

Cerritos College condemns killing of George Floyd

Board President Marisa Perez described Floyd's death as "another appalling display of bigotry and unequal treatment."

NORWALK - At its June 3 meeting, the Cerritos College Board of Trustees adopted a resolution to condemn the killing of George Floyd and affirmed its commitment to stand against systemic oppression.

Floyd, an unarmed Black man, was killed on May 25 by a white Minneapolis police officer while handcuffed and subdued. Floyd's death has sparked ongoing protests in all 50 states and in several countries around the world.

In its resolution, the board recommitted to combating institutionalized racism by providing resources/training that confront anti-blackness, systemic oppression, privilege, and the role that organizations and higher education institutions play in upholding systemic oppression within societal institutions.

The board highlighted its intent to serve as resources for activities at the college, including, but not limited to, professional employee development, campus events, and employment processes to the degree that doing so is feasible.

The resolution amplifies the district's official mission and core values to: provide its diverse student population with high-quality, comprehensive instructional programs and support services through clear, equity-minded pathways to their educational goals. In doing so, the college develops culturally competent students with the



George Floyd was laid to rest earlier this week after an over four hour ceremony. The service was broadcast by several news agencies. (Screengrab Bloomberg Markets and Finance Youtube)

knowledge, skills, and values that prepare them to be productive members of their local and global communities.

The board resolution further affirmed that Cerritos College:

Is committed to fostering a campus culture in which all members of the community 1) feel safe, respected and valued; 2) are invited to participate fully, can share their unique gifts, talents and backgrounds; (3) increasingly recognize the value of perspectives that differ from their own; and (4) understand that diversity and inclusion are key priorities of the College as stated in its mission

Calls upon the faculty to assess, revise, and develop curriculum that embeds

educational resources confronting anti-blackness, systemic oppression, privilege, and the role and our communities play in upholding systems of systemic oppression

Will work together to create a "new normal" in which the legacy of bigotry and unequal treatment no longer infects our institutions, systems, and values

"The death of George Floyd is another appalling display of rampant bigotry and racialized violence that exists at the highest levels of our country that has plagued society for too long. We can no longer act as bystanders to anti-blackness and discrimination toward any protected group. We must stand for justice and do our part to

dismantle institutional racism in every form at Cerritos College," said Marisa Perez, president, Cerritos College Board of Trustees.

"We cannot normalize hate and structural racism. We must continue to confront and dismantle historical systems of discrimination and prejudice. Together, we must be intentional about confronting systemic racial inequities with clear actions. To this degree, colleges and universities must embrace a shared sense of responsibility toward humanity, equity, and respect for all people," said Dr. Jose Fierro, president/superintendent.

Givens, Oginni named Santa Fe Athletes of the Year

Santa Fe High School recently announced its top male and female athletes for 2020.

By John Sherrard Contributor

SANTA FE SPRINGS - With over 900 athletes competing in 19 sports at Santa Fe High School this past season, two athletes stood out in 2019-20.

Seniors Jason Givens and Oluwatomi (Tomi) Oginni were recently named the schools' top male and female athletes.

Givens was a top baseball and basketball player and Oginni starred in three sports - basketball, volleyball and track and field.

"Congratulations to both Jason and Tomi on being voted Senior Athletes of the Year," Santa Fe Athletic Director Steve Hendry said. "For four years they have embodied what Santa Fe High School is all about. They are fine representatives of what student-athletes should be. This is a well deserved honor for both of them. They are both great kids."

Both names will appear on the banners in the gym along with the previous award winners.

Jason Givens on winning the award: "It's definitely an honor and that feeling when you work hard and so proud when you get that call from coach Hendry. I was in complete awe and shock."



Jason Givens and Tomi Oginni are Santa Fe High's Athletes of the year (Photo by Keith Durlinger)

Tomi Oginni on winning the award: "It feels really good and really unexpected. I'm very honored when Mr. Hendry called and I was really surprised and happy. There are a lot of people that could have won."

One huge similarity with the award is four years earlier, both athletes received the comparable award in their middle school - Lake Center Middle School in Whittier.

"We've known each other since the sixth grade in middle school," Oginni said. "I was just starting to enjoy sports."

Continued on page 6

Norwalk COVID-19 statistics: 652 cases 26 deaths

Information collected from Los Angeles County Public Health website: <http://publichealth.lacounty.gov/media/coronavirus/locations.htm>.

Updated numbers as of 8 pm on Tuesday, June 9.

Norwalk restaurant grades

In n Out
14330 Pioneer Blvd.
Date Inspected: 6/9/20
Grade: **A**

Subway
13019 Rosecrans
Date Inspected: 6/9/20
Grade: **A**

Candlelight Bakery
10965 Rosecrans Ave.
Date Inspected: 6/9/20
Grade: **A**

Taco Bell
13410 Rosecrans Ave.
Date Inspected: 6/9/20
Grade: **A**

Starbucks
13001 Rosecrans Ave.
Date Inspected: 6/9/20
Grade: **A**

Randy's Donuts
10989 Rosecrans Ave.
Date Inspected: 6/9/20
Grade: **A**

Spoon Me Latin Delights
14431 Pioneer Blvd.
Date Inspected: 6/9/20
Grade: **A**

Little Caesars
13019 Rosecrans Ave.
Date Inspected: 6/9/20
Grade: **A**

Donut King
12000 Rosecrans Ave.
Date Inspected: 6/9/20
Grade: **A**

Las Aguilas Bakery
12834 1/2 Rosecrans Ave.
Date Inspected: 6/9/20
Grade: **A**

Subway
10995 Rosecrans Ave.
Date Inspected: 6/9/20
Grade: **A**

Jack in the Box
11353 Firestone Blvd.
Date Inspected: 6/8/20
Grade: **A**

Subway
11005 Firestone Blvd.
Date Inspected: 6/8/20
Grade: **A**

Chuck E Cheeses
10949 Firestone Blvd.
Date Inspected: 6/8/20
Grade: **A**

Zury's Raspados
11405 Firestone Blvd.
Inspected: 6/8/20
Grade: **A**

Paleria Limon
12009 Firestone Blvd.
Date Inspected: 6/8/20
Grade: **A**

Angie's Deli
14346 Pioneer Blvd.
Date Inspected: 6/8/20
Grade: **A**

Shave It
11005 Firestone Blvd.
Date Inspected: 6/8/20
Grade: **A**

Vs Donuts Croissants
10959 Firestone Blvd
Date Inspected: 6/8/20
Grade: **A**

Shakey's Pizza
11403 Firestone Blvd.
Date Inspected: 6/8/20
Grade: **A**

Tam's Super Burgers
11700 Rosecrans Ave
Date Inspected: 6/8/20
Grade: **A**

Dippity Donuts
14636 Carmenita Rd.
Date Inspected: 6/4/20
Grade: **A**

Culantro & Basil Pho Bistro
11770 Firestone Blvd.
Date Inspected: 6/3/20
Grade: **A**

Weekend at a Glance

Friday 80° ☁️

Saturday 80° ☀️

Sunday 82° ☀️

ON THIS DAY JUNE 12

1939:

Shooting began on Paramount Pictures' Dr. Cyclops, the first horror film photographed in three-strip Technicolor.



1939:

The Baseball Hall of Fame opened in Cooperstown, New York.

1942:

Anne Frank received a diary for her thirteenth birthday.

1954:

Pope Pius XII canonized Dominic Savio, who was 14 years old at the time of his death, as a saint, making him at the time the youngest unmartyred saint in the Roman Catholic Church.



1963:

NAACP field secretary Medgar Evers was murdered in front of his home in Jackson, Mississippi by a Ku Klux Klan member during the civil rights movement.

1994:

Nicole Brown Simpson and Ron Goldman were murdered outside Simpson's home in Los Angeles.

2016:

49 people were killed and 58 others injured in an attack on a gay nightclub in Orlando.

2017:

American student Otto Warmbier returned home in a coma after spending 17 months in a North Korean prison. He died a week later.

Notable Birthdays

Downey congresswoman **Lucille Roybal-Allard** turns 79. Singer **Meredith Brooks** turns 62. Weightlifter and wrestler **Mark Henry** turns 49. Brazilian model **Adriana Lima** turns 39. Reality star **Kendra Wilkinson** turns 35.

Notable Deaths

The iconic actor **Gregory Peck** died in 2003 at age 87. NASCAR driver **Jason Leffler** died from injuries sustained in a sprint car race. He was 37.

