

The Norwalk Patriot

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UCLA forecasts state to outpace federal economy

California's economy is expected to fare well this year but there are several risks.

By City News Service

In part due to strengths such as a rebound in imported goods through ports and harbors and strong income growth, California's economy should continue to outpace that of the United States as a whole over the next three years, but not by much, according to a UCLA forecast released Wednesday.

"The risks to the forecast are political, geopolitical and the potential for interest rates to still disrupt the current expansion on the downside and increased international immigration and accelerated onshoring of technical manufacturing on the upside," UCLA Anderson Forecast Director Jerry Nickelsburg wrote in a quarterly report on the state's economy.

According to Nickelsburg, the state's gross domestic product rose faster than the United States and all but three large states -- Washington, Florida and Texas -- in the first three months of 2023, the latest data available. He noted that Florida and Texas growth was due primarily to more people moving to those states, boosting the housing markets.

"With the loss in population in California, per capita income growth continues to rival 'successful' large states across the country," he wrote. "While there are still challenges ahead, notably state and local government finance, homelessness and out-migration, the forces driving California's economy remain robust."

The forecast predicts an average unemployment rate of 4.7% for the first quarter of the year, and averages of 4.6% for 2024 overall, 3.8% for 2025 and 3.9% for 2026. Employment growth over those years is predicted at -0.6%, 2.1% and 1.5%, respectively. Real personal income is expected to grow at 2%, 2.9% and 2.7% during that span.

"In spite of the higher interest rates, the continued demand for a limited housing stock coupled with state policies inducing new homebuilding should result in the beginning of a recovery this year followed by solid growth in new home production thereafter," Nickelsburg wrote.

Whittier High building dedicated to WWII hero

Yoshio Nakamura began teaching at Whittier High after the war ended.

WHITTIER – Longtime Whittier resident Yoshio Nakamura discovered his love of art while stationed in Italy as a member of the legendary 442nd Regimental Combat Team during World War II. Immersing himself in the works of Michelangelo, Da Vinci and Raphael, Nakamura began to lay the foundation for a lifelong career as an artist and teacher – a career that got its start when Nakamura was hired as a teacher at Whittier High School in 1952.

Acknowledging Nakamura's contributions as a teacher and his commitment to art education, the Whittier Union Board of Trustees voted unanimously on March 12 to dedicate the Whittier High School Fine Arts building in his honor. This honor celebrates the man who shook off the adversity of being interned with his family in WWII to become a highly decorated war hero and beloved teacher and administrator at Whittier High and, later, as Río Hondo College's first art professor.

"This is unbelievable, and I consider it an honor for the 442nd," Nakamura said. "It was really a joy to be teaching, I enjoyed working with the students. I received great support from my superintendent, and my colleagues provided a very good environment for learning. I hope having a building dedicated could be an inspiration for others to enter the teaching profession."

Whittier Union Board President Gary Mendez is a former Governing Board Member for Río Hondo College, as well as a longtime student and friend of Nakamura. Mr. Nakamura, Mendez's Dean at Río Hondo, always welcomed conversations with Mendez as a student leader. Mendez has been searching for a way to honor Nakamura's contributions to the District, and brought the proposal to the Board for consideration.

Now 98-years old, Nakamura, known to everyone as "Yosh," is a Southern California native who attended schools in Rosemead and El Monte before WWII upended his life and forced him into internment camps with his father and siblings. In 1944, Nakamura enlisted in the Army, where he worked as a mortar specialist with the 442nd, an infantry regiment consisting almost entirely of American soldiers of Japanese ancestry, known as "Nisei."

The 442nd is the most decorated unit for its size and length of service in U.S. military history, with all members,



Yoshio Nakamura is pictured with two students at Tuesday's Board of Trustees meeting in Whittier.

living or dead, receiving the Congressional Gold Medal in 2011. Nakamura is also the recipient of a Bronze Star and the French Foreign Legion medal.

After using his GI Bill to earn a bachelor's degree in fine arts at USC, Nakamura was hired at Whittier High, where he quickly established himself as a teacher willing to give his students the freedom to express themselves creatively and became one of the school's most popular teachers.

In an era when individual awards for teachers were rare, Nakamura was named the Whittier Women's Club 1960 teacher of the year.

Nakamura's artistic legacy can be seen through the lens of his former students, many of whom went on to work professionally, including Academy Award-winning visual effects artist Lorne Petersen, Rose Parade float designer Raul Rodriguez, graphic designer Don Strout, glass artist Trish Duggan and Amy Yutani, who helped co-design the Seattle Seahawks logo for the National Football League.

In 1963, Nakamura left

Whittier High to join the recently opened Río Hondo College as its first professor. Nakamura would spend nearly 30 years at the College and served as an art professor, dean and vice president of community services and institutional development.

Since retirement, Nakamura has stayed active in the Whittier art community, volunteering for Whittier's Art in Public Places Committee and Cultural Arts Commission. In October 2023, the Whittier Art Gallery staged a career retrospective, "Yoshio Nakamura: 75 Years of Artistry." Nakamura donated half of his sales from the exhibit, totaling \$17,000, to the Gallery.

Nakamura has also been closely involved with the Go For Broke program, which honors the legacy of the 442nd Combat Team. In 2015, Nakamura was one of several WWII veterans and second-generation Nisei soldiers who joined the City of Alhambra's "Go For Broke" Rose Parade float, which included 21 floral portraits of Congressional Honor Roll recipients. A portrait of Nakamura is included in the "Go For Broke

Spirit: Legacy in Portraits" exhibition at the National WWII Museum in New Orleans, currently on view until March 31.

Nakamura was married for nearly 67 years to his wife, Grace, who was also an artist and educator as well as a well-known community activist, until her death in 2017. Yosh and Grace had three children: Joel, a Santa Fe-based professional artist who contributed art for the 2002 Winter Olympics opening and closing ceremonies; Daniel, an origami artist and recently retired science teacher; and Linda, an immigration naturalization lawyer and photographer.

"What a historic moment for Whittier Union," Mendez said. "Mr. Nakamura has contributed immensely to this nation, our Whittier community, and, above all, has left a lasting impact on the lives of students. Mr. Nakamura's name and story will live on in Whittier Union. It is a privilege to endorse the naming of a building after him, recognizing his truly remarkable and impactful achievements."



Weekend at a Glance

Friday 71°

Saturday 70°

Sunday 72°

ON THIS DAY

44 BC:

Roman dictator Julius Caesar, in the midst of launching a series of political and social reforms, was assassinated.

1954:

"CBS Morning Show" premiered with Walter Cronkite & Jack Paar as hosts.

1958:

Elvis Presley performed his last show before leaving for the Army.

1964:

Following a highly publicized affair, actress Elizabeth Taylor wed actor Richard Burton in Montreal.

1965:

About a week after a civil rights march from Selma to Montgomery, Alabama, was halted due to violent opposition, President Lyndon B. Johnson delivered his "We Shall Overcome" speech, in which he introduced voting rights legislation that was passed later that year.

1972:

"The Godfather," an epic drama about organized crime, premiered to universal acclaim.

1977:

"Three's Company" starring John Ritter, Suzanne Somers and Joyce DeWitt premiered on ABC.

1990:

Mikhail Gorbachev was elected as the first President of the Soviet Union.

2006:

Remnants of Fats Domino's two pianos were discovered and saved by the Louisiana State Museum after attempting to salvage his New Orleans home after Hurricane Katrina.

2017:

Disney pulled "Beauty and the Beast" from Malaysian theaters after the country edited the film to remove a scene involving an LGBTQ character.

