

The Norwalk Patriot

Friday, May 26, 2023

Vol. 17 No. 17

14783 Carmenita Road, Norwalk, CA 90650

Tesla plans Norwalk showroom at former Walmart site

■ The dealership and service center would take over the vacant property but residents have concerns.

By Vincent Medina
Contributor

NORWALK — City officials, site developers and Tesla executives held a community meeting to discuss the establishment of a potential Tesla facility in Norwalk on May 18.

If approved by the Norwalk Planning Commission, the former Walmart at 11729 Imperial Highway will become the new facility.

Tiffany Chou, the Tesla senior project manager, explained the Tesla center will focus on retail sales and delivery operations. She estimates 123 staff jobs will be created, and the facility will train staff members in technician services or repairs.

"We'll have jobs for everything from advisors to customer experience and admissions vehicle readiness specialists," Chou said. "We're estimating that this center will open next summer, and we will list the jobs around that time."

John Ramirez, the community development director, addressed community concerns over how the facility will impact local businesses. The issue of unhoused people in the city was discussed, but residents were reassured the center has 24 hour security.

"There's a limited impact that a business or property can have on another, because the most important thing is to have a willing property owner and any other partnerships that we engage in for development and improvement and enhancement of the community," Ramirez said.

Christian Houge, the Tesla design and architecture lead,

addressed the issue of traffic in the area. He emphasized that scheduling of people visiting the facility will mitigate the traffic, and most visitors would mostly come by to see the showroom or talk to a salesperson.

The concern over Tesla charging stations was raised multiple times during the discussion. However, some questions from the community were left unanswered as the plans are tentative prior to the planning commission's approval.

"We're actively working on a bank of charging stations at city hall, on the AMC side facing the civic center. Ramirez said. "We're also having meetings to try to have other charging stations."

The Norwalk planning commission will discuss the Tesla facility during their meeting on May 31.



Norwalk community development director John Ramirez addresses concerns over how the potential Tesla facility in Norwalk will impact the area during a community meeting on May 18.

(Photo by Vincent Medina)

Weekend
at a Glance

Friday 70°

Saturday 69°

Sunday 67°

ON THIS DAY

1521: The Edict of Worms banned the writings of Martin Luther—a German cleric whose efforts to change the church led to the Reformation—and declared him an outlaw and a heretic who was to be captured.

1868: The impeachment trial of President Andrew Johnson—who had been accused of, among other things, bringing "into disgrace, ridicule, hatred, contempt, and reproach the Congress of the United States"—ended with his acquittal in the Senate.

1876: The Challenger Expedition, a groundbreaking oceanographic exploration cruise carried out by the British Admiralty and the Royal Society, concluded successfully.

1896: Journalist Charles Dow published the first edition of the Dow Jones Industrial Average.

1897: Irish writer Bram Stoker published the gothic horror classic "Dracula," which became the basis for an entire genre of literature and films about vampires.

1907: Motion-picture actor John Wayne, who embodied the image of the strong, taciturn cowboy or soldier, was born in Winterset, Iowa.

1926: Jazz musician Miles Davis, a trumpeter who was one of the major influences on jazz from the late 1940s, was born in Alton, Illinois.

1927: Ford Motor Company ended production of its famed Model T, which had helped "democratize the automobile."

1938: The House Un-American Activities Committee was created, with Martin Dies, Jr., as its chairman; it investigated alleged communist activities, and perhaps its most celebrated case was that of Alger Hiss.

1940: During World War II the British began to evacuate their troops from Dunkirk, France.

1967: The Beatles released the album "Sgt. Pepper's Lonely Hearts Club Band"; the album won four Grammy Awards and is regarded as one of the best albums of all time.



1991: Lauda Air Flight 004 broke apart mid-air and crashed in Phu Toei National Park in Thailand, killing all 223 people on board; the crash was blamed on a design flaw and electrical failure.

Birthdays

Rock singer **Stevie Nicks** (75), actress **Pam Grier** (74), country singer **Hank Williams Jr.** (74), rock singer **Lenny Kravitz** (59), "South Park" co-creator **Matt Stone** (52), R&B singer **Laurn Hill** (48), reality TV star **Scott Disick** (40),

L.A. County struggles to staff troubled juvenile halls

■ As Los Padrinos Juvenile Hall in Downey prepares to reopen, L.A. County is struggling to find the manpower to staff its detention facilities.

By City News Service

DOWNEY — One day after state regulators declared the county's two juvenile halls unsuitable to house youth -- with short-staffing among the issues leading to the declaration -- Los Angeles County's interim probation chief Wednesday ordered all 3,000 sworn peace officers in the department to serve at least one shift a month at juvenile halls.

The directive, taking effect June 1, will increase staffing "by ten-fold, flooding them with the personnel needed to reverse the chronic staffing shortages that have been at the heart of our problems there," Interim Probation Chief Guillermo Viera Rosa said in a statement.

On Tuesday, the Board of State and Community Corrections formally declared the Barry J. Nidorf Juvenile Hall in Sylmar and Central Juvenile Hall in Lincoln Heights unsuitable for housing pre-disposition youth, and ordered all detainees to be relocated within 60 days.

The board cited a laundry list of ongoing violations of state standards at the facilities, including sanitary conditions of the housing units, detainees' access to school and other programs and staffing shortfalls.

Following the vote Tuesday, the board was set to formally notify the county of the decision Wednesday, beginning the 60-day clock ticking for all youth to be moved out of the halls.

Representatives for the county unsuccessfully asked the board

Tuesday for a 150-day delay, saying plans were already under way to relocate pre-disposition youth detainees to the previously closed Los Padrinos Juvenile Hall in Downey, but doing so in 60 days could create "chaos" and safety concerns. In its statement released Wednesday, the county Probation Department insisted the move will be completed within 60 days.

Roughly 275 pre-disposition youth -- those who have not yet had their criminal cases resolved in court -- are currently housed in the Nidorf and Central halls, a county representative told the board Tuesday. The BSCC order does not impact post-disposition youth housed in a Secure Youth Treatment Facility within Nidorf hall.

