's promise
  - 52 More unusual
  - 54 Type one's password
  - 56 Mop partner
  - 57 India: with native \_\_\_
  - 61 Italian peak
  - 62 Performer with no partner
  - 63 Bollywood tune
  - 64 Book of Judges strongman
  - 65 Knight's mount
  - 67 Cone bearer
  - 68 A second time
  - 70 "On the contrary . . ."
  - 73 Mosque leader
  - 75 Right-leaning type
  - 79 Farmland subdivisions
  - 80 Santa Lucia: \_\_\_ of fact
  - 84 Club payment
  - 85 Talia of Rocky movies
  - 87 Horse opera
  - 88 Bill in a till
  - 89 Off-roader, for short
  - 90 Wing measurement
  - 91 On, as a lamp
  - 92 Business partner, perhaps
  - 95 Japan: with a \_\_\_
  - 101 Fur-trading tycoon
  - 102 URL connection
  - 103 Mortgage agency
  - 104 \_\_\_ St. Louis, IL
  - 106 Royal abode
  - 109 Mystery writer
  - 110 Bogus deal
  - 112 Carmine and cardinal
  - 116 How checks are signed
  - 117 Nauru: \_\_\_
  - 120 Present moment
  - 121 Blunt blade
  - 122 Choice that may be bold
  - 123 Second segment of Macbeth
  - 124 ATM key
  - 125 First Lady after Eleanor
  - 126 Carries a balance
  - 127 Treasure holder
- DOWN**
- 1 Cutter or clipper
  - 2 Make sharper
  - 3 Doctor Pavlov
  - 4 Gets snug
  - 5 Manning of football
  - 6 Dairy designation
  - 7 Poem excerpt
  - 8 Betting quotation
  - 9 Stew veggie
  - 10 Run after
  - 11 Italian cheese
  - 12 A bit improper
  - 13 Deg. for a curator
  - 14 Chef Emeril
  - 15 Many, many
  - 16 Baja resort
  - 17 Qatari leader
  - 18 Boxers and pugs
  - 24 Project objective
  - 25 Pervade
  - 30 Climbed aboard
  - 32 Intense emotion
  - 34 Grain-storage tower
  - 35 Labors long
  - 36 \_\_\_ book (e-reader download)
  - 37 Chair with no back
  - 39 Minstrel poet
  - 40 Skeptic's comment
  - 41 Italian port city
  - 42 Pesters
  - 43 Books borrowed
  - 44 Colleague of Kagan
  - 45 Ancient Greek physician
  - 47 Lost-package inquiry
  - 53 First chip thrown in
  - 54 Dramatic king
  - 55 www.unicef. \_\_\_
  - 56 Grapefruit cousin
  - 58 Quick bites
  - 59 Overstuffs
  - 60 Stubbom laundry dirt
  - 61 Noisy parrot
  - 64 63 Across instruments
  - 66 Gourmet's passion
  - 67 Celebrity status
  - 69 Piano material
  - 70 Pitching scout's tool
  - 93 Faux \_\_\_ (misstep)
  - 94 Largest bird
  - 96 Quick look
  - 97 Hams it up
  - 98 Crushes in the kitchen
  - 99 Filipino coin
  - 100 Flinches or blinks
  - 105 What the Mayo Bros. (separately) once headed
  - 106 Cleanser scent
  - 107 Quote book abbr.
  - 108 Cotton fuzz
  - 109 Ready for reaping
  - 110 Pack away neatly
  - 111 Bamboo stalk
  - 113 Suffix for kitchen
  - 114 Banquet platform
  - 115 Buttonhole, basically
  - 117 Metaphor for deceit
  - 118 ETs' transport
  - 119 \_\_\_-12 athletic conference

