

The Norwalk Patriot

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14783 Carmenita Road, Norwalk, CA 90650

High school football is back... sort of



Players line up in their pods as they stretch during their afternoon football practice at St. Paul High School in Santa Fe Springs on Monday. (Photos by Keith Durlinger)

With a major announcement by CIF anticipated by July 20, teams have begun practicing under different circumstances.

By John Sherrard
Contributor

NORWALK - After months of waiting and rumors flying around like that of a football on a Friday night at a high school field, football is back; sort of.

Recently, at St. Paul, you could hear and see the familiar sounds of players running and coaches yelling in various drills.

How big was it to see everyone back on the field, even if it's only for conditioning?

But, something was missing - the football. Also missing were pads and sleds. Only cones and ladders were apparent.

"I love it, it's exciting," St. Paul coach Rick Zepeda said, "It's what we're all about as coaches. We want to be with our team. I miss my boys. I love the fact that we're out here, even though there all are restrictions, it's just what I do. I love being around the team."

"This is normally close to how we practice anyhow. We're not trying to compete against anybody else but ourselves. It's kind of just a nice time to work on little things that we normally don't get to work on. But, at the same time we're taking our time to move our kids to different groups so they get the opportunity to wipe down their hands and any equipment they touched."

Zepeda continued, "It's new for me, it's new for everyone. There's not a right answer to it. It's real, the era that we're living in right now. I just refer to the experts and follow their guidelines. That's all we can really do. The safety of my boys is obviously number one. The families and myself are making

decisions everyday. This is not a coaching decision, it's a family decision."

With a new normal in place with the taking of temperatures, social distancing and groups of no bigger than 10, the summer conditioning period has a lot of questions due to the Covid-19 precautions.

Some wonder if the season will begin on time or even be delayed until January.

Players from all over have been texting and connecting on social media with their coaches of when a return to the field will happen.

Most schools in the area returned last Monday.

However, in the Norwalk-La Mirada School District, it is still a waiting game.

Norwalk High School is not practicing at this time.

"I just talked to my coaches (Wednesday)," Norwalk coach Dean Gray said. "Everybody is just waiting to hear something on July 20th. It's safety first and we're just making sure everything is done right and we're just going to listen to the experts. We want to make sure the community and kids are safe."

Coach Gray will be sending out an email to the players and parents after a decision is made on July 20th.

"We will have transportation issues just for practice," said Gray, referring to plans if and when they start up. "We did it some last year with our new stadium being built."

CIF Announcement

The CIF Commissioner of Athletics for the Southern Section, Rob Wigod, recently sent a letter to high school principals and athletic directors regarding the current situation. July 20 is the target date that both the state and the Southern Section will make an announcement on sports going forward this year.



"The message I want to convey to all of you is that we are totally committed to having Fall, Winter and Spring sports during the 2020-21 school year. I want to remind you that the decisions to reopen our schools, and subsequently bring back athletic programs after they have started their academic year, will be made entirely by each local Superintendent/School Board from a public school district or each private school Head of School/School Board who have the authority to make those decisions. I am sure they will follow the recommendations of state and local health authorities in arriving at the decisions that are in the best interests of their students and school communities."

and briefly talked about the teleconference that he had with the CIF State office and the 10 Section Commissioners recently.

"At this meeting, there was a lengthy discussion regarding the various scenarios that relate to Fall sports.

"..... there will be an announcement from the CIF State office addressing the status of Fall sports to be made no later than Monday, July 20."

NFHS Guidelines

The re-opening of sports has been divided into three phases, according to the National Federation of State High School Associations (NFHS).

Wigod went on to say **Continued on page 7**

Sheriff's receive over 400 calls on 4th of July

NORWALK - It was a busy night for Norwalk Sheriff's during the July 4 holiday, as they gave nearly 50 citations for firework offenses.

Officials said that Norwalk received 418 calls and administered 48 citations during Independence Day.

According to the department, there were no known injuries or property damage. However, there were five fires reported, two of which have been confirmed to be caused by firework use.

Norwalk COVID-19 statistics: 1433 cases 31 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 30.