2019:

More than 1.5 million students participated in climate change protests around the world as part of Fridays for Future, a movement started by Swedish environmental activist Greta Thunberg.

BIRTHDAYS

Baseball hall of famer **HAROLD BAINES** (65), rock singer **BRET MICHAELS** (61), "Desperate Housewives" star **EVA LONGORIA** (49), rapper **WILL.I.AM** (49), and wrestler **MAXWELL JACOB FRIEDMAN** (28).

Paging Dr. Frischer...

By Dr. Alan Frischer

Many of us have trouble getting a good night's sleep. Instead of focusing on the reasons, including physical and emotional stressors, let's explore some herbal remedies.

Despite significant medical and technological advancements in pharmaceuticals, the global demand for herbal remedies is on the rise. They are often less costly, and sometimes safer. Keep in mind that these supplements are not approved

by the Food and Drug Administration (FDA), and that it's a very good idea to speak with your healthcare provider before starting any new supplements. Do not take them in combination with other sedatives, and be on the lookout for drug interactions. Given those cautions, for those who want to avoid prescription medications, what are some herbal choices for the occasional restless night, or even for long-term insomnia?

Melatonin is a naturally occurring hormone. It is produced at night, when the light is low, and helps to regulate the sleep-wake cycle. Research does suggest that melatonin supplements may help sleep issues related to circadian rhythm-related disorders, jet lag, shift work, aging, and insomnia in some children. The most common (but rare) side effects include daytime drowsiness, headache, dizziness, nausea and nightmares.

Chamomile is a key ingredient in many relaxing teas. The flowers are most often used, but the leaves may also be dried and used for tea, extracts, or topical compresses. A handful of studies have supported its use for diarrhea, anxiety, abdominal cramping, pain and inflammation, and insomnia. It is safe for most

people, but can cause nausea, dizziness, or an allergic reaction in those who react to ragweed, daisies, or marigolds.

St. John's Wort uses the plant's small yellow flowers to make teas, capsules, or extracts. It was used in ancient Greece, and some studies do support its short-term use for sleep. Historically it was also used in wound healing and to treat depression. It has few and rare side effects, including allergic reactions, dizziness, confusion, and dry mouth.

Turmeric has been shown to have an indirect effect on sleep. Its main active ingredient is curcumin, and is known to treat anxiety, which is one of the more common reasons for insomnia. It has also been used to treat inflammation and pain.

Valerian is a flowering plant whose roots are thought to affect our levels of gamma-aminobutyric acid (GABA), a calming chemical. Valerian root can be found in capsules, or steeped to make tea. Its use traces back to ancient Greece and Rome, where it was used to relieve restlessness, tremors, headaches, and heart palpitations. Although studies are spotty to date, today it is mostly used for insomnia and anxiety. It is relatively safe, though minor side effects may include headache, dizziness, itchy skin, and stomach pains.

Similar to valerian root, passionflower is also thought to help with anxiety and sleep by affecting GABA levels. Limited studies have been performed, and side effects may include drowsiness, confusion, and ataxia.

Kava is sometimes recommended for anxiety-related insomnia. Most of the research on kava and insomnia is limited to animal studies. Side effects may include indigestion, mouth numbness, rash, headache, drowsiness, and visual disturbances. NOTE that the FDA has advised consumers about potential risk

of severe liver injury from using supplements containing kava.

Tryptophan is a naturally occurring amino acid found in milk, fish, turkey, chicken, cheese, peanuts, and various seeds. It is a building block for serotonin, which is converted to melatonin. Research shows mixed results for sleep, but who hasn't heard that it's the turkey in our Thanksgiving feasts that causes drowsiness afterwards? Tryptophan supplements are not recommended, due to extensive side effects and potential serious complications.

Magnesium is a mineral found in pumpkin and chia seeds, almonds, cashews and peanuts, spinach, soy milk, black beans, and edamame. Research does support its behavior as a natural sedative, both when consumed in foods or in supplements. The most common side effects from supplements include stomach cramping, nausea, vomiting, and diarrhea. Note that magnesium is the main ingredient in Milk of Magnesia, used to treat constipation.

We've all heard about the effect of cannabidiol (CBD) on sleep. CBD is an active ingredient in cannabis. While THC causes the "high," CBD does not. Research suggests that CBD may indeed be helpful for treating insomnia, and studies are ongoing. Side effects may include dry mouth, diarrhea, drowsiness, fatigue, and reduced appetite.

I urge you to remember that while herbal products come from natural sources, they are not automatically safe. Consider the source of the product, the dose, potential side effects, and note that they may interact with other medications. Please consult with your physician or pharmacist before starting any new medication, herbal or otherwise. I wish you a peaceful and restful sleep.

Dr. Alan Frischer is former chief of staff and former chief of medicine at Downey Regional Medical Center. Write to him in care of this newspaper at 10927 Downey Ave., Suite C, Downey, CA 90241.

Not getting enough sleep? There are consequences

With many families leading busy lives balancing job duties with childcare and other household responsibilities, getting enough sleep on a daily basis might not be an easy task.

If you think sacrificing a good night's sleep is nothing to worry about, however, think again!

According to Kaiser Permanente Southern California Sleep Medicine Physician Dr. Kendra Becker, a prolonged lack of sleep or chronic insomnia can cause great harm to your health, including cardiovascular disease.

"I cannot stress enough how important it is for your body to get enough sleep, as it is an essential part of achieving a good quality-of-life and being able to avoid major health issues," she said. "If you've been sleep-deprived for a long time-period, it's time to prioritize your sleep so that you can get enough shut eye."

According to Dr. Becker, it's recommended that a person get 7-8 hours of sleep per night. However, sleep disorders can make it difficult to get a healthy amount of rest.

If you're struggling to get enough sleep, you're not alone, as not getting enough is a common problem, according to the American Heart Association (AHA). The AHA notes about 1 in 3 adults reports not getting adequate rest on a regular basis. It's also estimated that about 50-70 million Americans have chronic or ongoing sleep disorders.

Health experts are often concerned about research that shows prolonged lack



of adequate sleep can lead to cardiovascular disease.

How sleep affects your heart

According to Sleep Foundation, sleep provides time for the body to restore and recharge, playing a key role in nearly all aspects of physical health. For the cardiovascular system, insufficient or fragmented sleep can contribute to problems with blood pressure and heighten the risk of heart disease, heart attacks, diabetes, and stroke, the Sleep Foundation notes.

According to Dr. Becker and the AHA, a growing body of research highlights how sleep disorders and poor sleep can hurt your heart health:

Poor or fragmented sleep from diagnosis such as sleep apnea, can contribute to major cardiovascular disease risk factors including obesity, high blood pressure and diabetes.

Insufficient or irregular sleep can negatively influence diet, stress and other lifestyle factors that can raise the risk of cardiovascular disease. Staying

up late or getting insufficient sleep increases desirability for food items that carries the greatest potential for weight-gain.

Excessive daytime sleepiness, which is a symptom of many sleep disorders, including hypersomnia, can lead to a greater risk of cardiovascular disease.

Sleep deprivation and sleep disorders have also been linked to increased inflammation in your body, which can also elevate your risk of cardiovascular issues.

Poor sleep and sleep disorders can cause depression and other mental health issues, which can hurt your heart health.

"If you have an undiagnosed sleep disorder, you should not hesitate to talk to your doctor about a plan to mitigate your risk of cardiovascular disease," Dr. Becker said. "If you suspect you have a sleep disorder but haven't been diagnosed with one, you should consult with your doctor to explore a possible diagnosis."