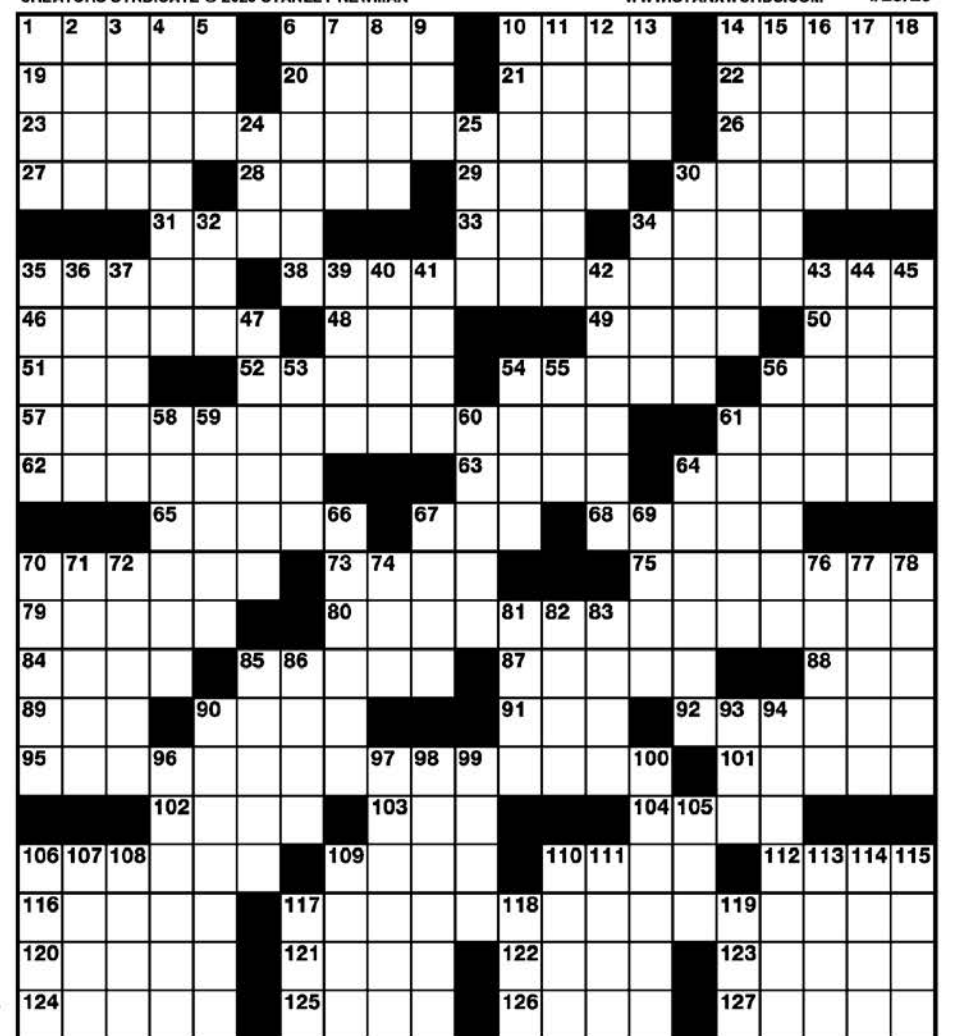
You can contact puzzle editor Stanley Newman at his e-mail address: [StanXwords@aol.com](mailto:StanXwords@aol.com). Or write him at P.O. Box 69, Massapequa Park, NY 11762, Please send a self-addressed, stamped envelope if you'd like a reply.

You can contact puzzle editor Stanley Newman at [www.StanXwords.com](http://www.StanXwords.com)

The USAF (2 Across) demon- stration squadron Thunderbirds were created in 1953, seven years after the Navy's Blue Angels. Saint Lucia (80 Across) was named for Saint Lucy of Syracuse; the only other nation named for a woman is Ireland, named for a Celtic goddess. Nauru (117 Across) doesn't have an official capital, though its district of Yaren is where its parliament meets.



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- 71 Sharp as a tack
- 72 Fountain with euros
- 74 Scratch up
- 76 What a folder says
- 77 Childish comeback
- 78 Scornful look
- 81 Mete (out)
- 82 Impartial
- 83 Bart's bus driver
- 85 Book's backing
- 86 Baseball great Aaron
- 90 Scornful laugh
- 93 Faux \_\_\_ (misstep)
- 94 Largest bird
- 96 Quick look
- 97 Hams it up
- 98 Crushes in the kitchen
- 99 Filipino coin
- 100 Flinches or blinks
- 105 What the Mayo Bros. (separately) once headed
- 106 Cleanser scent
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- 119 \_\_\_-12 athletic conference

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)



FICT. BUS NAME

FICTITIOUS BUSINESS NAME STATEMENT File Number 2023073990 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) ACE'S BOUTIQUE, 212 MAIDEN LANE, MONTEBELLO CA 90640, COUNTY OF LOS ANGELES...

I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).)

The Norwalk Patriot 4/17/23, 4/14/23, 4/21/23, 4/28/23

FICTITIOUS BUSINESS NAME STATEMENT 2023085721

The following person(s) is/are doing business as: PRODUCTO CHAPIN, 7038 BECKFORD AVE, RESEDA, CA 91335 LOS ANGELES, Mailing address if different: N/A. The full name(s) of registrant(s) is/are: ELIODORA CAROLINA ALVARADO, 7038 BECKFORD AVE, RESEDA, CA 91335. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct.

