

# The Norwalk Patriot

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14783 Carmenita Road, Norwalk, CA 90650

## Whittier stabbing suspect charged

■ La Habra resident Kaszey Encarnacion is charged with killing an elderly Whittier man during a home burglary last week.

By City News Service

**WHITTIER** — A La Habra man was charged Wednesday with murdering an 84-year-old man at a home in the Whittier area last week, along with an attempted attack on another man the same day.

Kaszey Noel Encarnacion, 25, pleaded not guilty to one count each of murder and first-degree residential burglary with a person present in connection with the death of Rolland Alexander II, along with one count of attempted aggravated mayhem and first-degree residential burglary with a person present involving the second man.

Alexander's body was discovered Aug. 29 in a house in the 15300 block of Goodhue Street, just west of the Whittier city limits in the unincorporated South Whittier area.

He died of multiple sharp force injuries, according to records from the County of Los Angeles Medical Examiner.

Detectives believe the suspect also tried to attack an "elderly" man in the 15500 block of Fernview Street in Whittier, about four-tenths of a mile from Alexander's home and a few minutes before the homicide, but fled when the man's son intervened, Sheriff Robert Luna said last week.

At last week's news conference, the sheriff displayed security video indicating the suspect had entered Alexander's residence about 2:45 p.m. Aug. 28.

"Based on the surveillance video, we believe the murder occurred on Aug. 28 at approximately 2:45 p.m.," Luna said.

The sheriff said security images showed the Alexander's vehicle -- a silver Toyota RAV4 -- being driven in Ontario around 3 a.m. Tuesday, and also showed it parked in Chino about three hours later.

A community member subsequently reported to Covina police a sighting of a man matching the description of the murder suspect, with Covina police responding and detaining Encarnacion, who had been reported missing last Wednesday by a family member, according to a statement released by the sheriff's department.

Encarnacion was reunited with his family because there was not enough evidence to arrest him, but investigators determined there was sufficient evidence to arrest him after additional surveillance video evidence was recovered and a 24-hour surveillance of Encarnacion was launched, according to the sheriff's department.

He has remained behind bars since his arrest Sunday, jail records show.

## Norwalk High breaks ground on \$40 million athletic facility

■ Norwalk-La Mirada Unified School District staff and high school alumni expressed excitement for the new gymnasium.

By Vincent Medina Contributor

**NORWALK** — Faculty and staff from Norwalk High School hosted a groundbreaking ceremony for the school's new athletic facility Wednesday afternoon.

NHS principal David Olea greeted members of the Norwalk La Mirada Unified School District board of education, students, alumni, and community members who gathered to celebrate the new 43,000-square-foot facility.

Olea explained the new gymnasium is expected to include new basketball courts, volleyball courts, wrestling and competitive dance. It will also feature modern boy's and girls locker rooms, a weight room and a training room.

The new athletic facility will also be large enough to house the entire school for pep rallies and assemblies.

"The fact that we will have a gymnasium again to host our games and assemblies is going to be really great," Olea said. "The big part of having a gymnasium is part of the culture for the activities that we run on campus."

Principal Olea also



Members from the NLMUSD board of education and Norwalk High faculty break ground on a new athletic facility on Wednesday. (PHOTO BY VINCENT MEDINA)

acknowledged the 1960 alumni from Norwalk High School's first graduating class, who shared fond memories of their alma mater.

Alumnus Roger Bailes met his wife (then) Pat Ennis at NHS when they were in the class of 1960, and have now been married for 62 years. They reflected on seeing their original gymnasium gone.

"It's kind of sad, but it served its purpose when we were here," Bailes said. "It will be good for the kids to have a new facility."

They expressed their excitement for the new gymnasium and plan to rededicate an original banner from their time at the school to the facility once it is complete.

District superintendent John Lopez explained Norwalk High School has undergone a series of upgrades through Measure G funding, a bond initiative that aims to enhance facilities in the district. The new gymnasium is the final project to completely update the

school athletic complex.

"When the Measure G bond was passed, there was a needs assessment of the facilities," Lopez said. "Based on staff recommendations the board goes back and prioritizes what's going to receive upgrades."

The anticipated completion date for the gymnasium project is expected to be in the spring of 2025.

## Downey pledges nationwide search for next police chief

■ Leslie Murray announced she will retire at the end of this year; Downey officials have launched a search for her replacement.

By Eric Pierce Editor

**DOWNEY** — The process to find a replacement for retiring police chief Leslie Murray will involve a nationwide search, city officials said Thursday.

Murray is set to retire at the end of this year, capping a 32-year career with the Downey Police Department. She became police chief in December 2021.

"I've enjoyed a very rewarding career serving alongside many wonderful people over the years and for a community that I have grown up with and have so much

gratitude for," Murray said in a press release. "I am excited and look forward to what's ahead in the next chapter for me and my family."

In a statement, the City of Downey said "a nationwide search to find a new chief will be underway to ensure a seamless transition at the end of the year."

Mayor Claudia M. Frometa said "it has been an honor" to work with Murray and called her a trailblazer for women in law enforcement.

"She leaves a legacy of strength, resilience, exceptional dedication and commitment to our city's residents and police department," Frometa said. "My hope is to continue to see female leaders rise through the ranks within our Downey PD just as Chief Murray did. I wish her only the best in her upcoming

retirement."

The Downey Police Department currently has 181 personnel, including 113 sworn officers and 68 non-sworn support staff.

"Chief Murray has put in many years of dedication to the Downey community," said City Manager Roger Bradley. "Her work here in the city has made Downey a better place. On behalf of the staff, I would like to thank her for her leadership, dedication and example. We will miss her but wish her well as she sets out for new adventures."

A Downey High School graduate, Murray was hired as a Downey police officer in 1990. She rose through the ranks, with promotions to detective, sergeant, lieutenant and captain before her promotion to police chief.



Leslie Murray was the first female police chief in City of Downey history. She will retire at the end of this year for unspecified reasons.

## Smash Mouth playing Cerritos

**CERRITOS** — Multi-platinum pop rock band Smash Mouth is performing at the Cerritos Center for the Performing Arts on Friday, Oct. 6, with the Spin Doctors as openers.

Smash Mouth rose to prominence in the 1990s with the hits "All Star," "Then The Morning Comes" and "I'm a Believer," which was later featured in the film "Shrek."

Smash Mouth's first album, "Fush Yu Mang," came out in June 1997, followed by 1999's "Astro Lounge," their most critically and commercially successful album to date. It reached #6 on the Billboard charts.

Alternative rock band the Spin Doctors have sold more than 12 million records. Their explosive 1992 album "Pocket Full of Kryptonite" pushed the band into the mainstream.

The album contained the single "Two Princes," which reached No. 4 on the Top 100 singles chart and was nominated for a Grammy Award in the Best Rock Vocal Performance by a Duo or Group category. The song also has the distinction of being the most played rock song on the radio in 1993.