Viera Rosa last week ordered all of the Probation Department's executive staff to serve one monthly shift at juvenile halls as well. Department officials said Viera Rosa served a shift at Nidorf from 10 p.m. Saturday to 10 a.m. Sunday.

"I believe having everyone serve one shift a month in the juvenile halls is an excellent way for all of us to show support for, provide aid to and ensure the safety of our besieged and exhausted fellow officers as we turn the page to Los Padrinos," Viera Rosa said.

County construction crews are working to renovate Los Padrinos hall to resume housing pre-disposition youth. The Probation Department noted that crews are working from 6 a.m. to 1 a.m. daily to meet the 60-day timeline imposed for the move.

In a statement after the board's Tuesday vote, Hans Liang, president of the L.A. County Deputy Probation Officers Union, laid blame on the county and the Board of Supervisors for failing to



L.A. County's probation officers have been asked to work one shift per month at a juvenile detention facility.

provide adequate staffing at the halls.

"Officers assigned to the juvenile division are faced with daily youth-on-youth and youth-on-staff assaults and 40% of staff in the juvenile division are now out on injury leave," Liang said. "To make up for the staffing shortfalls, staff are being compelled to work 18- to 24-hour shifts and have reached a breaking point, simply doing the best they can with limited resources and exhaustion."

The BSCC also found the two juvenile halls unsuitable to house youths in 2021, but the facilities managed to remain open. Renewed inspection failures led the board to again initiate the process of declaring the halls unsuitable.

The county Board of Supervisors has been struggling to overhaul the troubled juvenile justice system even as it assumes responsibility for youth being transferred to counties from the state's closing Juvenile Justice facilities.

The board recently voted to advance a "Global Plan" for the placement and care of juvenile detainees, with a goal of reducing the number of juveniles in custody and development of Secure Youth Treatment Facilities to provide a more supportive environment for detained youth.

On May 2, the board approved a series of more immediate steps, including the relocation of all pre-disposition youth to Los Padrinos. Central Juvenile Hall will be used solely as an intake unit and medical and diagnostic/assessment hub, and only Secure Youth Treatment Facility youth will be housed at Nidorf.

The plan also included the readjustment of millions of dollars for capital improvements at the juvenile halls, with overall costs anticipated to reach nearly \$50 million.

That plan also called on the sheriff's department to deploy volunteer reserve deputies to help fill holes in staffing at the juvenile halls.

The county's juvenile

Downey declines donation for pride festival

■ The city council offered its support for a third annual Pride festival by waiving fees and lending support, but declined a \$25,000 donation request.

By Eric Pierce
Editor

DOWNEY — The Downey City Council this week agreed to waive fees and provide logistical support for a Downey LGBTQ

Pride festival but declined to give a requested \$25,000 donation.

Now in its third year, the Downey Pride Festival is tentatively scheduled for Aug. 26 in Downtown Downey.

To reduce costs, the festival has been reduced from a two-day event to a single day.

LA CADA, a non-profit that produces Downey Pride, had requested \$25,000 from the City of Downey, along with the waiving of permit fees, the use of

a city stage, police security, and assistance from city workers to close Downey Avenue.

Festival organizers said Supervisor Janice Hahn committed \$25,000 to the event, contingent on Downey giving \$25,000.

Council members expressed support for Downey Pride but conceded they have already given funds to non-profit organizations this year, including the Downey Rose Float Association and

Downey Symphony.

"We have many non-profit organizations and as we continue to look at all of the events and the interests of our community, we want to make sure that we are fair, equal and inclusive," said Mayor Claudia M. Frometa.

Council members voted to support Downey Pride by waiving fees and loaning its portable stage.

City officials were unable to provide an estimate on the cost to

provide four police officers to staff the event, so that request will be considered at a future meeting.

Last year's pride festival was a two-day event held in Downtown Downey and Furman Park, with live music, performances, vendor booths, and food trucks.

The festival was highlighted by a live concert by Puerto Rican pop singer Noelia.

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Memorial Day: Remember our heroes

Observed on the last Monday of May, Memorial Day honors the men and women who died while serving in the U.S. military.

By Mario A. Guerra Contributor

Memorial Day is a day of national recognition to honor the military men and women who gave their lives in defense of our nation and its values.

First observed after the Civil War, Memorial Day was initially called "Decoration Day" because families gathered to remember their loved ones by decorating gravesites with flowers or flags.

It is a tradition that continues across America today. Every Memorial Day, the soldiers from the Third U.S. Infantry Regiment - the Old Guard - place small American flags at every grave marker in Arlington National Cemetery and the Soldiers' and

Airmen's Home National Cemetery.

In proclaiming that first Decoration Day in 1868, General John Logan, National 2 Commander of the Grand Army of the Republic, wrote that we should not only remember those "who died in defense of their country," but also, "renew our pledges to aid and assist those whom they have left among us...the widows and orphans."

Today, we continue to honor those left behind who paid a personal price for us and our nation, our Gold Star families. We express our appreciation to them on this day especially. We are humbled by their sacrifice, inspired by their resilience and grateful for their continued service to your communities.

This year, I'd like to remember some people who are very special to the Army - without them, the Army would not be what it is today. In the 2020 National Defense Authorization Act, Congress directed a Naming Commission to recommend new names for Department of Defense

properties that commemorated the confederacy or anyone who voluntarily served in the Confederate States of America in the Civil War.

Nine Army installations were identified. Over the next year, they will be renamed for individuals that reflect not only our Army values, but the future of the Army.

I just came back from spending a week at Fort Leonard Wood in Missouri. General Leonard Wood was a special leader that put his soldiers and our country first. As Army Chief of Staff he developed training theories and techniques that effectively transformed American civilians into soldiers and helped build our forces ahead of World War 1. It is an Army Center of Excellence that helps keep our country safe.

I'd like to share a little about some of our newly named installations in the United States Army. They are all deserving but also inspirational.

Fort Moore, in Georgia, commemorates an Army husband and wife team. Lieutenant General Hal Moore commanded U.S. forces in the first large-scale battle of the Vietnam War. His book, "We Were Soldiers Once ... and Young," was made into the 2002 movie, "We Were Soldiers."