FICTITIOUS BUSINESS NAME STATEMENT 2023051918 The following person(s) is/are doing business as: IDEA GRAPHICS, 6262 E GAGE AVE, BELL GARDENS, CA 90201 LOS ANGELES, Mailing address if different: N/A. The full name(s) of registrant(s) is/are: ANTONIO DE JESUS SOLORZANO, 6255 HOME AVE, BELL, CA 90201 (State of Incorporation/ Organization: CA). This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct.

FICTITIOUS BUSINESS NAME STATEMENT 2023051968 The following person(s) is/are doing business as: ANT, THE POTATORY, 3521 OCEANVIEW BLVD APT A, GLENDALE, CA 91208 LOS ANGELES, Mailing address if different: N/A. The full name(s) of registrant(s) is/are: ANTHONY DUENAS, 3521 OCEANVIEW BLVD APT A, GLENDALE, CA 91208. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct.

FICTITIOUS BUSINESS NAME STATEMENT 2023052217 The following person(s) is/are doing business as: A+ CREATION, 6606 N VARIEL AVE, 417, CANOGA PARK, CA 91303 (State of Incorporation/ Organization: CA). This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct.

FICTITIOUS BUSINESS NAME STATEMENT 2023056362 The following person(s) is/are doing business as: BL CURVES, 9089 TELEGRAPH ROAD, PICO RIVERA, CA 90660 LOS ANGELES, Mailing address if different: N/A. The full name(s) of registrant(s) is/are: STEPHANIE AGUIRRE, 6029 LOVELAND ST, BELL GARDENS, CA 90201. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct.

FICTITIOUS BUSINESS NAME STATEMENT 2023059371 The following person(s) is/are doing business as: NAILS ON WHEELS, 2310 DALIN STREET, LANCASTER, CA 93536, N/A. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: THERESA VALENZUELA, 2310 DALIN

STREET, LANCASTER, CA 93536 (State of Incorporation/Organization: CA). 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: THERESA VALENZUELA, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): 03/20/23. This statement was filed with the County Clerk of Los Angeles County on (Date) 03/17/2023. 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.

FICTITIOUS BUSINESS NAME STATEMENT 2023063060 The following person(s) is/are doing business as: 1. FIDELITY CREDITOR SERVICE, 2. FIDELITY INFORMATION CORPORATION, 3. SANA GABRIELA VIRONTONES, OWNER SANA GABRIELA VIRONTONES, OWNER THIS statement was filed with the County Clerk of Los Angeles on APRIL 4, 2023 Notice - In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the county clerk. The date provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other than a change in the residence address of a registered owner. A new Fictitious Business Name Statement must be filed before the expiration. Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by the affidavit of identity form.

FICTITIOUS BUSINESS NAME STATEMENT 2023059972 The following person(s) is/are doing business as: WASH ME NOW MOBILE CAR WASH, 201 WEST GARVEY AVENUE UNIT 102254, MONTEREY PARK, CA 91754 LOS ANGELES, Mailing address if different: N/A. The full name(s) of registrant(s) is/are: DAPHNE M VARGAS, 201 WEST GARVEY AVENUE UNIT 102254, MONTEREY PARK, CA 91770. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct.

FICTITIOUS BUSINESS NAME STATEMENT 2023061031 The following person(s) is/are doing business as: LA FAVORITA, 3559 E 1ST, STREET, LOS ANGELES, CA 90063 LA COUNTY, Mailing address if different: 15359 SHEFFORD ST, HACIENDA HEIGHTS, CA 91745. The full name(s) of registrant(s) is/are: SHIRLEY DINA ALVARADO, 15359 SHEFFORD ST, HACIENDA HEIGHTS, CA 91745. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct.

FICTITIOUS BUSINESS NAME STATEMENT 2023062208 The following person(s) is/are doing business as: 1. COASTAL ACCOUNTING SERVICES WITH HONESTY, 2. C.A.S.H., 328 E. 51ST STREET, LONG BEACH, CA 90805 LOS ANGELES, Mailing address if different: N/A. The full name(s) of registrant(s) is/are: BRUCE SEARS, 328 E. 51ST STREET, LONG BEACH, CA 90805. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct.