Tickets to see Smash Mouth and the Spin Doctors start at \$59.

Original Smash Mouth vocalist Steve Harwell died Monday at age 56. He left the band in 2021.

Harwell was diagnosed with cardiomyopathy. The heart disease led to "serious medical setbacks", including heart failure and acute Wernicke encephalopathy, the latter of which affected his speech and memory.

### Weekend at a Glance

Friday 91°

Saturday 93°

Sunday 89°

### ON THIS DAY

1504:

Michelangelo's the David was unveiled in the Piazza della Signoria in Florence; considered a masterpiece, the sculpture is one of the defining works of the Renaissance.

1930:

American company 3M began marketing a transparent adhesive tape that later became known as Scotch tape.

1960:

The psychological thriller "Psycho," directed by Alfred Hitchcock and based on real-life serial killer Ed Gein, was released in American theatres; it became a classic, especially known for the scene in which Janet Leigh's character is murdered in the shower.

1966:

The first episode of the sci-fi series "Star Trek" aired on American television; although the series ran for only three seasons, it spawned a worldwide pop culture phenomenon.

1974:

Richard Nixon, who had resigned the U.S. presidency three weeks prior, was pardoned by his successor, Gerald Ford.

1997:

The legal dramedy "Ally McBeal," starring Calista Flockhart, began airing on FOX.

1998:

Mark McGwire of the St. Louis Cardinals broke Roger Maris's record for most home runs in a regular professional baseball season by hitting his 62nd of the season (he finished the season with 70 home runs).

2015:

Stephen Colbert debuted as host of the "Late Show," replacing David Letterman.

2022:

After more than seven decades on the British throne, Elizabeth II died at the age of 96; her eldest son became King Charles III.

### Birthdays

U.S. senator **Bernie Sanders** (82), radio personality **Big Boy** (54), actor **David Arquette** (52), pop singer **Pink** (44), "Home Improvement" star **Jonathan Taylor Thomas** (42), rapper **Wiz Khalifa** (36), social media star **Cameron Dallas** (29), and "Stranger Things" star **Gaten Matarazzo** (21).

# Covid apathy and fatigue are real.

## Here's how to cope

**C**ovid-19 is here to stay. To prove it, the virus is surging in many places around the world — just as immunity from vaccinations is waning and most people have gotten used to life without masks and social distancing.

While we know it's the smart thing to do, the idea of returning to safety protocols required during the pandemic has many of us repeating a line often heard from our children: "I don't wanna!"

"I don't wanna either," said stress management expert Dr. Cynthia Ackrill, a fellow at the American Institute of Stress. "One of the responses to stress is to freeze — to stop living in your tracks. And when it comes to accepting Covid as a reality that requires a set of behaviors to stay safe, some people have just stuck their heads in the sand and decided 'I'm going to act like there's nothing there.'"

Others might choose the other two classic stress responses of "fight or flight." Those might emerge as anger or denial over the growing threat of the virus, Ackrill said.

"It's like we're putting all our weight into pushing against this wall, thinking we're going to change or move that wall, and we're not," she said. "It's really a false sense of control. By putting less of your energy into resisting, you'll actually have more energy for enjoying life."

For people who lost a loved one or their own health to the virus, or helped others as a healthcare worker, concern over the Covid surge could trigger a re-awakening of actual trauma, much like post-traumatic stress disorder or PTSD, Ackrill said.

"I think there is also a societal PTSD connected to Covid — we were not designed to watch humans suffer," she said. "If you suffer from it, recognize that it's a wiring issue — PTSD literally rewires our brains and our bodies. If you feel triggered and talking your way out isn't working, it's time to check in with a therapist. There is no shame in getting help."

### How to fight your Covid apathy

Stuck in idle? That's because you feel as if you have lost control, Ackrill said. Now's the time to think back to challenges you've faced and conquered and rely on lessons learned.

"What was it that gave you the ability to finally realize that a new reality has benefits too?" she asked. "Perhaps it was a relationship or job choice that didn't work out — what helped you finally put it into perspective and realize you can

find joy in life?"

Stress can actually be good for us — if we see it as a normal, acceptable and even positive part of life. When stress is viewed through more rose-colored glasses, the brain reacts differently, changing the ratio of stress hormones the brain releases — and that, experts say, can make all the difference in whether stress turns toxic.

With that positive view comes resilience. "Good" stress can give you an edge in fighting or fleeing an attacker, but it can also help when playing a competitive sport, speaking in public, interviewing for a job or even adapting to a pandemic.

There are also tools you can use to stop stress in its tracks. One of the best is exercise — it can create an anti-inflammatory response, improves

mood, cognition and your physical health. Mindfulness and meditation are other ways to ease tension, along with calming physical activities such as Tai Chi, yoga and gentle stretching.

Those methods often teach deep breathing, another key to reducing tension that can be used in the moment. To do it properly, breathe through your nose, hold it and then exhale very slowly out through your mouth like you're breathing through a straw.

"And when you breathe slowly out, you improve your whole picture of life and you reduce your nervousness," said trauma counselor Jane Webber, a professor of counselor education at Kean University in New Jersey, in a prior CNN interview.

Webber also recommends cracking a smile. Watch funny movies, listen to comedy routines, ask everyone you talk to on the phone to tell you a joke.

"Remember, you can't be anxious and smile at the same time. That's a physiological thing," Webber said.

The point of all these exercises is to use your senses to bring you into the present moment, Ackrill said, which will help stop fretting about the past or worrying about the future.

"You want to be present. By using your senses you reconnect your mind and body because that's what's going to let the blood flow go back to your frontal lobe so you can think much more rationally about whatever it is that triggered you," she said.

### How to best protect yourself

Ready to take on Covid again? One of the best actions to take is to get the new Covid-19 booster vaccination when it is available later in September, said Dr. William Schaffner.

"The booster has been updated to provide immunity to many of the newer Covid strains that are circulating," he said. "I say we try to make it the social norm: We're all going to do this. We're all in this together. We're all helping each other while we help ourselves."

Mask or not to mask? That too, requires giving others grace, Schaffner said.

"The first thing we need to do is ease people's fears that there will be mandates. Let's stay away from compulsion and requirements and speak more about individual decisions. If you are at high risk of getting serious disease — you are over 65, you are immunocompromised, have a chronic medical condition or you are pregnant — be prudent. Be a little careful rather than careless."

Everyone should support people who choose to wear a mask, even if they look young and healthy, Schaffner added.

"Perhaps that person had someone at home who is receiving cancer chemotherapy, or they are personally immune compromised. There's no reason for the rest of us to get agitated about that," he said. "It's only a mask."