Norwalk restaurant grades

Burger IM
14133 Pioneer Blvd.
Date Inspected: 6/24/20
Grade: **A**

Huh Daegam Restaurant
16511 Pioneer Blvd.
Date Inspected: 6/17/20
Grade: **A**

88 Kings Chinese Food
16441 Pioneer Blvd.
Inspected: 6/17/20
Grade: **A**

Coffee Code
13250 Rosecrans Ave.
Date Inspected: 6/15/20
Grade: **A**

RT Kitchen Snacks & More
15714 Pioneer Blvd.
Date Inspected: 6/11/20
Grade: **A**

KFC
12959 Rosecrans Ave.
Date Inspected: 6/11/20
Grade: **A**

ABC Donuts
10620 Imperial Hwy.
Date Inspected: 6/11/20
Grade: **A**

Pizza Hut
12125 Imperial Hwy.
Date Inspected: 6/10/20
Grade: **A**

Jamba Juice
12305 Imperial Hwy.
Date Inspected: 6/10/20
Grade: **A**

Rainbow Donuts
12307 Imperial Hwy.
Date Inspected: 6/10/20
Grade: **A**

Subway
11782 Firestone Blvd.
Date Inspected: 6/10/20
Grade: **A**

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**

Weekend at a Glance

Friday 89°

Saturday 94°

Sunday 93°

ON THIS DAY JULY 10

1850: Millard Fillmore was sworn-in as U.S. president, a day after becoming president upon Zachary Taylor's death.

1913: The temperature in Death Valley reached 134 degrees, the hottest temperature ever recorded on earth.

1917: Emma Goldman, an anarchist political activist, was arrested for trying to obstruct the newly-instated military draft. She was sentenced to two years in jail.

1938: Howard Hughes began a 91-hour airplane flight around the world that would set a new record.

1964: The Beatles released "A Hard Day's Night," their third studio album. All 13 tracks were written by Paul McCartney and John Lennon.

1966: An estimated 60,000 people attended a rally at Chicago's Soldier Field spearheaded by Martin Luther King Jr. and part of the Chicago Freedom Movement.

1991: Boris Yeltsin took office as the first elected president of Russia.

1999: The U.S. defeated China in a penalty shoot-out at the Rose Bowl to win the FIFA Women's World Cup. The game was watched by 90,185 spectators, a world record for attendance at a women's sporting event.



Brandi Chastain celebrates the United States' win over China.

Notable Birthdays

"The Office" actress **Phyllis Smith** turns 69.

College football coach **Urban Meyer** turns 56.

Actress and model **Sofia Vergara** turns 48.

Pop singer **Jessica Simpson** turns 40.



Phyllis Smith

Notable Deaths

Egyptian actor **Omar Sharif**, known for his roles in "Lawrence of Arabia" and "Doctor Zhivago," died on this day in 2015 of a heart attack. He was 83.

Mel Blanc, the voice actor behind who voiced Bugs Bunny, Daffy Duck, Barney Rubble, and other animated characters, died on this day in 1989 from complications of emphysema and heart disease. He was 81.

Holidays

Today is **National Pina Colada Day**, recognizing the sweet, rum-based cocktail.

Also celebrated today **National Kitten Day**, celebrating the cuddly warmth of a kitty.

Family of late-vet gets new roof

By Alex Dominguez
Staff Writer

WHITTIER - A family in desperate need of a new roof received just that earlier this week, thanks to the work of local community organizations.

It was by circumstance two years ago that Kim Berling moved into her parent's Whittier home on the day that her father, Korean War Army veteran William Berling, passed away.

With her mother manning the helm of her father's well-being, the costly endeavor of long-term health care had caused much-needed home repairs to go to neglect.

"When I moved in my dad had been sick for quite a long time," said Berling. "When I moved in the house was not in good condition... mom had spent a lot of money taking care of my father."

Berling and her mother pooled their resources and began trying to repair what they could, but inevitably funds ran dry.

Worse, Berling's mom began to have health issues of her own.

So, when a cousin tipped Berling off to some of the free resources that she could apply for due to her father's military ties,

she decided it was worth a shot.

"I went on to Google," said Berling. "I'd known about Habitat for Humanity for years. I saw the application and I applied."

Unfortunately, her initial attempt was answered with a decline.

"We were denied at first because my dad is deceased, and they said it's only for living vets," said Berling.

However, continued conversations with the organization, disclosing the story of her father, his community involvement, and of course, the situation with her mother.

Eventually, Berling and her mother were granted their new roof.

"Jasmine from Habitat for Humanity said, 'You guys have such a nice story that we're going to consider you,'" said Berling. "Here we are today, getting this roof...it's really amazing."

Materials were donated by Owens Corning. The roof comes as part of the Owens Corning National Roof Deployment Project.