His wife, Julia Moore, was instrumental in fighting for support for military families and improving their quality of life. A lot of the services we take for granted in the Army were initiated by her. Childcare, compassionate communication of bad news and caring for the widows of fallen soldiers began with a woman who knew the Army could do better and ensured that we did.

Fort Eisenhower, in Georgia, commemorates Dwight D. Eisenhower, who began his 50 years of service as a second lieutenant and rose to Commander in Chief. He led combined ground,

air and sea forces on D-Day in the greatest amphibious landing in history. Elected president in 1952 and 1956, he faithfully served and led our country.

Fort Walker, in Virginia, commemorates Dr. Mary Edwards Walker, who served as a surgeon during the Civil War, initially as a volunteer, since women were not then allowed to join the Army. Although a civilian, she was awarded the Medal of Honor. She was proud of her service and thought others should be, too, once saying, "Let the generations know that women in uniform also guaranteed their freedom."

Fort Cavazos, in Texas, commemorates General Richard E. Cavazos, who served in the Korean War and was awarded the Distinguished Service Cross for leading three charges on an entrenched enemy position and returning to the field five times to evacuate his men.

He was awarded a second Distinguished Service Cross for rallying his men through an ambush organizing a counterattack and leading several maneuvers to destroy extensive enemy defenses in Vietnam. His personal courage, commitment to his Soldiers and dedication to his mission are an example to all of us.

Fort Gregg-Adams, in Virginia, commemorates Lieutenant General Arthur J. Gregg and Lieutenant Colonel Charity Adams. Gregg enlisted in 1945, an African American who helped change the culture and desegregate the Army from the ground up. He ran a supply depot in Japan, commanded a supply and support battalion in Vietnam and served in Germany throughout the Cold War.

He was logistics director for the Joint Chiefs of Staff and Deputy Chief of Staff for Logistics for the Army. Adams joined the Women's Army Corps during World War II and became the first African American woman to be an officer



Hal Moore was awarded the Distinguished Service Cross for valor during the fight at Landing Zone Xray November, 1965.

during World War One. In the middle of the night, Johnson and one other Black American were on sentry duty when they were attacked. With his partner incapacitated, Johnson sounded the alarm and single-handedly attacked approximately two dozen German soldiers, throwing grenades until his supply was exhausted and firing his rifle until he spent his ammunition. He used his rifle as a club and fought hand-to-hand combat, ultimately saving his comrade, sounding the alarm and securing his unit's safety and position. He was the first hero of the Great War and received the French Croix de Guerre.

Fort Novosel in Alabama commemorates Chief Warrant Officer Michael J. Novosel Sr., who was awarded the Medal of Honor for his heroic actions in Vietnam, where he flew a medivac helicopter. In his two tours in Vietnam, he flew 2543 extraction missions, rescuing more than 5500 seriously wounded Soldiers. In October 1969, he evacuated a group of wounded and surrounded South Vietnamese soldiers, starting at five in the morning and ending finally eighteen hours later. It took six trips, all through enemy fire, with no place to land. His skillful flying saved 29 men.

The Army is proud to honor the courage, sacrifice and diversity of these distinguished Soldiers and civilians. There are many more examples of men and women across the ages who exhibited the core Army values of Loyalty, Duty, Respect, Selfless Service, Honor, Integrity, and Personal Courage.

These values continue to serve as a guide for the Force and provide a sense of common unity.

Mario A. Guerra is a two-time former Downey mayor and currently serves as the Secretary of the Army. He can be reached at www.marioaguerra.com

in the auxiliary. Later, she became the first Black commander of a Black female battalion to go to Europe. Under her command, the famous Six Triple Eight Central Postal Directory Battalion worked three shifts around the clock seven days a week to clear a mail backlog, processing approximately sixty-five-thousand pieces of mail a shift. The Army thought it would take six months to clear the backlog; the Six Triple Eight did it in three.

Fort Barfoot, in Virginia, commemorates Colonel Van T. Barfoot, who was awarded the Medal of Honor for his heroic actions in Italy in May 1944. Under fire, he moved out alone and was able to turn the tide of the enemy attack, ultimately taking seventeen prisoners. Later in the afternoon, the Germans counterattacked. At considerable risk to himself, Barfoot disabled the lead tank, destroyed field artillery and helped evacuate two grievously injured American Soldiers.

Fort Johnson, in Louisiana, commemorates Sergeant William Henry Johnson, who was posthumously awarded the Medal of Honor for his heroic actions

-Lower cholesterol levels. Soluble fiber lowers blood cholesterol levels by reducing cholesterol absorption and lowering low-density lipoproteins (LDL).

-Control blood sugar levels. Soluble fiber can slow sugar absorption, which improves blood sugar levels. A diet high in fiber is associated with a lower risk of developing type 2 diabetes, and a diet which mixes soluble and insoluble fiber shows the most benefit.

-Achieve and maintain a healthy weight. High fiber foods tend to be more filling than low fiber foods, so we eat less and stay satisfied longer. High fiber foods take longer to eat and are less calorie dense.

-Reduce heart disease. Studies show a high correlation between high fiber intake (especially soluble fiber) and a reduced risk of cardiovascular disease and stroke.

-Reduce cancer risks. A number of studies point to a high fiber diet lowering the risk of colorectal and breast cancer. The studies looked at the soluble fiber found in fruit, but note that soluble fiber is also plentiful in other foods mentioned here.

-Increase longevity. People who eat more fiber, including soluble and insoluble, had a lower chance of dying from anything, including cardiovascular disease and cancer. This means even if

you suffer from one of these diseases, consuming fiber may help protect you from dying from it.

-Detox the bowels. Without using special bowel cleansers, fiber naturally helps to eliminate toxins from the GI tract. Soluble fiber soaks up potentially harmful compounds, including excess estrogen and unhealthy fats. Fiber moves food through the bowels and gives the gut less time to absorb chemicals like BPA, mercury and pesticides.