## DOMESTIC TERRORISM

The new **Domestic Terrorism**, *Mind Control*

What is happening is a mind controlling of people. This is the most dangerous thing anyone could have done to them. Mind controlling by terrorist is very dangerous because the people being affected are unaware, they are under a mind controlling spell. I began noticing the mental change with my friends around June 2022. It began with Officer Nadal from the Signal Hill Police Department. Nadal and his police friends tried to sneak up on me and enter my house. I was gone on that day. He tried again. I looked out the window. I wouldn't let him in my house. I told him I would speak with him when I hired a lawyer. Since that time, I've been unable to hire a lawyer. I'm still trying to hire a lawyer. I spoke with lawyers that will take my money. Then they make up excuses why they won't work for me. This is in my book: Donald Trump's Koward Kommunist K\*\*ts.

I tried many different ways to advertise my political book, *The Washington Mafia*. The book is PG rated. The Long Beach newspaper, the beachcomber, was the only newspaper that I could get into to place an ad. The Downey Patriot is the second newspaper that would let me place an ad.

The mind controlling of people affects my family and friends. I can't talk about my book. I'm hated by everyone. I'm afraid of speaking with the police about this. I tried talking with the Washington DC Capitol Police, twice. The Signal Hill Police Department are terrorist. I told the Signal Hill City Council about their police. They did nothing. The Signal Hill City Council are terrorist. All the lawyers that have been mind controlled, turn their backs on me. Everyone that has been affected by this mind control won't, or can't, talk to me about my book. Once you're affected, or infected, it's terminal. It's very dangerous. I have evidence since April 2022 of what I'm writing here about. I have tried every day to contact higher law enforcement to help me with this. I'm asking everyone reading here to get me the California Attorney General Rob Bonta and every higher-level law enforcement. This communism, and terrorism, are real. It has to be exposed. It has to be stopped. It is very dangerous to everyone.

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# Simone Biles redefines success

Biles is one of the greatest gymnasts in Olympic history, and we can learn from her approach.

By Onnie Willis Rogers

*Onnie Willis Rogers is a former collegiate gymnastics champion at UCLA and a professor of psychology at Northwestern University whose research focuses on human development, diversity and equity and education.*

Becoming a successful gymnast almost always starts with preschool-aged kids in leotards barely able to do a cartwheel. It usually ends in high school — or college, for a few of us — at which point most athletes retire from the sport. When people ask me, a former competitive gymnast, if I'm still active in the sport, I usually just say, "gymnastics is not like basketball; it's not a pick-up sport."

In my experience, if you started gymnastics after the age of six, you started "late," and if you competed into the college years, you were "old." This prevailing attitude has taken many talented gymnasts out of the sport and crushed the dreams of countless young athletes who were no doubt told that the window had closed and that they had missed their shot.

But over the past couple of decades, collegiate gymnastics has been disrupting this narrative, with gymnasts performing impressively at the elite scene well past their teens — and sometimes, considerably after their college careers.

For example, after a successful career at UCLA, Mohini Bhardwaj, at the age of 25, went on to be named captain of the 2004 Olympic team where she earned a silver medal. And in the last Olympic cycle, Chellsie Memmel returned to the sport — after a nine-year hiatus — as the 32-year-old mother of two. Her performances, as well as her social media posts about her training, inspired many, and gave some of us reason to question the old narrative about "aging out" of the sport.

Oksana Chusovitina, from Uzbekistan, is the oldest Olympic gymnast. She's competed in eight consecutive Olympic games (on three different countries' national teams) and at 48, she's planning to compete again at the Paris Olympics next year.

Then of course, there is Simone Biles, who is the most decorated gymnast in history and at 26, an elder stateswoman for the sport in the United States.

Biles stunned the world again this past weekend, capturing her eighth US Gymnastics all-around title, becoming the oldest woman ever to win while breaking the record for most all-around titles by any gymnast, male or female.

It's not just her gymnastic brilliance that is causing jaws to drop, but the fact that she won her most recent championship after a two-year break from the sport. Athletically speaking, Biles has picked up exactly where she was when she stepped off the mat after the 2020 Olympics Games. (The games were held a year later because of the Covid-19 pandemic.)

In a sport where the scores separating participants sometimes differ by mere hundredths of a point, Biles prevailed at nationals with a nearly 4-point victory. As a former elite



gymnast, member of the USA Gymnastic National Team and 4-time NCAA Collegiate Champion, I know what it takes to compete at the highest level and to sustain success over time. But to step away for so long and return as champ? Biles is without question the greatest ever to chalk up.

It's become almost routine to rattle off superlatives when describing just how magnificent an athlete she is: her remarkable athletic ability, the precision of her technique, the unparalleled amplitude she achieves as she soars in her vaults or in her tumbling passes. We are all fortunate that we get to witness an athlete of this caliber attain near-perfection, routine after routine. Biles has given us a gift.

She has also changed the narrative about who gets to be a champion, and who gets to excel at the thing they love. She is a married woman well past the age at which most female gymnasts have abandoned the sport. (Male gymnasts have always had a longer horizon, especially at the Olympic level). And Biles has only gotten better with age. She grew up, but she did not outgrow the sport.

Beyond gymnastics, Biles offers us something else to embrace: the lesson that we have the power to change restrictive narratives that do not serve us. Expectations about "how things are supposed to go" in our careers can help us, but they can also limit us.

Biles insisted on leaving her sport to take care of herself before coming back on her own terms — ignoring the rules about how things should be done. In the process, she honored her own individuality and her own humanity. That's been a game-changer for her personally and for gymnastics. It's been a great lesson for those of us outside the sport as well.

Putting it in her own words: "We have to protect our minds and our bodies and not just go out and do what the world wants us to do... We are not just athletes, we're people at the end of the day, and sometimes you just have to step back," she said, after withdrawing from the Tokyo Olympics. It was, in fact, another gift from the athlete who has often been called the

GOAT.

What she showed all the young gymnasts hoping to follow in her footsteps is that overwork and emotional distress and pushing through pain and trauma do not result in optimal performance. In our work-obsessed world, athletes — just like the rest of us — are routinely told to work harder for longer hours and that if they are serious about their endeavors, they will limit the time they spend away from professional endeavors.

I can't help but wonder whether Biles would have been able to perform so well now if she had not listened to herself and had the courage to step away for a while.

When she acknowledged the need for a mental health reset and took herself out of the Olympic finals in Tokyo, it shook the world. Some were critical, calling her selfish and a quitter, but people who were more discerning were supportive. They celebrated the impact this had on de-stigmatizing mental health concerns in sport and for women broadly — especially Black women. This moment showed us what it looks like to trust others and give them the support they deserve. It is how we change the narrative: When someone tells us what they need, we should trust them.

Seeing the incomparably high level Biles has now reached leads me to wonder: Would this level of excellence have been possible if she had "pushed through" and not taken time away? Would she still have craved the joy and the challenge of gymnastics? Without having put her mental health first, would she still trust herself enough to do the most difficult maneuvers humanly possibly on the sport's biggest stage?

I don't think so. Trusting herself enough to do exactly what she needed when she needed it has only increased her confidence. Biles had the self-awareness and social support to live out her truth, and we are all the grateful beneficiaries of that wisdom.

