

Amtrak crash kills two, injures more than 100

SECOND FRONT ■ B1



Remembering Yellen's 4 years at Fed's helm

BUSINESS ■ B2



Eagles win their first NFL title since 1960

SPORTS ■ C1

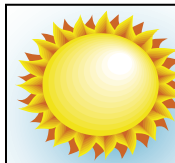


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Antelope Valley Press

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TODAY'S OUTLOOK



Sunny. Highs in lower to mid-70s. Lows in upper 30s and 40s.

WEATHER: B6 LOTTO: B1

NEWS YOU NEED



Intersection of crime, terror to show in trial

He is the silent survivor of the 10-man Islamic State cell that terrorized Paris in November 2015, refusing all pleas to shed light on the attack that killed 130 people in the French capital or the one in Belgium four days after his arrest. After spending nearly three years jailed in isolation, Salah Abdeslam is set to go on trial Monday. **Page B1**

Survey: Most in 'fragile' areas respect police

A majority of Americans living in struggling communities say they have respect for and confidence in the police who patrol their neighborhoods. More than 7 in 10 Americans who live in these communities said they have some or a lot of confidence in the police who patrol their neighborhoods, according to the State of Opportunity in America survey. **Page B1**

Report: Power lines sparked wildfires

Power lines buffeted by heavy winds ignited at least two small fires the night of Oct. 8 in Northern California neighborhoods, according to investigators' findings reported by the Santa Rosa Fire Department. **Page A3**



Buying a home as an unmarried couple?

Many couples don't realize how risky buying a home with an unmarried partner can be. Here's how to deal with these risks using some planning, a good lawyer and a slightly awkward conversation or two. **Page B2**

Flu's worsening shadow blanketing US

The U.S. flu season continued to intensify last week. One of every 14 visits to doctors and clinics were for fever, cough and other symptoms of the flu. That's the highest level since the swine flu pandemic in 2009. Last week, 42 states reported high patient traffic for the flu, up from 39. **Page B5**

Backyard fight with deputies fatal

Victim stops breathing; officials investigating

Valley Press

LAKE LOS ANGELES — Authorities are investigating the death of a man who stopped breathing following a fight with sheriff's deputies in his backyard.

Los Angeles County Coroner officials will attempt to determine what killed the man, who deputies had been looking for because he was suspected of making criminal threats to neighbors. The man was not identified by authorities, but he was described as in his 40s and neighbors believed him to be a military veteran with mental issues.

"We had several calls out to this area in the past several days. That

was the reason they were out here looking for him," Sheriff's Department homicide Lt. Derrick Alfred said late Saturday. "He was wanted in connection with some threats he had made against some neighbors and some other people. We are still trying to get all the details on those other previous activities."

The Sheriff's Department also received calls about "odd behavior," Alfred said, but he declined to elaborate.

Visible Sunday on the home's front door was a message hand-printed in red: "To all law enforcement — I did not attack anyone with an axe nor throw a Mason jar

See **FIGHT** on A4



Luis Meza

CRIME SCENE — Sheriff's vehicles fill 176th Street East in Lake Los Angeles late Saturday after a man died following a fight with sheriff's deputies. The victim is thought to be in his 40s; neighbors believed he was a military veteran with mental issues.

Rehab: New reason to hope

Institute in Palmdale aids victims of strokes

By ALLISON GATLIN
Valley Press Staff Writer

PALMDALE — Jimmie Lee Crochen was all smiles as she walked around greeting people like old friends at Palmdale Regional Medical Center.