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Local bands chosen to perform in Rose Parade

NORWALK –Two local bands have been chosen to participate in the 2025 Rose Parade taking place on New Year's Day, organizers announced Monday.

Twenty bands were chosen to participate including groups from as far away as Denmark and Japan.

The two local bands chosen were the 605 All Star Band and the Salesians of Don Bosco Southern California High School Band.

The high school bands of Norwalk La Mirada Unified School District will join with those of ABC Unified to represent the schools residing

along the 605 Freeway.

After the pandemic downsized each of these music programs, the group realized the power in numbers and came together to build a unique composite band that had never been done before in California. The 605 All-Star Band consists of 407 students, 360 in the marching band and 47 in the color guard.

It will be one of the largest bands to ever march in the Rose Parade with students from Artesia, Bellflower, Cerritos, Gahr, John Glenn, La Mirada, Mayfair and Norwalk high schools.

The ensemble was the concept of Mayfair High School's band director, Tom Philips, before he retires in 2025.

Rehearsals are primarily done separately, including both musical practice and physical conditioning.

Salesians of Don Bosco Southern California High School Band is a composite band featuring private school marching bands hailing locally from Los Angeles.

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The Middle Class isn't buying Bidenomics

Everything is getting more expensive, and the Middle Class is paying the price.

By Ted Jenkin

Ted Jenkin is CEO and co-founder of Oxygen Financial and president of Exit Stage Left Advisors.

You could say this much for President Biden's State of the Union address Thursday night: If you paid close attention, get ready for four more years of tax-and-spend policy with a cloak-and-dagger act we haven't seen the days of the Renaissance.

It may be more like math checking versus fact checking, but every time we hear Joe Biden talk about tax policy, it feels more like a campaign for student council class president offering more recess and free lunch.

Here's why Bidenomics isn't working for the middle class and what might happen over the next four years.

- Bidenomics suggests tax increases on only those making more than \$400,000. Spoiler alert middle class: You will still feel it in your wallet.

Surely the fact that 40% of all Americans pay no federal income taxes can't be fair. But it's interesting to hear an attack on corporations in America when the president says that corporate tax should go from 21% to 28% (newsflash: a 30% increase) and the minimum corporate tax should increase from 15% to 21% (a 40% increase).

Doesn't everyone realize already that corporations have an insatiable appetite for profits, and if you raise corporate taxes by 30% or 40%, it will end in two bad outcomes for the middle class.

One, prices continue to soar against the ever-shrinking wallets of Americans. Two, corporations cut expenses, which means middle-class Americans lose more their jobs and unemployment shoots above 5% or more.

Three, corporations let their publicly traded stocks take a nosedive on Wall Street. Obviously, number three isn't going to happen and a 21% tax rate is well in line with most industrialized countries around the world.

- Bidenomics talks about excellent wage growth, just not after-tax wage growth. That's the big disconnect across America.

Talk to Americans the next time they check out at Whole Foods or grab a burger at Five Guys. This is the complete disconnect between the way Americans feel right now and the rhetoric that comes out of The White House.

Middle-class Americans just simply can't keep up with the cost of eating out at fast-food restaurants, casual fare restaurants, or just buying day-to-day groceries. Wages -- real wages -- can't keep pace with day-to-day inflation no matter what the numbers say, especially after taxes.

In December 2023, wage growth was reported to be up 4.3%. At a 25% federal and state tax income rate as an example, you would keep 75% or "real wages" of 3.22%. At that time, inflation was at 3.4%.

This is why it feels so difficult for so many middle-class American families. After taxes, most folks are simply treading water or going backwards. In this latest jobs report, wage growth was only .1%, which would barely be above 1.0% on an annualized basis.

- Bidenomics suggests unemployment is at an all-time low. It's easy when printing money is at an all-time high. Higher unemployment is coming.

The M1 money supply is a measure of the most liquid assets in the U.S. money supply, including cash, checking accounts, traveler's checks, etc. In April of 2020, the M1 figure stood at \$4.79 trillion and at the end of 2023 the M1 figure stood at slightly over \$18 trillion. Why? We printed lots and lots and lots of money.

When money is injected into the economy at low cost, businesses can use these dollars to expand and most notably hire more jobs. However, if you look at the recent trends in states like California, where unemployment last month was at 5.1%, and Nevada at 5.3%, the recent jobs report showing

unemployment at 3.9% is the beginning of the curve in my view toward a 5% unemployment rate again because you simply can't keep printing money to make the employment picture look good.

Whose jobs are at the most risk if companies start laying off in masses? You guessed it. The middle class.

- Bidenomics warns "pay your fair share." If your taxes don't go up middle class, your deductions might go down.

Biden put forward a billionaires' tax that would set a minimum 25% tax for the nation's 1,000 billionaires, generating an estimated \$500 billion in revenue over the next 10 years.

First, it isn't just on billionaires. It's on those Americans with a "wealth" of more than \$100 million.

Second, the calculations arrived at by including "unrealized gains" in the income calculations of the 400 richest families in the U.S. This means the tax could come on stock, real estate or business ownership before gains are ever realized.

Biden made it sound like the standard rate billionaires pay today is 8.2%. According to IRS data from 2019, the actual average tax rate of the top 1% of taxpayers in America is 25.6%.

Remember this, when the Tax Cuts and Jobs Act put into place in 2017 expires, the standard deduction will go backwards if no new legislation is put into place by the end of 2025. If it does, it will mostly affect the middle class and your taxes will go up.

Just talk to middle-class Americans about rent, food, car maintenance and day care. It's still shocking that leaders like Treasury Secretary Janet Yellen says Bidenomics is working for the middle class when most Americans say they are falling behind, living paycheck to paycheck, and treading water month to month with their family finances.

'Side Hustlers' paints a grim picture of the American dream

More Americans are turning their hobbies into jobs just to pay their bills.

By Elena Sheppard

Elena Sheppard is a culture writer who focuses on books, fashion, theater and history. Her first book, "The Eternal Forest: A Memoir of the Cuban Diaspora," is forthcoming from St. Martin's Press.

There is something slightly unnerving about the new reality show "Side Hustlers." The premise of the five-part Roku series is that, under the guidance of supermodel and investor Ashley Graham and Good American CEO and entrepreneur Emma Grede, a select few hopeful entrepreneurs ready to ditch their day jobs will be able to quit their 9-to-5 gigs and pursue their side hustles full time.

They are competing for Grede and Graham's investment and mentorship, both of which would ostensibly bring their side hustle dreams closer to reality.

This hustle glorification will be recognizable to many a reality show watcher: Think the inventors on "Shark Tank" or the real estate agents of "Selling Sunset" or the Kardashians waking up before dawn to work out.

But whether it means to or not, "Side Hustlers" goes a step further than its reality show cohorts, teetering into an unsettling commentary on the status of the tarnished American dream -- or, at the very least, the dissatisfaction

so many feel with the American workplace.

The American workplace has undeniably changed since 2020 and the start of the pandemic. Remote work has fundamentally changed office culture, and millions of Americans are working multiple jobs -- either to make more money or simply to brace for ever-looming layoffs.

Side hustles have become a fact of American life that underscores how little faith we collectively have in traditional systems or job security. Case in point, 2023 saw the most workplace strikes in more than two decades. Gone is the baby boomer mentality of company loyalty, upheld by a generation in which the majority of Americans stayed with the same company for decades. Americans today operate under an ethos that the most lucrative financial opportunities are self-made.

The newest generation to enter the workforce, Generation Z, has an almost opposite workplace philosophy to the baby boomers. The Gen Z mindset is shaped by the constant instability of their upbringing caused by a pandemic, significant layoffs in multiple industries, the Great Resignation, the ever-looming threat of recession and the advancements of artificial intelligence leading to the erasure of certain jobs.