"It's significant; it's very important for the community," said Rolando Noriega, Area Sales Manager for Owens Corning.



The new roof was entirely donated through the efforts of Owens Corning and Habitat for Humanity. (Photo by Alex Dominguez)

"They spent their time serving our country, the least we could do is provide them with essentials to live a life; everybody needs a roof. For us to give back to our veterans who served our country is a big deal, not just for us, but for them and our community, for everybody who's involved."

Berling said that she and her mom were "grateful and appreciative."

"Those aren't just words;

we're really full of gratitude and appreciation," said Berling. "Everyone's been so kind...these guys are donating their labor; they don't have to be here today; they're working for free. We just love them. I'm full of love for all of them, and appreciation. Habitat for Humanity is a great group."

"Mom and I, our hearts are full today."

Santa Ana man accused of stealing money from retired Boeing workers

SANTA ANA - A federal grand jury this week indicted an Orange County man on charges that he fraudulently obtained access to Boeing employees' retirement accounts and siphoned their money by making hundreds of thousands of dollars' worth of fraudulent money transfers to himself.

Hoa Vo, 30, whose aliases include "Hoa Thanh Tran Vo" and "Andy Vo," of Santa Ana, is charged with three counts of bank fraud and one count of aggravated identity theft.

According to the indictment, from January 2019 to June 2019, Vo obtained the personal identifying information of Boeing employees, along

with information about their retirement accounts, known as Voluntary Investment Plan (VIP) accounts. Vo then allegedly made fraudulent withdrawal requests for checks and electronic money transfers totaling hundreds of thousands of dollars from the VIP accounts of various Boeing employees.

Knowing that notifications and checks related to these fraudulent requests would be mailed out, Vo placed holds on the Boeing employees' mail with the United States Postal Service, the indictment further alleges. Once the mail was held, Vo allegedly intercepted the mail by presenting to a postal employee a fraudulent California

Paging Dr. Frischer...

By Dr. Alan Frischer

At one point, early on in the pandemic, I found myself actually hoping to get a very mild case of COVID-19, develop antibodies, and be forever protected from getting it again or infecting my loved ones. As it turns out, this looks like it would have been a very, very bad plan.



Does a prior infection protect us from a second infection by the same coronavirus? This has enormous implications about the development of an effective vaccine, and it also impacts the likelihood that we will achieve herd immunity. Herd immunity is reached when a large enough portion of the population is immune to a disease, so that the spread is controlled. Typically, between 70% and 90% of a population would need to be immune. This could be accomplished by having a vaccine, or by having sufficient numbers of people get the disease and develop lasting antibodies.

In the news, we've been hearing about two different types of testing. The nasal swab PCR test has been used on over 20 million people in this country. This test detects the genetic code of the SARS-CoV-2 virus in the body, and a positive result shows that you have the infection, and MUST isolate until you test negative or meet CDC criteria for being symptom free. In contrast, the IgG antibody test measures the body's immune response to the infection. Antibodies may appear after the infection is resolved, or even while you are still infected.

Does the presence of antibodies prevent a new coronavirus infection? The answer is a decisive...maybe. And, we don't know how long these antibodies stick around. For many diseases, once we get the disease or a vaccine, antibodies protect us for many

years, or even for a lifetime. This is not necessarily the case with COVID-19.

There are a number of different antibody tests on the market, and their accuracy varies quite a bit. The most significant problem is with false positive results, meaning that the test may show the presence of antibodies when there really aren't any. This gives a false sense of protection.

After the infection resolves, what happens to antibody levels? Scientists in China have had longer to study the virus than others. A new Chinese study shows that antibodies faded quickly in both symptomatic and asymptomatic COVID-19 patients. There were steep declines in antibody levels in more than 90% of both groups within two to three months of the onset of infection. 40% of the asymptomatic group had no antibodies eight weeks after they were released from isolation. Are reduced levels of antibodies enough to protect us against future disease? We don't know yet.

Other new studies confirm that within weeks to three months after recovery from a COVID-19 infection, patients lose the antibodies that confer immunity. And, while most people who were infected do initially produce antibodies, 10% produced none.

These study results are fascinating and potentially very disturbing. Antibodies in those who recovered from SARS and MERS, two other viruses in the coronavirus family, lasted for nearly a year. Without lasting antibodies, we could become infected by COVID-19 again and again, and herd immunity would be far more difficult to reach. Furthermore, if a vaccine is indeed developed that makes antibodies, for how long will that vaccine remain effective?