Holidays

Today is **Crowded Nest Awareness Day**, which recognizes the stress that often comes with crowded family households. Recommended gifts to mark this day include vacations, maid service, lawn care, and noise-canceling headphones.

Also celebrated today is **National Jerky Day, National Peanut Butter Cookie Day, National Poultry Day, National Red Rose Day, and National Superman Day.**

On a more serious note, June 12 also marks **International World Day Against Child Labor**, which aims to bring awareness and activism to prevent child labor abuse.

Quote of the Week:

"The ultimate measure of a person is not where one stands in moments of comfort and convenience, but where one stands in times of challenge and controversy."

Martin Luther King Jr.

Census deliveries resume this week

The U.S. Census Bureau, in coordination with federal, state and local health officials, will begin to drop off 2020 Census questionnaire packets at front doors of households in select Los Angeles and Riverside County regions this week. This is done in areas where the majority of households do not receive mail at their physical address.

The Census Bureau began hand-delivering census materials on March 15 but suspended all fieldwork for this

operation on March 18 due to the COVID-19 pandemic.

Temporary field staff have been trained to observe all social distancing protocols and will wear official government-provided personal protective equipment for their safety and the safety of the public. This operation is contactless and follows the most current federal health and safety guidelines.

The Census Bureau will deliver 2020 Census invitations

and paper questionnaires at the front doors of roughly 5.1 million statewide households with 25,001 households within Los Angeles County and 8,093 households in Riverside. This operation is crucial to ensure a complete and accurate count of all communities, which helps guide hundreds of billions of dollars in public and private sector spending per year.

People are strongly encouraged to respond promptly to the 2020 Census using the ID number included in the questionnaire packet. Responding with a census ID or the paper questionnaire helps ensure the best count of their community. People can respond online, by phone or by using the paper form in the packet.

Norwalk warns against illegal firework use

NORWALK - Although Norwalk's annual Independence Day fireworks show has been canceled due to COVID-19, residents can still celebrate at home with their own safe and sane fireworks.

Norwalk has a zero tolerance policy for illegal fireworks and individuals will be held accountable for the possession, storage, sales, and discharge of illegal fireworks on their properties.

Offenders will be subject to fines ranging from \$1,500 to \$3,000. Illegal fireworks activity may be reported anonymously at (562) 929-5333.

Additional regulations:

Fireworks may only be possessed from 10 a.m. July 1 through 10 p.m. July 4.

Fireworks may only be discharged between 10 a.m.



Getty Images

- 10 p.m. from July 1 - July 4. Fireworks are prohibited any other day.

Only Safe and Sane fireworks can be discharged in the City of Norwalk.

Fireworks can only be sold July 1st to July 4th between the hours of 10 a.m. and 10 p.m.

You must be 18 years of age or older to purchase fireworks. Those under the age of 18 must be accompanied by a responsible person 21 years of age or older.

No minor under the age of 18 shall possess, fire, set off, discharge, or use any fireworks unless they are physically supervised by a person over the age of 21.

Minors under the age of 18 who are in possession of fireworks and not directly supervised by someone 21 years of age or older can have those fireworks confiscated by any law enforcement officer, Fire Department employee or any adult. The confiscated fireworks must be delivered to the Fire

Department within one hour after confiscation.

No one shall possess or discharge fireworks on City property, including City parks, streets, and sidewalks, unless a permit has been issued.

As part of ongoing efforts to encourage the community to celebrate responsibly, the City is focusing on a proactive fireworks safety campaign via the City website, social media and monthly community newsletter.

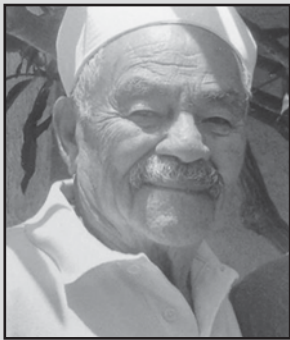
In addition, the Public Safety Department is hosting the annual "Say No to Dangerous Fireworks" Art Contest, which showcases local youth's artistic skills and shares the importance of fireworks safety. The contest is open to students under the age of 18 who live in Norwalk and submissions must be mailed to City Hall by Thursday, June 25. Winning entries will be announced on the City's social media and displayed at City Hall.

For more information, please call Public Safety at (562) 929-5732.

In Memory of

Julius L. Romo

April 6, 1921 - June 3, 2020



Julius L. Romo, born in Los Angeles, passed away peacefully on June 3, 2020, at his home in Norwalk, CA.

Services will be at Rose Hills Memorial Park & Cemetery located at 3888 Workman Mill Rd., Whittier. The funeral will be held on Monday, June 22, at 11:00 a.m. at the Hillside Chapel followed by

Graveside service at 12:00 p.m.

Julius L. Romo, was born to Joseph and Evelyn Romo on April 6, 1921. He was a proud Eagle Scout in his younger years and earned many merit badges. He graduated from Belmont High School, before enlisting into the U.S. Navy on October 12, 1942, and was honorably discharged on October 7, 1945. Julius Romo was a Truck Driver for Crescent Oil, and later worked for the Los Angeles Unified School District, where he retired as a Truck Dispatcher.

He married Angelina Fuentes in November, 1947, and had been married for 73 years. He leaves behind his wife, Angelina, his sister, Betty Brewer, Children, Arturo & Kerry Romo, Daniel & Sharon Romo, Eileen Gray, Gilbert Romo and Natalie Trejo, Grandchildren, TJ Romo, & Kerry Gray, Jason & Julia Gray, Kristina & Jennifer Romo, and Great Grandchildren, Reannah & Sabrina Gray, Nicole Gray, Riley and Hayden Vlasak.

In Memory of

John Cornelius Vanderham

March 20, 1942 - May 31, 2020



John Cornelius Vanderham, Date of Birth March 20, 1942, Date of Death May 31, 2020. Born in Artesia, CA to parents Jon and Nell Vanderham, John was survived by Wife Tanya Genece Vanderham, Daughter Suenell Aletta Nelson, Son John Edison Vanderham, Son Bradley James Downs, Sister Katherine Hoogsteen. John was a

life long Dairy Farmer. John owned and operated his dream business Norwalk Dairy until 2012, when he was stricken with Alzheimers. John was truly one of the finest people ever on this earth. The saying "They don't make them like that anymore" truly describes John. He will be greatly missed.

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The government is overstepping its authority

By Judge Andrew Napolitano

For two months now, most of America has endured a government-imposed lockdown. I hate to use that word — lockdown — as it connotes locking prisoners into their cells during prison disturbances. But it is the word that the government itself uses when referring to its orders of confinement.

Today, we are the government’s prisoners. Wear your mask. Stay at home. Don’t go to work. Don’t open your business. Don’t go to church. And, for heaven’s sake, don’t gather in any group larger than 25 — unless it is to speak words of which the government approves.

Here is the backstory.

When the United States was founded, the folks who framed the new government shared many political and philosophical views. Some of those views were reprehensible, unnatural and contrary to the others — most notably that the new Constitution would permit the states to enforce a system of human slavery.

That colossal error brought us 75 more years of human degradation, a horrific war, the military occupation of the southern states, Jim Crow, lynching, the advent of the KKK, official segregation and the denigration of blacks by much of the government even today.

When the pre-Civil War Supreme Court was asked to rule on whether a slave who made it to the north could sue his former captors for permanent freedom, the Court ruled that blacks were not persons, as contemplated by the Constitution, and thus did not enjoy the rights of persons that the Constitution protects.

The Dred Scott decision not only triggered the Civil War but also the abuse of blacks, which has followed to this day.

The public torture and murder of George Floyd — a 46-year-old black man — by white Minneapolis cops has crystallized the public awareness of our collective history of looking the other way when these horrors have happened.

The same framers who were willing to compromise on slavery were unwilling to compromise on other issues. Among them were that the purpose of government is to protect rights and that no government is moral or lawful absent the consent of the governed. The latter requires that we have not only consented to the existence of the government but also to the powers that we have given it.

This theory — embraced by Thomas Jefferson in the Declaration of Independence and by James Madison in the Constitution — mandates that human beings are born free, that we have natural rights integral to our humanity, that we are free to surrender a small part of those rights to a government, that the purpose of the government is to protect the rights we have not surrendered, that the government (today) must be colorblind and that the government only has the powers that we have surrendered to it.