As Gen Z firmly plants their feet in the workforce, they are focusing on how to make their lives the best they can be financially -- not how to be loyal employees. It's hard to imagine Gen Zers or millennials for that matter going for a reality show scenario such as what was offered on "The Apprentice" (former president notwithstanding) in which contestants vie for a job at a company. A company job is no

longer the dream.

The show "Side Hustlers" zeroes in on this shifting cultural mentality via a handful of female founders whose business ideas Gerde and Graham think have potential for success. While the women introduce their ideas -- a food truck, sustainable period products, a makeup company -- they also comment on their day jobs. "It's not where my passion lies," says one contestant who is a corporate compliance officer. And also note how much is riding on their side hustle, both financially and with respect to fulfillment. "I've been working for a cell phone company for the last 13 years, and it's just not cutting it anymore," another contestant says.

Their day jobs are treated like situations to get out of to find real business potential. It's a mindset that feels reflective of a growing national philosophy in which you have a day job where you make what you need to live, and then you have a side hustle where the real opportunity lies.

"Side Hustlers" is undeniably entertaining, bingeable even, but there's a feeling of desperation and truth beneath the entertainment. The American dream -- of upward mobility, individual prosperity and success -- in 2024 anyway, is not a result of traditional employment. The 2024 version is something more akin to an American nightmare, one with around-the-clock work, endless hurdles and prosperity just out of reach.

"I don't go to sleep," one of the contestants says of how she balances her day job and her hustle. In 2024, to even conceive of reaching the American dream, means there is absolutely no time for rest.



NORWALK SPRING FESTIVAL

Saturday • April 13, 2024

Front Street
between San Antonio Drive and Funston Avenue

2pm-7pm

Shopping

Beer Garden

Food Trucks

Kids Zone

Scan for
vendor
application





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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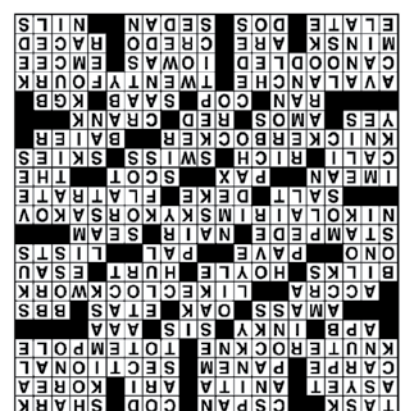
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THE GOLD STANDARD: Explained at 105 Across
by Winston Emmons

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 - 59 Director from India
 - 61 See 96 Down
 - 63 Scheherazade composer
 - 69 Pepper partner
 - 70 Hockey play
 - 71 Unchanging charge
 - 72 "Let me explain..."
 - 75 Peace, to the Pope
 - 76 Edinburgher, for instance
 - 77 Not just any
 - 78 Golden State, for short
 - 79 Calorie-laden
 - 81 Bern-born
 - 83 Expanse above
 - 85 Pro home at Madison Square Garden
 - 88 Surname from the German for "Bavarian"
 - 89 "Sure thing!"
 - 90 Pop singer Tori
 - 91 Merlot, for example
 - 92 Antique auto starter
 - 94 Didn't go slow
 - 95 Badge wearer
 - 96 Former Swedish carmaker
 - 97 USSR's CIA
 - 100 Colorado's NHL team
 - 105 Descriptor for the fully filled grid
 - 109 Cuddled up
 - 110 Great Plains natives
 - 111 Intro pro
 - 112 Capital of Belarus
 - 113 "Be" with "you"
 - 114 Belief in brief
 - 115 94 Across competitively
 - 116 Gladden greatly
 - 117 They're permitted
 - 118 Roomy ride
 - 119 Norwegian "Nicholas"
- DOWN**
- 1 Carpet fastener
 - 2 Yoga pose
 - 3 Sundae stuff
 - 4 Didn't approach
 - 5 Plump chickens
 - 6 Airline lounge fare
 - 7 Small digit
 - 8 Get two fives for
 - 9 Junior, to Senior
 - 10 Starts to fly-fish
 - 11 Creme-filled cookie
 - 12 Autocrat
 - 13 Wearable wind shield
 - 14 Skirt shape
 - 15 River through Pisa
 - 16 Authentic
 - 17 Kin of collard greens
 - 19 Summer shirt
 - 26 Motive for a 1773 Boston protest
 - 28 Gold record grp.
 - 33 Nickname in '50s headlines
 - 36 Clue suspect
 - 37 Peacock
 - 37 Vermeer medium
 - 38 Hebrew month
 - 39 Big kahuna
 - 40 Troublesome tyke
 - 41 Inventory IDs
 - 42 Informal confirmation request
 - 43 Part of a Dracula costume
 - 44 Caustic cleaner
 - 45 Very cautious
 - 46 German state that a dog is named for
 - 47 Deck officer
 - 48 No more patience
 - 49 All done with
 - 53 Loud ring
 - 54 Toll road
 - 55 Have stamina
 - 57 Tile art
 - 58 Blueprint
 - 59 Ariz. neighbor
 - 60 Invite
 - 61 Choral assignments
 - 62 Part of QED
 - 64 It has a 45-mile border with 92 Down
 - 65 Big sellers of buckets
 - 81 Doubters
 - 82 Tie the knot
 - 83 Japanese title of respect
 - 84 Big name in soy sauce
 - 86 Bar entertainment
 - 87 -Magnon
 - 88 Treat delicately
 - 92 Labour Day celebrator
 - 93 Betrays
 - 95 Relinquishes legally
 - 96 With 61 Across, thread line
 - 98 Italian designer brand
 - 99 Film's alternative footage
 - 100 Pinnacle
 - 101 It's northeast of Aspen
 - 102 Tolstoy title character
 - 103 Disoriented
 - 104 Tubular sandwich
 - 106 Sported
 - 107 Iron: Fr.
 - 108 Adidas alternative