-Maintain strong bones. Some types of soluble fiber act as prebiotics, which promote beneficial gut bacteria, which in turn increases the absorption and effect of minerals like calcium. Prebiotics are found in fruits, vegetables, nuts and whole grains.

-Prevent dementia. This is recent and very exciting news, coming out of studies from Japan. Soluble fiber consumption appears to be associated with a lower risk of developing dementia. This appears to apply to almost all types of dementia. Further studies are in progress.

I recommend that you take time to increase fiber consumption gradually, over a period of weeks. This allows the body's natural bacteria to adjust, and will help to avoid intestinal gas, abdominal bloating and cramping. Drink more water when eating more fiber. What are some easy ways to include more fiber in your diet?

- Start the day with a high fiber breakfast cereal.

- Look for "whole grain" on labels, and choose products that list whole wheat or whole grain as the first ingredient. Use whole grain flour when baking.

- Add a few tablespoons of unprocessed wheat bran to your favorite recipes.

- Eat more legumes, like beans, peas, and lentils.

- Select snacks like fresh fruit, raw vegetables, low fat popcorn, whole grain crackers, nuts, seeds, and dried fruits.

Those who suffer from irritable bowel syndrome, chronic constipation, diverticulosis, and diarrhea can benefit from supplements like Metamucil, Citrucel, and FiberCon. For others, however, it is far better to get fiber from natural food sources. Supplements do add fiber to the diet, but lack the variety of fiber and the vitamins, minerals and other benefits that are found in real food and in a balanced diet.

Dr. Alan Frischer is former chief of staff and former chief of medicine at Downey Regional Medical Center.

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Paging Dr. Frischer...
 By Dr. Alan Frischer

Allow me to start with my conclusion: Eat more fiber. You've heard this before. Why?

Dietary fiber, also known as roughage or bulk, is found (mainly) in fruits, vegetables, whole grains, seeds, nuts and legumes. It is famous for preventing constipation, but foods containing fiber can also provide so many other health benefits, like helping to maintain a healthy weight, and lowering the risk of diabetes, heart disease and even some cancers.

Other food components (like fats, proteins, and carbohydrates) are broken down, absorbed and digested. Fiber, however, is not digested. It passes, relatively intact, through the stomach, small intestines and colon, and out of the body.

It is either soluble, which dissolves in water, or insoluble, which doesn't. Soluble fiber can help lower blood cholesterol and glucose levels. It is found in oats, peas,

beans, apples, citrus fruits, carrots, barley and psyllium. Insoluble fiber promotes the movement of material through the digestive system and increases stool bulk, so it helps with constipation. Whole wheat flour, wheat bran, nuts, beans and vegetables such as cauliflower, green beans and potatoes are good sources of insoluble fiber.

What else does eating a wide variety of high-fiber foods help to do for us?

- Normalize bowel movements. Dietary fiber increases the weight and size of the stool and softens it, making it easier to pass. If the stool is watery or soft, eating fiber helps to solidify it.
- Maintain bowel health. A high fiber diet may help to lower the risk of developing hemorrhoids, diverticular disease, and colorectal cancer. In addition, the "good" bacteria that make up our gut's microbiome feed on the fiber that has fermented in the GI tract. Fatty acids are produced that can lower systemic inflammation, which is linked to nearly every major chronic health problem.

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We need a safety-first approach for kids on social media

By Vivek Murthy

Vivek H. Murthy is the surgeon general of the United States.

“It’s a different kind of love, the love you have for your children,” my father would often say when I was growing up. When I became a parent and found myself hovering over my children’s cribs late at night to make sure they were okay, I understood. Nothing is more important than keeping our kids safe and giving them every chance to grow and thrive. As they reach adolescence, this means paying attention to how social media can affect their health and well-being.

When I travel around the country talking with parents, the No. 1 question they ask me has to do with social media: “Is it safe for my kids?” Nearly 70 percent of parents say their job is harder now than it was for parents 20 years ago, mainly because of technology and social media.

Nearly all teenagers in the United States (95 percent) use social media platforms — two-thirds use them daily and more than one-third “almost constantly.” Parents tell me they watch their children retreat to their bedrooms and spend hours alone with their screens, exposed to an endless feed of flawless bodies and unrealistic ideals that make them feel ashamed and damage their self-esteem. Their kids, still too young to watch R-rated movies, are too often encountering inappropriate sexual and violent content on social media.

I am issuing a surgeon general’s advisory on social media and youth mental health to summarize what is known and not known about the benefits and harms of social media. The bottom line is we do not have enough evidence to conclude that social media is sufficiently safe for our kids. In fact, there is increasing evidence that social media use during adolescence — a critical stage of brain development — is associated with harm to mental health and well-being. In light of the ongoing youth mental health crisis, it is no longer possible to ignore social media’s potential contribution to the pain that millions of children and families are experiencing.

The advisory lays out steps that policymakers, technology companies, researchers, parents and children themselves can take to make social media safer for kids.

To be sure, some children might benefit from social media use. It allows them to connect easily with friends and family, express themselves freely, and find support when they are struggling. This can be especially true for marginalized youth, including those in the LGBTQ+ community. Though the data shows these children are also more likely to experience cyberbullying.

But while some children experience benefits from using social media, increasing evidence suggests that social media use is associated with a risk of harm to youth mental health. They are commonly exposed to extreme, inappropriate and harmful content, and those who spend more than three hours a day on the platforms face double the risk of experiencing poor mental health outcomes, including depression and anxiety. This is especially troubling when you consider that the average teenager spends 3½ hours a day on social media.

Many children are also exposed to relentless bullying online. Nearly 6 in 10 adolescent girls say they’ve been contacted by strangers in ways that make them feel uncomfortable. And nearly half of adolescents say social media makes them feel worse about their bodies.

Studies have also linked youth social media use with reduced sleep, poor sleep quality and depression. In fact, about 1 in 3 adolescents report using screen media, typically social media, until midnight or later on weekdays. Inadequate sleep during adolescence is linked to depression, altered brain development and other problems.

This is particularly concerning because adolescence is such a crucial time for brain development, a time when children are most susceptible to social pressures, peer opinions and peer comparisons — all of which are dramatically magnified on social media.