Stated differently, if we, as free people, did not consent to giving certain powers to the government — like the powers state governors have exercised to lock us down or the police exercised to murder Floyd — the government, quite simply, lacks those powers and should be removed from office by an angry citizenry when it tries to exercise



New Jersey Gov. Phil Murphy attends a Black Lives Matter protest despite his stay-at-home orders.

them.

The stated purpose of the lockdown is to shield us from infection. But this raises very serious questions about our relationship to government. We never authorized the government to shield us from infection. We never authorized it to lock us down. We never authorized the police to enforce anything other than legislatively enacted statutes. We never authorized the police to murder confined prisoners.

Here in New Jersey, the police are handing out summonses that look like parking tickets. In the place where they are supposed to write the statute that the recipient has allegedly violated, they have written “Violation of Governor’s Executive Order...” This is madness. Crimes consist only of behavior properly condemned in writing by a popularly elected representative body. It is not a crime to refuse to comply with the paternalistic wishes of one person.

If the governor of New Jersey can haul you into court for violating his executive orders, can he be hauled into court for violating our basic liberties — which are guaranteed by the Bill of Rights he swore to protect?

When the Black Lives Matter movement manifested its disgust with government failures to restrain the police, huge gatherings of people defied lockdown orders of governors. Most were peaceful. Most were the quintessential exercise of the freedom to travel, to assemble and to tell the government what you think of it.

To paraphrase the poet William Makepeace Thackeray, folks were shaking their fists in the tyrant’s face. A small number of people got arrested for violence, but no one got arrested for violating a gubernatorial lockdown order.

When New Jersey Gov. Phil Murphy was asked why he violated his lockdown orders by personally marching in one of those large peaceful assemblies while his police were issuing summonses for participation in other assemblies, he observed that racism is more troubling than closed nail salons. Good for him.

But he cannot use the power of government to support assembly, travel and speech with which he agrees and punish that with which he disagrees. That’s why we have a Constitution.

What a gross misunderstanding of the American ethos he has. He will bar your work. He will permit you to shop for a car but not for a book. You can walk with your family down an aisle at Walmart but not up to an altar to receive Holy Communion.

George Floyd died because the government itself put a knee on his throat. In New Jersey, the governor — without the consent of the governed and thus without any lawful authority — has his knee on the state’s throat, choking the air and lifeblood out of those yearning to be free.

How much longer will free people accept this?

7 days in June: war and peace

By Jaime Stiehm

In June light, the American president waged war against the people. In a mass mobilization, the people won a peaceful victory, wresting the nation’s meaning from the maw. Two female leaders made all the difference.

I heard it first from a fighter pilot named Smash. Active duty military must never be deployed at home. That’s un-American. Who needs the army or marines, I might add, when police forces are militarized anyway?

Yet President Donald Trump called heavily armed soldiers out on our city streets, concentrated in the capital. They rained on protests against police violence — with helicopters, pepper spray and rubber bullets. The 82nd Airborne Division stood ready. Trump even amassed military might on the sacred shrine of freedom, the marble Lincoln Memorial.

That was the cruelest cut, the most profane act against democracy ever by a president.

Civil War President Abraham Lincoln, the eloquent giant, freed 4 million enslaved people. It’s beyond irony that “law and order” was sent to that site to squelch peaceful protests against racial violence. Lincoln was tragically slain before he put the broken pieces together for a more just union.

Over seven days in June, never forget, peaceful resisters against police brutality were called “mobs.” One evening, Trump cleared street marchers with a violent attack as he spoke in the Rose Garden

so he could walk to a church and scowl. He coerced his top military commander and Secretary of Defense to trail him, to their everlasting shame.

I asked House Speaker Nancy Pelosi, D-Calif., if she knew the Lincoln Memorial would be seized as “battlespace.” She replied: “No, no. And I would like to know who they are.” She challenged Trump on the rows of unidentified law enforcement and Bureau of Prisons officers and said police reform is coming. She added: “What they did on the steps of the Lincoln Memorial was so stunning. ... It was scary.”

Call it blasphemy against the Rev. Martin Luther King Jr.’s memory. A preacher of nonviolent change for civil rights, King gave the lofty “I Have a Dream” speech on those steps.

Mayor Muriel Bowser of Washington defied Trump in an inspired way. A woman of color, Bowser had “BLACK LIVES MATTER” painted in huge block letters on the road leading to the White House. What a spirited street protest, King’s nonviolent power in action.

Like a coward, Trump retreated to a bunker and built a fortress around the White House as anger rose to high tide across American towns and cities. The world witnessed a collective outcry and revolt against racial abuse from police. Case in point: George Floyd’s dehumanizing arrest and murder. Perhaps a civilian dam broke, too, over the stream of insults Trump dishes out daily.

At the midway point, I visited the majestic Lincoln to speak with some National Guard soldiers. Why were they there? Just guarding the memorial, they said. But soldiers are trained for war, not keeping

peace. One said that if he wasn’t wearing the uniform, we’d have a different conversation. That afternoon, I met a handful of protestors, one a boy of 13.

The old military brass is mad at Trump for his boastful misuse of arms. His former Secretary of Defense, James Mattis, broke a long silence and blasted his old boss. Apparently, seeing Mark Milley, chairman of the Joint Chiefs of Staff, wearing battle camouflage to the protest scene set him off.

Mattis is the noblest Roman of them all, so his words carry weight, even if late.

Then there was Arkansas Republican Sen. Tom Cotton’s baleful opinion piece in The New York Times, all in for military force against demonstrators. So harsh and wrong was he that Times staffers mutinied and burned it to the ground. The editorial page editor got fired.

That reminds me that in April, Trump claimed he loved “Mutiny on the Bounty,” the movie and true story of a verbally abusive ship captain’s overthrow.

The people returned to the Lincoln Memorial and took it back on the sixth and seventh days of June. Not a soldier in sight. The siege was over. Few things in life are as sweet as rising up under the sun for democracy.

Said Pelosi: “A time to heal.”

Let them risk their lives

By John Stossel

Deaths from COVID-19 are dropping, but we probably can’t resume normal life until someone develops a vaccine. Experts say it will take at least 12 to 18 months.

Why so long?

Because to make sure a vaccine works, researchers must recruit lots of volunteers and wait for them to get sick.

First, they inject the volunteers. Half get the test vaccine; half get a placebo. Then, the test subjects resume their normal lives, and researchers watch to see who gets sick.

For that research to work, there must be enough of the coronavirus around for enough volunteers to get the coronavirus.

But now COVID-19 cases are declining. Researchers worry that there won’t be enough sick people to test it on.

Fortunately, there’s a way to speed testing up, if regulators allow it. It’s called a human challenge trial.

“‘Challenge’ means that you intentionally expose people to the coronavirus... ‘challenging’ them with the virus,” explains Carson Poltorack in my new video.

Poltorack is a member of One Day Sooner, a group of mostly healthy young people who volunteered to be infected with the coronavirus. So far, 24,000 people from 100 countries have volunteered. They are willing to risk their lives if it means the world get a vaccine sooner.

“It’s the right thing to do,” says Poltorack.

The idea of a challenge trial is not new. Such trials were used to find treatments for malaria, typhoid, dengue fever and cholera. But there were treatments for those diseases. So far, we have no reliable treatment for COVID-19.

“People your age do die from COVID,” I say to Poltorack.

“Absolutely.” He responds. “I’m 23. The risk of somebody from 18 to 30 is about 3 in 10,000, the same as if you were to donate a kidney.”

Poltorack volunteered after reading a paper where bioethicist Nir Eyal argued that challenge trials would develop a vaccine sooner, without much added risk.

“We put people through risks in clinical trials all the time,” says Eyal.

Young people are more likely to take such risks. Some volunteer to fight wars. Fighting this pandemic, say One Day Sooner volunteers, is like that.

One recorded a video where she says it is “maybe the most important thing I will ever do.”

But some doctors say it shouldn’t be done.

“We need to wait,” says Dr. Jennifer Miller, bioethics professor at Yale Medical School.

She says a challenge trial may not save much time. “You have to develop the challenge virus strain... test it in animals... figure out the correct dose. That can take 6 to 18 months.”

Maybe. Virologist Stanley Plotkin, developer of the rubella vaccine, says it could take just two months.

I argue that the length of time shouldn’t matter. “If individuals want to experiment, shouldn’t it be their choice?” I ask Miller. “Why doesn’t the volunteer get to say, ‘I’m an adult. It’s my body, I get to make the decision!’”