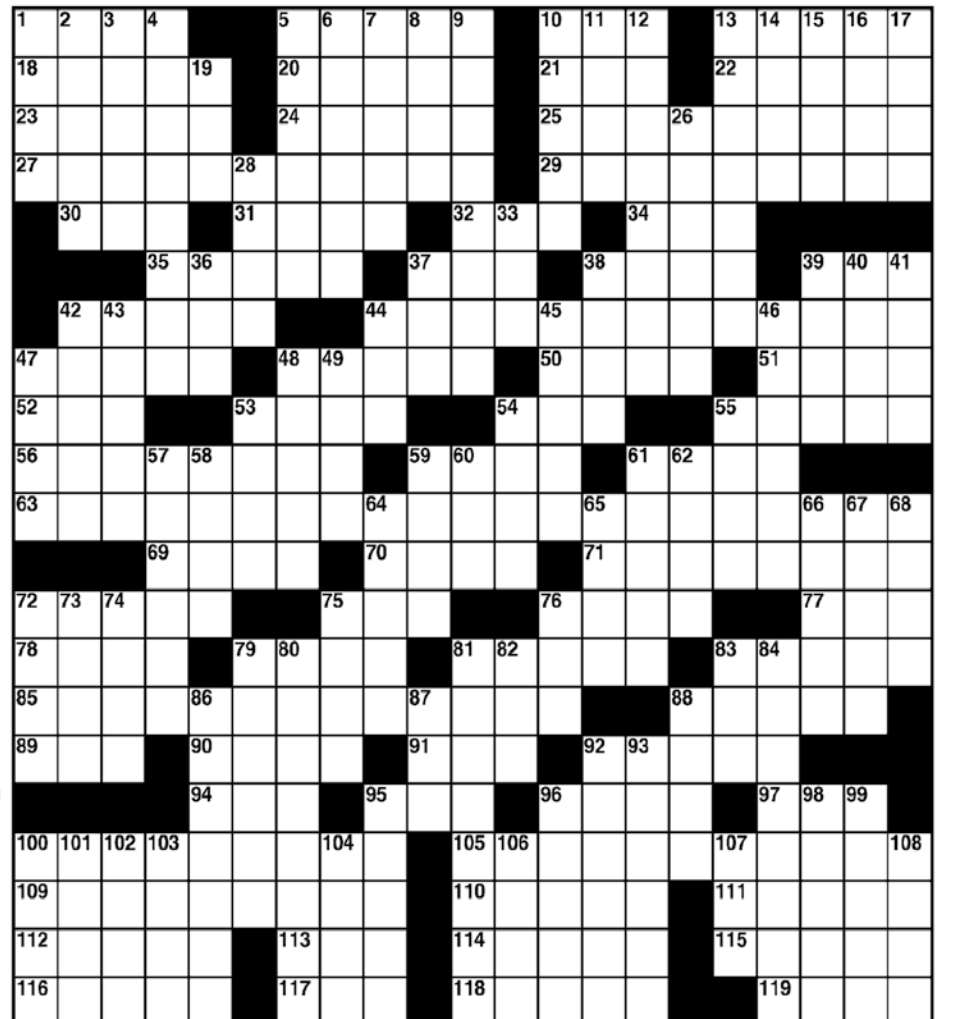
You can contact puzzle editor Stanley Newman at his e-mail address: StanXwords@aol.com. Or write him at P.O. Box 69, Massapequa Park, NY 11762, Please send a self-addressed, stamped envelope if you'd like a reply.

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

Per Suzanne Collins' Hunger Games series, PANEM (24 Across) is a post-apocalyptic nation in North America. The clue for KNUTE ROCKNE (27 Across) is from his biography at the College of Arts and Sciences, Edmond Footbal Hall of Fame. Edmond HOYLE (48 Across) published treatises on chess, plus a book on probability theory.



CREATORS SYNDICATE © 2024 STANLEY NEWMAN WWW.STANXWORDS.COM 3/10/24



- 66 TV journalist Couric
- 67 "None of the above" category
- 68 Aviation formation
- 72 Unpleasant, informally
- 73 Horse hair
- 74 Yale students
- 75 Banned pollutants: Abbr.
- 76 Knightly title
- 79 Return to a lower court
- 80 Lacking loopholes
- 81 Doubters
- 82 Tie the knot
- 83 Japanese title of respect
- 84 Big name in soy sauce
- 86 Bar entertainment
- 87 -Magnon
- 88 Treat delicately
- 92 Labour Day celebrator
- 93 Betrays
- 95 Relinquishes legally
- 96 With 61 Across, thread line
- 98 Italian designer brand
- 99 Film's alternative footage
- 100 Pinnacle
- 101 It's northeast of Aspen
- 102 Tolstoy title character
- 103 Disoriented
- 104 Tubular sandwich
- 106 Sported
- 107 Iron: Fr.
- 108 Adidas alternative

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

NORWALK PATRIOT. AAA1221579.

FICTITIOUS BUSINESS NAME STATEMENT 2024037000

The following person(s) is/are doing business as: BADALIAN TRANSPORTATION, 214 MAIN UNIT 545, EL SEGUNDO, CA 90245 LOS ANGELES. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: MEDVIK BADALIAN, 214 MAIN STREET, EL SEGUNDO, CA 90245. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: MEDVIK BADALIAN, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date) 02/20/2024. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 02/23/2024, 03/01/2024, 03/08/2024, 03/15/2024. THE NORWALK PATRIOT. AAA1221771.

FICTITIOUS BUSINESS NAME STATEMENT 2024026043

The following person(s) is/are doing business as: GREEN HOME BY VICTORIA, 6472 MARY ELLEN AVENUE, VALLEY GLEN, CA 91401 LOS ANGELES. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: VICTORIA LANKIN, 6472 MARY ELLEN AVENUE, VALLEY GLEN, CA 91401. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: VICTORIA LANKIN, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): 04/20/23. This statement was filed with the County Clerk of Los Angeles County on (Date) 02/05/2024. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 02/23/2024, 03/01/2024, 03/08/2024, 03/15/2024. THE NORWALK PATRIOT. AAA1221775.

FICTITIOUS BUSINESS NAME STATEMENT 2024037515

The following person(s) is/are doing business as: SHWE TAUNG RESTAURANT, 305 N. SANTA ANITA AVENUE UNIT A, ARCADIA, CA 91006 LOS ANGELES. Mailing address if different: N/A. Articles of Incorporation or Organization Number: 202460716327. The full name(s) of registrant(s) is/are: SHWE TAUNG, LUC, 305 N. SANTA ANITA AVENUE UNIT A, ARCADIA, CA 91006 (State of Incorporation/Organization): LIMITED LIABILITY COMPANY. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: THET OO HAN, MANAGING MEMBER. The registrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date) 02/20/2024. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 02/23/2024, 03/01/2024, 03/08/2024, 03/15/2024. THE NORWALK PATRIOT. AAA1222028.

FICTITIOUS BUSINESS NAME STATEMENT 2024038230

The following person(s) is/are doing business as: JOE'S FOUNTAINS AND PLANT, 701 W WILLOW STREET, LONG BEACH, CA 90806 LOS ANGELES. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: JOSE GUADALUPE MENDOZA, 701 W WILLOW STREET, LONG BEACH, CA 90806. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: JOSE GUADALUPE MENDOZA, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): 01/19/94. This statement was filed with the County Clerk of Los Angeles County on (Date) 02/20/2024. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 02/23/2024, 03/01/2024, 03/08/2024, 03/15/2024. THE NORWALK PATRIOT. AAA1222182.

FICTITIOUS BUSINESS NAME STATEMENT 2024026307

The following person(s) is/are doing business as: LUNAVISION NETWORKS, 20354 ITASCAS ST, CHATSWORTH, CA 91311 LOS ANGELES. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: JESUS LUNA, 20354 ITASCAS ST, CHATSWORTH, CA 91311. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: JESUS LUNA, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): 02/2/24. This statement was filed with the County Clerk of Los Angeles County on (Date) 02/05/2024. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 02/23/2024, 03/01/2024, 03/08/2024, 03/15/2024. THE NORWALK PATRIOT. AAA1222184.

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME 2024038711

The following person(s) has abandoned the use of the fictitious business name: ROCK STAR LASHES, 8432 LAUREL AVE SUITE-B, WHITTIER, CA 90605 LOS ANGELES. The fictitious business name(s) referred to above was filed on: SEPTEMBER 18, 2023 in the County of Los Angeles. Original File No. 2023204279. Full name of Registrant(s): JUAN CARLOS CAAMANO, 135 DAMSEL, IRVINE, CA 92620. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: JUAN CARLOS CAAMANO, OWNER. This statement was filed with the Los Angeles County Clerk on 02/21/2024. Publish: 02/23/2024, 03/01/2024, 03/08/2024, 03/15/2024. THE NORWALK PATRIOT. AAA1222337.

