Friday, May 15, 2020

14783 Carmenita Road, Norwalk, CA 90650

# **Cerritos College Cosmetology** offering accelerated program

NORWALK Cerritos College's Cosmetology Program now offers a new accelerated crossover esthetician program for licensed cosmetologists.

To enroll, students must have a cosmetologist license. Cosmetologist students can obtain an esthetician license for only 200 extra hours in a 9-week session in fall or spring.

The original curriculum is lab focused, as are all the classes in the Cosmetology/Esthetics programs. The course quickly adapted to an online learning environment while the College continues its programs remotely due to COVID-19.

"I am extremely grateful for the opportunity that the Cosmetology Program proceeded to open the program even during these difficult times for many. It has been an amazing journey where I have grown in my passion for skin care. Thanks to all the teachers and staff, I've new crossover program.



**Photo courtesy Cerritos College** 

enjoyed, learned, and grown," said Kathy Bates, a student in the

students to begin in the fall 2020 rpetrova@cerritos.edu. semester. For more information,

The program is accepting new please contact Rossi Petrova at

# CSU campuses to close through fall

Most of the more than to be online," Holbrook said. 770,000 students at California's two main university systems aren't likely to return to campus this fall.

California University system, which claims to be the nation's biggest four-year university system, plans to cancel nearly all inperson classes through the fall semester to reduce spread of the coronavirus, Chancellor Timothy white said luesday at a board of trustees meeting.

At the University of California, which has 10 campuses across the state, "it's likely none of our campuses will fully reopen in fall," Stett Holbrook, a spokesperson for UC, told CNN in an email.

Dr. Anthony Fauci, a key member of the White House's coronavirus task force, told Congress on Tuesday that it is a "bridge too far" for schools to expect a vaccine or widely available treatment for Covid-19 by fall reopening time.

'First and foremost is the health, safety and welfare of our students, faculty and staff, and the evolving data surrounding the progression of Covid-19 — current and as forecast throughout the 2020-21 academic year," White said in making his announcement.

Potential exceptions at CSU may include nursing students who need clinical training to be on track to get licensed to work in health care, White said, or students who need access to equipment for their training.

Students who need to continue research in labs will also continue forward under rigorous safety standards. White said students may need to work in shifts, wearing personal protective gear.

Rigorous health and safety requirements will be in place, such as sanitizing and spreading students out. Instead of 15 students per class, it may be five students, he suggested.

Some of CSU's 23 campuses may continue to offer remote learning only.

"On some campuses and in some academic disciplines course offerings are likely to be exclusively virtual," White said.

University of California "will be exploring a mixed approach with some material delivered in classroom and labs settings while other classes will continue

California was the first state to issue a statewide stay-athome order, effective March 19. Like many other schools, State colleges and universities across the nation, UC and CSU began suspending in-class learning in

> universities will Some resume classes

Around the country, most other colleges and universities are still trying to figure out what instruction will look like in the fall, with some saying a decision will be made later.

Universities in at least six states have said they expect to hold classes on campuses in the fall: the University of Alabama; the University of North Carolina System; Texas Tech University; the University of Tennessee; the nine-campus University of Louisiana system; and Morgan State University in Maryland.

The North Dakota State Board of Higher Education last month voted unanimously in favor of a motion supporting the return of students to campuses in the fall

Harvard said last month it will be open for the fall semester, but some or all instruction may continue to be online.

Schools from grades K-12 are closed in 48 states for the remainder of the academic school year, which ends in the next few weeks for many.

Los Angeles Mayor Eric Garcetti told CNN's Anderson Cooper on Tuesday that he supports CSU's decision to cancel nearly all in-person classes for the fall semester.

"I absolutely think it'll be a different school than we're used to, whether that's fewer days a week, whether it's half the class coming in, whether it's new spaces or places where we educate," said Mayor Garcetti.

Garcetti said K-12 schools in Los Angeles should prepare to resume with online classes, but "it would be a pity if we have all of our children only online throughout the rest of this calendar year."

Garcetti suggested finding safe ways for kids to be at school as long as the numbers are stable.

"We should figure out safe ways for kids to be there, at least some of the week, face to face with teachers, with their peers,"

## Norwalk COVID-19 **count: 270**

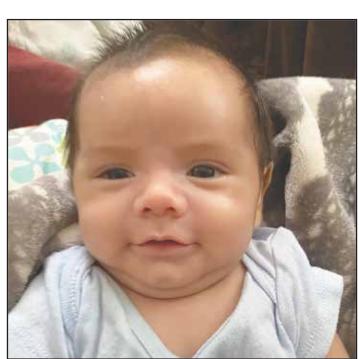
**NORWALK** - Nearly 50 more cases of coronavirus in Norwalk were reported by Los Angeles County's official numbers on Wednesday, bringing the city's total to 270.

These numbers come on the same day that LA County officials announced that safer-at-home orders - albeit opening slowly and gradually for certain businesses - will likely remain in place in some form until August.

Under the new order that was announced, all retailers can now open up for curb-side pickup, except for those in malls and

Masks and social distancing requirements have stayed in place in the meantime, and customers will still not be able to enter the businesses

# 6-week old beats coronavirus



Baby Evelio. Photo courtesy of Kaiser Permanente

Baby Evelio was the youngest COVID-19 patient being cared for at Downey's Kaiser hospital.

**DOWNEY** — The COVID-19 pandemic has arguably been the greatest trial our healthcare system has ever faced. But in the middle of this challenging time there are pockets of good news that showcase the heart of what it means to work in healthcare: providing exceptional care to every patient every time, and always working together as a

And that's exactly what happened at the Kaiser Permanente Downey Medical Center in early April when the hospital cared for its youngest COVID-19 patient, six-week-old baby Evelio.

Evelio's condition started off unremarkable. His mother called the KP nurse advice line after noticing he had a lowgrade fever. An advice line nurse asked a physician to call her back, and from there she was instructed to bring little Evelio in to be examined by Eunice Kong, MD, a pediatrician at the Kaiser Permanente Bellflower Medical

Continued on page 2

### **Norwalk** restaurant grades

So Cal Pizza 12253 Imperial Hwy. Date Inspected: 5/7/20 Grade: A

**Applebees** 12129 Imperial Hwy.

Date Inspected: 5/7/20 Grade: A

Denny's 12616 Pioneer Blvd. Inspected: 5/6/20 Grade: A

Albert's Mexican Food 11610 Imperial Hwy Date Inspected: 5/6/20 Grade: A

CC Pho 12359 Imperial Hwy Date Inspected: 5/6/20 Grade: A

**Don Julio's Tacos and Tamales** 

12856 Pioneer Blvd. Date Inspected: 5/6/20 Grade: A

Wienerchnitzel

11610 Alondra Blvd. Date Inspected: 5/5/20 Grade: A

**KFC** 10937 Alondra Blvd. Date Inspected: 5/5/20 Grade: A

**Tam's Super Burgers** 11700 Rosecrans Ave Date Inspected: 4/29/20

**Bobos** 

Grade: A

12949 Rosecrans Ave. Date Inspected: 4/22/20 Grade: A

**El Marinero** 

11025 Alondra Blvd. Date Inspected: 4/22/20 Grade: A

Rivera's Juice Bar 11912 Rosecrans Ave. Date Inspected: 4/22/20

Grade: A

Church's Chicken 15816 S Pioneer Blvd. Date Inspected: 4/21/20 Grade: A

**Tommy's Original** 15911 S Pioneer Blvd. Date Inspected: 4/16/20 Grade: A

**Antichucheria Peroana** 14351 Pioneer Blvd. Date Inspected: 4/15/20 Grade: A

**Los Compadres** 11600 Alondra Blvd. Date Inspected: 4/14/20 Grade: A

**Toros Taqueria** 15617 Studebaker Rd. Date Inspected: 4/7/20 Grade: A

DK's 12549 Alondra Blvd. Date Inspected: 4/7/20

Grade: A **McDonalds** 

12602 Alondra Blvd. Date Inspected: 4/7/20 Grade: A

Lucian's Pizza 15008 Pioneer Blvd. Date Inspected: 4/3/20 Grade: A

**Dulce Canella** 15012 Pioneer Blvd. Date Inspected: 4/3/20 Grade: A

**Yum Yum Donuts** 15900 Pioneer Blvd. Date Inspected: 4/3/20 Grade: A

**Top Donuts** 10939 Alondra Blvd. Date Inspected: 4/3/20 Grade: A

## Weekend at a Glance

Saturday 82



THINGS TO WATCH



**The Wrong Missy** Netflix (film)

Tim thinks he's invited the woman of his dreams on a work retreat to Hawaii, realizing too late he mistakenly texted someone from a nightmare blind date



**Django Unchained** Netflix (film)

Accompanied by a German bounty hunter, a freed slave named Django travels across America to free his wife from a sadistic plantation owner. Directed by Quentin Tarantino and starring Jamie Foxx and Leonardo DiCaprio.