“We have moral limits to what you can do with your freedoms,” replies Miller. “We mandate that you wear helmets when you ride bicycles in some states. We say you have to wear a seatbelt for your protection... I’m not sure the added risks to the participants are justified.”

“That’s a decision that each individual informed volunteer can make for themselves,” says Poltorack, wisely.

I obviously agree. I asked Poltorack, “One month’s difference in the development of a vaccine could save a thousand lives?”

“No, probably far more than that,” he answers. “Probably in the range of tens to hundreds of thousands.”

Some bureaucracies have come around to the idea. Recently, the World Health Organization released a paper on challenge trials. Thirty-five members of Congress wrote the FDA asking it to consider a challenge trial.

We adults should be allowed to make our own decisions about what we do with our own bodies.

If some people want to get infected, let them!

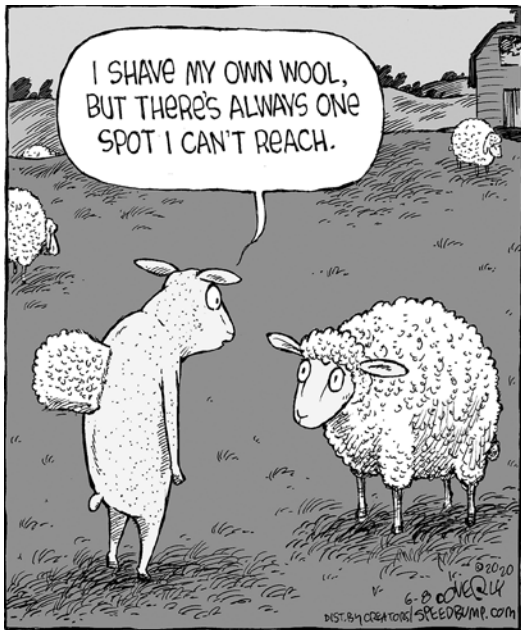
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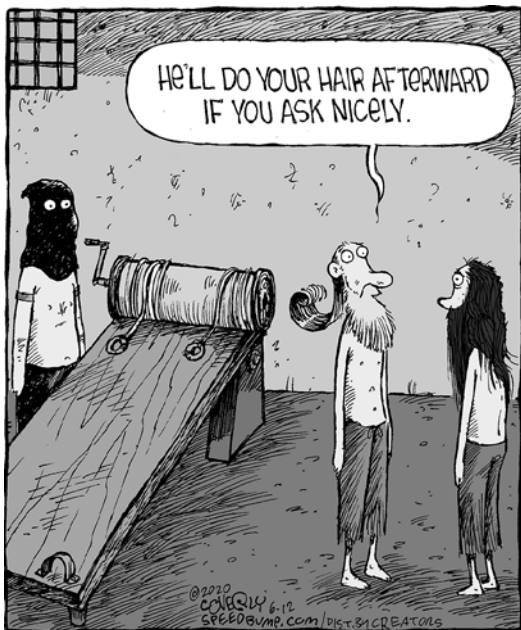
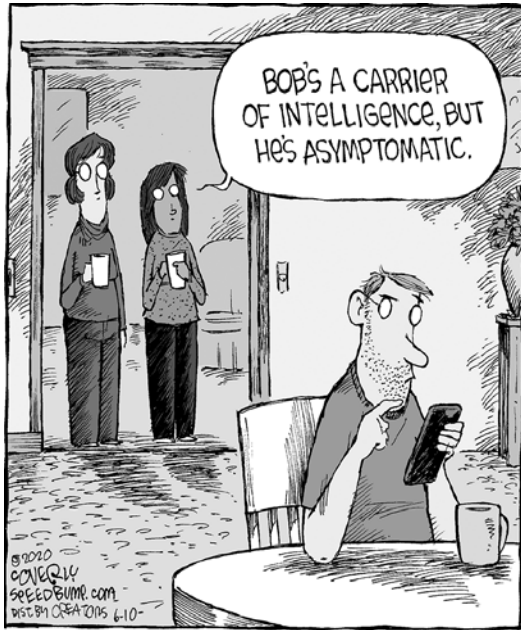
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Address:
 14783 Carmenita Road
 Norwalk, CA 90650
Email:
news@thedowneypatriot.com

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

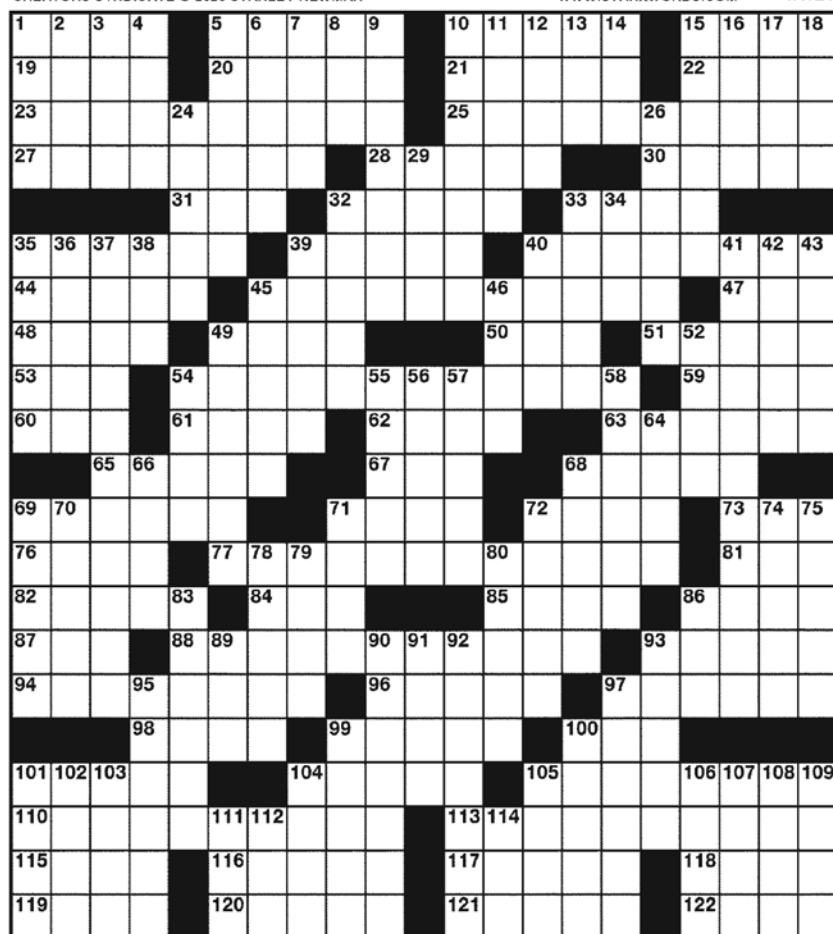
2nd, 8:30 a.m. - 10:30 a.m. - Pancake Breakfast - First Christian Church of Norwalk
 Have an event you want listed? E-mail news@thedowneypatriot.com

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)
THREE FOR FOUR: Syllables, and letters, that is
 by Fred Piscop