For too long, parents have borne the entire responsibility of managing social media use. Certainly, there are steps parents and their children can take to set boundaries. But they shouldn’t have to do this alone. Most social media platforms are designed to maximize user time and engagement, so that ultimately teenagers and their parents are pitted against some of the world’s most talented engineers and product developers. This is not a fair fight.

What’s more, because platforms have not given researchers access to the data they need to better evaluate the effects of social media on kids, parents don’t know the full extent of the dangers or how to protect their children.

In contrast, manufacturers of physical products — from medications to car seats, toys to cars — are required to meet safety standards. Consumers are not expected to evaluate the safety of these products on their own. The same should be true of social media.

What’s needed is a safety first approach that requires companies to share the responsibility for protecting children.

Policymakers can establish age-appropriate health and safety standards that protect against exposure to harmful content and limit features designed to manipulate our children into excessive and unhealthy use of social media. They can require technology companies to disclose data on health effects and strengthen and enforce age minimums. Many platforms now require users to be at least 13 years old but do little to enforce it. And, given the totality of the evidence, I have come to believe that 13 is too young for our kids to be on social media.

For their part, technology companies can design health and safety protections into their products, and they should be transparent with the public, including with independent researchers and parents, about what the data tells us about how social media is affecting our kids.

Social media has fundamentally changed the way children communicate, build relationships, and see themselves and the world. Just last week, our daughter asked my wife and me about posting a picture on social media. She is just 5 years old. Given everything we know, my wife and I do not plan to allow our children to use social media in middle school. (We know this is easier said than done.) We’ll reassess in high school based on the maturity and development of our children and whether effective safety standards have been put in place to protect adolescents.

For too long, parents and kids have done their best to manage the potential harms of social media with limited information and support. They shouldn’t have to do it alone. It is time for us to take action to protect the health and well-being of our children.

Students today need to learn computer hacking

By Scott J. Shapiro

Scott J. Shapiro is a professor of law and philosophy at Yale Law School and the director of the Yale Cybersecurity Lab. He is the author of the forthcoming book “Fancy Bear Goes Phishing: The Dark History of the Information Age, in Five Extraordinary Hacks.”

In the movies, you can tell the best hackers by how they type. The faster they punch the keys, the more dangerous they are. Hacking is portrayed as a highly technical feat, a quintessentially technological phenomenon.

This impression of high-tech wizardry pervades not just our popular culture but also our real-world attempts to combat cybercrime. If cybercrime is a sophisticated high-tech feat, we assume, the solution must be too. Cybersecurity companies hype proprietary tools like “next generation” firewalls, anti-malware software and intrusion-detection systems. Policy experts like John Ratcliffe, a former director of national intelligence, urge us to invest public resources in a hugely expensive “cyber Manhattan Project” that will supercharge our digital capabilities.

But this whole concept is misguided. The principles of computer science dictate that there are hard, inherent limits to how much technology can help. Yes, it can make hacking harder, but it cannot possibly, even in theory, stop it. What’s more, the history of hacking shows that the vulnerabilities hackers exploit are as often human as technical — not only the cognitive quirks discovered by behavioral economists but also old-fashioned vices like greed and sloth.

To be sure, you should enable two-factor authentication and install those software updates that you’ve been putting off. But many of the threats we face are rooted in the nature of human and group behavior. The solutions will need to be social too — job creation programs, software liability reform, cryptocurrency regulation and the like.

For the past four years, I have taught a cybersecurity class at Yale Law School in which I show my students how to break into computers. Having grown up with a user-friendly web, my students generally have no real idea how the internet or computers work. They are surprised to find how easily they learn to hack and how much they enjoy it. (I do, too, and I didn’t hack a computer until I was 52.) By the end of the semester, they are cracking passwords, cloning websites and crashing servers.

Why do I teach idealistic young people how to lead a life

of cybercrime? Many of my students will pursue careers in government or with law firms whose clients include major technology companies. I want these budding lawyers to understand their clients’ issues. But my larger aim is to put technical expertise in its place: I want my students to realize that technology alone is not enough to solve the problems we face.

I start my class by explaining the fundamental principle of modern computing: the distinction between code and data. Code is a set of instructions: “add,” “print my résumé,” “shut the door.” Data is information. Data is usually represented by numbers (the temperature is 80 degrees), code by words (“add”). But in 1936, the British mathematician Alan Turing figured out that code could be represented by numbers as well. Indeed, Turing was able to show how to represent both code and data using only ones and zeros — so-called binary strings.

This groundbreaking insight makes modern computers possible. We don’t need to rebuild our computers for every new program. We can feed our devices whatever code we like as binary strings and run that program. That zeros and ones can represent both code and data is, however, a blessing and a curse, because it enables hackers to trick computers that are expecting data into accepting and running malicious code instead.

Consider a simple hack I teach my students. An attacker sends an email that has a file attached. Because the file has a “.txt” extension, we assume it is a plain text file — that is, data — perhaps a grocery list or grades on a final exam. But when we open the file, the operating system will not only send the data to the screen, it will also execute the malicious code that the hacker has secretly embedded, allowing him to seize control of your computer.

You can install security software to lessen this risk. But to eliminate the risk, you would have to prevent computers from treating binary numbers as both code and data — which would mean stopping them from being modern computers.

The good news is that there are promising ways to tackle the human dimensions of the problem — that is, the social, economic and psychological aspects. The bad news is that we have largely failed to pursue them.

Consider legal liability. The law offers few incentives for software developers to write better, more secure code. It rarely imposes substantial penalties for data breaches, which means

that tech companies lack a financial motivation to take security seriously. The median American company budgets 10 percent for I.T., and 24 percent of that on security. That’s roughly 2 percent earmarked for protecting activities that companies understand, rightly, to be critical to their operations.

We can change that business calculus. We should, for example, hold software companies financially responsible for negligently building insecure software, a proposal recently endorsed by President Biden’s National Cybersecurity Strategy. Instead of shelling out money for private companies to fix bad technology, legislators should get them to produce good technology in the first place.