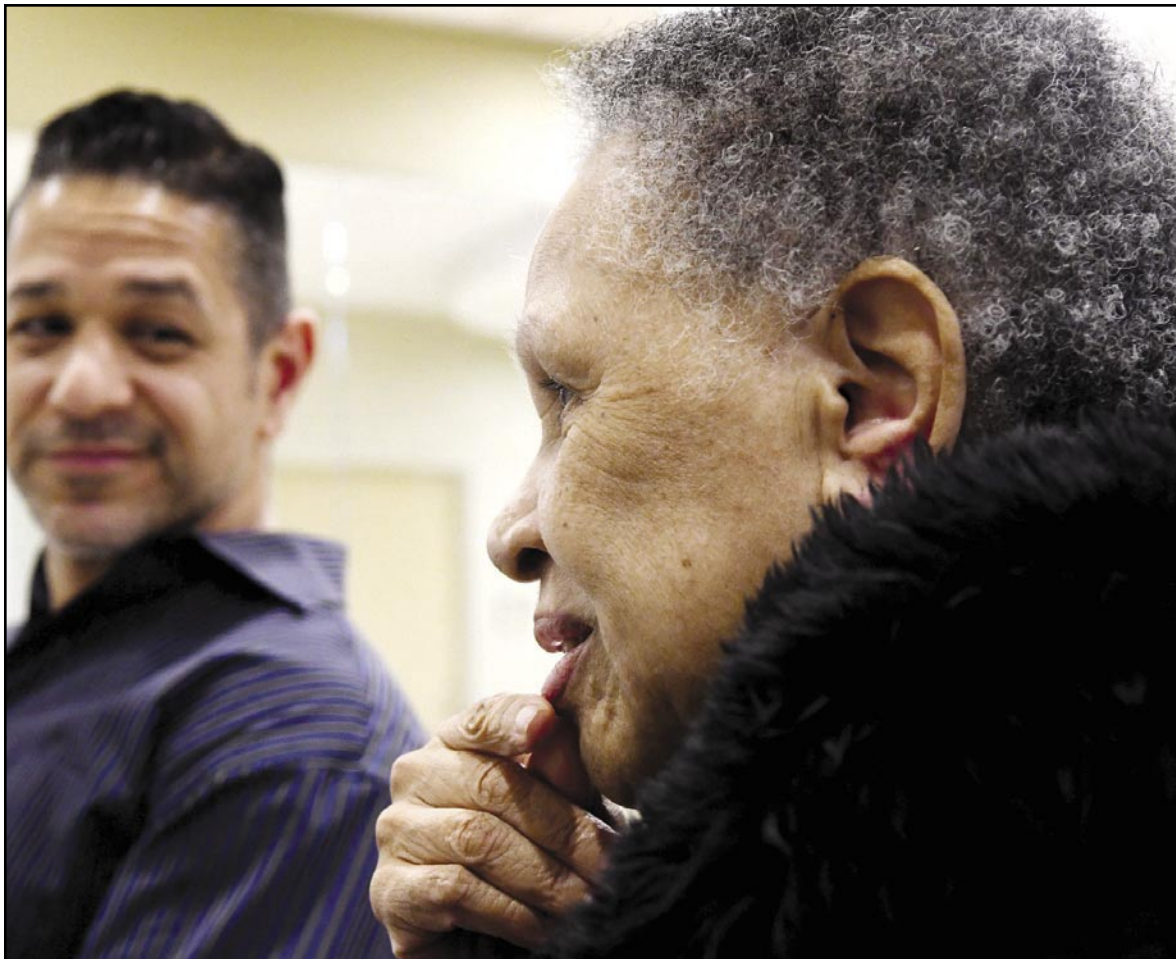
Anyone witnessing the interactions would find it hard to believe that the slight but steady 75-year-old woman had suffered a stroke a little more than a month earlier and had to learn how to move around on her own again.

Crochen's relatively rapid recovery from the Dec. 20 stroke was made possible with the aid of the Palmdale Regional Medical Center's Rehabilitation Institute, a facility for acute rehabilitative care, which opened a year ago.

"They are so nice here. They helped me a lot," the soft-spoken woman said.

The Rehabilitation Institute practices what is known as

See **REHAB** on A4



EVELYN KRISTO/Valley Press

HER HELPER — Stroke patient Jimmie Crochen, 75, of Palmdale sits with her doctor, Thomas Nasser, medical director of the Rehabilitation Institute at Palmdale Regional Medical Center, as she talks about her recovery experience at the medical facility, which practices what is known as acute rehabilitation for victims of strokes and other various issues.

Valley basking in record warmth

Valley Press

LANCASTER — Afternoon temperatures in Lancaster have set or tied February records for warmth for three consecutive days, and four of the last eight days, as a high-pressure ridge over the eastern Pacific Ocean keeps Southern California sunny.

Palmdale set temperature records Saturday and Sunday, according to National Weather Service records.

Temperatures topped out Saturday and Sunday at 77 degrees in Palmdale and 76 degrees in Lancaster, compared to Feb. 4 average high temperature of 60 degrees in both cities.