Netflix (film)

At a key turning point for the Catholic Church, Pope Benedict XVI forms a surprising friendship with the future Pope Francis. Inspired by true events.



**Swingers** Hulu (film)

A transplanted New Yorker attempting to acclimate to Los Angeles, Mike Peters (Jon Favreau), is struggling to both boost his comedy career and get over his last relationship.



**Slums of Beverly Hills** Hulu (film)

A desperate father moves his family to the un-glamorous fringes of Beverly Hills in an effort to improve his childrens' education.



**DAVE** 

Hulu (TV series)

A neurotic man in his late 20s who has convinced himself that he's destined to be one of the best rappers of all time. Now he must convince his closest friends, because with their help, he actually might convince the world.

The Norwalk Patriot 02 Friday, May 15, 2020

# Downey baby beats odds after contracting coronavirus

Continued from page 1

Offices.

Just as the advice line staff had been caring and thorough, Dr. Kong was as well. Baby Evelio had a fever with no clear cause and inexplicable lab results. Dr. Kong consulted with her colleague, Dr. Victor Wong, MD, Pediatric Infectious Disease physician. As it would turn out, that decision was a potentially life-saving move.

"Knowing that COVID-19 was prevalent in the community and babies under a year old are at greater risk of complications because of their immature immune systems, I thought the best and safest thing to do would be to admit baby Evelio to the hospital," says Dr. Wong.

It was there at the Downey Medical Center that the Pediatric Intensive Care Unit, or PICU team, would work together, providing Evelio with aroundthe-clock care while the family anxiously awaited the COVID-19 test results. When the results came in, Evelio's mother,

Johanna, was shocked.

"My brain was going a thousand miles an hour, I didn't know what was going to happen," she said. "I took my son into the hospital and I didn't know if I was going to walk out empty handed."

Beyond being concerned for her son's health, Johanna was also worried about how the physicians and staff would treat her and her son after learning he had COVID-19. She soon realized she didn't need to spend even a second worrying about that part.

"I was surprised by how the nurses, lab techs, and all the staff took such good care of us and made me feel like everything was going to be okay," Johanna said. "One night Johanna even saw nurse Danielle Owens, RN don complete PPE just to go soothe baby Evelio back to sleep.

Evelio was the youngest patient and first baby to be hospitalized for COVID-19 at Downey Medical Center.

"This was about real collaboration between nurses,

physicians, and the other members of Evelio's team," explains Dr. Christopher Chinnici, MD, one of the physicians treating Evelio.

'They (the team) identified a child at potentially higher risk for serious infection and worked with our internal transport system to connect the clinic and inpatient teams to get the child into the hospital as quickly as possible. Even with the requirements for additional PPE and worries about their own health, the physicians and staff provided the family with an excellent care experience," says

After three days in the PICU, Evelio improved, and he was able to be discharged. Now, over a month later, Evelio is home and almost fully recovered.

As his mother recently shared, thanks to teamwork and excellent care, "He's eatingactually—and overeating smiling.



Evelio with mom Johanna. Photo courtesy of Kaiser Permanente

## Downey students short film award

**DOWNEY** Stratton, Ruben Mendoza and Daniel Sanchez from Warren High School have been selected statewide regional winners in the annual Directing Change film contest which focuses on mental health stigma reduction and suicide prevention.

Almost 3,500 students from around the state entered the contest.

The students' film, "Hashiru" focuses on mental health matters. They will learn whether they are statewide winners during the Directing Change Awards Ceremony on Facebook Live May 19 at 7 p.m.

The film contest encouraged students to create 30-second and 60-second films about suicide prevention and mental health. Twenty-one regional winners were selected to advance to a final round of judging to declare a statewide winner.

The three Warren High students filmed "Hashiru" on campus with help from their advisor, Jared Nelson. Click here to watch the 1-minute film on

## Cerritos College to hold online commencement

will move forward with an online an in-person ceremony at a later ceremony is still being explored commencement ceremony in date, while 18% preferred only an as an option for December this early June, the college has said.

The college had previously conducted a survey, with nearly responding.

According to results, 18% of participating students said that they preferred an online

5/31/2020.

**NORWALK** - Cerritos College ceremony with the possibility of online ceremony.

This is in contrast to 39% who said they preferred a postponed graduating students in-person commencement with no online ceremony, 7% who wished to join in the ceremony for the class of 2021 the following year, and 18% who said they preferred no ceremony at all.

"The college will continue to monitor the situation, and communicate with our 2020 graduates," said the college via their website announcement.

"We understand an inperson option was preferred

A postponed in-person by most, and that celebrating together with your friends and family is important to you.'

> The college said that it information about the online ceremony as soon as possible.

> > Ponce Recycling

(at Northgate Market)