The studies I have referred to here are small and preliminary. Much more research is being conducted so that we can have the answers we need. So, stay tuned... and stay safe!

driver's license with a Boeing employee's personal identifying information, and a fraudulent note purportedly written or signed by the Boeing employee authorizing Vo to pick up the employee's mail.

Vo allegedly then deposited the stolen checks into a bank account that had been fraudulently opened in a Boeing employee's name. Vo also cashed checks written to himself from the fraudulently opened

bank account by using the Boeing employee's forged signature, and endorsed the checks himself, according to the indictment.

In total, Vo attempted to obtain approximately \$783,328 from Boeing employees' VIP accounts, and actually obtained approximately \$360,847, the indictment alleges.

If convicted of all charges, Vo would face a statutory maximum sentence of 92 years in federal prison.

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How to Sell High: Avoid these Three Mistakes When Selling Your Norwalk Home

Norwalk Homeowners - When you decide to sell your home, setting your asking price is one of the most important decisions you will ever make. Depending on how a buyer is made aware of your home, price is often the first thing he or she sees, and many homes are discarded by prospective buyers as not being in the appropriate price range before they're even given a chance of showing.

Your asking price is often your home's "first impression", and if you want to realize the most money you can for your home, it's imperative that you make a good first impression.

This is not as easy as it sounds, and pricing strategy should not be taken lightly. Pricing too high can be as costly to a homeseller as pricing too low. Taking a look at what homes in your neighborhood have sold for is only a small

part of the process, and on its own is not nearly enough to help you make the best decision. A recently study, which compiles 10 years of industry research, has resulted in a new special report entitled "Homesellers: How to Get the Price You Want (and Need)". This report will help you understand pricing strategy from three different angles. When taken together, this information will help you price your home to not only sell, but sell for the price you want.

To hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-833-496-0008 and enter 2500. You can call any time, 24 hours a day, 7 days a week.

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Protecting the local water supply through accountable & fiscally responsible leadership

By Fernando Dutra

Central Basin Municipal Water District, the wholesale water agency responsible for delivering Metropolitan Water District drinking water to southeast Los Angeles County is in chaos. The District, with a long history of troubling behavior, is in the midst of a true governing and financial crisis – compounded by a pandemic-driven economic crisis that has already challenged cities in our region.

Metropolitan Water District of Southern California (MWD) is a regional wholesaler of drinking water, providing water to nearly 19 million people throughout Southern California. They import water from the Colorado River and Northern California to supplement local supplies. The 38 member Board of Directors is comprised of representatives from member cities as well as member agencies such as Central Basin Municipal Water District, representing a conglomeration of cities. These member cities and agencies are responsible for establishing and administering MWD’s policies and upholding the MWD Act.

While Whittier does not have a connection to MWD, and does not receive water from MWD, many of our neighboring cities do, and Central Basin’s costs have a direct impact on Whittier residents’ water rates.

The Central Basin Board of Directors have been unable to address an agenda for months, unable to seat their Directors at the Metropolitan Water District Board, unable to hire a General Manager or attorney, and cannot elect a President. The District is also facing a dire financial situation, including a downgraded bond rating and an

operational deficit, while being unable or unwilling to enact cost-cutting measures in light of substantial loss of water sales revenue. The projected budget deficit of \$1.8 million for fiscal year 2020–2021, combined with other revenue slashing missteps and multiple lawsuits, could sink the District into potential bankruptcy.

SB 625 would give residents of Whittier and neighboring cities, totaling more than 2.1 million residents, an opportunity to voice their opinions and change the current governance structure at Central Basin. The bill, currently under consideration in the State Legislature, would place the District into receivership at the Water Replenishment District of Southern California, a public agency, and dissolve its dysfunctional Board of Directors. The Los Angeles County Local Agency Formation Commission would then organize a public discussion process to recommend governance alternatives to the Legislature. SB 625 would also protect Central Basin’s financial condition, reducing costs and ensuring a continued revenue stream that the District has had for almost 30 years.

SB 625 truly protects local rate payers from the mismanagement of the Central Basin Board. Especially in light of COVID-19, our public water system costs need not unnecessarily rise due to the unstable and unethical practices of this Board.