- ACROSS**
- 1 Reaction to rudeness
 - 5 Metro's map markings
 - 10 High-IQ group
 - 15 Shut angrily
 - 19 "King of the road"
 - 20 Attend uninvited
 - 21 Mariner's milieu
 - 22 Mountain climber's support
 - 23 It might make ice cream crunchy
 - 25 Nada
 - 27 Eroded rock particles
 - 28 "Refried" fare
 - 30 Playwright Chekhov
 - 31 Ancient "Boy King"
 - 32 Verizon or Sprint, for short
 - 33 Female zebra
 - 35 Counties in Britain
 - 39 Eucalyptus eater
 - 40 Fish story
 - 44 Had a preference for
 - 45 Certain opera solo
 - 47 Airport rental
 - 48 Piece of gossip
 - 49 "Mutuel" starter
 - 50 Luau finger food
 - 51 Garden-variety
 - 53 "Mamma _!"
 - 54 Meetings in the news last February
 - 59 Moral misdeeds
 - 60 Catchall abbr.
 - 61 Pundit's take
 - 62 Arm: Fr.
 - 63 With money at stake
 - 65 One from far away, or VERY far away
 - 67 Make illegal
 - 68 Orchard box
 - 69 Overly adorable
 - 71 Hair stiffeners
 - 72 Coffee covers
 - 73 Color TV pioneer
 - 76 Strong __ ox
 - 77 Charles Lamb collection
 - 81 How Mars looks
 - 82 Canine's neighbor
 - 84 Omelet option
 - 85 Zealous
 - 86 Far from harsh
 - 87 Close Encounters focus
 - 88 "Beats me"
 - 93 Green the rapper
 - 94 __ Hill (TR's home)
 - 96 Civil War general
 - 97 Silent Spring byline
 - 98 Ordination, for instance
 - 99 Lipstick mishap
 - 100 Nonstandard, in the OED
 - 101 Committed to doing
 - 104 Baby kangaroos
 - 105 Needing mediation
 - 110 Where Interstate H1 is
 - 113 What a fencer is aiming for
 - 115 47 Across rental choice
 - 116 Informal greeting
 - 117 "Too rich for me"
 - 118 Doctor's directive
 - 119 Name meaning "reborn"
 - 120 __ fit (tantrum)
 - 121 Country singer LeAnn
 - 122 Prepare a text message
- DOWN**
- 1 Sporting sandals, say
 - 2 Folk history
 - 3 Felonious verb
 - 4 Far below par
 - 5 Ultimate appeal grp.
 - 6 "Rainbow" catch
 - 7 Squirrels' hangouts
 - 8 Omega preceder
 - 9 Cub's mother
 - 10 One from Monte Carlo
 - 11 Affordable, in brand names
 - 12 Ultimately earns
 - 13 __ Paulo, Brazil
 - 14 Novelist Patchett
 - 15 Apartment instrument
 - 16 Pillage
 - 17 Recital voice
 - 18 Actually intend
 - 24 Gave a shout-out to
 - 26 Winter cap attachment
 - 29 Fitzgerald of jazz
 - 32 Subject discussed
 - 33 Everybody Loves Raymond mom
 - 34 Soccer played by Smith
 - 35 Marsh gunk
 - 36 Bandleader's signal
 - 37 Home-furnishings freebie
 - 38 Sleep lab acronym
 - 39 Sacred text
 - 40 Town near Santa Fe
 - 41 Purple fruits in smoothies
 - 42 Jazz singer Cleo
 - 43 Iowa senator Joni
 - 45 Did some ushering
 - 46 "Magnum" masterwork
 - 49 Sailor fond of spinach
 - 52 Aspiring DA's exam
 - 54 Egyptian goddess
 - 55 Monk's home
 - 56 Mountains of Russia
 - 57 Childlike retort
 - 58 Ignoble
 - 64 SpaceX collaborator
 - 66 Filmmaker Dunham
 - 68 Eyelashes, to anatomists
 - 69 The Stranger writer
 - 70 "Good old" land
 - 71 Ready to take a chance
 - 72 Essential for prying
 - 74 Plastic wrap, for short
 - 75 Append
 - 78 Piece of the action
 - 79 Except for
 - 80 Audio engineer's device
 - 83 Italian Riviera city
 - 86 Martinique surrounder
 - 89 Just taken from the oven
 - 90 Saint commemoration
 - 91 Comply with
 - 92 All worked up
 - 93 Gemologist's measure
 - 95 Get worked up
 - 97 Proofreading marks
 - 99 Some HDTVs
 - 100 Clear as mud
 - 101 Rise high
 - 102 Roof gutter spot
 - 103 Wispy
 - 104 Crow cousins
 - 105 Brought to you by
 - 106 Over and done with
 - 107 Showy and stylish
 - 108 Operate a harvester
 - 109 __ Modern (London museum)
 - 111 "Zip it!"
 - 112 110 Across neckline
 - 114 "__ dreaming?"

CREATORS SYNDICATE © 2020 STANLEY NEWMAN WWW.STANXWORDS.COM 6/7/20



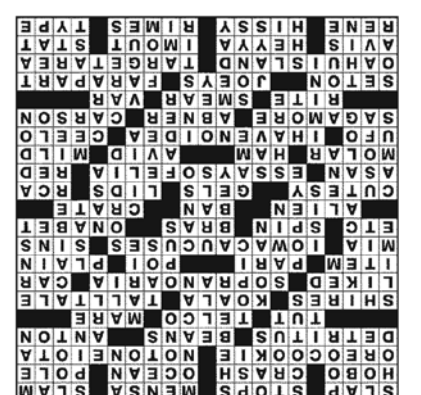
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ADVERTISING POLICY

The Norwalk Patriot reserves the right to censor, reclassify, revise or reject any ad. The Norwalk Patriot is not responsible for incorrect ads beyond the first business day of an ad scheduled. Please check your ad on the first day of publication and report any errors we have made to the Classified Department at 562-904-3668 at the beginning of the next business day to have it publish correctly for the remainder of the schedule.

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.

DETROITUS (27 Across) can be formed from flowing water or the movement of glacial ice. Essayist (Charles Lamb) (77 Across) took his alias of ELIA from the surname of an Italian man he once worked with in London. Re 110 Across: Legally speaking, any road built under the Federal Aid Highway Act is considered an Interstate, whether or not it crosses a state line.



LEGALS

FICT. BUS NAME

FICTITIOUS BUSINESS NAME STATEMENT

File Number 2020082760 THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS: (1) SUPERIOR HANDFORGE, 9910 JORDAN CIRCLE, SANTA FE SPRINGS, CA 90670, LA COUNTY, PO BOX 12738, NEWPORT BEACH CA 92658

The Norwalk Patriot 6/5/20, 6/12/20, 6/19/20, 6/26/20

GOVERNMENT

CITY OF NORWALK NOTICE INVITING BIDS FOR THE CITYWIDE SIDEWALK/CONCRETE REPAIR AND REPLACEMENT CITY PROJECT NO. 3302 20-21

NOTICE IS HEREBY GIVEN that the City of Norwalk will accept bids for this project until the hour of eleven o'clock A.M. on June 30, 2020. City Hall is experiencing reduced hours and special conditions for public access due to COVID-19.

OBTAINING BID DOCUMENTS. Bidders may obtain free copies of the Plans, Specifications and other Contract Documents online by visiting https://www.norwalk.org/businesses/rfp-posts-list.

REGISTRATION WITH THE DEPARTMENT OF INDUSTRIAL RELATIONS. In accordance with Labor Code Sections 1725.5 and 1771.1, no contractor or subcontractor shall be qualified to bid on, be listed in a bid proposal, subject to the requirements of Section 4104 of the Public Contract Code, or engage in the performance of any contract for public work, unless currently registered and qualified to perform public work pursuant to Section 1725.5 [with limited exceptions for bid purposes only under Labor Code Section 1771.1(a)].

PREVAILING WAGES. In accordance with Labor Code Section 1770 et seq., the Project is a "public work." The selected Bidder (Contractor) and any Subcontractors shall pay wages in accordance with the determination of the Director of the Department of Industrial Relations ("DIR") regarding the prevailing rate of per diem wages. Copies of those rates are on file with the Department of Industrial Relations' Web site.

BONDS. Each Bid must be accompanied by a cash deposit, cashier's check, certified check or Bidder's Bond issued by a Surety insurer, made payable to the City and in an amount not less than ten percent (10%) of the total Bid submitted.

LICENSES. Each Bidder shall possess a valid Class A or C-8 Contractor's license issued by the California State Contractors License Board at the time of the Bid submission.

LIQUIDATED DAMAGES. This is a project for ongoing repairs citywide for the period extending from the date of execution of the contract through June 30, 2021. Work locations will be provided to the contractor periodically on Work Order Listings (WO).

RETENTION SUBSTITUTION. Five percent (5%) of any progress payment will be withheld as retention. In accordance with Public Contract Code Section 22300, and at the request and expense of the Contractor, securities equivalent to the amount withheld may be deposited with the City or with a State or federally chartered bank as escrow agent, which shall then pay such moneys to the Contractor.

BIDDING PROCESS. The City reserves the right to reject any Bid or all Bids, and to waive any irregularities or informalities in any Bid or in the bidding, as deemed to be in its best interest.

BY ORDER OF THE NORWALK CITY COUNCIL of the City of Norwalk, California this 2nd day of June 2020.

Theresa Devoy, CMC City Clerk Of The City Of Norwalk

The Norwalk Patriot 6/12/20

NOTICES

SUPERIOR COURT OF CALIFORNIA,

COUNTY OF LOS ANGELES ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NUMBER: 20NWCP00029 TO ALL INTERESTED PERSONS: Petitioner GENE ARYN GUZMAN filed a petition with this court for a decree changing names as follows:

Present name (1) GENE ARYN GUZMAN TO Proposed name (1) GENE ARYN ARROYAS THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted.