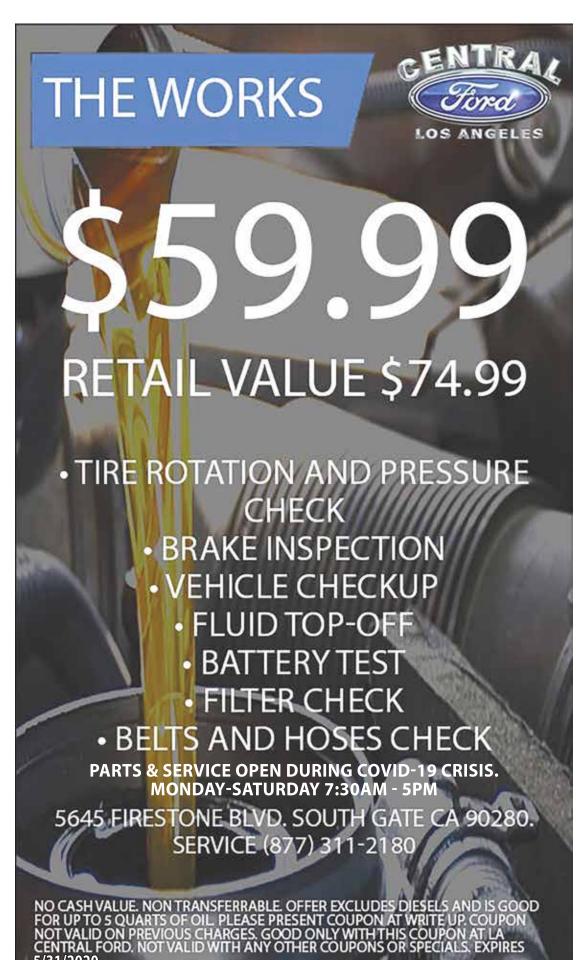
## Downey extends SEAACA agreement

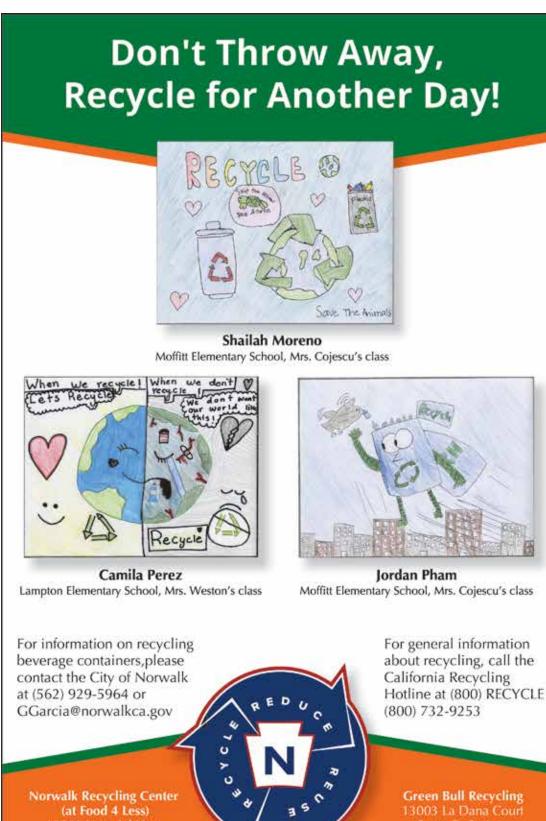
will update graduates with Council approved an extension cities including Norwalk, Pico of the services of the Southeast Rivera, Downey, Bell Gardens, Area Animal Control Authority Montebello, Paramount, Santa (SEAACA) at their meeting on Fe Springs, and South El Monte.

> powers agreement between 15 years, through June 2035. cities, and currently offers

Set to expire June 30 this SEAACA was formed in 1976 year, Tuesday's vote extends the through the creation of a joint life of the agreement for another

**Ecology Recycling** 





Bellflower Recycling Center

# Don't let fear of COVID-19 endanger your health

By Jaime Diaz MD

In my 15 years as an emergency medicine physician, I have never treated as many catastrophically ill patients as I have over the past several weeks. When in the midst of the worldwide COVID-19 pandemic, this may not come as a surprise. But the truth is, very few of the critically ill patients we are seeing in the Emergency Department at PIH Health Downey Hospital have COVID-19. The most compromised patients showing up or being brought to the emergency room have other, non-COVID-19-related diseases such as stroke, heart attack, complications of diabetes, severe pulmonary issues and even bad cases of seasonal flu. In certain people, COVID-19 can be a serious malady, but its presence has not made every other serious disease or condition disappear.

As of May 5, 2020, COVID-19 had claimed nearly 71,000 American lives, taken the lives of more than 2,300 Californians and stricken countless more. But COVID-19 is responsible for more deaths than we really know, because it is killing us in more than one way. COVID-19 has created such immense fear that people are understandably afraid to leave their homes, even to get the medical care they desperately need. As a result, my colleagues and I are seeing patients with late-

stage diseases, who are experiencing symptoms for which they would have sought immediate care, that is, before the pandemic.

When we ask these patients why they waited so long to seek care, they tell us that while they knew they were ill, they were too afraid to leave their homes and too frightened to go to a hospital where they might contract the virus from other patients or even from the very people who would care for them. Given these unprecedented times, these are understandable concerns. But as a physician, nothing is more frustrating than not being able to provide care to people you know you can help

The public should know that they need to seek treatment if they suspect that they are seriously ill, for example if they have chest pains or difficulty breathing. And, patients who need ongoing care for existing conditions should not let the fear of a virus that they do not have, prevent them from seeking care for a life-threatening disease of condition they know they do have. Showing up in an emergency room with advanced disease often means that physicians will have fewer treatment options and outcomes may be compromised, meaning the patient may not return to full health.

Every hospital that I have talked with has implemented stringent processes to minimize the spread of COVID-19. At our hospital each physician, nurse and staff member is required to stay home if they are experiencing symptoms. When they arrive at our facilities, they are required to sanitize their hands and wear a mask. Each patient is thoroughly screened, must wear a mask and has their hands sanitized before entry. Any patient suspected of having COVID-19 is separated, away from others, before they enter our facility. And, we have made significant changes to our visitation policy, not allowing any visitors into some of the more vulnerable areas of our hospital. We are doing all we can to keep our patients, their family members as well as our

We hope the virus curve is flattened soon and that a vaccine is just around the corner. But we also hope that the American public will stop letting fear of COVID-19 prevent them from coming to hospitals for the care they need, when they need it.

Dr. Jaime Diaz is Chief Medical Officer, PIH Health Downey Hospital and Medical Director, PIH Health Urgent Care System

# A heartfelt message for 2020 graduates

By Dr. Jessica A. Johnson

As the high school and college classes of 2020 are virtually celebrating their graduation, their memories of the latter half of this academic year will no doubt be a major narrative of their young lives.

I remember one of my high school counselors telling my senior class in 1987 that graduation would be the final juncture where we would all be together. No matter how many class reunions we would have, someone would always be missing. In the midst of the COVID-19 pandemic, I can only imagine the disappointment and hurt felt by this year's graduates in not being able to don their caps and gowns with their classmates, missing that milestone ceremony where they would be in the same auditorium, arena or stadium one

The coronavirus ruthlessly encroached on the timeline for 2020 high school and college grads, and it is startling to think about how different the world is now from the years when I earned my high school diploma and bachelor's degree. None of the global tragedies that my peers and I witnessed in 1987 and 1991, respectively, can compare to the catastrophic suffering and death that students have seen within the past two months due to the onslaught of COVID-19.

For example, in 1987, hundreds were killed in a clash between Shia Iranian pilgrims and Sunni Saudi-Arabian troops, and deadly violence was ongoing during the Sri Lankan War. In 1991, there was a cholera outbreak in Peru. As gruesome as these events were, they

did not personally affect us in the severe manner of the coronavirus, Jeremiah 29:11. The Amplified version reads, "For I know the plans which has spread to 212 countries. COVID-19 cases in the U.S. have and thoughts that I have for you, says the LORD, plans for peace and topped a little over 1 million, and the virus has brought our daily lives to a grinding halt with social distancing.

With all that is going on around us, I'm sure that many of our 2020 graduates have some anxiety about what lies ahead. For the high school grads attending college, their fears are probably tempered somewhat since many of them will be dependent on their parents for another four or five years. Recent college graduates heading out into the world on their own, however, will be navigating their first significant steps as adults. My advice to all of these young people comes from a well-known Baptist hymn: "Hold to God's Unchanging Hand." The first verse is particularly relevant to what we are experiencing now with COVID-19:

"Time is filled with swift transition

"None, none earth removed can stand

"Build your hopes on things eternal

"And then hold, hold to God's unchanging hand."

COVID-19 has brought an overwhelmingly "swift transition" pon us, but if our hope is built on God, who is eternal, then we will have the strength to endure a pandemic or any other critical circumstances we face.

A Bible verse that I also think is especially fitting for graduates is

well-being and not for disaster, to give you a future and a hope."

Graduates, I encourage you to entrust your plans to God, who has a divine purpose for you. For those going to college in the fall, place your ideas before God in prayer. Ask Him for direction in choosing your major and how He wants to use the talents and gifts He has bestowed in you.

For college grads, ask God for guidance in your career path, or in graduate school if you are continuing your education. Whether you are pursuing a master's or Ph.D., starting your own business or entering a budding professional field, seek God for counsel in how He

Finally, remember that commencement means a "beginning or start." COVID-19 has caused you to miss your traditional commencement ceremony, but hand over your new beginning to God. He will provide you with assurance and wisdom to be successful in this next chapter of your life.

Dr. Jessica A. Johnson is a lecturer in the English department at Ohio State University's Lima campus. Email her at smojc.jj@gmail.com.