FICTITIOUS BUSINESS NAME STATEMENT 2023062823 The following person(s) is/are doing business as: SUNSET COMMERCIAL CLEANING, 430 1/2 W 40TH ST, SAN PEDRO, CA 90731 LOS ANGELES, Mailing address if different: N/A. The full name(s) of registrant(s) is/are: SUNSET COMMERCIAL CLEANING, 430 1/2 W 40TH ST, SAN PEDRO, CA 90731 (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.

FICTITIOUS BUSINESS NAME STATEMENT 2023085899 The following person(s) is/are doing business as: PLANDLED, 4587 CENTINELA AVE, LOS ANGELES, CA 90066 LOS ANGELES, Mailing address if different: N/A. Articles of Incorporation or Organization Number: 201905311579. The full name(s) of registrant(s) is/are: RYAN DANIEL MOREHEAD, 110890 WILSHIRE BLVD STE 1101, LOS ANGELES, CA 90024 (State of Incorporation/Organization: CALIFORNIA). This business is conducted by: LIMITED LIABILITY COMPANY. I declare that all information in this statement is true and correct.

2023064043 The following person(s) is/are doing business as: GOOD KARMA COMMUNITY, 2324 E 5TH ST #4, LONG BEACH, CA 90814 LOS ANGELES, Mailing address if different: N/A. The full name(s) of registrant(s) is/are: CHARIS GASTON, 2324 E 5TH ST 4, LONG BEACH, CA 90814 (State of Incorporation/Organization: CA). This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct.

FICTITIOUS BUSINESS NAME STATEMENT 2023064110 The following person(s) is/are doing business as: THE WERCSHOP, LLC, 181 W HUNTINGTON DR STE 106, MONROVIA, CA 91016 LOS ANGELES, Mailing address if different: N/A. The full name(s) of registrant(s) is/are: SARAH BENNETT, 510 WALNUT AVE., LONG BEACH, CA 90802. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct.

FICTITIOUS BUSINESS NAME STATEMENT 2023066270 The following person(s) is/are doing business as: NGM TRANSPORTATION, 452 W WINDSOR, 6, GLENDALE, CA 91204 LOS ANGELES, Mailing address if different: N/A. The full name(s) of registrant(s) is/are: NORIK GRIGORYAN, 452 W WINDSOR RD 8, GLENDALE, CA 91204. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct.

FICTITIOUS BUSINESS NAME STATEMENT 2023066634 The following person(s) is/are doing business as: 1. TAINTED LOVE JEWELRY, 2. LIT CANDLES, 3. BOUGIE CANDLES, 238 N. ALTA VISTA AVE., MONROVIA, CA 91016 LOS ANGELES, Mailing address if different: N/A. The full name(s) of registrant(s) is/are: ADRIENNE CHANG, 238 N. ALTA VISTA AVE., MONROVIA, CA 91016. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct.

FICTITIOUS BUSINESS NAME STATEMENT 2023068182 The following person(s) is/are doing business as: IMTHTGIRL, 2518 TRINITY ST, LOS ANGELES, CA 90011 LOS ANGELES, Mailing address if different: N/A. The full name(s) of registrant(s) is/are: IMTHTGIRL, 2518 TRINITY ST, LOS ANGELES, CA 90011. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct.

FICTITIOUS BUSINESS NAME STATEMENT 2023068830 The following person(s) is/are doing business as: CHULISIMA FASHION STORE, 8210 BROADWAY AVE APT 19, WHITTIER, CA 90606 LOS ANGELES, Mailing address if different: N/A. The full name(s) of registrant(s) is/are: SHEILA LEAH YOUNG, 1059 E FOOTHILL BLVD, UNIT P, GLENNDORA, CA 91741. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct.

FICTITIOUS BUSINESS NAME STATEMENT 2023068830 The following person(s) is/are doing business as: RAD FACTION, 1058 E FOOTHILL BLVD UNIT P, GLENNDORA, CA 91741 LOS ANGELES, Mailing address if different: N/A. The full name(s) of registrant(s) is/are: SHEILA LEAH YOUNG, 1058 E FOOTHILL BLVD, UNIT P, GLENNDORA, CA 91741. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct.

FICTITIOUS BUSINESS NAME STATEMENT 202308571 The following person(s) is/are doing business

as: 1. HOMEADVANTAGE, 2. JMG, 444 HERMOSA AVE 101, HERMOSA BEACH, CA 90254 LOS ANGELES, Mailing address if different: N/A. Articles of Incorporation or Organization Number: 04265260. The full name(s) of registrant(s) is/are: JASON MITCHELL REAL ESTATE CALIFORNIA, INC., 444 HERMOSA AVE, 101, HERMOSA BEACH, CA 90254 (State of Incorporation/Organization: CALIFORNIA). This business is conducted by: CORPORATION. I declare that all information in this statement is true and correct.