The Norwalk Patriot 5/22/20, 5/29/20, 6/5/20, 6/12/20

PROBATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF: JOHNNY YEON CHUNG AKA JOHNNY CHUNG CASE NO. 20STPB03249

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both, of JOHNNY YEON CHUNG AKA JOHNNY CHUNG: A PETITION FOR PROBATE has been filed by PAUL YUN HUNG CHUNG in the Superior Court of California, County of LOS ANGELES.

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.

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 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.

YOU MAY EXAMINE the file kept by the estate. 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 provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

Attorney for Petitioner ERNEST J. KIM, ESQ. SBN 181280 CATHERINE KIM, ESQ. SBN 243811 LAW OFFICES OF ERNEST J. KIM 17541 17TH ST., STE 100 JUSTIN CA 92780 6/5, 6/12, 6/19/20 CNS-3369790# THE NORWALK PATRIOT

CNS 3369790 The Norwalk Patriot 6/5/20, 6/12/20, 6/19/20

TRUSTEE SALES

T.S. No.: 19-22311 A.P.N.: 8022-025-020 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 10/18/2005. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER.

The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below.

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.

YOU MAY EXAMINE the file kept by the estate. If you are a person interested in the estate, you may file with the court a Request

Paging Dr. Frischer...

By Dr. Alan Frischer

Have you noticed how much COVID-19 and isolation humor revolves around alcohol use? We are all aware that the pandemic has led to a huge rise in alcohol sales; some estimates show more than a 60% increase. This may, in part, be a sign of a dramatic increase in mental health and particularly addiction issues.



Long term drug use can also cause changes in other brain chemical systems and circuits, affecting learning, judgment, decision making, handling stress, memory and behavior.

Alcohol is the most widely abused substance in this country. It is likely that 6% of Americans have an alcohol disorder, yet only 7% of those addicted ever receive treatment.

Opioids are a class of drugs that block pain and cause euphoria, and pose a high risk for addiction and overdose. They are controlled substances, but are often sold illegally.

For most of us, having a drink or taking a pill is an experience we can walk away from without needing more. It's not easy to truly understand why or how others become addicted.

As the addict continues to use a drug, the brain adapts by reduc-

ing the ability of cells to respond to it. Over time, this reduces the high - which is known as tolerance. The user might try taking more of the drug to achieve the same high.

Long term drug use can also cause changes in other brain chemical systems and circuits, affecting learning, judgment, decision making, handling stress, memory and behavior.

Why do some people become addicted and not others? A number of factors change the odds. Biological factors, including the genes that we are born with, gender, ethnicity, and the presence of other mental disorders, have a significant influence.

Can drug addiction be cured or prevented? When we treat chronic diseases like diabetes, asthma or heart disease, we don't necessarily find a cure. Instead, the goal is to control the disease.

The number of addicts in the United States is staggering. Prevention is aimed at family, schools, religious organizations, and communities.

How to prepare your finances for life after coronavirus

The COVID-19 pandemic has upended the financial lives of millions - and continues to do so. But as state economies slowly reopen, now is the time to begin preparing personal finances for a post-coronavirus world.

"Trying to predict the future is folly," said Michael Sullivan, a personal financial consultant with Take Charge America, a national nonprofit credit counseling and debt management agency.

Sullivan shares several steps to prepare finances for a post-coronavirus life:

Reassess your budget: During the pandemic, your budget likely changed as you spent more on groceries and utilities while saving on gas and entertainment.

Plan for deferred payments:

Deferments on your mortgage or other loans won't last forever. Review deferment terms so you know when payments will restart and how much you will owe at that time.

Expand income: Having a little extra income will go a long way toward setting up your finances for a post-pandemic world. In addition to gig work like Postmates or Instacart opportunities, you may consider a part-time retail job as many stores have expanded hiring.

Rebuild your savings: If you dipped into savings, now is the time to start rebuilding so you'll be ready for the next emergency. Even if you're still wading through the present pandemic, putting away a few bucks here and there will establish the saving habit.

Advertisement for \$10.00 guaranteed delivery subscription to The Norwalk Patriot newspaper. Includes image of the newspaper front page with headlines like 'School board considers bond measure to renovate schools' and 'Council approves CDBG spending plan'.

The Norwalk Patriot is offering subscriptions for \$10/year. Subscription guarantees delivery every Friday to single-family homes in Norwalk.

14783 Carmenita Road, Norwalk, CA 90650

Subscription form with fields for Name, Address, and Phone.

STOX 925861 The Norwalk Patriot 6/5/20, 6/12/20, 6/19/20

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Athletes of the year dominated over multiple sports

Continued from page 1

Oginni's highlight in sports in high school came in her junior year when she was on the CIF-Southern Section Division 4-A Championship team.

Both Oginni and Givens, like so many seniors that were on spring teams that were cut short because of the pandemic, vividly remember their last time in competition.

Givens, who was off to another great start to the baseball season after his big junior year, remembers playing La Serna in a Del Rio League game.

"I walked in my last at bat, but my last memory of my play on the base paths was when I was being waved in from third by coach (Pierre Romo) after a hit.

"I wasn't expecting to go home and it was a bang, bang play, as I tripped the catcher. I was kicked out of the game for that play. It was a play I'll remember for the rest of my life."

Givens, who was also the senior class president, was a clutch hitter for Romo and was one of his better center fielders he has coached.

"He's just a stud and a great student," Romo said. Givens, a three-year varsity player, was offensive player of the year in 2019 in the Del Rio League.

"I absolutely love that kid, with his work ethic and maturity," added Romo. "In any sport he was a leader and he's passionate in anything he does."

One major program Givens was involved in was a national program that high schools showcase every couple of years - "Every 15 Minutes."

It's a two-day program focusing on high school juniors and seniors, which challenges them to think about drinking and driving.

"I remember he pulled me aside in a practice to tell me of his interest in the program," Romo remembered. "He had a message to pass on to friends.

"He was one of the first ones to rally other students to get involved. That's why I respect him. Whatever he does in life, he will do it."

As for basketball, Jason was the leader on and off the court. "That's one coach (Leonard Romero) I'll never forget," Givens said. "They (basketball) put out great men in the community and going through the program, I learned a lot from him - in life."

One thing Givens might have learned was leadership and that came at a down time of the season, with the team headed in the wrong direction.

After losing two straight, Givens called a team meeting.

"He called everyone to a meeting and this kid just took the



Oginni competed in basketball, volleyball and track and field. Givens played Baseball and Basketball. (Photos by Keith Durlinger)

bull by the horns," Romero said. "He laid it all out on the line. There are certain things I look for during my years of coaching - that was just awesome. It just blew me away.

"From the platform he comes from, he is a student-athlete. I love everything about him."

Oginni, who had a big interest in music in high school playing various instruments in the marching band and jazz band, had a slightly happier memory than Givens in her last action on the track and field team. "It felt good to be back on the track this year. Last year I wasn't as good and wanted to have a good senior year.

"I felt like I was improving this year. My last event was the high jump in a tri meet against La Mirada and Fullerton. I had a PR

(Personal record) and was really happy to break the 5 foot barrier. There's a lot of memories I'll remember from school."

Track coach Mike Geren said of Oginni: "She's an amazing kid. I've known her for four years. Just to watch her progress was amazing. She's a competitor and it's cool to watch her, a quiet confidence."

Oginni was a four-year varsity track and field athlete.

On winning the Athlete of the Year Award, Geren said: "Three-sport athletes don't come along very often. She is 100% deserving and an amazing athlete. To be good in three sports is also amazing."

This was her first year playing volleyball, as she concentrated on basketball and track.

"She is the embodiment of Athlete of the Year. It's great to have her name on the banner. These are the two reasons why they are special athletes," Geren said.

Oginni, who was a four-year varsity basketball player who stands at 6'0", also received high praise from her coach, Jackie Saiza.

"She was dominant in basketball and a great team leader," said first-year basketball coach Saiza, who graduated from Santa Fe in 2012 and played basketball. "She is a beast."

Oginni, who was also involved in ASB, totalled 57 blocks in her career, averaging 2.5/game. She was a big asset on defense.

"(Tomi) is one of the players on the team that the players admire," added Saiza. "She is really humble and a hard worker. If we didn't have her in the paint, we wouldn't have won as many games. I'm going to miss her."