# We need a plan to emerge from quarantine

By Jackie Cushman

In March we learned about flattening the curve and social distancing (which should have been labeled "physical distancing") to combat the coronavirus pandemic. The goal was to lower the number of cases to ensure that the supply of hospital beds, and especially ventilators, was not overwhelmed by the need for them. The goal was not to totally stop the pandemic but to push the number of cases into the loss of the sense of control; it's no wonder that opioid overdoses a longer time frame to allow the health system to handle those who

Pandemic's Curve: Why Staying Home Now Can Save Lives": "It's all part of an effort to do what epidemiologists call flattening the curve of the pandemic. The idea is to increase social distancing in order to slow the spread of the virus, so that you don't get a huge spike in the number of people getting sick all at once. If that were to happen, there wouldn't be enough hospital beds or mechanical ventilators for everyone who needs them, and the U.S. hospital system would be

Godoy quoted Drew Harris, a population health researcher at Thomas Jefferson University in Philadelphia, about the goal of flattening the curve. "The system can adjust and accommodate all the people who are possibly going to get sick and possibly need hospital care," Harris said. It was not about stopping cases; it was about managing the supply of critical care resources.

Harris is the researcher who is often associated with the chart of the curve literally being flattened. Clearly, this strategy worked. While it took longer in some areas to have an effect (especially highdensity areas with rapid transport systems that have high usage), in other areas, where there was already physical space and less rapid transport, it took effect faster.

While we've been sheltering in place, millions of people have become unemployed and filed for unemployment, and billions of dollars have been given out in federal bailouts. Our health has also struggled, even for those of us who have not contracted the virus, according to Kate Briquelet of The Daily Beast. In a May 4 article titled "Don't Forget the Other Pandemic Killing Thousands of Americans," she cited an increase in opioid deaths linked to the pandemic.

Norwalk Patriot staff JENNIFER DEKAY **ERIC PIERCE ALEX DOMINGUEZ** Staff Writer **JULIE LEDESMA** Display Advertising **JESSICA MANTECA** Display Advertising **MARK FETTER LINDA LARSON** Contributor Classified Advertising **CAROL KEARNS** Contributor JONATHAN FOX **LORINE PARKS** Production/Graphics Poetry & Society TEL (562) 404-3008 | FAX (562) 904-3124 | MONDAY - THURSDAY 9AM - 3PM 14783 CARMENITA ROAD, NORWALK, CA 90650 | ADJUDICATION #BS154952 The Norwalk Patriot is published weekly by The Downey Patriot, Inc. Controlled Distribution, 22,000 copies are printed. Distributed by CIPS Marketing Group, Inc., Los Angeles, CA.

"Amid social distancing, authorities nationwide are reporting a surge in fatal opioid overdoses," she said. "Addiction and recovery advocates say the U.S. is now battling two epidemics at once."

There has been little mainstream do — other than washing hands, we

Human connection, which is at the core of recovery, is sorely lacking; therefore, addicts are struggling even more than they used to, according to Briquelet. Add to that the psychological stress and are surging.

While it's not time to resume life as it was last year — with large According to Maria Godoy's March 13 NPR article "Flattening a concerts, sporting events, weddings and other conventions — it is time to begin discussing, rationally, how to begin to interact once again, using science as our guide.

> My point is there is a balance between reopening everything, including a 100,000-person event in a stadium, and remaining sheltered in place. We need to figure out how to conduct commerce while keeping the most vulnerable among us at more than arm's length.

> We have to be able to talk about this is an adult way, without hurling personal, disparaging remarks at people with whom we disagree. Instead, why not try listening to and understanding their perspective? Maybe you can address their concerns while also laying

There has been little mainstream coverage of what people can do — other than washing hands, wearing masks and staying away to lower their risk of contracting COVID-19. For most individuals, immune systems can be strengthened by getting enough sleep, exercising, getting outdoors every day, eating nutritious food and meditating. One of the saddest parts of this pandemic is that it disproportionately affects those who already have health challenges. We should use this time to think about how we can redesign our lives, educate ourselves on how to live more healthily, provide access to more parks and provide more nutritious food. This would lead to healthier people better able to weather another pandemic.

We can't stay shut away like this forever; we are unlikely to devise an exit strategy that will keep the virus from inflicting further damage. While we can't return to the kinds of lives we led in 2019, if we think creatively, we might be able to come up with some alternatives that don't simply take us back to our 2019 lives but create a better future

Jackie Cushman is a columnist and author of "The Essential American: 25 Documents and Speeches that Every American Should Read."

## We're all on welfare now

By Star Parker

I'm pleased to read that Republican leaders in the White House and on Capitol Hill want to take a pause before enacting more coronavirus stimulus spending.

Thinking about the coronavirus debt that my grandchildren will have to endure is already starting to keep me up at night.

But what really had me in cold sweats was when I found myself anxiously waiting for a Paycheck Protection Program loan, or PPP loan, to provide assistance to my struggling company

I pondered, with deep angst, that after shedding myself of welfare dependency some 35 years ago, suddenly I find myself back in business with government.

Back when I was on means-tested welfare programs, the rules were "Don't work. Don't save. Don't get married," and my rich uncle in Washington would reach into someone else's pocket and provide me security and stability on his government plantation.

Now politicians are setting up commissions and oversight to allegedly assure compliance with the rules for the trillions of coronavirus stimulus dollars allocated.

I say allegedly because, sadly, it is largely a show with a storyline that we tell ourselves, pretending that politicians can design trillions in spending programs that are targeted and efficient and can be overseen to assure that it's all done right.

The PPP program consists of \$659 billion in loans that will go to millions of businesses around the country.

Each of these businesses is unique. What does my Washington, D.C., nonprofit have in common with a dry cleaner or a restaurant? What does my organization of 12 employees have in common with a business of 500, the largest that qualifies for PPP loans?

Yet, the rules for using the PPP loan are the same for everyone. The loans can become grants if 75% of the funds are used for

payroll and the business is staffed as it was before the crisis. But the way we are going to get out of this crisis is creativity, doing

things in new and different ways.

Many businesses, including my own, will not and should not be the same. There should be a lot of change and reinventing going on.

Yet the condition for the government money is that you run your business as government tells you how to run it, and that you continue to operate it as you did before — both very bad ideas.

Also consider that the PPP was one part of the \$2 trillion CARES Act package. Another part included a \$600 weekly payment to the unemployed, over and above unemployment insurance.

So while the PPP demands that employers restore their workforce, many in that workforce are now being subsidized by government to stay out of work.

Of course, we are in unique circumstances that require government action. But the issue is not whether government should act but how.

All this could have been done without vast new expenditures and government micromanagement of our lives.

The point was to get cash to individuals and businesses to get

through the crisis without interfering with individual autonomy. This could have been done through a tax holiday, where individuals

were sent back their 2019 taxes. If a business paid \$30,000 in taxes in 2019, refund it.

And/or, as Peter Wallison of the American Enterprise Institute suggested, short-term credit forbearance could have been provided. Deferral of rent payments, mortgage payments, car payments, utilities, etc., could have been permitted, providing for payment later at a special low interest rate.

Brian Riedl at the Manhattan Institute estimates that what we've spent so far in this crisis will add another \$8 trillion to our national debt, which was already approaching the size of our entire economy.

We've made a big mistake by dealing with a cash flow crisis by introducing massive new government spending, debt and political intervention into our personal lives.

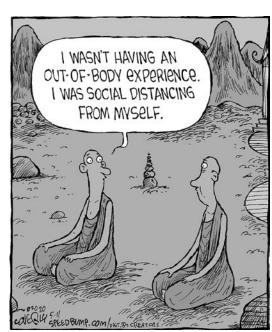
Let's wait before doing more of the same.

Star Parker is president of the Center for Urban Renewal and Education and author of the new book "Necessary Noise: How Donald Trump Inflames the Culture War and Why This is Good News for America."

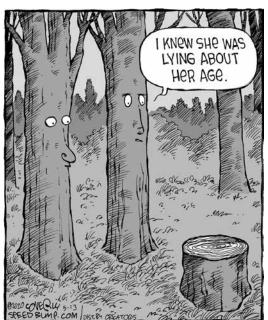
Friday, May 15, 2020 The Norwalk Patriot

### SPEED BUMP

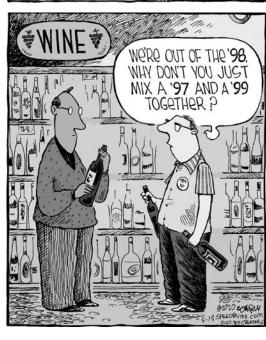
### DAVE COVERLY













### On This Day..

May 15, 1602: Cape Cod was discovered by Bartholomew Gosnold.