FICTITIOUS BUSINESS NAME STATEMENT 2023069561 The following person(s) is/are doing business as: 1. PLACE: LONG BEACH, 2. PLACE LB, 300 PACIFIC AVE, #B, LONG BEACH, CA 90802. Mailing address if different: 510 WALNUT AVE., LONG BEACH, CA 90802. The full name(s) of registrant(s) is/are: SARAH BENNETT, 510 WALNUT AVE., LONG BEACH, CA 90802. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct.

FICTITIOUS BUSINESS NAME STATEMENT 2023071646 The following person(s) is/are doing business as: 1. EARTH BODY AND FACE, 2. BEAUTIFUL BODY, 3. EB EARTH BODY, 22654 CRESPIST AVE, WOODLAND HILLS, CA 91364-1309 (State of Incorporation/Organization: CA). This business is conducted by: CORPORATION. I declare that all information in this statement is true and correct.

FICTITIOUS BUSINESS NAME STATEMENT 2023073200 The following person(s) is/are doing business as: 1. AT A TIME OF TRANSITION HOUSING, 2316 JEANS COURT, SIGNAL HILL, CA 90755 LOS ANGELES, Mailing address if different: N/A. The full name(s) of registrant(s) is/are: FAITH ROSE L.L.C., 2316 JEANS COURT, SIGNAL HILL, CA 90755 (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.

FICTITIOUS BUSINESS NAME STATEMENT 2023085470 The following person(s) is/are doing business as: 1. THE COLLECTIBLE HUNTERS, 2. TREASURE HUNTERS, 3. ANIME HUNTERS, 4. MECHA HUNTERS, 5. ROBOMECA, 302 N. GARFIELD AVE, #B4, MONTEREY PARK, CA 91754 LOS ANGELES, Mailing address if different: N/A. Articles of Incorporation or Organization Number: 5620058. The full name(s) of registrant(s) is/are: ROBO HUNTERS INC, 302 N. GARFIELD AVE, #B4, MONTEREY PARK, CA 91754 (State of Incorporation/Organization: CALIFORNIA). This business is conducted by: CORPORATION. I declare that all information in this statement is true and correct.

FICTITIOUS BUSINESS NAME STATEMENT 2023074255 The following person(s) is/are doing business as: 1. DOING SO GREAT, 2. DSG, 3. DSG RECORDS, 8543 1/2 ROSE STREET, BELLFLOWER, CA 90706 LOS ANGELES, Mailing address if different: N/A. The full name(s) of registrant(s) is/are: JERIMIAH RAVACHIN ALVUGHIN BERRYMAN, 8543 1/2 ROSE STREET, BELLFLOWER, CA 90706. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct.

FICTITIOUS BUSINESS NAME STATEMENT 2023074910 The following person(s) is/are doing business as: LUXURY ANNA NAILS, 302 W FLORENCE AVE, LOS ANGELES, CA 90003 LOS ANGELES, Mailing address if different: N/A. The full name(s) of registrant(s) is/are: PHUOC NGUYEN, 302 W FLORENCE AVE, LOS ANGELES, CA 90003. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct.

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: 04/21/2023, 04/28/2023, 05/05/2023, 05/12/2023. THE NORWALK PATRIOT. AAA1119687.

FICTITIOUS BUSINESS NAME STATEMENT 2023076606 The following person(s) is/are doing business as: ALFREDO GARCIA STONE, 15623 NEWMONT AVE, LANCASTER, CA 93535 LOS ANGELES, Mailing address if different: N/A. The full name(s) of registrant(s) is/are: ALFREDO GARCIA STONE, 15623 NEWMONT AVE, LANCASTER, CA 93535. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct.

FICTITIOUS BUSINESS NAME STATEMENT 2023085475 The following person(s) is/are doing business as: PREMIER REAL ESTATE MANAGEMENT, 15047 SHERVIEW PLACE, SHERMAN OAKS, CA 91343 LOS ANGELES, Mailing address if different: N/A. Articles of Incorporation or Organization Number: 5616107. The full name(s) of registrant(s) is/are: DM2 MANAGEMENT CORPORATION, 15047 SHERVIEW PLACE, SHERMAN OAKS, CA 91403 (State of Incorporation/Organization: CALIFORNIA). This business is conducted by: CORPORATION. I declare that all information in this statement is true and correct.