Sunday's temperatures broke Palmdale's old Feb. 4 record of 75 degrees set in 2001 and tied

the 76 degree record set in 2015 in Lancaster. Saturday's temperatures broke Palmdale's Feb. 3 record of 75 degrees set in 1995 and Lancaster's record of 72 set in 2015.

On Friday, Lancaster reached 75 degrees, breaking the Feb. 2 record of 73 degrees set in 1995. Palmdale's Friday maximum of 74 degrees failed to reach its 1952 record of 76 degrees.

On Jan. 28, Lancaster's temperature reached 71 degrees, tying the Jan. 28 record set in 1986.

At Sandberg in the mountains west of Lake Hughes, a record was set Friday at 76 degrees, which broke the old Feb. 2 record of 71 degrees set in 2015.

Meanwhile, rainfall since the start of California's "water year" on Oct. 1 is far below average and far less than last year, which took California out of a five-year-long drought.

Rainfall since Oct. 1 in Palmdale measures 0.60 inches, compared to the average by Feb. 4 of 4.2 inches and 4.13 inches by this time last year.

Rainfall since Oct. 1 in Lancaster measures 0.97 inches, compared to the average by Feb. 4 of 3.86 inches and 4.46 inches by this time last year.

Weather service forecasters say no rain is in sight for Southern California.

Temperatures are expected to drop a few

See **WARMTH** on A4

INSIDE TODAY
BUSINESS B2
CLASSIFIED D1
COMICS D3, 5
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FED ELITE
Andre Surmain, who transformed his cooking school's Manhattan town house into Lutèce, an epicurean mecca defined by haute cuisine, died at 97. **Obituaries B6**



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Owner • Raj Malhi

REHAB: Palmdale hospital institute only facility of kind in area

From A1
acute rehabilitation care, a more intensive program of therapy intended to address problems with coordinated body movements, not just strengthening limbs, but also learning how to move proficiently to do daily tasks.

"Acute rehabilitation is designed to be a transition to home," said Dr. Thomas Nasser, the unit's medical director who oversees Crochen's care. "It's a little more complicated than 'had a stroke, did some exercises and went home'."

The treatments are different in terms of the intensity of the work, with treatments for three hours a day, five to seven days a week, through multiple disciplines.

"That's one of the things that separates us," Nasser said. Some patients do not qualify for the unit as they are not physically capable of the intensity of treatment.

More than just treating stroke patients, the facility works with patients who have problems as varied as bone fractures, brain injuries, spinal cord injuries, spinal surgeries, joint replacements and multiple sclerosis.

In the year it has been in operation, the unit has worked with 492 patients like Crochen, who may be referred by a hospital or medical center, doctor or notified of the availability by the institute itself. It is the only facility of its kind in the area.

The unit is staffed by approximately 35 individuals who are specifically trained for the type of work that is done there. This includes nurses, certified nursing assistants, support staff, physicians and physical, occupational and speech therapists.

The institute is its own unit within Palmdale Regional Medical Center, with 27 patient rooms, including one set up like an apartment to help prepare patients for their own home.

Crochen lives with her older sister Luvenia Carr, herself a spry 83 years old, who has taken care of her since Crochen moved to Palmdale in 2013 following heart problems.

Carr was with Crochen when she fell ill and was taken by ambulance to Antelope Valley Hospital, having a seizure on the way, and was diagnosed with a stroke.

After a few days in the hospital, she was transferred to the Rehabilitation Institute, where she stayed for two weeks in treatment, a rather short period for a stroke patient, who often stay three to four weeks.

"I was beyond impressed," Nasser said. "It's actually magical in terms of seeing a patient succeed that way."

Patient stays vary depending on factors such as the severity of their injuries and their health prior to being injured.

Crochen said she could tell she was getting better and better, and surprised other patients by how well she could soon get around.

"They couldn't believe I'd had a stroke," she said.



EVELYN KRISTO/Valley Press

GETTING AROUND — Rehab patient Jimmie Crochen, left, 75, of Palmdale is joined by her sister, Luvenia Carr, great niece Alisha Nelson, great-great niece Autun Jonson and Rehabilitation nursing director Verónica Gadamski as she returns Tuesday to the Rehabilitation Institute at Palmdale Regional Medical Center.

Family support and participation is essential to a person's success. You're rehabilitating the family in a sense.