1856: Lyman Frank Baum, author of "The Wonderful Wizard of Oz," was born.

1918: Regular airmail service between New York City, Philadelphia and Washington, DC, began under the direction of the Post Office Department, which later became the U.S. Postal Service.

1941: Joe DiMaggio began his historic major league baseball hitting streak of 56 games.

1980: The first transcontinental balloon crossing of the United States took place.

2014: The National September 11 Memorial Museum was dedicated in New York City.

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### CALENDAR OF EVENTS

#### **MONDAYS**

1st, 6:00 p.m. - Public Safety meetings - Council Chambers

#### **TUESDAYS**

8:00 a.m. - 1:00 p.m. - Farmers Market - Excelsior High School 1st & 3rd 6:00 p.m. - Toastmasters Meetings - Registrar Recorder/County Clerks Office 1st & 3rd, 6:00 p.m. - City Council - Council Chambers 3rd, 5:45 p.m. - Housing Authority - Council Chambers

### **WEDNESDAYS**

1st, 12:30 p.m. - Soroptimist International - Soroptimist Village 1st & 3rd, 7:00 p.m. - Lions Club - Bruce's Restaurant 2nd, 10:30 a.m. - Norwalk Woman's Club - Masonic Lodge 2nd & 4th, 1:30 p.m. - Alondra Senior Citizens - Social Services Center 2nd & 4th, 7:30 p.m. - Planning Commission - Council Chambers 4th, 11:30 a.m. - Coordinating Council - Arts & Sports Complex

#### **THURSDAYS**

7:00 p.m. - Boy Scouts Troop 924 - Norwalk United Methodist Church **2nd, 7:00 p.m.** - American Legion Post No. 359 - 11986 Front St. 2nd, 7:30 p.m. - Golden Trowel -Norwalk Masonic Lodge

#### **SATURDAYS**

2nd, 8:30 a.m. - 10:30 a.m. - Pancake Breakfast - First Christian Church of Norwalk

Have an event you want listed? E-mail news@thedowneypatriot.com

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com) 3-D MOVIES: Count them yourself

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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.

> as Wilkins Micawber. which W.C. Fields was top-billed 1935 film David Copperfield, for to be placed in the puzzle was the the media for a few days. Unable 29, 1953, but word did not reach EVEREST (124 Across) on May Norgay reached the summit of Edmund Hillary and Tenzing remade in 1991 with Steve Martin. film Father of the Bride, which was 0291 of the sequel to the 1950 EVIHER'S LITTLE DIVIDEND



Reach Stan Newman at P.O. Box 69, Massapequa Park, NY 11762, or at www.StanXwords.com

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The Norwalk Patriot 05 Friday, May 15, 2020

### LEGALS

#### **NOTICES**

SUPERIOR COURT OF CALIFORNIA,
COUNTY OF LOS ANGELES
ORDER TO SHOW CAUSE
FOR CHANGE OF NAME
CASE NUMBER: 20NWCP00104
TO ALL INTERESTED PERSONS: Petitioner
JAZMIN PEREZ filed a petition with this court
for a decree chapping names as follows:

JAZMIN PEREZ liled a petitlori with this count for a decree changing names as follows:
Present name (1) JAZMIN PEREZ to Proposed name (1) LUNA KIDDO PEREZ THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

NOTICE OF HEARING

Date: MAY 20, 2020, Time: 1:30 p.m., Department: C, Room: 312

The address of the court is 12720 Norwalk

The address of the court is 12720 Norwalk

Blvd., Norwalk 90650 A copy of this Order to Show Cause shall be published at least once a week for four successive weeks prior to the date set for hearing on the petition in the following

for hearing on the petition in the following newspaper of general circulation, printed in the county, The Norwalk Patriot MARCH 16, 2020
Judge Margaret M. Bernal Judge Of The Superior Court Petitioner or Attorney, In Pro Per JAZMIN PEREZ
10438 VALLEY VIEW AVE.
WHITTIER, CA 90604
(562) 652-5458
lunabebop91@aim.com

The Norwalk Patriot 5/1/20, 5/8/20, 5/15/20, 5/22/20

#### **PROBATE**

NOTICE OF PETITION TO ADMINISTER ESTATE OF: MATHEW RHODES AKA MATHEW LANCE RHODES CASE NO. 20STPB03170

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of MATHEW RHODES AKA MATHEW LANCE RHODES.

A PETITION FOR PROBATE has been filled by IEEEDEN PHODES in the Supplier Court

by JEFFREY RHODES in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that JEFFREY RHODES be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act with limited authority. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions,

however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A HEARING on the petition will be held in this court as follows: 09/14/20 at 8:30AM in Dept. 9 located at 111 N. HILL ST., LOS ANGELES, CA 90012

ANGELES, CA 90012
IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by

your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority

may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.
YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

coun cierk.
Attorney for Petitioner
SOPHIA R. TRICHE, ESQ.
SBN 321601, THE LEGACY LAWYERS,
PROFESSIONAL CORPORATION
10221 SLATER AVENUE
SUITE 106 SUITE 106 FOUNTAIN VALLEY CA 92708 BSC218201 5/1, 5/8, 5/15/20 CNS-3361755# THE NORWALK PATRIOT

CNS 3361755 The Norwalk Patriot 5/1/20, 5/8/20, 5/15/20

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# Pico Rivera opens testing to all residents

with the goal of testing every local resident. resident for COVID-19.

28 approved a partnership with US HealthFairs.org to make testing available to all residents, including those not showing symptoms. Pico Rivera is only

## Norwalk holding blood drive

**NORWALK** - The Norwalk community is invited to participate in a Red Cross Blood Drive at the Norwalk Arts & Sports Complex on May 21 to help ensure an adequate supply of blood for individuals facing serious illnesses or medical emergencies.

Healthy, eligible individuals are encouraged to donate to avoid potential shortages due to

The blood drive will take place from 10 a.m. to 4 p.m. in the Sproul Room.

Photo identification required at time of donation.

Donors may schedule their appointments online at www. redcrossblood.org using the sponsor code: NorwalkStrong.

has partnered with a non-profit California to offer to test every

Testing will be done at the Pico The City Council on April Rivera Sports Arena using FDA approved diagnostic tests from LabCorp, Quest Diagnostics and Fulgent Genetics Laboratories.

> "It's been said time and again by the governor, Los Angeles County health officials, and medical experts from around the world, that communities cannot reopen on a broad scale unless and until there is a huge increase in the number of tests currently being administered for COVID-19," said Pico Rivera senior citizens. Mayor Gustavo Camacho.

in the City of Pico Rivera is a per capita basis. giant leap forward we need. It is absolutely critical."

is by-appointment only. To at ushealthfairs.org.

The city is prioritizing city and school district staff, essential workers, seniors and residents with pre-existing conditions. Pico Rivera is also offering free Dial-A-Ride service to and from the testing site for

Pico Rivera's "This includes testing not residents is about 90 percent only those who are sick, but Latino which is a particularly testing everyone, especially vulnerable population as they asymptomatic carriers. We want are being infected and dying at to help our country and city much higher rates. The city also get back to normal as much as has one of the highest number possible and having the second of positive tests (261) in the San

PICO RIVERA - Pico Rivera the second city in Southern test site that is available for Gabriel Valley and has among the asymptomatic people right here highest rates of infection on a

> 'During this pandemic, the City of Pico Rivera has moved Testing began May 12 and swiftly to help residents endure these tough times, and will now schedule an appointment, further extend services and residents should register online resources by opening a testing site in their city, adding a much needed resource in Southeast Los Angeles County," said Assemblymember Christina Garcia. "I'm happy and thankful that, together, we will be able to ensure that people in Pico Rivera and the surrounding Southeast LA cities have increased access to testing and that more facilities and resources will continue to be extended in this area."