We can also help hackers themselves. Hackers are often thought of as brilliant disaffected young men who live in their parents’ basements and wreak havoc for the sheer fun of it. The truth is more familiar. Cybercriminals are, by and large, out to make a living — often in the absence of legitimate ways to use their skills.

Diversion programs in Britain and the Netherlands run hacking competitions where teams of coders compete to hack a target network; these programs also seek to match up coders with older security personnel to act as mentors and direct their charges into the legitimate cybersecurity industry. At the moment, with an estimated 3.5 million jobs unfilled worldwide, one fewer attacker is one more desperately needed defender.

Toward the end of the semester, my class covers cryptocurrency, the “money” favored by cybercriminals. Opening a cryptocurrency account should be like opening a bank account: Customers should have to provide their Social Security number, government-issued identification and other personal identifying data. While U.S. law requires most cryptocurrency companies to follow such disclosure rules, it exempts certain brokers from collecting this information — and cybercriminals like using those brokers to escape detection.

Figuring out how hacking works is the easy part. Figuring out how humans work, and what to do about it, is the hard part. And even when we get it right, we must remember that neither technology nor regulation is a panacea. In the 21st century, cybercrime is increasingly just crime — and there is no way to end that most human of glitches.

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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@thedownypatriot.com

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

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THE NEWSDAY CROSSWORD

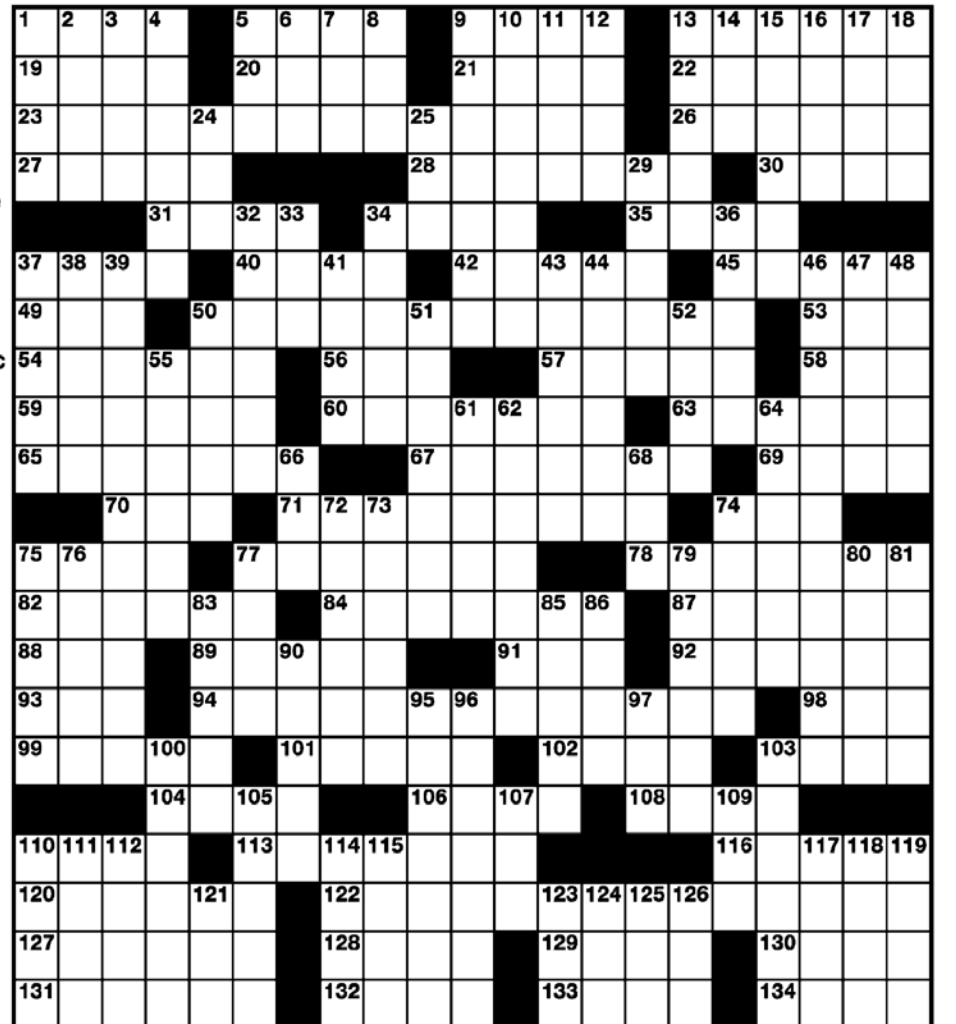
Edited by Stanley Newman (www.StanXwords.com)
CRAFTSMANSHIP: A title with two hints to the theme
by Gary M. Larson