# McConnell owes the public answers

Mitch McConnell and other geriatric politicians should be transparent about their health.

By Jay Newton-Small

*Jay Newton-Small is founder of MemoryWell, a digital platform that brings professional journalism skills to the challenge of helping elders tell their life stories.*

A few years after my father's Alzheimer's diagnosis, his neurologist reported him to the state of Florida, and he was required to go in for regular driving tests until one day, about 18 months later, he failed his test and was never allowed to drive again.

Almost every state in the union has laws requiring retesting of drivers when a doctor (or in some cases a family member) reports them to be cognitively or physically impaired. Some professions, notably airline pilots, require cognitive testing, but in politics the only cognitive screening seems to come from partisan pundits.

In watching some of our aging politicians, I have often wondered: Why isn't there a similar test for them?

Our aging leaders are increasingly being criticized (often, though not always, by their opponents) as "too old" for the job. If 2024 shapes up to be a rematch between President Joe Biden and former President Donald Trump, on Election Day they will be the two oldest party nominees in history, at 81 and 78 respectively. In the Senate, two key positions are filled by elderly politicians who have already suffered recent health complications: Senate Judiciary Chair Dianne Feinstein (90) and Senate Minority Leader Mitch McConnell (81).

Questions about McConnell's fitness for office took center stage again on Wednesday, when he seemed to freeze in front of the press and was unable to respond to questions about running for reelection. It was the second such freezing incident in recent weeks, episodes that his staff have attributed to dehydration and lightheadedness.

He also suffered a concussion after a fall earlier in the year.

The US Capitol physician, Dr. Brian Monahan, on Thursday said the minority leader is "medically clear" to continue his official duties and that "occasional lightheadedness is not uncommon in concussion recovery and can also be expected as a result of dehydration." But there's no doubt that the speculation about McConnell's health will continue, and whether he should keep his job.

I have no way of knowing whether McConnell (or Feinstein, who has been hospitalized more than once this year) should still hold office, and I shouldn't be the person to determine that — the voters should. But I do believe that they should both be more open with their diagnoses and challenges, and that by doing so they will provide voters with the best information to make their decisions. Part of the problem now isn't just the shaky behavior these figures exhibit, but our lack of knowledge about their conditions and prognoses. A brief statement from the Capitol Hill physician isn't enough.

It was encouraging for mental health advocates when Pennsylvania Sen. John Fetterman bluntly admitted he wasn't fit to serve and stepped away temporarily to seek treatment for depression. If only every member of Congress would be so forthcoming with their health struggles. Coming forward and disclosing the diagnosis, offering their doctor's expectations and submitting to testing to stay in office are the responsible things to do.

Unfortunately, there's a significant danger that such transparency would result in the weaponizing of cognitive impairment by political enemies. In this climate it's hard to imagine revealing adverse medical diagnoses stemming from old age without the world's condemnation coming down like a ton of bricks. And in an era in which we have struggled to agree on the truth of a pandemic and vaccines, parsing a prognosis or agreeing on a cognitive test in a responsible way might be downright impossible. Worst of all, if we say anyone with this disease should be thrown away, we are digging their graves even as we deter them from getting the help they need.

Even outside of the public spotlight of politics, decisions around cognitive decline are fraught. In my own family, my mother hid my father's Alzheimer's diagnosis

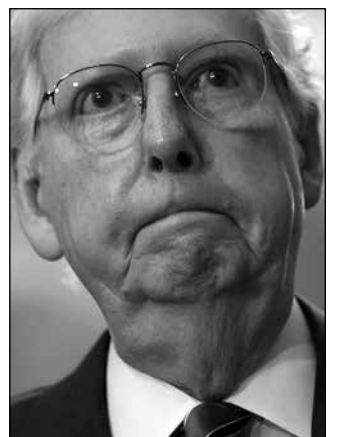
for a decade — until she died of the stress of caring for him and hiding it from the world. She was afraid of the stigma of the disease and she didn't want to lose all their friends. She knew that my father was the charming one; after her death I found reams of printed pages of jokes she'd been trying to memorize to try to pick up his social mantle.

The truth is my father had eight good years after his diagnosis. The mind doesn't just switch off after you get dementia. It's often a slow process. I've heard of people living 25 or more years with the condition, many of them positive. At some point, though, my father's mind did go. Which is why it was great we had a test to help protect others from him driving, and that the bank helped my mother set guard rails on his spending.

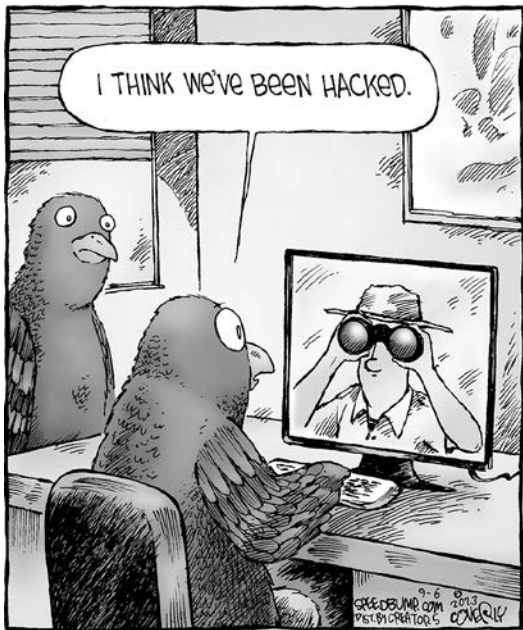
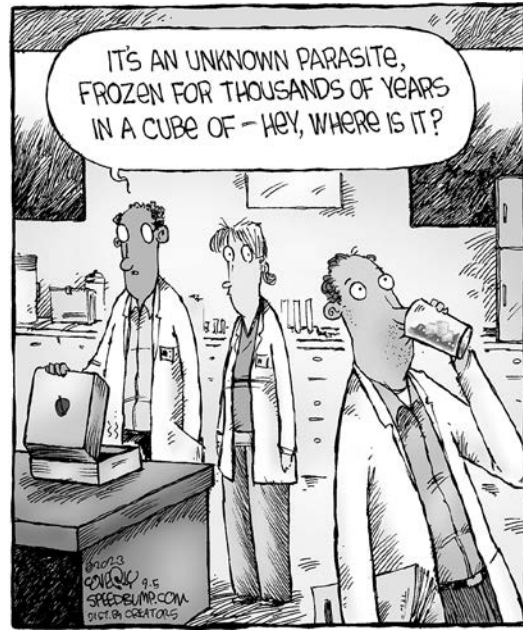
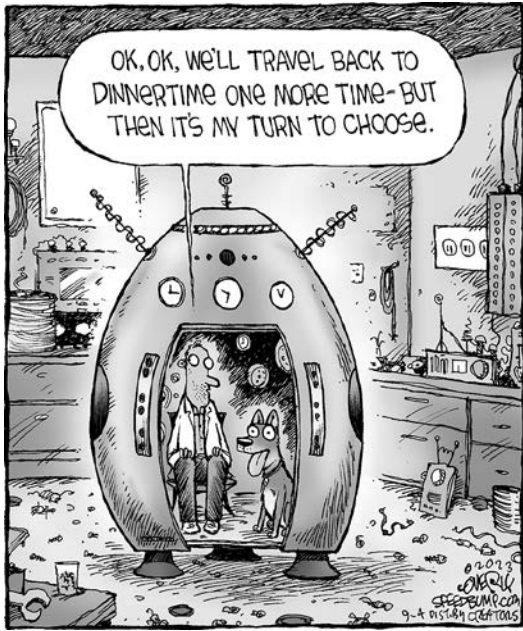
My biggest regret is that, while my mother could have had more support, because she hid his disease, she didn't get that assistance. She had no respite when he followed her around like a puppy, even to the bathroom (a phase called "shadowing.") She had no one but me to confide in and vent to. I went to group therapy every week and asked the questions she wanted asked, but often the answers came too late or had been posed incorrectly.