FICTITIOUS BUSINESS NAME STATEMENT 2023077427 The following person(s) is/are doing business as: MGWORKS, 436 W AVE, J9, LANCASTER, CA 93534 LOS ANGELES, Mailing address if different: N/A. The full name(s) of registrant(s) is/are: MIGUEL ANGEL GONZALEZ, 436 W AVE, J9, LANCASTER, CA 93534. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct.

FICTITIOUS BUSINESS NAME STATEMENT 2023077675 The following person(s) is/are doing business as: GC AUTO, 19024 GALWAY AVENUE, CARSON, CA 90746 LOS ANGELES, Mailing address if different: N/A. The full name(s) of registrant(s) is/are: GABRIEL NIZU, 19024 GALWAY AVE, CARSON, CA 90746. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct.

FICTITIOUS BUSINESS NAME STATEMENT 2023078195 The following person(s) is/are doing business as: 1. MIGENTE INCOME TAX, 2. INTEGRITY ACCOUNTING AND TAX SERVICES, 6501 FULTON AVE UNIT 1, VAN NUYS, CA 91401. Mailing address if different: 13654 VICTORY BLVD F14, VAN NUYS, CA 91411. The full name(s) of registrant(s) is/are: MIRIAM ESTRADA SANCHEZ, 6501 FULTON AVE UNIT 1, VAN NUYS, CA 91401. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct.

FICTITIOUS BUSINESS NAME STATEMENT 2023079226 The following person(s) is/are doing business as: BARTHA'S DONUT, 12175 CARSON STREET, HAWAIIAN GARDENS, CA 90716 LOS ANGELES, Mailing address if different: N/A. The full name(s) of registrant(s) is/are: DANEATH CHEA, 12523 206TH STREET, LANWOOD, CA 90715. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct.

FICTITIOUS BUSINESS NAME STATEMENT 2023079422 The following person(s) is/are doing business as: MONTEILH, 10925 PEACH GROVE ST., # 4, NORTH HOLLYWOOD, CA 91601 LOS ANGELES, Mailing address if different: N/A. The full name(s) of registrant(s) is/are: RUSTIC RENTALS COMPANY LLC, 1703 FLORENDALE AVE, SOUTH EL MONTE, CA 91733. This business is conducted by: LIMITED LIABILITY COMPANY. I declare that all information in this statement is true and correct.

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: 04/21/2023, 04/28/2023, 05/05/2023, 05/12/2023. THE NORWALK PATRIOT. AAA1119687.

FICTITIOUS BUSINESS NAME STATEMENT 2023080091 The following person(s) is/are doing business as: FINER SMILES DENTAL PRACTICE, 5363 BALBOA BLVD ST 440, ENCINO, CA 91316 LOS ANGELES, Mailing address if different: 7311 ALDEA AVE, LAKE BALBOA, CA 91406. Article of Incorporation or Organization Number: 5415756. The full name(s) of registrant(s) is/are: NAIRY SEKAYAN, D.D.S., INC., 5363 BALBOA BLVD ST 440, ENCINO, CA 91316 (State of Incorporation/Organization: CA). This business is conducted by: CORPORATION. I declare that all information in this statement is true and correct.

FICTITIOUS BUSINESS NAME STATEMENT 2023085293 The following person(s) is/are doing business as: WAVERLY GARDENS APARTMENTS, 303 W. LOS ANGELES, LOS ANGELES, CA 90030 LOS ANGELES, Mailing address if different: N/A. Articles of Incorporation or Organization Number: 19971271008. The full name(s) of registrant(s) is/are: SFM-IV, LLC, 11661 SAN VICENTE BLVD STE 510, LOS ANGELES, CA 90049 (State of Incorporation/Organization: CALIFORNIA). This business is conducted by: LIMITED LIABILITY COMPANY. I declare that all information in this statement is true and correct.

FICTITIOUS BUSINESS NAME STATEMENT 2023080297 The following person(s) is/are doing business as: AFRO CARIBBEAN DANCE REVUE, 278 AMBERWOOD DR, WALNUT, CA 91789 LOS ANGELES, Mailing address if different: N/A. The full name(s) of registrant(s) is/are: ELAINE CUMMINGSPAPPEL, 278 AMBERWOOD DR, WALNUT, CA 91789. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct.