Oginni was first team All-CIF in 2019 and All-League in 2020.

As for the stoppage of sports and school, Oginni said, "...I was really sad. At first I was hopeful to go back to school, but there's nothing you can do about it."

At the end of her junior year, Tomi made the decision to just concentrate on college. That meant her career in sports would come to a close after her senior year.

"I tried to talk her out of 'retirement'," Geren said. "I was shocked that she said no more

sports."

With sports now behind her, college is the next step.

"I want to get a bachelor's degree in Public Health at UC San Diego and get my Masters in nursing," Oginni said. "As of right now, I'm expected to be on campus with just a couple of classes online."

Geren said of Givens and Oginni. This is going to be a good class and it's a shame to not get to see both of them in their respective sports this year."

In LA County, more businesses allowed to reopen

Los Angeles County is moving forward on the Roadmap to Recovery and reopening key economic and community sectors, including day camps, fitness centers, spectator-free professional sports, museums, campgrounds and entertainment production.

In the most comprehensive reopening since strict public health guidelines were put in place in March, today the Los Angeles Department of Public Health announced that the Health Officer Order will be modified tomorrow to include infection control and distancing requirements for re-opening the

following sectors on June 12:

- Gyms and fitness facilities
- Professional sports without live audiences
- Day camps
- Museums, galleries, zoos and aquariums
- Campgrounds, RV parks and outdoor recreation
- Music, film and television production
- Hotels, lodging and short-term rentals for tourism and individual travel
- The county continues to

monitor the spread of the virus and the capacity of the healthcare system to provide residents with essential services.

With these reopenings, Los Angeles County will be in Phase 3 of the State's Resilience Roadmap.

However, this major step forward does not mean the threat of COVID-19 is gone. Residents must continue to practice physical distancing, wear cloth face coverings and follow public health directives.

If at any time, the County's rate of infection and other key metrics demonstrate a rapid

acceleration of new cases that threatens to overwhelm the healthcare system, the Department of Public Health and the Board of Supervisors may need to limit future re-openings or close reopened sectors.

Going to the gym, visiting a museum or going to camp will be very different than it was before the pandemic. Each sector reopening will have strict infection control directives in place.

Just as is required for all out-of-home activities, visitors and staff will have to practice physical distancing and wear cloth face coverings. There will be limited

capacity and enhanced cleaning and disinfecting procedures. People feeling sick should stay home

These additional re-openings follow other significant elements of the economy and community that have begun reopening and operating with limits and safeguards, including hair salons, barber shops, religious services, retail, restaurants, beaches and trails.

Still closed are nail salons, tattoo shops, bars and wineries, movie theaters, live performance theaters, entertainment centers, concert halls and venues, stadiums, arenas, gaming

facilities, theme parks and festivals. Click here for a detailed list of what is open and closed in L.A. County.

Los Angeles County is still under a Safer At Work And In The Community order and public and private gatherings of people outside of a single household unit are not permitted except for public protests and faith-based services.

Everyone must continue to follow physical distancing and infection control protocols and wear a cloth face covering when in contact with others not from your household.

Cal High band director named 2020 Teacher of the Year

WHITTIER – When California High School Band Director Doug Nordquist first arrived to Whittier Union as a music teacher in 1982, he was literally jumping for joy, in the midst of competing to win a spot as a high jumper on the 1984 U.S. Olympic team.

With a parallel career as an Olympic-level athlete, Nordquist began striving for excellence in the classroom, teaching multiple subjects and eventually establishing Cal High's Entertainment Unit, a music program that has enabled thousands of Whittier Union students to find their calling and achieve high levels of discipline and success.

During a recent virtual meeting, Nordquist received the surprise of his educational career when he was named Whittier Union's 2020 Teacher of the Year. He joins his father, Neil Nordquist, who was Whittier Union's Teacher of the Year in 1986.

"This is very humbling, I did not expect this," Nordquist said. "When I go to the boardroom and see my dad's picture up there, along with so many other teachers that I have had the honor to work with over the years, it's always very special. This is a tremendous honor."

Nordquist began his career at Whittier Union as a band, reading and woodshop teacher at Santa Fe High School before transitioning to Cal High in 1996. When choir director Dan Hawkins began teaching at the school in 2001, he was immediately impacted by Nordquist's character and work ethic, qualities he sought to emulate.

"Doug's training as a musician, woodworker and USA Olympic team member have instilled in him a pursuit of



California High School Band Director Doug Nordquist

excellence, a focus on playing by the rules, a strong work-ethic, a commitment to civic responsibility and patriotism, and a masterful attention to detail," Hawkins said. "He cares very deeply about his students and they emerge from the Entertainment Unit as lifelong learners, team players, stronger leaders and better humans."

Under Nordquist's leadership, the CHS Entertainment Unit has become renowned for its long history of top awards at festivals and competitions. In addition to directing the unit, Nordquist also conducts the pit orchestra, coaches Cal High's high jumpers and runs the annual Condor Leadership Academy.

"High jumping and music are similar as they are performance-based and require discipline," Nordquist said. "If you knock the bar over, you're done. If you play

the wrong note, you're done. You can't run from hard work. I teach my students to set goals and then meet those goals."

Nordquist came to the District shortly after graduating from Washington State University, where he was team captain of the track and field team as well as drum major. Nordquist qualified for the U.S. Olympic team and competed in the 1984 games in Los Angeles. Though he fell just short of medaling, finishing in fifth place, his high jump career was just taking off.

Nordquist's stature as an international athlete grew exponentially during the 1980s – as an Olympic qualifier, a TAC track and field national champion in 1986 and 1988 and as a gold and silver medalist at the 1986 and 1990 Goodwill Games, respectively.

Through it all, Nordquist remained focused on teaching and instilling in his students lessons that go beyond music or athletics. During the school closures brought on by the COVID-19 virus, Nordquist has received many emails from his colleagues, praising his students for being so dedicated to their studies.

"I have known Doug since our earliest days at the District, where I have seen the bands at Santa Fe and Cal have consistently achieved and maintained excellence," Superintendent Martin Plourde said. "His students are both outstanding musicians and citizens. On behalf of the entire Whittier Union family, we congratulate Doug on his recognition as our 2020 Teacher of the Year."

OC health director resigns after backlash

The chief health officer in Orange County resigned this week after receiving pushback – and even death threats – over her mandate that everyone in the county wear face masks amid the coronavirus pandemic, according to new reports.

Dr. Nichole Quick faced immediate resistance from residents and elected officials when she issued the face mask mandate in late May, the Los Angeles Times reported.

During a county board of supervisors meeting last month, a woman who identified herself as an attorney disparaged Quick's experience in the medical field and even read her home address out loud.

The woman threatened to take a group to Quick's home and "do calisthenics in masks on her front doorstep" in an attempt to prove that face coverings are unsafe, according to the Times.

She echoed other critics' claims that face masks can pose a danger to people's oxygen levels.

The CDC has previously said that children younger than 2 and anyone with a breathing issue should not wear masks.

"When people start dropping like flies, and they will," the woman added, "I am going to ask every first responder in a 30-mile radius to roll lights and sirens to her front door, and you had best pray they can revive whoever went down because if they can't ... I will be asking the OC DA's office to charge it as murder."

Orange County Board of Supervisors Chair Michelle Steel said later that week that "no one deserves to be threatened or intimidated the way [Quick] was" and stressed that "it should never happen again."

At another meeting, some

attendees brought a poster with Quick's photo on it, with a Hitler mustache on her face and swastikas.

Quick voluntarily resigned Monday, and the county agreed to pay her \$75,000 in severance, according to the report.

Her settlement and release agreement stipulates that County Executive Officer Frank Kim won't disparage work done by Quick during her time of employment, and Quick agreed not to criticize the county or the board of supervisors, the paper reported.

"It was too much for her," Orange County Fourth District supervisor Doug Chaffee told the Orange County Register of Quick's decision to resign. "She has three young children and she's been severely criticized by people who came out demanding her resignation, demonstrations in front of her home."

"She's done her best to give her medical opinion and it's not popular so she has resigned," he added.

Dr. Clayton Chau, director of the Orange County Health Care Agency, was appointed to take her place.

It's unclear what will happen to Quick's mask order, but Chau has defended it on the basis that it's necessary when residents cannot stay six feet apart, according to the Register.

Quick has said she issued the order out of concern that COVID-19 cases would rise as residents interact more with relaxed stay-at-home regulations, the paper reported.