For too many, the frailties of age are a source of shame. We are a society that does not tolerate imperfections, weakness and other signs of growing older. Our leaders must set an example: Be transparent about their health issues, submit to regular tests and plan to step away when those tests show they can no longer fulfill the duties of their office. A lot of older Americans are perfectly fit for office, public life and every other endeavor, but to see our leaders falter so publicly only invites concern, speculation and, frankly, ageism.

Anything less than this openness is a disservice to their constituents and the millions in our aging society who will grapple with this condition themselves.



# 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](mailto:news@thedownypatriot.com)

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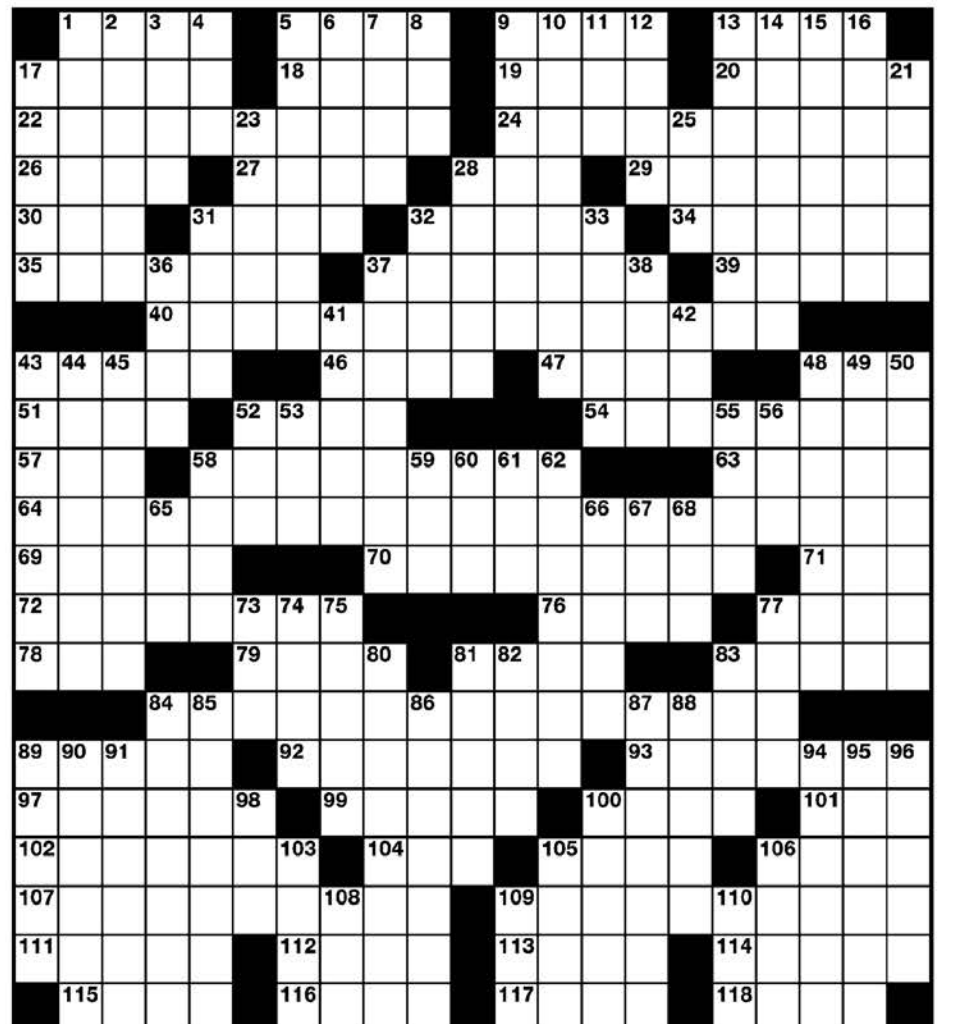
# PUZZLE OF THE WEEK

## THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)  
THE MONTH IN BRIEF: As seen in seven clues  
by S.N.

- ACROSS**
- 1 Ivy League athletes
  - 5 Very dark
  - 9 Numbered rds.
  - 13 Egg-grading agcy.
  - 17 Deceptive motion
  - 18 Cry out for
  - 19 Make more comfortable
  - 20 Crooks, to cops
  - 22 Wearable with a noSEPiece
  - 24 Lab device with a noSEPiece
  - 26 Give sparingly
  - 27 URL intro
  - 28 Grp. of atoms
  - 29 Organization's subgroup
  - 30 Mexican gold
  - 31 Black-and-white musical targets
  - 32 Perk up
  - 34 Gave the OK
  - 35 FDR program
  - 37 Immense
  - 39 Successful dieter
  - 40 PerSEPhone, in Greek mythology
  - 43 Liqueur flavoring
  - 46 Make sharper
  - 47 High-end department store chain
  - 48 Perch for a tot
  - 51 Recuperate
  - 52 Verbally insincere
  - 54 Italian cheese
  - 57 4/15 addressee
  - 58 Skilled with 31 Across
  - 63 Tree-shaded spot
  - 64 GiuSEppe Verdi's Shakespearean operas
  - 69 Online commerce
  - 70 Picnic pastimes
  - 71 Big Apple campus
  - 72 Wood for some pencils
  - 76 Wished undone
  - 77 Sonnet, for example
  - 78 Suffix for stock
  - 79 One of the dwarf planets
  - 81 Spotted
  - 83 Inferno author
  - 84 Popular seasonal housePlant
  - 89 Cold season sound
  - 92 Stunt flyer
  - 93 Works hard
  - 97 Points of view
  - 99 Diameter fractions
  - 100 Silent signal
  - 101 Story line's progression
  - 102 Smuggler of sci-fi
  - 104 Craving
  - 105 Bull or buck
  - 106 Fondue cheese
  - 107 What a mouSEPad's wrist rest improves
  - 109 Best Actor Oscar winner for SEParate Tables (1958)
  - 111 Black Panthers cofounder
  - 112 Petty clash
  - 113 Notion: Fr.
  - 114 Adjust as necessary
  - 115 Small número
  - 116 Pop star Perry
  - 117 Tinker (with)
  - 118 Suburb of Phoenix
- DOWN**
- 1 Pal of Pooh
  - 2 Go into hiding
  - 3 Bus Stop playwright
  - 4 Major MO airport
  - 5 Fashionable now
  - 6 Homes in branches
  - 7 Don't discard
  - 8 PGA distances
  - 9 Erasure
  - 10 Final parts
  - 11 PC bailout button
  - 12 Feudal toiler
  - 13 High-end
  - 14 Word on stadium tickets
  - 15 Star Wars workers
  - 16 Place side by side
  - 17 Made a meal of
  - 21 Man from Madrid
  - 23 Still to come
  - 25 W. Hemisphere alliance
  - 28 British bishop's hat
  - 31 Casino ball game
  - 32 The Sphinx, mostly
  - 33 Muslim veil
  - 36 Minimally multiple
  - 37 Quarter, colloquially
  - 38 Salad slice, for short
  - 41 Horned safari beast
  - 42 Subj. for recent immigrants
  - 43 Impossible dream
  - 44 Filled with fizz
  - 45 Abundant flow
  - 48 Neighbor of Israel
  - 49 So far
  - 50 Bottle with a 96 Down
  - 52 "Vamoose!"
  - 53 \_\_\_-di-dah
  - 55 Free ticket
  - 56 Creative pursuit
  - 58 Brazilian soccer great
  - 59 Beach house view
  - 60 Special attention, for short
  - 61 Category
  - 62 "You're right!"