FICTITIOUS BUSINESS NAME STATEMENT 2024038818

The following person(s) is/are doing business as: ROCK STAR LASHES, 8432 LAUREL AVE SUITE B, WHITTIER, CA 90605 LOS ANGELES. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: CONCEPCION GONZALEZ, 8432 LAUREL AVE SUITE B, WHITTIER, CA 90605. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: CONCEPCION GONZALEZ, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date) 02/21/2024. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does

not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 02/23/2024, 03/01/2024, 03/08/2024, 03/15/2024. THE NORWALK PATRIOT. AAA1222338.

FICTITIOUS BUSINESS NAME STATEMENT 2024038852

The following person(s) is/are doing business as: IK LEGAL PRACTITIONER, 1239 S ATLANTIC BL 25, LOS ANGELES, CA 90022 LA. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: CHUKWU IKECHUKWU AGHAEBGUNA, 1239 S ATLANTIC BL 25, LOS ANGELES, CA 90022. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: CHUKWU IKECHUKWU AGHAEBGUNA, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): 02/20/24. This statement was filed with the County Clerk of Los Angeles County on (Date) 02/21/2024. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 02/23/2024, 03/01/2024, 03/08/2024, 03/15/2024. THE NORWALK PATRIOT. AAA1222339.

FICTITIOUS BUSINESS NAME STATEMENT 2024027071

THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (I) COLLECTIVE HEALTH GROUP, 16220 MANNING WAY, STE 103, CERRITOS CA 90703, COUNTY OF LOS ANGELES
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) NECESSAIRE, LLC, 16220 MANNING WAY, STE 103, CERRITOS CA 90703
State of Incorporation: CA
This BUSINESS IS CONDUCTED BY: a Limited Liability Company
The date registrant started to transact business under the fictitious business name or names listed above: 02/20/23
I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
S/NECESSAIRE, LLC, MANAGER, TESALONICA CLEMENTE
This statement was filed with the County Clerk of Los Angeles on FEBRUARY 6, 2024
Notice - In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other than a change in the residence address of a registered owner. A new Fictitious Business Name Statement must be filed before the expiration. Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by the affidavit of identity form.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State or Common Law (see Section 14411 et seq., Business and Professions Code).

The following person(s) is/are doing business as: FRESH AND CLEAN BUSINESS SERVICES, 330 W MOUNTAIN VIEW AVE 101, GLEN DORA, CA 91741 LOS ANGELES. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: DESIREE GARCIA, 330 W MOUNTAIN VIEW AVE, GLEN DORA, CA 91741. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: DESIREE GARCIA, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): 02/20/24. This statement was filed with the County Clerk of Los Angeles County on (Date) 02/05/2024. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 03/08/2024, 03/15/2024, 03/22/2024, 03/29/2024. THE NORWALK PATRIOT. AAA1214249.

The Norwalk Patriot 3/15/24, 3/22/24, 3/29/24, 4/5/24

FICTITIOUS BUSINESS NAME STATEMENT 2024030208

THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) PIVOTAL INVESTIGATION RESOURCES, 25465 VIA ADORNA, VALENCIA CA 91355, COUNTY OF LOS ANGELES
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) OMAR RODRIGUEZ, 25465 VIA ADORNA, VALENCIA CA 91355
State of Incorporation: N/A
THIS BUSINESS IS CONDUCTED BY: an Individual
The date registrant started to transact business under the fictitious business name or names listed above: 03/2011
I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
S/ OMAR RODRIGUEZ, OWNER
This statement was filed with the County Clerk of Los Angeles on FEBRUARY 9, 2024
Notice - In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other than a change in the residence address of a registered owner. A new Fictitious Business Name Statement must be filed before the expiration. Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by the affidavit of identity form.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State or Common Law (see Section 14411 et seq., Business and Professions Code).

The following person(s) is/are doing business as: HIGHTIDE BEAUTY, 6622 BABCOCK AVE, NORTH HOLLYWOOD, CA 91066 LOS ANGELES. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: TESHAYLA GARIBAY, 6622 BABCOCK AVE, NORTH HOLLYWOOD, CA 91066. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: KIMBERLY S HALL, CEO. The registrant commenced to transact business under the fictitious business names listed above on (date): 02/20/21. This statement was filed with the County Clerk of Los Angeles County on (Date) 02/07/2024. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 03/08/2024, 03/15/2024, 03/22/2024, 03/29/2024. THE NORWALK PATRIOT. AAA1218485.

The Norwalk Patriot 3/8/24, 3/15/24, 3/22/24, 3/29/24

FICTITIOUS BUSINESS NAME STATEMENT 2024045594

THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) CLUTCH CLASSICS, 9342 COLFAIR STREET, RIVERVIEW CA 90660, COUNTY OF LOS ANGELES
Articles of Incorporation or Organization Number (if applicable): AI #ON: N/A
REGISTERED OWNERS(S): (1) PHYLLIS AGUILAR, 9342 COLFAIR STREET, PHILLIS RIVERA CA 90660
State of Incorporation: N/A
THIS BUSINESS IS CONDUCTED BY: an Individual
The date registrant started to transact business under the fictitious business name or names listed above: 06/2023
I declare that all the information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
S/PHYLLIS AGUILAR, OWNER
This statement was filed with the County Clerk of Los Angeles on FEBRUARY 29, 2024.
Notice - In accordance with Subdivision (a) of Section 17920, a Fictitious Name Statement generally expires at the end of five years from the date on which it was filed in the office of the County Clerk, except, as provided in Subdivision (b) of Section 17920, where it expires 40 days after any change in the facts set forth in the statement pursuant to Section 17913 other than a change in the residence address of a registered owner. A new Fictitious Business Name Statement must be filed before the expiration. Effective January 1, 2014, the Fictitious Business Name Statement must be accompanied by the affidavit of identity form.
The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State or Common Law (see Section 14411 et seq., Business and Professions Code).

The Norwalk Patriot 3/8/24, 3/15/24, 3/22/24, 3/29/24

FICTITIOUS BUSINESS NAME STATEMENT 2024018408
The following person(s) is/are doing business as: BOIFRIENDZ, 4400 CEZANNE AVE, WOODLAND HILLS, CA 91364 LA COUNTY. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: AENON BOWIE, 4400 CEZANNE AVE, WOODLAND HILLS, CA 91364. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: AENON BOWIE, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): 01/20/24. This statement was filed with the County Clerk of Los Angeles County on (Date) 01/25/2024. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 03/08/2024, 03/15/2024, 03/22/2024, 03/29/2024. THE NORWALK PATRIOT. AAA1213377.

FICTITIOUS BUSINESS NAME STATEMENT 2024021786

The following person(s) is/are doing business as: 1. EFS LAW CENTER, 2. EFS LAW CENTER, 1520 EAST OLIVE AVENUE, SUITE 112, BURBANK, CA 91502 LOS ANGELES. Mailing address if different: N/A. Articles of Incorporation or Organization Number: 2925191. The full name(s) of registrant(s) is/are: EDWARD SHKOLNIKOV, A PROFESSIONAL CORPORATION, 150 EAST OLIVE AVENUE SUITE 112, BURBANK, CA 91502 (State of Incorporation/Organization: CA). This business is conducted by: CORPORATION. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: EDWARD SHKOLNIKOV, PRESIDENT. The registrant commenced to transact business under the fictitious business names listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date) 01/31/2024. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 03/08/2024, 03/15/2024, 03/22/2024, 03/29/2024. THE NORWALK PATRIOT. AAA1214249.