Quick is the third high-ranking health care executive to leave the county amid the pandemic, according to the Times.

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COVID-19 gym safety tips

Are some workouts, like yoga or spinning classes, less safe than others? Should I wear a mask? Do I need more than six-feet apart in cardio classes where there’s panting and heavy breathing?

There are many legitimate concerns about how gyms and fitness studios can safely reopen without furthering the spread of the novel coronavirus. But infectious disease experts say risk can be greatly mitigated by following some simple rules.

“There may be scenarios where (the gym) can’t develop a system whereby your risks are lower, so the responsibility falls to you,” said Dr. Deverick Anderson, director of the Duke Center for Antimicrobial Stewardship and Infection Prevention.

So:

WASH, REWASH, REPEAT

“When you put down that dumbbell, you’ve got to immediately wash your hands. You’ve got to assume that if you were to accidentally touch your eyes, you’re putting yourself at risk,” Anderson says.

Bring your own towel, wash every piece of equipment before and after using it so you’re not relying on whether someone before you followed the rules. Most gym wipes aren’t strong enough, so bring your own disinfectant or inquire what the gym is using. And before you hop on the treadmill or grab your weight, let the spray sit on the equipment for a minute or two, he says.

Surfaces, not people, may offer more opportunities for contact with the virus. Experts have said different things, but some believe the virus can last for up to 24 hours on cardboard and up to two or three days on plastic and stainless steel. But the federal Centers for Disease Control says — and re-emphasized last week — that surfaces are not thought to be a major path for transmission.

If respiratory droplets from an infected person do land on surfaces, “they absolutely can be spread there, and it’s a very

common thing to wipe sweat off your forehead,” said Dr. Kristin Englund, an infectious disease expert at Cleveland Clinic. “But if you wipe past your eyes or nose, you’re going to be carrying the virus there.”

CARDIO

Cardio workouts and fitness classes may pose increased risks.

“Being on an elliptical machine and breathing very heavily on that, those activities make me anxious about being able to spread the virus more heavily because people are going to be panting and sweating,” Englund said. “I think there’s a greater risk for taking classes where you are going to be doing a lot of cardio.”

Anderson agrees that there should be at least six feet of distance in cardio settings — along with an understanding that the risk there is “not the same as walking into the grocery store six feet apart.”

MASKS

Anderson acknowledges that it’s impractical to wear masks while sweating, but he suggests wearing them to enter and exit facilities. Employees, he says, should definitely be wearing masks.

An abundance of signs stressing hand washing and equipment cleaning protocol is helpful, at first, but eventually people become inured to them, he says.

PERSONAL CHOICE

To some degree, since guidance varies by city and state, your workout will be as safe as you choose to make it. Each facility is bound to have folks who are and aren’t following safety precautions.

Bottom line: Is it worth it?

Says Anderson: “For many people, I think the answer to that is yes. For some people, the answer to that is still no as we learn more and more about this disease and who is at most risk.”

Courtesy **WHYY** and **PBS**.

Mens Health: A topic not to be ignored



critically important.

The following factors can elevate risk of prostate cancer:

- 1) Presence of close male members of the family who had prostate cancer.
- 2) Inherited genetic mutations, such as BRCA1/BRCA2 genes and Lynch syndrome.
- 3) A non-cancerous enlargement of the prostate gland can increase risk.
- 4) A diet high in red meats, processed foods and high-fat dairy and low in fruits and vegetables.
- 5) Obesity.
- 6) Men older than 65 have a higher risk.
- 7) African-American men and Caribbean men of African ancestry are more likely to be diagnosed with prostate cancer.

High Blood Pressure

Also known as hypertension, high blood pressure typically has no signs or symptoms, making it that much more dangerous. Unless treated, however, the consequences to men’s health can be serious.

African American men are more likely to suffer from hypertension, which can be attributed to that community’s extra sensitivity to salt, a major factor that can cause high blood pressure.

That is why it’s important for African Americans to better understand this health condition, and know how to protect themselves such as lowering their salt intake, as well as the importance of exercise. High blood pressure typically has no signs or symptoms, which makes it that much more dangerous. In fact, it’s for that reason that hypertension is often called a “Silent Killer.”

Heart Disease

According to the CDC, heart disease is the leading cause of death in the United States for men in most racial/ethnic groups. The CDC notes that half of men who die suddenly of coronary heart disease have no previous symptoms, adding between 70% and 89% of sudden cardiac events occur in men.

“A diet lacking in fruits, vegetables and whole grains; smoking, high blood pressure, and high LDL cholesterol levels are the of the most critical risk factors for heart disease among men,” said Dr. Columbus D. Batiste II, a cardiologist with Kaiser Permanente Southern California. “Other medical conditions and poor lifestyle choices that will put men at a higher risk of heart disease include being overweight or obese, diabetes, uncontrolled stress, a lack of exercise and excessive alcohol use.”

Kaiser Permanente offers tips online on how to keep a healthy heart.

Prostate Cancer

About 12 out of 100 men will be diagnosed with prostate cancer during their lifetime, according to the National Cancer Institute. If detected early — and with proper treatment — most men will survive prostate cancer.

For African American men, the risk of dying from low-grade prostate cancer is double that of men of other races, according to the National Cancer Institute. That is why early treatment is so

is some commonality,” said Dr. Juan-Carlos Zuberbuhler, a board-certified child/adolescent/adult psychiatrist with Kaiser Permanente Southern California. “Common depression symptoms include a loss of interest in work and family, exhibiting anger, feeling restless, feeling a need for alcohol or drugs in order to escape or avoid the anguish they are feeling, and becoming more and more isolated. If any of that occurs, it’s important to seek treatment. Taking care of your mental health and asking for professional help is a sign of courage and strength, not weakness. A major trait of resilient men is that they both give and reach out for help when they need it.”

Kaiser Permanente offers information online on how to better cope with depression.

Sleep Apnea

According to the American Sleep Apnea Association, it is estimated that 33 million Americans suffer from sleep apnea, with 80 percent of moderate and severe obstructive sleep apnea (OSA) cases being undiagnosed. OSA is caused by blockage of the airway during sleep, and is most commonly diagnosed in men age 40 and older, especially those who are overweight or obese.

“If left untreated, this sleep disorder can cause major health problems,” said Dr. Dennis Hwang at Kaiser Permanente Southern California Sleep Center in San Bernardino. “That includes high blood pressure, heart failure, atrial fibrillation, stroke and other cardiovascular problems. Sleep apnea is also associated with type 2 diabetes and depression. The good news is that several therapies are available that are proven to improve sleepiness, quality of life, and possibly cardiovascular risk.”

Sleep apnea care instructions provided by Kaiser Permanente are available on Kaiser’s website.

“That’s why discussing appropriateness of screening for prostate cancer is critical as men get older, even when there are no clear symptoms,” said Dr. Michael Soleimani, a family medicine physician and director of quality with Kaiser Permanente Southern California. “When it comes to prostate health, I encourage men to not ignore this health issue, and to ask their doctor if testing is advisable. The fact is, when detected early, prostate cancer is highly treatable.”

Depression

Depression can strike any person at almost any age. However, depression is a major mental health concern among men, because many men who are depressed may show anger or aggressive behavior instead of being sad, according to the National Institute of Mental Health. Furthermore, the NIMH notes men are less likely than women to recognize, talk about and seek treatment for depression, although this mental health disorder affects a large number of males and requires medical attention.

“Men with depression exhibit different symptoms, but there

Cerritos Library launches curbside service

CERRITOS – Cerritos Library has launched a Sidewalk Service for cardholders.

The pick-up service is available now and is offered Monday through Friday from 10 a.m. to 5 p.m. The service meets the health and safety requirements outlined in the County of Los Angeles Department of Public Health Protocols for libraries opening for curbside pick-up.

Library patrons can call (562) 916-1342 to place up to 10 items on hold, and will receive a phone call when their items are ready. Patrons will be asked to call the Library when they arrive, and the items will be brought out and placed on a table in front of the Library for pickup.

Patrons must be prepared to present their Cerritos Library card, California Driver’s License or California I.D. card to staff.

Patrons are required to wear a cloth face covering when picking up items.

Staff is first processing item holds for patrons that were placed before the Library closed to the public.

Instructions on how to use the Sidewalk Service can be accessed on the Cerritos Library website at cerritoslibrary.us, under the “What’s New” section.

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