CREATORS SYNDICATE © 2023 STANLEY NEWMAN WWW.STANXWORDS.COM 9/3/23



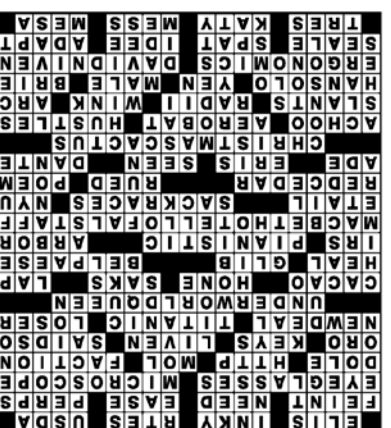
- 65 Pen brand
- 66 Regional animals
- 67 Reliable pro
- 68 Was winning
- 73 German article
- 74 Song for a basso
- 75 Person awakening
- 77 Days gone by
- 80 Pound resident
- 81 Colleague of Salk
- 82 Actor Morales
- 83 Twilight time
- 84 Instrument panel
- 85 Knee-slappers
- 86 Humble nature
- 87 Tex-Mex pods
- 88 In perfect pitch
- 89 Cookout residue
- 90 Bordeaux wine
- 91 Parking place for planes
- 94 Caterpillars, for instance
- 95 City SW of Buffalo
- 96 Bouquet
- 98 \_\_\_-mo video
- 100 Ocean motions
- 103 Major Siberian city
- 105 Crafted
- 106 \_\_\_ your time (be patient)
- 108 Brewpub designation
- 109 Lit slightly
- 110 '70s war zone

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

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

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

The SAKS brothers (47 Across) opened their first retail store in Washington D.C. in 1887. BEL PAESE (54 Across), Italian for "beautiful country," is also a term used for Italy itself. Giuseppe Verdi (64 Across) commissioned a libretto for an operatic setting of King Lear, but never wrote any music for it.



BULK SALES

NOTICE TO CREDITORS OF BULK SALE (UCC Sec. 6105) Escrow No. 23126-HV

NOTICE IS HEREBY GIVEN that a bulk sale is about to be made. The name(s), business address(es) to the Seller(s) are: TAI SUNG YUN, 12359 IMPERIAL HWY. NORWALK, CA 90650

FCS 1857077-PP The Norwalk Patriot 9/8/23

FICT. BUS NAME

FICTITIOUS BUSINESS NAME STATEMENT File Number 2023189587

THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) JOHN'S POOL CO., 10902 CORBY AVE, NORWALK CA 90650, COUNTY OF LOS ANGELES

The Norwalk Patriot 9/1/23, 9/8/23, 9/15/23, 9/22/23

FICTITIOUS BUSINESS NAME STATEMENT 2023150960

The following person(s) is/are doing business as: CHANTAL ACCESSORIES, 127 E. 9TH ST., #904, LOS ANGELES, CA 90015

FICTITIOUS BUSINESS NAME STATEMENT 2023151673

The following person(s) is/are doing business as: 1. VINSON SCHOOL OF VOICE AND DRAMA, 2. VINSON ARTS EDUCATION, 19436 SHERMAN WAY REAR OFFICE, RESEDA, CA 91335

FICTITIOUS BUSINESS NAME STATEMENT 2023153292

The following person(s) is/are doing business as: 1. PUPUSERIA MARIANA UNIVERSAL, 2. MARIANA UNIVERSAL MOBILE FOOD AND STORE, 6815 KELVIN AVE 105, WINNETKA, CA 91306

FICTITIOUS BUSINESS NAME STATEMENT 2023153698

FICTITIOUS BUSINESS NAME STATEMENT 2023153714

The following person(s) is/are doing business as: BANCHI WELLNESS CENTER, 3750 SANTA ROSALIA 100, LOS ANGELES, CA 90008

FICTITIOUS BUSINESS NAME STATEMENT 2023154072

The following person(s) is/are doing business as: SHINE DESIGN, 952 WESTCHESTER PL, LOS ANGELES, CA 90019-2032

FICTITIOUS BUSINESS NAME STATEMENT 2023156497

The following person(s) is/are doing business as: KRISTEN FIELDS FIT, 643 SOUTH OLIVE STREET 609, LOS ANGELES, CA 90014

FICTITIOUS BUSINESS NAME STATEMENT 2023177584

The following person(s) is/are doing business as: VEEDRO, 24302 DELTA DR., DIAMOND BAR, CA 91765

FICTITIOUS BUSINESS NAME STATEMENT 2023157828

The following person(s) is/are doing business as: 1. CIRCADIAN HAUS, 2. CIRCADIAN HOUSE, 3. CIRCHAUS, 4. CIRCHAUS PRESENTS..., 5. CIRC HAUS MEDIA, 6. CIRCADIAN HAUS MEDIA, 1043 S NORTON AVE 1043 1/2, LOS ANGELES, CA 90019

FICTITIOUS BUSINESS NAME STATEMENT 2023177405

The following person(s) is/are doing business as: 1. TCM HEALING CENTER, INC., 2. TRADITIONAL CHINESE MEDICINE HEALING CENTER, INC., 12304 SANTA MONICA BLVD UNIT 102, LOS ANGELES, CA 90025

FICTITIOUS BUSINESS NAME STATEMENT 2023177408

The following person(s) is/are doing business as: ROMELL, 2. ROME-LA PRODUCTIONS, 626 WILSHIRE BOULEVARD, SUITE 410,

LOS ANGELES, CA 90017. LOS ANGELES. Mailing address if different: N/A. Articles of Incorporation or Organization Number: 202016810151.