FICTITIOUS BUSINESS NAME STATEMENT 2024033104

The following person(s) is/are doing business as: 1. MX BEYOND, 2. IN THE MIX, 3. DANCING QUEENS, 13820 VICTORY BOULEVARD APT 314, VAN NUYS, CA 91401 LOS ANGELES. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: NATHANIEL CHARLES, 13820 VICTORY BOULEVARD, VAN NUYS, CA 91401. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be

false is guilty of a crime.) Signed: NATHANIEL CHARLES, OWNER. The registrant commenced to transact business under the fictitious business names listed above on (date): 06/20/23. This statement was filed with the County Clerk of Los Angeles County on (Date) 02/13/2024. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 03/08/2024, 03/15/2024, 03/22/2024, 03/29/2024. THE NORWALK PATRIOT. AAA1220885.

FICTITIOUS BUSINESS NAME STATEMENT 2024034019

The following person(s) is/are doing business as: JEWELRY BY OLIVIA K, 137 N LARCHMONT BLVD #277, LOS ANGELES, CA 90004 LOS ANGELES. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: OLIVIA KAZANJIAN, 137 N LARCHMONT BLVD #277, LOS ANGELES, CA 90004. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: OLIVIA KAZANJIAN, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): 02/20/24. This statement was filed with the County Clerk of Los Angeles County on (Date) 02/14/2024. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 03/08/2024, 03/15/2024, 03/22/2024, 03/29/2024. THE NORWALK PATRIOT. AAA1221123.

FICTITIOUS BUSINESS NAME STATEMENT 2024034610

The following person(s) is/are doing business as: ESPRINT SPORTIF, 2703 BELLEVUE AVENUE APT 1, LOS ANGELES, CA 90026 LOS ANGELES COUNTY. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: MATHIEU MICHELIN, 2703 BELLEVUE AVENUE, LOS ANGELES, CA 90026. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: MATHIEU MICHELIN, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): 02/20/24. This statement was filed with the County Clerk of Los Angeles County on (Date) 02/15/2024. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 03/08/2024, 03/15/2024, 03/22/2024, 03/29/2024. THE NORWALK PATRIOT. AAA1221284.

FICTITIOUS BUSINESS NAME STATEMENT 2024025356

The following person(s) is/are doing business as: FRESH AND CLEAN BUSINESS SERVICES, 330 W MOUNTAIN VIEW AVE 101, GLEN DORA, CA 91741 LOS ANGELES. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: DESIREE GARCIA, 330 W MOUNTAIN VIEW AVE, GLEN DORA, CA 91741. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: DESIREE GARCIA, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): 02/20/24. This statement was filed with the County Clerk of Los Angeles County on (Date) 02/05/2024. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 03/08/2024, 03/15/2024, 03/22/2024, 03/29/2024. THE NORWALK PATRIOT. AAA1216556.

FICTITIOUS BUSINESS NAME STATEMENT 2024028517

The following person(s) is/are doing business as: GIRL INVESTORS LLC, 9835 FLOWER ST 1334, BELLFLOWER, CA 90706 LA COUNTY. Mailing address if different: 5762 LINCOLN AVE #3126, CYPRESS, CA 90630. The full name(s) of registrant(s) is/are: CITY GIRL INVESTORS LLC, 8547 CEDAR ST APT # 107, BELLFLOWER, CA 90706 (State of Incorporation/Organization: WY). This business is conducted by: LIMITED LIABILITY COMPANY. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: KIMBERLY S HALL, CEO. The registrant commenced to transact business under the fictitious business names listed above on (date): 02/20/21. This statement was filed with the County Clerk of Los Angeles County on (Date) 02/07/2024. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 03/08/2024, 03/15/2024, 03/22/2024, 03/29/2024. THE NORWALK PATRIOT. AAA1216556.

FICTITIOUS BUSINESS NAME STATEMENT 2024035760

The following person(s) is/are doing business as: MY TAX & ACCOUNTING SERVICES, 19136 LASSEN ST, NORTH RIDGE, CA 91224 LOS ANGELES. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: YOUNG HAK KIM, 19136 LASSEN ST, NORTH RIDGE, CA 91224. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: YOUNG HAK KIM, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): 02/20/24. This statement was filed with the County Clerk of Los Angeles County on (Date) 02/16/2024. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 03/08/2024, 03/15/2024, 03/22/2024, 03/29/2024. THE NORWALK PATRIOT. AAA1221537.

FICTITIOUS BUSINESS NAME STATEMENT 2024035800

The following person(s) is/are doing business as: HEAVENLY CREATED INFANT AND TODDLER CARE, 400 HAUSER BLVD APT MH, LOS ANGELES, CA 90036 LOS ANGELES. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: LONETTE WASHINGTON, 400 HAUSER BLVD, LOS ANGELES, CA 90036. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: LONETTE WASHINGTON, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date) 02/20/2024. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 03/08/2024, 03/15/2024, 03/22/2024, 03/29/2024. THE NORWALK PATRIOT. AAA1221546.

FICTITIOUS BUSINESS NAME STATEMENT 2024035833

The following person(s) is/are doing business as: TAPEX, 934 SOUTH NINTH AVENUE, ARCADIA, CA 91006 LOS ANGELES. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: JAN NING, 934 SOUTH NINTH AVENUE, ARCADIA, CA 91006. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: JAN NING, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): N/A. This statement was filed with the County Clerk of Los Angeles County on (Date) 02/16/2024. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 03/08/2024, 03/15/2024, 03/22/2024, 03/29/2024. THE NORWALK PATRIOT. AAA1218834.

FICTITIOUS BUSINESS NAME STATEMENT 2024025933

The following person(s) is/are doing business as: UNITE WITH THE PUBLIC SUITE D1, 173 W 41ST ST, LOS ANGELES, CA 90062 LOS ANGELES. Mailing address if different: N/A. The full name(s) of registrant(s) is/are: OSCAR RENE LOPEZ JR, 1731 W 41ST ST, LOS ANGELES, CA 90062. This business is conducted by: INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: OSCAR RENE LOPEZ JR, OWNER. The registrant commenced to transact business under the fictitious business name listed above on (date): 02/20/24. This statement was filed with the County Clerk of Los Angeles County on (Date) 02/05/2024. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not of itself authorize the use in this state of a fictitious business name in violation of the rights of another under federal, state, or common law (see Section 14411 et seq. Business and Professions Code). Publish: 03/08/2024, 03/15/2024, 03/22/2024, 03/29/2024. THE NORWALK PATRIOT. AAA1220400.

FICTITIOUS BUSINESS NAME STATEMENT 2024037096

The following person(s) is/are doing business as: CIVILIZATION CAFE, 306 WEST 2ND STREET, LOS ANGELES, CA 90012 LOS ANGELES. Mailing address if different: N/A. Articles of Incorporation or Organization Number: 202017010766. The full name(s) of registrant(s) is/are: CIVILIZATION COFFEE & KITCHEN LLC, 306 WEST 2ND STREET, LOS ANGELES, CA 90012 (State of Incorporation/Organization: CA). This business is conducted by: LIMITED LIABILITY COMPANY. I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.) Signed: RACHID SAFIR, MANAGING MEMBER. The registrant commenced to transact business under the fictitious business name listed above on (date): 02/20/24. This statement was filed with the County Clerk of Los Angeles County on (Date) 02/20/2024. NOTICE: This fictitious name statement expires five years from the date it was filed in the office of the county clerk. A new fictitious business name statement must be filed before that time. The filing of this statement does not

Rose Hills seeks dismissal of lawsuit

■ A family sued Rose Hills, claiming their family member's remains were not properly dressed.

By City News Service

WHITTIER—Rose Hills Memorial Park & Mortuary is seeking dismissal of a lawsuit filed by the widow and other relatives of a man who died of cancer in 2022 and allegedly was not dressed according to Buddhist tradition as requested by the family before his cremation, maintaining that the widow never made fully clear her intentions for her husband's remains.