> > Testing is also available to neighboring communities, including in Downey and

# Whittier schools rally behind AP test-takers

Union schools prepare students them to know that we are here to High School, 622 students will to take their Advanced Placement support them and motivate them exams for the first time ever from home and online - a challenging feat for any student - Pioneer High School teachers and staff showed their support by holding a drive-thru pep rally on May 6.

observing While wearing distancing and protective masks, Pioneer administrators and AP teachers banded together to provide 150 students who are poised to take their AP exams, which begin Monday and continue through May 22, with "survival kits" containing supplies and snacks.

"This may not be what our students have been preparing for all year long, but through it all, they have shown strength, perseverance and aptitude in going forward with this virtual exam," Assistant Principal of Curriculum and Instruction

to continue forging ahead.'

The AP exams provide students the opportunity to earn college credit and are usually administered in person, taking several hours to complete. In response to the COVID-19 health crisis, they were converted to timed, 45-minute online exams.

District curriculum coordinators have been working collaboratively to provide daily updates to students and AP teachers via email, video messages, phone calls and texts. Teachers have been working with students online, preparing them with practice tests, holding Zoom study sessions and motivating them to complete the final leg of their AP journeys.

At Pioneer, 384 students will take exams this year, up

WHITTIER - As Whittier Annette Ledesma said. "We want from 320 last year. At California take 1,031 AP exams. Whittier High School has 314 students signed up to take 614 exams in 21 different courses. At La Serna, 729 students are registered to take 1,331 exams - an increase over last year, when 630 students took 1,170 exams. Santa Fe High has 558 students taking 989 AP

> 'This is certainly a challenge for AP teachers and students and they should be praised for their resiliency and ability to adapt quickly to online learning," Cal High Curriculum and AP Coordinator Franny Padgett said. "What a way to embody Whittier Union's Whatever It Takes initiative!"

> College Board has put together an online guide with free resources, practice exams and review sessions.

# The Dorwalk Patriot School board considers bond measure to renovate schools Council GUARANIED approves CDBG The plant and the state of the

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## Laid off service workers have rights to return under new law

Laid off service workers, janitorial, maintenance, security, and hospitality industries, will receive the first opportunities to return to work under a new policy adopted Tuesday by the Los Angeles County Board of Supervisors.

The "Right of Recall" ordinance ensures that workers who are laid off due to the pandemic have first right of recall to their jobs, when their employees back. The "Worker Retention" ordinance ensures that workers would get to keep their jobs in the event the business they work for gets sold because of the pandemic.

"These added protections give workers who have built careers and livelihoods in industries that have been absolutely decimated by this pandemic, the peace of mind that, as these businesses start to come back, their jobs will still be there for them," said Supervisor Janice Hahn, who authored the motion.

ordinances including employees in the only apply to hotels in the Janitors campaign and now it unincorporated area of Los Angeles County that contain and ordinance that recognize 50 or more guestrooms or has that workers deserve to earn earned gross receipts in 2019 exceeding \$5 million, as well as businesses that employ 25 or more janitorial, maintenance or security service workers. Any of these employers that have a collective bargaining agreement return to work." in place would be exempt.

"This pandemic employer is ready to bring highlighted the need to further amendment was made to the strengthen protections for our workforce, particularly those in the leisure, hospitality, and retail industries. Workers in these remaining sick leave before industries are overwhelmingly people of color, who are already severely impacted by COVID-19, and we need to provide these hardworking employees and their families necessary protections at this critical time," said Los Angeles County Supervisor Hilda L. Solis, who co-authored the motion.

> "This effort to protect these workers started 30 years with

would the launch of the Justice for culminates with a Board motion living wages and be safe during this pandemic. By adopting these permanent Right of Recall and Worker Retention policies, we will ensure people will have jobs to come back to once it's time to

Workers will have five days has to respond to a recall notice. An ordinance to ensure that workers who cannot return to work due to health concerns may use their accepting their job back.

Moreover, the ordinance leaves it to businesses to determine what jobs they need to bring back and at what time so that they can offer those jobs to the employees who meet the job description they need.

## Students start petition to keep graduation ceremony

graduation ceremonies instead of their child walks across the stage. hosting a virtual commencement.

celebrating in person with family and loved ones, not sitting in a schools that comprise the ABC events with our class.' School District. "Many families

**CERRITOS** - More than have greatly sacrificed to support 1,300 people have signed a their students through high petition requesting the ABC school and look forward to seeing Unified School District postpone all their hard work pay off when

"Seniors have also been "Our achievements are worth working hard to follow the guidelines that the CDC recommends to prevent further room by ourselves as we watch a spread of the virus, including screen," reads the petition, said social distancing, although we to be on behalf of the five high have missed out on many final

The petition, posted to change.org, is addressed to the school district along with Bellflower mayor Juan Garza, Cerritos mayor Naresh Solanki, Artesia mayor Ali Sajjad Taj, and ABC Unified school board president Dr. Olga Rios.

As of Tuesday evening, the petition had collected 1,344 signatures.

The Norwalk Patriot 06 Friday, May 15, 2020

### **Short Stories**

## A matter of the heart

By Sharon Benson Smith

My thoughts now go spinning back in time...back to memories that rocked our world. Here's my lump-inthe-throat story.

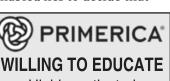
As a young mother of six, mom was told by a chiropractor that she had "a mild heart problem" and should rest awhile each day. Of course, and being of grammar school age or younger, we were not aware of it at the time. It was probably the mid-nineteenfifties when most of us were teenagers that we learned of this. How were we to know then that grief, real and painful, would come to visit one day.

Fast forward to the year 1976 when mom was having a problem and went to see her family doctor. After a battery of tests, his diagnosis was "a questionable mass behind the heart." He gave her the name of a specialist and advised her to see him right away. A sadness began to overtake us.

After seeing the specialist and undergoing another battery of tests, she was diagnosed with "a tumor/ center lung," and the doctor wanted her to be admitted to the hospital that very day to operate in order to make an absolute diagnosis. We were devastated...this couldn't be happening not to our beloved mom! We were on a roller coaster of emotions.

But going to the hospital and facing surgery was mom's decision. She just wasn't ready. Brother Cal was in Egypt fulfilling a lifetime dream of seeing the pyramids, and mom would not consent to being hospitalized and undergoing surgery as long as he was out of the country. And she did not want his trip to be cut

So she decided to stay with Brother Bob in the Yucca Valley area. She said her stay with Bob in the desert was so beautiful, so serene, and so quiet that it gave her the time she needed to think about her situation. This time away enabled her to decide that



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she, too, had to know about that "questionable mass behind the heart." That mass that knocked us back on our heels.

So, after about six weeks (she referred to this time as "her running away"), she came home and told us that she was ready to face whatever was in store for her. Sorrow was to bring on a new kind of pain for all of us.

She was hospitalized, underwent a horrendous surgery, and we then learned that her diagnosis was "a tumor/center lung." The specialist said, "to penetrate the malignant tumor would damage her "strong heart." He also told us that she had a 5% chance of total recovery or one year to live, at best.

To prolong that time frame, since she was not a candidate for chemotherapy, she underwent an interminable bout of radiation. During this time, Mom said to sister Phyllis, "I'm more afraid of living than of dying." Heartbreak was all around us.

It turned out that Thanksgiving and her birthday of 1976 would be the last that she would spend in the family fold. Her fold was where our beautiful memories were made. It won't ever be like this again...this place and this time. Her final year was to be our long goodbye.

We spent as much time in her presence as possible; most of us were in her home every weekend. Brother George and Sister Donna lived nearby so they were there more often, and all of us phoned her at reasonable hours throughout the day (I personally called her daily on my lunch hour at work and, of course, every evening). Life without her was just unimaginable.