FICTITIOUS BUSINESS NAME STATEMENT 2023158536

The following person(s) is/are doing business as: R.J'S BARBER SHOP, 444 FAIR OAKS AVE, SOUTH PASADENA, CA 91030

FICTITIOUS BUSINESS NAME STATEMENT 2023155585

The following person(s) is/are doing business as: TASTY DULZURAS, 7952 STEWART AND GRAY RD UNIT 1, DOWNEY, CA 90241

FICTITIOUS BUSINESS NAME STATEMENT 2023161097

The following person(s) is/are doing business as: AWAMI CONSULTING SERVICES, 6716 E ALMADA ST, LONG BEACH, CA 90815

FICTITIOUS BUSINESS NAME STATEMENT 2023162234

The following person(s) is/are doing business as: KAVR, 900 S DWIGHT AVE #109, COMPTON, CA 90220

FICTITIOUS BUSINESS NAME STATEMENT 2023162607

The following person(s) is/are doing business as: OH HONEY, LET'S GO TRAVEL LLC, 11719 HAAS AVE, HAWTHORNE, CA 90250

FICTITIOUS BUSINESS NAME STATEMENT 2023163050

The following person(s) is/are doing business as: DRIVE WITH SONYA, 898 SILVER CLOUD ST., THOUSAND OAKS, CA 91360-1015

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

FICTITIOUS BUSINESS NAME STATEMENT 2023163248

The following person(s) is/are doing business as: 1. P.R. PROFESSIONAL SERVICES, 2. P & R PROFESSIONAL SERVICES, 4707 W 137TH PLACE, HAWTHORNE, CA 90250

FICTITIOUS BUSINESS NAME STATEMENT 2023164195

The following person(s) is/are doing business as: WSS STORE 160, 3695 CRENSHAW BLVD, LOS ANGELES, CA 90016

FICTITIOUS BUSINESS NAME STATEMENT 2023164325

The following person(s) is/are doing business as: WSS STORE 146, 6502 VAN NUYS BLVD, VAN NUYS, CA 91401

FICTITIOUS BUSINESS NAME STATEMENT 2023164598

The following person(s) is/are doing business as: POWER SOLUTIONS LA, 243 NORTH BURLINGTON AVENUE, 1/2, LOS ANGELES, CA 90026

FICTITIOUS BUSINESS NAME STATEMENT 2023165296

The following person(s) is/are doing business as: SLICE OF LIFE STUDIOS, 1330 W PICO BLVD, LOS ANGELES, CA 90015

FICTITIOUS BUSINESS NAME STATEMENT 2023165330

The following person(s) is/are doing business as: CAJUN CRACK'N, 2020 S HACIENDA BLVD #F, HACIENDA HEIGHTS, CA 91745

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FICTITIOUS BUSINESS NAME STATEMENT 2023165501

The following person(s) is/are doing business as: BETO'S WINDOW TINT, 1203 N WILMINGTON BLVD, WILMINGTON, CA 90704

FICTITIOUS BUSINESS NAME STATEMENT 2023165748

The following person(s) is/are doing business as: BUILDER'S CHOICE, 1842 PACIFIC COAST HIGHWAY, LOMITA, CA 90717

FICTITIOUS BUSINESS NAME STATEMENT 2023165778

The following person(s) is/are doing business as: I LIKE YOUR HAIR, 6100 DE SOTO AVE APT 534, WOODLAND HILLS, CA 91367

FICTITIOUS BUSINESS NAME STATEMENT 2023165780

The following person(s) is/are doing business as: MATELDA GIRGIS, 6100 DE SOTO AVE A 534, WOODLAND HILLS, CA 91367

FICTITIOUS BUSINESS NAME STATEMENT 2023165870

The following person(s) is/are doing business as: COVINA FAMILY DENTAL, 166 W. COLLEGE ST., COVINA, CA 91723

FICTITIOUS BUSINESS NAME STATEMENT 2023166050

The following person(s) is/are doing business as: MARGARET HAGLUND MD, 554 14TH STREET, SANTA MONICA, CA 90402

FICTITIOUS BUSINESS NAME STATEMENT 2023167045

The following person(s) is/are doing business as: TANYA CONDON AND ASSOCIATES, 1353 OAK GROVE PL, THOUSAND OAKS, CA 91362

FICTITIOUS BUSINESS NAME STATEMENT 2023167127

The following person(s) is/are doing business as: OMID TRAVEL AND TOURS, 9454 WILSHIRE BLVD PENTHOUSE 19, BEVERLY HILLS, CA 90212

that all information in this statement is true and correct. (A registrant who declares as false information which he or she knows to be false is guilty of a crime.)

FICTITIOUS BUSINESS NAME STATEMENT 2023167214

The following person(s) is/are doing business as: CARMELITA'S BEAUTY AND BARBER SHOP, 8879 LAUREL CANYON BLVD, SUN VALLEY, CA 91352

FICTITIOUS BUSINESS NAME STATEMENT 2023167410

The following person(s) is/are doing business as: WACPS, 839 S WOOSTER ST APT 7, LOS ANGELES, CA 90035

FICTITIOUS BUSINESS NAME STATEMENT 2023167690

The following person(s) is/are doing business as: LASHINLA, 640 N. HOLLYWOOD WAY APT.207, BURBANK, CA 91505

FICTITIOUS BUSINESS NAME STATEMENT 2023167822

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The following person(s) is/are doing business as: 1. BUSY BEES PAINTERS, 2. BUSYBEES PAINTERS LLC, 4743 W 172ND ST., LAWNLDAE, CA 90260

FICTITIOUS BUSINESS NAME STATEMENT 2023169083

The following person(s) is/are doing business as: PRINCIPLE DENIM INNOVATORS, 2463 HIGHLAND AVE, ALTADENA, CA 91001-2550















# Alone. On their back. In their crib.

## Doctors emphasize safe infant sleep

■ Babies are dying in their sleep after they are accidentally suffocated by blankets and stuffed animals.

By Colleen DeGuzman  
KFF Health News

Samuel Hanke is a pediatric cardiologist in Cincinnati, but when you ask him for his title, he follows it by saying: "Most importantly, I'm Charlie's dad."

Hanke remembers the night 13 years ago when Charlie, then 3 weeks old, was fussier than usual, so he picked him up to soothe him back to sleep. With Charlie still in his arms, he sat on the couch, turned on the TV, and nodded off.