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

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

- ACROSS**
- 1 Iowa campus city
 - 5 Jack and Jill's burden
 - 9 Lyft alternative
 - 13 Corn quantity
 - 19 Remarkable thing
 - 20 Go by car
 - 21 Circular, in product names
 - 22 Back from the sea
 - 23 Ballpark facility
 - 26 Rest against
 - 27 "Am not!" response
 - 28 Casual Friday adjective
 - 30 Great enthusiasm
 - 31 Gift bag contents
 - 34 Email button
 - 35 Hombre's home
 - 37 Lawn invader
 - 40 High jump
 - 42 Brooks of country music
 - 45 Drive forward
 - 49 French summer
 - 50 Asian cuisine cooker
 - 53 Equal, in math
 - 54 Military group
 - 56 Many millennia
 - 57 Hand holder
 - 58 Review poorly
 - 59 The Godfather star
 - 60 Fan of Spock and Kirk
 - 63 Swallow
 - 65 Minor malady
 - 67 Kind of spray
 - 69 Triple-decker sweet treat
 - 70 Lean___ (sheds)
 - 71 Inflexible one
 - 74 Ad___ committee
 - 75 End of a blessing
 - 77 Makes extra tight
 - 78 Brilliant, as a performance
 - 82 From the beginning: Lat.
 - 84 Top seller
 - 87 "Aha!"
 - 88 Little guy
 - 89 Invigorate
 - 91 Dundee denial
 - 92 What's settled after drinks
 - 93 State of rage
 - 94 Postal Service title
 - 98 LAX datum
 - 99 Trash hauler
 - 101 Of kidneys
 - 102 Very small
 - 103 Battleship shade
 - 104 It's more than twice as tall as Vesuvius
 - 106 Erosive force
 - 108 In the vicinity
 - 110 Poetic "soon"
 - 113 Unappreciated inbox filler
 - 116 City near Tel Aviv
 - 120 Fortissimo
 - 122 Pedicure tool
 - 127 Concealed
 - 128 Zoo trench
 - 129 American source of papayas
 - 130 Window insert
 - 131 ___ mile (1500 meters)
 - 132 USMC NCOs
 - 133 Where a ship stops
 - 134 Stir in
 - 10 Expressed displeasure towards
 - 11 Hebrew month
 - 12 Learning method
 - 13 Model plane material
 - 14 Exploitation
 - 15 Captain Marvel's magic word
 - 16 Make more perfect
 - 17 Cupid counterpart
 - 18 Mardi Gras follower
 - 24 Drag along
 - 25 Salt Lake City collegian
 - 29 Luckless person
 - 32 Family support group
 - 33 Masterpiece
 - 34 Wild animal track
 - 36 Traffic stopper
 - 37 ___ sauce (raspberry topping)
 - 38 Cheri once of SNL
 - 39 Currency
 - 41 Aid in criminality
 - 43 Corn Belt, for instance
 - 44 Honor Thy Father author
 - 46 Photo-trimming tool
 - 47 Clear the boards
 - 48 Slow tempo
 - 50 Foreshadows
 - 51 Prescription phrase
 - 52 Bad to the bone
 - 55 How the first LPs were recorded
 - 61 "The Book of ___" (historic Irish Gospel manuscript)
 - 62 Hindu god
 - 64 Exceed
 - 66 Part of GWTW
 - 68 Pluto, to poets
 - 72 Keen-witted
 - 73 Look into, as a cold case
- DOWN**
- 1 Thomas ___ Edison
 - 2 Sierra Club cofounder
 - 3 Ultimatum ending
 - 4 Native of Genève
 - 5 Country club teacher
 - 6 It's mostly nitrogen
 - 7 SSNs, to the IRS
 - 8 Was in command of
 - 9 Yens

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- 74 Comics Viking
- 75 Improvised remark
- 76 Ben Stiller's mom
- 77 Colosseum city
- 79 Sort of steak
- 80 Gaucho's rope
- 81 No longer a threat
- 83 Paid parker
- 85 Propelled a rowboat
- 86 French clergyman
- 90 Under-the-sink pipe
- 95 Steak, before grilling
- 96 Fee-paying customers
- 97 Quaint place to stay
- 100 Language class classification
- 103 Italian brandy
- 105 Justin Timberlake's boy band
- 107 Hunters' grp.
- 109 Tuna at a luau
- 110 Reunion goer
- 111 ___ the worse for wear
- 112 Dethrone
- 114 S&L conveniences
- 115 Synthesizer inventor
- 117 Apple tablet
- 118 Deflect, with "off"
- 119 Mythical militant
- 121 Common wear over an aloha shirt
- 123 Mischief maker
- 124 Thai neighbor
- 125 Scoundrel
- 126 Started burning

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Cerritos College softball returns to state championships

■ Falcons returned to the 3C2A state tournament for the first time in 14 years, finishing third in state.

By John M. Sherrard
Contributor

WALNUT – Coming into the California Community College Athletic Association (3C2A) State Softball Championships last week, Cerritos College was one of the three hottest teams in Southern California.

Palomar and Mt. SAC came in as the No.1 and No. 2 seeded teams with long winning streaks to end the regular season.

Cerritos, on the other hand, had to finish with a better record than Fullerton to gain

a No. 4 Seed and be one of the four teams to host round one of the playoffs.

Cerritos took care of business with a nine-game winning streak at the end of the regular season, while Fullerton lost four of its last seven regular-season games.

Because of that great finish by the Falcons, they hosted Fullerton in the winner-take-all best of three 3C2A Super Regional series with a state berth on the line.

Fullerton and Cerritos (2 games to one) both won their first-round playoffs series.

Cerritos lost the first game of the best of three series on a Friday against Fullerton, 8-3, but came back and swept the Hornets, 4-1 and 6-2 on

Saturday.

“Not only being at home, but going three games in each of them got us a lot tougher and an understanding of what we had to do in state,” Cerritos Softball coach Kodee Murray said.

Cerritos headed back to the 3C2A State Championships for the first time since 2009.

“We had some outstanding kids this last season,” Murray said. “Sam Islas (sophomore pitcher) has thrown two years (45-17) of unbelievable softball. We had out super sophomores, that were here when we didn’t play (COVID). They came back for the next year in order to make it here (state championships). I think that is unbelievable that they made a plan and came back.

“Every one of our infielders have their AA Degrees and they came back just for this. It’s been 14 years. The amazing thing is in 2007 we lost like Cypress did in the very first game (of the state tournament) and got to the “if” game. In 2008, that group came back and won it (state champions).”

Murray went on to talk about the rough start to this season and end up with a fantastic finish.

“The bottom line to the whole thing is the kids came in and worked their tails off and were 11-9 and didn’t think we were going to do anything. We won 17 of the last 20 in the regular season.”

The Falcons went 2-2 in the state tournament.

The No. 4 South Seed Falcons, who came into the state tournament on fire with a 21-5 record, made noise on the first day with and upset of the top seed in the North (Sierra College).

Cerritos defeated Sierra, 8-6, as they broke a 4-4 tie in the fifth inning and went on to win, 8-6.

Their end of the season hot streak continued, as eight Falcon players recorded at least one hit in the game.

Left fielder Marley Manalo was the only Falcon with multiple RBIs in the game. The freshman was 1 for 2 with a two-run double and a sac fly.