During her last year, she expressed the desire to be baptized; we made the arrangements, and mom plus 11 of her loved ones were baptized together at Melody Land in Anaheim.

She also expressed the desire to have a bible study in her home; we did this on a weekly basis for nearly a year, and it included many family members and close friends. Anyone wanting to be a part of it was certainly welcome. As with Mom, it was always everyone is welcome, y'all come! The bible study continued for quite awhile, in her honor, after her death.

That "5% chance or one year at best" was closing in on us, and she was rushed to the hospital again. She was in a coma for hours and hours; but she woke up at one point and asked for my Steve...then fell back into the

We were all there, taking five-minute turns to be alone with her. We were told that the hearing was the last sense to go and I know she got an "ear full" although our sorrow felt like a catch in the throat. We were all lost, floundering, confused and overwhelmed. We were told by the doctor that all that was keeping her alive was her "strong heart."

After hours of waiting for her to pass, Phyllis, Donna, and I left the area to be alone; we formed a circle, held hands and alternated praying to God to stop her "strong heart" from beating. Our own hearts wrenched in having to do so.

"There are moments in life when you wish you could bring someone back from Heaven to spend the day with them just one more time, to give them one more hug, a kiss goodbye, or just to hear their voice again...just one more chance to say I love you."

## Issue of residential protests splits Downey council

By Alex Dominguez **Staff Writer** 

**DOWNEY** - Discussions to create an ad hoc committee targeted residential picketing failed to gain any traction on Tuesday, instead unveiling a divide between councilmembers on how to address aggressive protesting tactics.

This was just the newest chapter in a continuous saga between the council and a group of vocal opposition, which has butted up against the city's leadership since late last year.

COVID-19 Despite forcing public meetings to be physically closed to the public, the situation has escalated further in recent weeks, with picketers taking to each council member's own private homes, as recently as the night prior.

According to Yvette Attorney Abich Garcia, the creation of an Ad Hoc was floated to give an opportunity to research the issue and - potentially bring it back to the table with recommendations on action.

However, the item found itself on shaky legs from the word go at Tuesday's meeting.

It became clear where Councilman Alex Saab stood on the matter rather quickly, as discussions began with the council member questioning how the item came to be on the agenda in the first place, to which no councilmember immediately laid claim to.

Regardless, Saab - a lawyer by profession - drew a deep line in the sand, using the First Amendment as the base of his argument.

the fundamental basic tenant day in law school, the basic most recent one at 7:30 pm."

Constitutional rights," said Saab. "This issue has been complaints and cost the city probably hundreds of thousands of

"I voted against reducing the time from five minutes to three minutes for this very reason, and this is, the way I see it, the same thing. I agree with my council colleagues, sure there's a time and place, but I certainly – or anybody else who is elected - should not have the authority to had with "loud speakers," regulate speech that is not picketers had disrupted the violent.

Councilman Sean Ashton said, "it is what it is."

"We decided to do this," said Ashton. "It might not be the most preferential way to deal with constituents, but unfortunately it is something that has come about this day

"As much as I don't agree with how they're doing it, I still have to understand the fact that this is going to cause a lot of issues in the long run if we go forward with this, and I'm not comfortable supporting that at this time."

Mayor Pacheco and Mayor Pro Tem Claudia Frometa the Mayor Pro Tem seemingly being the most fed up of the group - expressed concerns for their neighbors and families.

Pacheco said that she had an issue with the method, not the message.

"I did bring up this item to our city manager," said Pacheco. are my neighbors who are "This is absolutely against frustrated because I've been outside protesting for the targeted three times; one at entirety of the meeting. of what we learned the first 10 pm, one at 3 pm, and the

"I received a lot of from litigated for decades in our neighbors because the people country, we're not about to that came to protest, they create this issue that in an used amplifying devices, instant will face a lawsuit disrupted my neighbors, used vulgar language, and my neighbors were concerned that there were children in many of these homes, and they didn't want to deal with this."

> Mayor Pro Tem Frometa added that the First Amendment emphasizes assembly, peaceful that by coming to council members homes as they peace of the neighborhood.

> "First Amendment protects your right to free speech, but right here it also 'people peaceably to assemble," said Frometa. "You have every right to ask the government, to petition your government for a redress of grievances, absolutely... but when you infringe upon the peace of those neighborhoods in which we live, we have chosen to run for office because we care about the community... but my neighbors, and our children did not sign up for this."

> "They can protest and exercise their First Amendment right all they want, but I'm gonna tell you something: Do not expect when you show up to my house at 8 or 9 o'clock at night with those loud speakers demanding, accusing, that I am going to come out and dialogue with you. Absolutely

Three men armed with "My concerns bullhorns and a sign reading "Censorship is a crime" stood

## A Stranger in My Heart

By Yolanda Adele

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On the way to my doctor's office on a cold November morning, I used a detour due to road construction. I slowly drove through an alley when I noticed a man sitting on the concrete. His legs were stretched out in front of him. His feet were swollen, bulging out of his lace-less shoes. I could not tell how old he was. He wore a brown tattered jacket. His hair was thick and matted.

I stopped my car and rolled down my window. He looked at me as though he were trying to recognize me. I don't know why, but I smiled at him. He forced a weak smile. It was evident that he was homeless by the dirty blankets piled behind his back. I had the urge to give him money though he did not ask for any. I looked at his feet; it was apparent that it would be difficult for him to get up to go find a place to buy food.

It was a crisp morning. I asked him if he'd like a cup of hot coffee and something to eat. He just looked at me with a vulnerable expression. At that moment I literally felt my heart ache. Fighting back tears, the lump in my throat was painful. My emotions took me by surprise. I had seen homeless people many times before and though I

felt sorry for them, I was never affected like this. "Why now?," I asked myself.

Apologetically, I said, goodbye to the stranger and prayed that my doctor visit wouldn't take too long.

In the waiting room, I felt anxious as if I had another pending appointment or as if I had to pick up a child soon after the last school bell rang. I sat in the waiting room clasping my hands in an attempt to calm myself.

After my appointment, I found a McDonald's and purchased coffee and a meal. I drove to the ally and found the stranger. He was lying on his side on the ground. I parked my car and walked over to him. He slowly rose to a sitting position. He had a handkerchief in his hand he used to wipe his weatherbeaten face. I handed him the

coffee and bag of food. After a at homeless shelter if they short hesitation, he took it.

He didn't say anything audible to me, but his soft brown eyes spoke volumes. They told me he was grateful and he was a proud man in spite of his circumstances. Perhaps that is why I didn't stay to watch him eat.

Subsequently, I found myself thinking about that stranger often, imagining his previous life and even inventing bits of dialogue between us. I thought about him when it rained, while I prepared a meal, when putting up holiday decorations, or while attending a social event.

I returned to that alley with my husband many times. We brought him a jacket, a shaving bag packed with sundries, a sleeping bag and food. Each time his eyes conveyed warm feelings to me. I didn't know if he could speak English or if he just couldn't speak at all.

I was going to ask someone I knew who worked could help. Unfortunately, when I went to see the stranger, he was gone. It never occurred to me that he wouldn't be there.

I felt a rush of emotions as I drove up and down the alley and streets searching for him to no avail. That was many years ago. I still ask myself why I didn't do more.

All I can do now is to continue to pray for him and in remembrance of him to reach out to others in need. I believe I'm a better person for having met him.

The memory of that stranger has found shelter in my heart where I visit him and we have reflective conversations. In my heart, we are no longer strangers.

Sharon Benson Smith and Yolanda Adele are members of the writing class offered through the Cerritos College Adult Education Program. It is held off-campus at the Norwalk Senior Center.





The Norwalk Patriot 07 Friday, May 15, 2020



In these uncertain times, we know you may have questions about Coronavirus (COVID-19) and your water supply.

We are committed to ensuring a safe and secure supply of tap water to you and your family.

Your water supply will continue to operate normally during this public health emergency. There is no need to purchase bottled water during this crisis.