"We were kind of chest to chest, the way you see in pictures a lot," Hanke said. But he didn't realize Charlie's airways were blocked. Too young to turn his head, too squished to let out a cry, Charlie died silently. The next morning, Hanke woke up to his worst nightmare. Years of medical school weren't enough to prevent Hanke from losing Charlie to accidental suffocation.

Sudden infant death syndrome, a well-known term that describes unexplained but natural infant deaths resulting from an unknown medical abnormality or vulnerability, is the leading cause of unexpected deaths among infants in the U.S. It has long been among new parents' greatest fears.

Rates for SIDS have declined since the 1990s, but a different cause of infant death — accidental suffocation or strangulation — has also been a persistent problem. That national rate for the past decade has hovered between 20 and 25 infant deaths per 100,000 live births, accounting for around a fifth of all unexpected infant deaths, according to the Centers for Disease Control and Prevention. Accidental suffocations and strangulations aren't necessarily happening more often, some experts say; rather, fatality review teams have become better at identifying causes of death.

And the trend remains steady despite decades of public information campaigns imploring parents to take steps to keep their babies safe while sleeping.

In the mid-1990s, the National Institute of Child Health and Human Development launched its "Back to Sleep" campaign, to teach parents to lay infants on their backs to sleep. "There were tremendous results after 'Back to Sleep,'" said Alison Jacobson, executive director of First Candle, a Connecticut-based nonprofit group focused on safe sleep education. Unexpected infant deaths dipped about 40% from 1990 levels, which was before that campaign launched, according to the CDC. "But then it plateaued," Jacobson said.

The NICHD eventually broadened this message with other ways to limit risks beyond a baby's sleep position with the "Safe to Sleep" initiative.

Some clear warnings from it: Infants shouldn't sleep with blankets, stuffed toys, or bumpers that "can potentially lead to suffocation or strangulation," said Samantha St. John, program coordinator for Cook Children's Health Care System in Fort Worth, Texas. They also should sleep in cribs or bassinets — not on beds with siblings or in parents' arms.

But these public health messages — contradicted by photos or videos circulating in movies and social media — don't always find traction. Professional photos of infants, for example, too commonly show them peacefully snoozing surrounded by plush animals and blankets. St. John added that parents sometimes have preconceived ideas of how infants' sleeping spaces should be decorated. "When you think of cribs and nurseries and things like that, you imagine the pictures in the magazines," St. John said. "And those are beautiful pictures, but it doesn't keep your baby safe."

St. John said many parents know that babies should be on their backs to sleep, but warnings about strangulation by blankets or suffocation by sharing a bed with them sometimes fall through the cracks.

For instance, new parents, especially single parents, are more likely to accidentally fall asleep with their infants because of exhaustion, said Emily Miller, a neonatologist at Cincinnati Children's Hospital.

The idea that sleeping with one's baby is dangerous can also be counterintuitive to a new parent's instinct. "We feel like being close to them, being able to see them, being able to touch them and feel that they're breathing is the best way we can protect them and keep them safe," said Miller, who is



also an assistant professor at the University of Cincinnati's Department of Pediatrics.

Organizations across the country are working to help parents better understand the true risks. Hanke and his wife, for instance, channeled their grief into Charlie's Kids, a nonprofit focused on safe sleep practices for infants. The Hankes also wrote a book, "Sleep Baby, Safe and Snug," which has sold about 5 million copies. The proceeds are used to continue their educational efforts.

Ohio, where Charlie's Kids is based, in 2020 saw 146 sudden unexpected infant deaths, a classification that includes SIDS, accidental suffocation and strangulation, and other instances in which the cause is undetermined. That's about a death for every 1,000 live births, according to the state's health department. Thirty-six percent of those deaths were attributed to accidental suffocation or strangulation. Nationally, the rate of these unexplained deaths has declined since the 1990s, but, according to the CDC, significant racial and ethnic differences continue.

The particular risks for an infant's accidental suffocation in many respects are situational — and often involve people at the lower end of the income scale who tend to live in close quarters. People who live in a small apartment or motel often share sleep space, said St. John.

Tarrant County has one of Texas' highest rates of infant deaths — three to four each month — attributed to accidental suffocation.

So, organizations like the Alliance for Children in Tarrant County, which serves Fort Worth and parts of Dallas, have been providing free bassinets and cribs to those in need.

County representatives spoke during the state's Child Fatality Review Team meeting in May and focused on the prevalence of infant deaths linked to accidental suffocation. For the past decade, data shows, the county has averaged 1.05 sudden unexpected infant deaths per 1,000 births, which is higher than both the state and national averages of 0.85 and 0.93, respectively. During a 15-month period starting in 2022, Cook Children's Medical Center saw 30 infants born at the hospital die after they left because of unsafe sleeping environments.

Sometimes parents' decisions are based on fears that stem from their environments. "Parents will say 'I'm bringing my baby into bed because I'm afraid of gunshots coming through the window, and this is how I keep my baby safe' or 'I'm afraid rats are going to crawl into the crib,'" said First Candle's Jacobson.

She understands these fears but stresses the broader context of safe sleep.

The key to educating parents is to begin when they are still expecting because they receive "a load of information" in the first

24 or 48 hours after a baby is delivered, said Sanjuanita Garza-Cox, a neonatal-perinatal specialist at Methodist Children's Hospital in San Antonio. Garza-Cox is also a member of the Bexar County Child Fatality Review Team.

And once a child is born, the messaging should continue. In Connecticut, for instance, First Candle hosts monthly conversations in neighborhoods that bring together new parents with doulas, lactation consultants, and other caregivers to discuss safe sleep and breastfeeding.

And both Tarrant and Bexar counties are placing ads on buses and at bus stops to reach at-risk parents and other caregivers such as children, relatives, and friends. Parents are very busy, Garza-Cox said. "And sometimes, multiple children and young kids are the ones watching the baby."

## POET'S CORNER

### Ka 'Ōlelo

O ke alelo ka hoe uli o ka 'ōlelo a ka waha.

The tongue is the steering paddle of the words uttered by the mouth.

— 'Ōlelo No'eau 'ekahi

Think of all the lost words, still unspoken, waiting to be given use, again, claimed, or for newly born words to unburden them of their meanings. There are winds and rains who have lost their names, descending the slopes of every mountain, each lush valley's mouth, and the songs of birds and mo'o, that cope with our years of slow unknowing, somehow. It was not long ago that 'ōlelo was silenced, along with its dying race, who lived, then thrived, reverting to the old knowing words. English could never replace the land's unfolding song, nor the ocean's ancient oli, giving us use again.

Brandy Nālani McDougall, *When the Light of the World was Subdued, Our Songs Came Through: A Norton Anthology*, W.W. Norton & Company, 2020

*After the devastating fire in Lahaina, many Native Hawaiians and long-time residents fear that the state could see an influx of foreign investors and that climate gentrification would displace them and their customs, language and traditions. Poetry Matters is curated by Lorine Parks.*

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