Cerritos had a two-run



Cerritos' Jazmine Macias (27) celebrates hitting her second home run as they play Palomar in the CCCAA softball playoffs at Mt. San Antonio College in Walnut on Saturday. (Photo by Keith Durlfing, Contributing Photographer)

lead twice, before Sierra tied the game in the fourth. The Falcons sent eight batters to the plate in the four-run fifth for the 8-4 lead.

In the inning, freshman catcher Jimena Velazquez (1 for 2, 2 R, RBI) singled in the first run (5-4), followed by a bases loaded RBI walk (6-4) to sophomore third baseman Brooklyn Bedolla, an RBI (7-4) single up the middle by sophomore shortstop Miranda Diaz and a ground out by Manalo, scoring Velazquez (8-4).

Sierra scored two runs in the bottom half of the inning to close the gap to 8-6, but Islas retired seven of the last batters, allowing only one walk for the win.

Facing the Falcons in the winners bracket game was none other than rival Mt. SAC, which defeated them all three games in the regular season, outscoring Cerritos, 19-5.

The post-season proved to be a much different result for the Falcons, as they sent the Mounties into the losers bracket with an 8-2 setback and vaulted into the state semifinals.

For the second straight game, the Falcons never trailed in the game and scored six unanswered runs in the last two innings to win going away.



Cerritos softball coach Kodee Murray speaks to her team as they play Palomar in the CCCAA softball playoffs at Mt. San Antonio College in Walnut on Saturday. (Photo by Keith Durlfing, Contributing Photographer)

Islas scattered four hits and pitched her second complete game for her 22nd and final win of her career for the Falcons.

Leading the way for Cerritos was sophomore second baseman Alyssa Sotelo (3 for 4, 2 Rs, RBI, SB) and right fielder Jazmine Macias (2 for 4, 2 Rs, Dbl.) and sophomore first baseman Richere Leduc (2 for 4, 4 RBIs, HR, Dbl.).

“I’ve honestly been real excited because I’m a freshman and I’m already experiencing this,” said Macias, of the state tournament. “I honestly didn’t know we were going to make it to state from the beginning of our season. We weren’t that good at the beginning, but we just started jelling.”

With another tight game early (2-2), the Falcons broke it open in the sixth and seventh innings with three runs in each inning.

Highlighting the sixth was an RBI double down the left field line by Leduc, scoring Macias, to lead 3-2, followed by a two-run double by Diaz (1 for 4, 2 RBIs), scoring Bedolla and Leduc for the 5-2 lead.

“We weren’t sure we would even make the playoffs,” said Diaz of the tough beginning to the season. “The chemistry just wasn’t there yet.

“It’s been a long ride. We’ve always been the underdogs, and nobody talked about us. We worked so hard this season, and we worked our way to the top three. I’m so proud of our team.

“Coach never doubted us at all and always smiled and just said, ‘it’s going to be ok.’”

The Falcons added three more runs in the seventh, highlighted by a three-run home run by Leduc. It was her

fourth of the season. “

That was the last win for the Falcons, as they lost the next two and finished third in the state.

In the first game on day three of the tournament, Cerritos lost to the eventual state runner-up Palomar, 5-3. Palomar scored four runs in the last two innings for the come-from-behind win.

Macias and Diaz led with two hits each in the game. Diaz was 2 for 3, while Macias (2 for 4, 3 RBIs) had a double and a home run.

In their way for an elimination game was a team Cerritos hadn’t beaten since 2014. That streak continues, as the Falcons, with only three hits, fell, 5-1, to finish in third.

“It’s sad,” said an emotional Bedolla, of the loss to end the season. “I’m so proud of the team and how far we have come from the beginning of the season. I’m proud of the fight, I’m proud of the lessons we’ve learned, the challenges we faced and overcome. I’m just really happy to end my softball career with a team like this.”

Islas, who pitched every inning (26) in the four games, reflected on the season.

“It’s been great, honestly,” said Islas, of her career with the Falcons. “To play for a coach like Kodee Murray, my God, not only in my opinion is she the best coach I’ve ever been coached by, she will always have your back. Playing for her these last two years have been great.”

Diaz (infielders) and Macias (outfielders) were both named to the Championship All-Tournament team for the Falcons.

POET'S CORNER

A narrow Fellow in the Grass
Occasionally rides -
You may have met him? Did you not
His notice instant is -

The Grass divides as with a Comb,
A spotted Shaft is seen,
And then it closes at your Feet
And opens further on -

He likes a Boggy Acre -
A Floor too cool for Corn -
But when a Boy and Barefoot
I more than once at Noon

Have passed I thought a Whip Lash
Unbraiding in the Sun
When stooping to secure it
It wrinkled And was gone -

Several of Nature's People
I know, and they know me
I feel for them a transport
Of Cordiality

But never met this Fellow
Attended or alone
Without a tighter Breathing
And Zero at the Bone.

Emily Dickinson

Our friends in Joshua Tree tell us the desert rattlesnakes are coming out now, to bask in the spring sun. Dickinson's snake is an exciting experience: just why, remains open to interpretation. She sees it as a comb, a shaft, a whip, and it leaves her breathless, and in the final stanza, helpless. Poetry Matters is curated by Lorine Parks.

LEGALS

and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. **BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE.** Trustor: RICARDO ALFREDO HENRIQUEZ, A SINGLE MAN AND MARISOL HENRIQUEZ, A SINGLE WOMAN, ALL AS JOINT TENANTS Duly Appointed Trustee; Carrington Foreclosure Services, LLC Recorded 10/28/2005 as Instrument No. 05-2604654 in book, page Loan Modification recorded on 7/25/2007 as Instrument No. 20071758770 of Official Records in the office of the Recorder of Los Angeles County, California. Described as follows: As more fully described in the Deed of Trust Date of Sale: 6/13/2023 at 10:30 AM Place of Sale: Behind the fountain located in Civic Center Plaza located at 400 Civic Center Plaza, Pomona, CA 91766 Amount of unpaid balance and other charges: \$354,033.52 (Estimated) Street Address or other common designation of real property: 12035 GRIDLEY ROAD NORWALK, CA 90650 A.P.N.: 80222-025-020 The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagee, the Mortgagee, or the Mortgagee's Attorney, if you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter

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