Joann Chen -- the widow of the late Mike Chen -- her two sons and two grandchildren brought the negligence suit in Los Angeles Superior Court. But in court papers filed Thursday with Judge Lynne M. Hobbs asking that the case be tossed out, Rose Hills attorneys blame much of the problem on poor communications from the Chen family.

"The parties would not be engaged in this litigation if Mrs. Chen had asked the arranger to make sure the decedent was dressed in clothes provided by the family," the cemetery lawyers maintain in their pleadings in

advance of a July 10 hearing on the motion. "Had Mrs. Chen done so, the arranger would have known to ensure that the decedent was dressed prior to the cremation.

Only Joann Chen knew that she wanted her husband dressed prior to the cremation, Rose Hills attorneys further contend in their court papers.

"If she wanted to ensure that her husband was dressed according to her wishes, she had an obligation to mention it during the at-need funeral arrangements," cemetery lawyers state in their court papers.

A hospital supervisor told a Rose Hills transportation driver that the Chen family had dressed Mike Chen "behind her back" before the remains were taken to the mortuary, a violation of hospital policy, according to the Rose Hills lawyers' court papers.

Rose Hills policy calls for removing clothing on a decedent's remains upon first arrival at the mortuary so that the remains can be inspected for documentation of their condition and the body was covered with a white linen sheet "consistent with the Buddhist belief that any covering on decedent

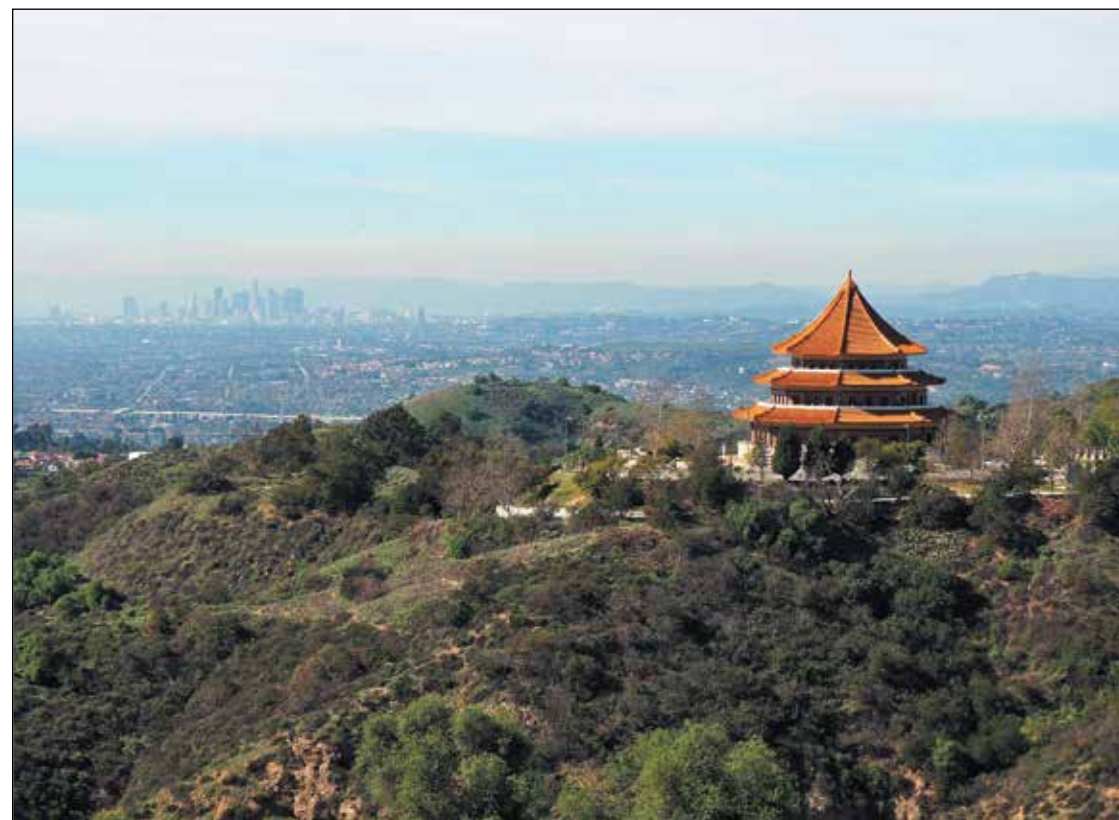
at the time of cremation should be modest, thereby emphasizing the importance of the decedent's soul leaving his physical body as he enters the afterlife," according to the Rose Hills' lawyers pleadings.

The suit was filed in September 2022 and states that Mike Chen was terminally ill with cancer at the City of Hope in Duarte on June 16, 2022, and his death was expected soon, so Joann Chen met with a mortuary representative at a Rose Hills office in Alhambra to prepare for her husband's funeral and told her that the family would dress her spouse in clothing that he had chosen according to his Buddhist faith.

The representative said she was aware of the importance of the dressing request and assured Joann Chen it would be honored, the suit states.

Under Buddhist tradition, it is important for the deceased to be dressed properly with shoes on when either buried or cremated with full attire so the deceased can have a proper afterlife. In addition, Chinese culture and tradition requires that the deceased be buried or cremated with full clothing on because not doing so is a showing of "utmost disrespect and disservice to the deceased and it also means that the family did not fulfill their due diligence in having the proper burial for the deceased if there is no clothing," according to the suit.

Buddhists believe that if the deceased does not have



shoes on during cremation, he or she will be unable to walk in the afterlife and will not be able to travel "on the road of the passing," according to the suit.

Mike Chen died June 22, 2022, and his widow and oldest son, with the help of two nurses, dressed him in clothing and shoes that he had chosen for his cremation, the suit states.

His two grandchildren had written two personal farewell letters to their grandfather and these correspondences were to be buried with him so he could "have something forever from his two dearest grandsons that he loved the most," the plaintiffs say.

The two letters were placed inside the pocket of the jacket that Mike wore, but allegedly were not with him when he was cremated.

Joann Chen was denied

permission by Rose Hills to view her husband's July 5, 2022, cremation, but the family was not told in advance about when it would take place, the suit states. The mortuary allegedly apologized to Joann Chen the next day and told her she could pick up her late spouse's ashes and urn.

Twelve days later, a Rose Hills representative surprised Joann Chen by calling her and saying she could pick up Mike Chen's clothing and shoes, the suit states.

"Joann had an emotional meltdown," the suit states. "She then realized that Mike Chen was cremated without his shoes and clothing."

Asked what could be done about the alleged mistake, the supervisor told Joann Chen and her son, "The best I can do right now is refund you about \$800 back," leaving the

two Chens "dumbfounded," the suit states.

Rose Hills also later offered to cremate Mike Chen's personal attire and belongings, pour and mix the items into his ashes with a new urn and conduct a ceremony with Buddhist monks, the suit states.

The Chen family refused the offer because it did not provide "any meaningful accountability by Rose Hills for such a grave mistake," which brought "shame and disgrace" to the family, traumatized them with "incomprehensible duress" and "created both cultural and religious violations for the family," the suit states.

College offers tax help

NORWALK — Cerritos College's accounting department and accounting club is offering free income tax return assistance on Saturday, March 23.

Sponsored by the IRS, the program provides free tax help to people with an income of \$64,000 or less who need assistance in preparing their tax returns.

IRS-certified volunteers will provide free basic income tax return preparation with electronic filing to qualified individuals. Appointments are encouraged but walk-ins are welcomed.

Appointments can be made online at <https://cerritosvita.youcanbook.me/>

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