— Dr. Thomas Nasser, medical director, Palmdale Regional Medical Center's Rehabilitation Institute

"The whole system is very, very good," said Carr of the institute. "You can't ask for anything better."

A key component to recovery is the patient's attitude, the confidence and determination that they will get better. It is an attitude the staff projects, as well.

Medicine tends to rely too much on the biology of treatment without tapping into the mental, emotional and spiritual aspects that have an impact on the treatment's success, Nasser said.

"That needs to be identified as an affective factor for anything," he said.

Crochen was known by all those who worked with her for her sunny, positive disposition.

"She was cheering us up,"

Nasser said. The program is unusual in that it focuses not only on the patient, but on the family and caregivers who will be responsible for aiding their recovery once released.

"Family support and participation is essential to a person's success," Nasser said. "You're rehabilitating the family in a sense."

In Crochen's case, this family team included three generations: her sister Luvenia, her great-niece Alisha Nelson and her great-great niece Autumn Johnson.

"This is an exceptional family here," Nasser said.

They all spent time with Crochen during her therapy and learned how to help her when she came home.

"We knew that we would be able to (handle her care). We had no doubt in our mind," Nelson said.

Learning alongside Crochen gave them a roadmap to follow once she was home, following the same daily routine, cooking the same types of meals.

"We planned everything pretty much exactly as it was here," Nelson said.

Johnson said the experience helping her great-great-aunt taught her a lot about how having a good mindset is important.

"You'll see greatness because you see that outcome for yourself," she said. "We were so head strong that she wasn't going to hold back."

The family and all the personnel

involved in the Rehabilitation Institute become the patient's "team," working in close coordination.

"Each member of that team is very, very important," said Nasser, whether it is a therapist, a doctor, nurse or family member.

Team members meet informally daily and once a week to go over patients' cases in detail, from beginning to end. This includes looking ahead to identifying and addressing what challenges may face the patient when they go home, such as a two-story house.

The staff of the institute are very specific to the unit. For instance, the nurses all have specialized training for dealing with issues often found in these patients, such as bowel or bladder or skin problems.

"We have a very solid, strong team of nurses," Nasser said.

Additionally, the team includes a dietician, social workers and a discharge planner who ensures the patient has all they need for the transition to home.

Carr vouched for the caliber of the staff, from the time they walked in until Crochen was discharged.

"I couldn't believe how good everyone was to her," she said.

To share your opinion on this article or any other article, write a letter to the editor and email it to editor@avpress.com or mail it to **Letters to Editor, PO Box 4050, Palmdale CA 93590-4050.**

agatlin@avpress.com

Community News

Friendship club set for monthly meeting

PALMDALE — The Friendship club of Antelope Valley has its monthly meetings at 11 a.m. today at Sizzler restaurant, 853 West Palmdale Blvd. The club meets regularly on the first Monday of the month. For details call (661) 965-7749

Teens can meet fellow readers at book club

MOJAVE — The Teen Book Club meets at 3 p.m. today at the Mojave Library, 16916½ Highway 14. The club, which meets on the first and third Mondays of the month, is aimed at those 12 to 18 years old. A snack and activity will follow the meeting. For details, call (661) 824-2243 or visit www.kerncountylibrary.org.

Maintain healthy relationship with fellowship

LANCASTER — Co-Dependents Anonymous is a Twelve Step Fellowship of men and women whose common purpose is recovery from co-dependence and the development and maintenance of healthy relationships. The meetings in the area meet at 7 p.m. every Monday and 10 a.m. every Friday in the back building at the Seventh Day adventist Church, 43824 30th St. West. For details, call Craig at (323) 529-4033, email mr22thousand@gmail.com or visit adultchildren.org.

Color Me Happy event planned for adults at library

MOJAVE — Adults are welcome to attend Color Me Happy at 4 p.m. today at Mojave Branch Library, 15555 O St. Enjoy a coloring craze with a relaxing morning cup of coffee, conversation and coloring. All materials are provided. For details, call (661) 824-2243.

Weekly fun with bingo at Elks lodge

PALMDALE — The Palmdale Elks Lodge, 2705 East Ave. Q has bingo at 5:30 p.m. today. Friday dinners are open to members, guests and prospective members. For details, call (661) 947-2027.