YOU CAN REST
ASSURED KNOWING
THAT COVID-19
DOES NOT POSE
A THREAT TO YOUR
HOME TAP WATER.



TAP WATER IS TESTED
AND MONITORED
REGULARLY TO ENSURE
WATER IS FREE FROM
CONTAMINANTS AND
PATHOGENS, INCLUDING
99.99% OF VIRUSES.

Both the Environmental Protection Agency and the Centers for Disease Control and Prevention confirm that Coronavirus is not transmitted through water.



















































08 Friday, May 15, 2020 The Norwalk Patriot

### Paging Dr. Frischer...

By Dr. Alan Frischer

The term social isolation is on everybody's lips. I would argue that it's far more accurate to refer to it as physical isolation. Yes, physical isolation is sadly still necessary to continue to slow and prevent the spread of COVID-19.

Isolating includes working from home when possible, using delivery services for groceries and other necessary

items, banking electronically, and exercising at home.

But how do we deal with the unavoidable negative health consequences? Studies have long shown a link between social isolation and depression, poor sleep quality, impaired executive function, accelerated cognitive decline, and poor cardiovascular function, not to mention impaired immunity. Until the arrival of this COVID-19 pandemic, isolation had been more common as we age. Now it affects all of us regardless of age, gender, race, and socioeconomic group.

It's important to remember that physical isolation does not require social isolation. I urge you to use your phone and your computer to virtually explore new opportunities. Platforms like Zoom allow us to see our friends, play games, and attend worship services. Take a class, tour a national park, enjoy a symphony orchestra, view theater, check out online books from your local library, and view zoo or wild animals.

Consider joining local neighborhood websites (such as Nextdoor.com) to stay in touch with neighbors and local happenings. Perhaps you live with others or are a caregiver - discuss what will happen if either of you develops symptoms. Who would you call on for help? Please speak with those you trust about your concerns and about how you are feeling. Ask your medical professional or clergy about counseling opportunities. Online AA meetings and other online support groups are plentiful.

Note the huge value of pets for companionship and comfort. Numerous studies demonstrate the physical and mental health benefits derived from having a pet. Indeed, shelters are reporting a significant increase in pet adoption during this crisis.

Clearly we all must do our part to physically isolate and 'flatten the curve." Let's enlist technology to keep our physical isolation from leading to social isolation. Our phones and computers can keep us from being alone. Technology can help us learn a new skill, exercise, pray, and simply communicate with family and friends. I urge you to use everything at your disposal. My guess is that our efforts to connect now will remain in place and make our lives richer, even as we slowly emerge from this temporary crisis.

Dr. Alan Frischer is former chief of staff and former chief of medicine at Downey Regional Medical Center. Write to him in care of this newspaper at 8301 E. Florence Ave., Suite 100, Downey, CA 90240.

## Technology helps dancers stay in step during quarantine

DOWNEY - Emily and her sister, Amelia, are sitting on their beds, intently coloring a tiara. Simone and her sister, Sierra, prefer to glue and paste at their little desk and Maddie uses stickers to finish her head piece in the dining room.

These little ballerinas along with several others join Ms. Paula from the Southern California Dance Academy twice a week for a free arts and crafts session via Zoom, in addition to their virtual ballet classes during the Covid-19 social distancing period. Each session holds a different project and so far, these Southern California Dance Academy ballerinas have made tiaras, maracas, magic wands, and a gratitude board.

"I felt that it was important to stay connected to my dancers and that our dancers stay connected with each other," says Ms. Paula.

The little ballerinas attend only one or two classes a week and it is easy to lose that teacher-dancer bond that is established during in-studio classes, Ms. Paula said. Since the ballerinas are now forced to take these classes virtually, it is important that these little ones, who are as young as three years old, maintain a sense of normalcy and have another creative outlet.

"It really isn't so much about completing the project perfectly; it's more about being able to see the familiar faces of their fellow

dancers and their ballet teacher, sharing how the week is going and ooh- ing and ahh-ing over the different projects," says Ms. Paula. "The little ballerinas can use their tiaras, magic wands and anything else they create during their ballet class online."

It is rewarding for the dancers to put something to use they have created themselves and Ms. Paula sees that maracas and tiaras are being used over and over again.

Ms. Paula is no stranger to arts and crafts and loves "to make something out of (nearly) nothing" as she puts it. During her Summer Dance Camps, she and her dancers think up creative ideas to put together mini dance productions with

the use of old costumes, paint, paint, glue, and any decoration they can find.

She hopes that by the time her dance camp starts, dancers can get back into her studio again for some much-needed, in-person fun.

If you want to find out more information about the Southern California Dance Academy, how you can help their nonprofit Southern California Dance Theatre survive the Covid-19 crisis, or get updates on an "Alice in Wonderland" performance at the Downey Theatre, visit their website at www.scdt.com or reach out to Ms. Paula at scdto4@aol.com or by texting 562-397-2137.

# County officials support more benefits for college students

LOS ANGELES - LA County Angeles County Congressional COVID-19 crisis. pervisors want low-income Delegation. supervisors want low-income college students to be eligible for SNAP benefits during the COVID-19 crisis.

The Los Angeles County Board of Supervisors on Tuesday agreed to send a letter to federal leaders in support of suspending the strict eligibility requirements for college students applying for SNAP benefits.

The letter will be sent to members of the Senate and House leadership, Chairs and Ranking Members of the House Ways and Means Committee and Senate Finance Committee, and the Los

is a federally funded program students facing food insecurity, provides benefits to eligible participants. authored the motion. "During

Currently, college students' eligibility for these benefits is limited unless they meet certain exceptions, such as working at least 20 hours a week or taking part in a state or federally financed work study program. now to eliminate the barriers than half of those in financial However, many college students placed by these SNAP eligibility need would qualify.

"During normal The Supplemental Nutrition these restrictions already create Assistance Program (SNAP) unnecessary barriers for college anti-hunger said Supervisor Janice Hahn, who In California, it is known as a worldwide pandemic, they Calfresh. are simply unjustifiable. With campuses closed and job losses at record levels, it will be difficult if not impossible for students to meet the requirements of work hour requirements.

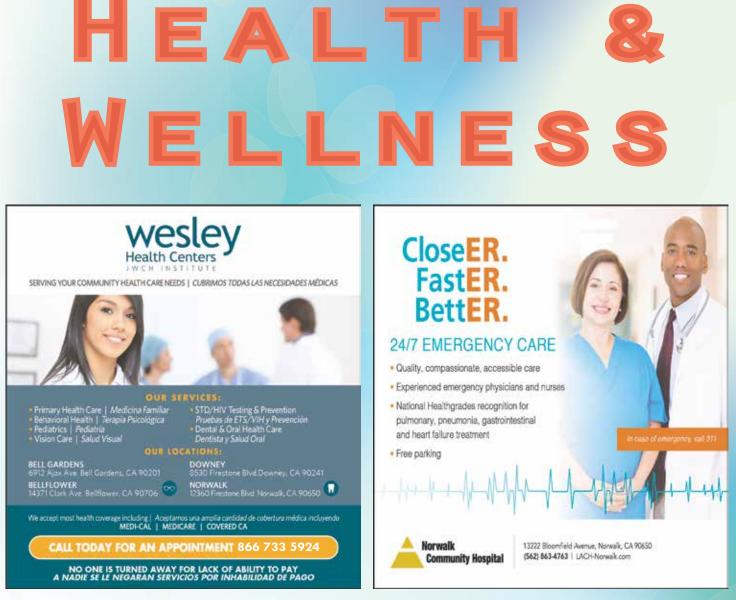
"Unless we take action have lost their jobs during the requirements, many more college

students in LA County and across the nation will go hungry.'

California State University (CSU) Study of Students Basic Needs released in January 2018 found that 41.6 percent of CSU students reported food insecurity. According to that same study, close to 70% of CSU students would be eligible for CalFresh based on their household income

However, when the stricter requirements placed on college students were considered, less





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