FICTITIOUS BUSINESS NAME STATEMENT 2023080399 The following person(s) is/are doing business as: HAYSTACK COLLECTION, 1423 ROLLIN STREET, SOUTH PASADENA, CA 91030 LOS ANGELES, Mailing address if different: N/A. The full name(s) of registrant(s) is/are: KASEY K MONROE, 1423 ROLLIN STREET, SOUTH PASADENA, CA 91030. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct.

FICTITIOUS BUSINESS NAME STATEMENT 2023080685 The following person(s) is/are doing business as: 1. MARIAM ESTRADA SANCHEZ, 6501 FULTON AVE UNIT 1, VAN NUYS, CA 91401. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: AUBREY STONECIPHER, 11836 REDBANK ST., SUN VALLEY, CA 91352. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct.

FICTITIOUS BUSINESS NAME STATEMENT 2023080816 The following person(s) is/are doing business as: AERO ZERO, 809 WASHINGTON BLVD, MONTEBELLO, CA 90640 LOS ANGELES, Mailing address if different: N/A. The full name(s) of registrant(s) is/are: CYNTHIA MICHELLE CHAVEZ, 809 WASHINGTON BLVD, MONTEBELLO, CA 90640. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct.

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# Dr. Ralph Pacheco resigning from Whittier school board



WHITTIER — Dr. Ralph S. Pacheco, the longest-standing member of the Whittier Union High School District Board of Trustees, has informally announced his retirement from the Board, culminating his 32 years of unwavering commitment and service to the District.

Pacheco, who currently serves as the Board Vice President, made the announcement to his colleagues and community members during an April 11 Board meeting. He will officially retire from the Board of Trustees effective July 7, 2023. His current term runs through November 2024.

"I want to take this moment to reflect on my 32 years of service to the Whittier Union High School District," Pacheco said during the meeting via teleconference. "It has been an honor and privilege to serve alongside each of my colleagues during this time, and I am very humbled and grateful to have been elected by the community over all these years. I want to thank all those present this evening, as well as our dedicated teachers and staff, for their outstanding efforts in bringing out the best in our student body. I look forward to hearing about all

of the success and achievements of our students and supporting the District as it continues to achieve and maintain excellence."

Throughout his tenure, Pacheco has been an active member of the community, serving on many distinguished civic, college, and community service agency boards and commissions. He is also an ordained minister and co-founder of the Leadership Capacity Foundation, Inc., a nonprofit faith-based organization supporting community development and education projects in California.

Pacheco's wife, Deborah, has also been active in education and served as an elected member of the South Whittier School District Board of Education from 2001 to 2022. Together, they have three children and nine grandchildren, all of whom attended the Whittier Union High School District.

During his time on the Board, Pacheco collaborated with five distinct superintendents and played an instrumental role in advocating for and passing three separate community bond measures to benefit the District.

Pacheco supported the District's

construction and modernization project, which began in 1998 when voters passed the \$98 million Measure C bond, and continued with the \$75 million Measure W bond in 2008. These bonds led to improvements to classrooms, libraries, gymnasiums, cafeterias, infrastructure and athletic facilities.

Subsequently, in 2020, Pacheco demonstrated his leadership abilities by steering the District toward the successful passage of the \$183 million Measure AA bond, which was designed to augment the infrastructure of each of the District's comprehensive high schools and also provide security enhancements.

"It has been an absolute pleasure to serve alongside Dr. Pacheco throughout these years," Board President Jaime López said. "Dr. Pacheco has always put the needs of students first and I have always admired his dedication to the success of the District. We are grateful to have such a distinguished individual on the Board and will continue to advocate for student success every day, just as he did. Thank you, Dr. Pacheco."

In addition to his service on the Board of Trustees, Pacheco served

multiple terms as a Governing Board Member of the Tri-Cities Regional Occupational Program and as a formerly elected Trustee of the Río Hondo Community College District. He also taught as an Adjunct Professor of Biblical Studies at Regency Bible College.

"Dr. Pacheco's unwavering commitment to the District and its students has been a hallmark of his tenure, and we extend our deepest gratitude for his years of expert service," Superintendent Dr. Monica Oviedo said. "Whittier Union remains fully dedicated to doing Whatever It Takes to ensure the success of our students, and we will continue to build upon the outstanding work that Dr. Pacheco has accomplished during his tenure. He will be greatly missed as a member of the Board of Trustees, but we know he will continue to achieve great things upon his retirement."