Family Storytime open at area library

LITTLEROCK — Family Storytime is offered at 11 a.m. today at the Littlerock Library, 35119 80th St. East. The time is designed for children of all ages, babies up to school-aged kids, and features storytime and activities. For details, call (661) 944-4138 or visit www.colapublib.org.

Hustle to senior center for dance lessons

LANCASTER — Learn how to dance the hustle from 6 to 7:30 p.m. today at the AV Senior Center, 777 West Jackman St. Those interested can also participate in West Coast swing from 4:30 to 5:15 p.m. or the waltz from 5:25 to 6 p.m.

Learn to play bridge with Joshua Tree club

PALMDALE — The Joshua Tree Bridge Club, 1008 West Ave. M-14, Suite D, offers free beginning bridge lessons from 10 a.m. to noon today. For details, call (661) 285-1779 or visit www.joshuatreebc.com.

Low-impact exercise class at senior center

LANCASTER — A low-impact exercise class is scheduled from 9 to 9:30 a.m. today, Wednesday and Friday at the Antelope Valley Senior Center, 777 West Jackman St. A nurse will take participants' blood pressure. For details, call (661) 726-4400.

Weight loss support group to meet

QUARTZ HILL — The Take Off Pounds Sensibly Club No. 0572 meets at 10 a.m. today at Mayflower I chapel, 6570 West Ave. L-12. For details, call (661) 718-8452 or send email to dbush924@gmail.com.

Dance, play bingo at Mayflower Gardens

QUARTZ HILL — Mayflower Gardens Retirement Community, 6570 West Ave. L-12, offers dance lessons at 5:30 p.m. today for \$3 per person and bingo at 4 p.m. Tuesday for \$15 a pack and all special games. For details, call (661) 943-3228.

Help offered to help resolve conflicts

PALMDALE — The nonprofit Center for Alternative Law and Mediation has a new office, open from 9 a.m. to noon today and 4 to 7:30 p.m. Wednesday at 1008 West Ave. M-14, Suite A (second floor).

The center offers resolution services for neighborhood, relationship or business conflicts as well as help with frustrating paperwork, documents and contracts.

Volunteers with fundraising and leadership skills are needed. For appointments or details, call (661) 450-8731.

FIGHT: Victim allegedly punched one deputy

From A1
at anyone so you need to go away. Bye bye."

According to a statement issued Sunday by the Sheriff's Information Bureau, two deputies spotted the man in a backyard in the 40000 block of 176th Street East about 4:30 p.m. Saturday.

The man initially was compliant with the deputies' orders and placed his hands behind his back, Alfred said. But when the deputies approached to arrest him, he turned and punched one deputy, knocking him to the ground.

"At that point the suspect jumped on top of the deputy, straddling him," Alfred said. The other deputy used a Taser electronic device on the man, but it had no effect, he said.

The second deputy hit the man on the back as he straddled the fallen deputy, but the man turned and tackled the second deputy, bringing him to the ground, according to Alfred and the Sheriff's Department statement.

A neighbor came to the deputies' aid and helped them subdue the man before other deputies arrived in response to radio calls for assistance, Alfred said.

According to sheriff's radio broadcasts, the man continued to struggle after he was handcuffed and a hobble was placed around his ankles.

Alfred said the man was lying on the ground on his side after other deputies arrived when deputies noticed that his breathing was labored.

"They immediately took the handcuffs off him. He then stopped breaking and he had no pulse," Alfred said.

Deputies administered cardiopulmonary resuscitation until the arrival of firefighters, Alfred said.

Firefighters continued lifesaving efforts but were unsuccessful and the man was pronounced dead at the scene.

The deputies, whose names were not released, were transported to a hospital where they were treated for their injuries and released, the Sheriff's Department statement said.

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MOBILITY

From A1
may travel with a personal service assistant with no additional fare cost.

"Access is pleased to partner with AVTA to better serve our customers in the Antelope Valley," Andre Colaiace, Executive Director of Access Services, said.

"AVTA remains committed to implementing changes that enhance our service — increasing access to

critical community resources and ultimately, improving the quality of life in the Antelope Valley," AVTA CEO Len Engel said.

Riders can learn more about Access Services by visiting their website at: www.accessla.org or dialing their toll free number (800) 827-0829.

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WARMTH

From A1
degrees today and mild Santa Ana winds should arrive Wednesday, meaning more unusually warm temperatures.

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