During the Whittier Union Board meeting on Tuesday, May 9 at 7 p.m., the Board and Oviedo will discuss their next course of action. The meeting will be held at the District Board Room located at 9401 S. Painter Ave., Whittier.

# The Drifters, Big Bad Voodoo Daddy headline May lineup at Cerritos Center

CERRITOS — There's something for everyone this May at the Cerritos Center for the Performing Arts (CCPA).

Ukulele sensation Jake Shimabukuro kicks off the month with a performance on Friday, May 5 at 8 p.m. The award-winning musician has collaborated with industry greats, including Bette Midler, Yo-Yo Ma, Ziggy Marley and Chris Botti.

The New York Times praised Shimabukuro's "buoyant musicianship" and Rolling Stone called him a "musical hero." Ticket prices start at \$65.

Join The Kings of Disco — all former members of the world-famous group Village People — as they take you back to the days of platform shoes, mirror balls, outrageous clothes, velvet ropes and nights filled with dancing on Sunday, May 7 at 7 p.m.

Jam to iconic disco hits from acts such as the Bee Gees; Donna Summer; Thelma Houston; Sylvester; Kool & the Gang; Earth, Wind & Fire; Commodores; The Brothers Johnson; Diana Ross; and ... the Village People. Tickets start at \$50.

Spend a nostalgic evening saluting three Rock & Roll

Hall of Fame groups that were instrumental in creating the rock 'n' roll/doo-wop sound: The Drifters ("Under the Boardwalk," "This Magic Moment," "On Broadway"); The Platters ("Only You," "Smoke Gets in Your Eyes," "The Great Pretender"); and Cornell Gunter's Coasters ("Charlie Brown," "Yakety Yak," "Poison Ivy"). Tickets start at \$60 for this show on Saturday, May 13 at 8 p.m.

With its breakthrough role in the 1996 comedy "Swingers," Big Bad Voodoo Daddy intoxicated audiences and cast a spell on the American Contemporary swing scene. Known for its high-octane performances and the hits "Go Daddy-O," "You & Me & the Bottle Makes Three Tonight (Baby)" and "Mr. Pinstripe Suit," the band has appeared on "Dancing With the Stars" and Super Bowl XXXIII.

The group takes the CCPA stage at 8 p.m. on Friday, May 19. Tickets start at \$50.

The Los Angeles Times called

it "the liveliest lineup of magic acts this side of Las Vegas!" See for yourself when "It's Magic!" comes to Cerritos on Sunday, May 21 at 3 p.m.

Featuring an all-new cast of award-winning performers from around the globe, the show is sure to leave audiences speechless and spellbound with sleight-of-hand illusions, stage tricks, comedy and variety acts. Ticket prices start at \$55.

It's a flashback to the '70s in this fun show "Direct From Sweden: The Music of ABBA," paying tribute to the signature sound and style of the iconic pop group that rocked music charts with hit after hit, including "The Winner Takes It All"; "Mamma Mia"; "Money, Money, Money"; and "Dancing Queen."

Tickets start at \$50 for this 8 p.m. performance on Friday, May 26.

Purchase tickets at [cerritoscenter.com](http://cerritoscenter.com) or by calling the Ticket Office at (562) 916-8500.



# Cerritos awards \$1.7M contract for Gridley Road repairs

CERRITOS — The Cerritos City Council has awarded a \$1,736,375 contract to Hardy & Harper, Inc. to make repairs on Gridley Road.

The Lake Forest-based company will perform asphalt improvement, tree removal, concrete improvement and the installation of fiber conduit along

Gridley Road between 183rd Street and South Street.

The City of Artesia will reimburse the City of Cerritos for the actual cost of construction and improvements that are completed within the City of Artesia's jurisdiction, which will total \$252,245.

This project is funded by both the Arterial Street Rehabilitation program, Capital Project No. 23303, and Citywide Facility Network Infrastructure, Capital Project No. 23701. The combined budgets for these two projects provide sufficient funding for the City of Cerritos' portion of this contract, which

comes to \$1,484,130.

The project is scheduled to start in mid-May and conclude by the end of July.

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# Kaiser collects 429 pounds of unwanted medicine

DOWNEY — More than 429 pounds of expired and/or unwanted medications were collected by the pharmacy staff at Kaiser Permanente Downey Medical Center last Saturday.

The hospital was one of 10 Kaiser Permanente pharmacy collection sites in Southern California that participated in National Prescriptions Drug Take Back Day.

Local residents safely dropped off enough medications to fill 44 boxes for local law enforcement to dispose of properly.