This is why we are asking the Legislature to act now – Whittier residents and neighboring cities alike cannot afford to wait. If the Legislature fails to take action, the Central Basin Municipal Water District will fail. The situation is

untenable, as the Board cannot even agree to hold meetings and proceed with regular business.

Furthermore, Central Basin’s failure would jeopardize access to imported and recycled water supplies. A curtailment of imported supplies would result in over pumping of groundwater. Failure to take action will destroy Central Basin’s ability to maintain and operate its recycled water system.

Bankrupt entities end up costing everyone more money, and they damage public confidence in the government’s ability to solve problems. Central Basin’s failure will inevitably lead to higher costs for water in southeast Los Angeles County, and these costs will be carried by the ratepayers. We can ill afford to increase water rates due to unnecessary and troubling decisions.

The Legislature must pass SB 625 to protect the delivery of reliable water for our neighbors and water costs for all of us. Many cities in the southeast Los Angeles County depend on Central Basin to deliver a consistent drinking water supply to their residents. That cannot and should not be disrupted by an unethical and mismanaged Board of Directors.

SB 625 must be passed before irreparable damage is done to our community – failure is not an option. Please join me and 70 members of the California State Assembly in supporting SB 625.

Fernando Dutra is a Whittier city council member and chair of the Southeast Water Coalition.

States re-opened early and what do we have to show for it?

By Froma Harrop

Florida, Arizona, Texas and California are among the states that thought they could reopen early. They also got sloppy with requirements for wearing masks and social distancing. Now their ICUs are stretched to breaking with coronavirus patients.

And guess what. For all that putting the public’s health in jeopardy to help their economies, their economies are sick as well.

A new Morning Consult poll strongly suggests that consumer confidence will not turn into spending without virus confidence. More than half those surveyed said they didn’t feel safe inside a shopping center, according to Bloomberg News. The article featured a photo of a nearly deserted mall in Tucson.

A silent majority is watching maskless masses frolic on crowded beaches, carouse at bars or attend Donald Trump’s rallies, and it’s not seeing freedom. It’s seeing disease. It’s seeing narcissism, ignorance and a feeble political leadership incapable of enforcing discipline.

In May, a man went haywire at a 99 Cents Only Store in San Antonio after being told he had to wear a mask. “Just because everyone is doing it doesn’t make it legal!” he hollered. Actually, the store had the right to require masks.

But the public safety message would have gone smoother had Texas Gov. Greg Abbott not refused to make mask wearing a state

mandate. Abbott recently reversed himself on this, but early action might have spared Texas its current crisis.

Florida Gov. Ron DeSantis still refuses to require mask-wearing in public. DeSantis said he trusts people “to make good decisions.”

One of those good decisions might be to avoid Florida. Last Sunday, Florida reported 10,059 new coronavirus cases. New York state, once the epicenter of the pandemic, had 536 — and it did more testing.

The economic consequences of a virus on the rampage are obvious. Only two weeks ago, the top search on TripAdvisor was for Miami Beach. One week later, New York City outranked almost all Florida and California cities on the travel research website. And that’s with museums and Broadway still shut.

As for trusting people to make good decisions, neither Florida nor any other state trusts bargoers to drive home blind drunk. So why let them infect innocents with an often-deadly virus?

New York City just entered phase 3 of its reopening. That includes nail salons and tattoo parlors. Indoor restaurant dining has been put off — a precaution linked to the virus’ advances elsewhere in the country. New York has matched Europe in curbing the spread, and the state doesn’t want the huge sacrifices forced on its people to be for naught.

There’s a matter of optics as well as numbers. Can the people trust their politicians to make good decisions?

Consider the forceful response to partygoers who ignited a new COVID cluster just north of New York City. Several attendees of the three house parties refused to cooperate with contact tracers. Some even lied about having been there.

There was little outpouring of sympathy for the young revelers. No chants about freedom.

“I am not going to stand idly by while you risk the health of this county,” Rockland County Executive Ed Day said. “With those subpoenas, a failure to comply brings with it a \$2,000 fine. That could be repeated every day.”

And what about local economies once the worst has passed? The Morning Consult poll showed that half the respondents weren’t keen even then on entering a movie theatre, sports stadium or concert venue. Two-thirds said they’d rather patronize restaurants where employees wear a mask and tables are spaced out.

And so the choice isn’t between the virus or the economy. Where the virus prospers, the economy surrenders.

Froma Harrop is a syndicated columnist. Follow her on Twitter at @FromaHarrop

Protecting renters from eviction during a pandemic makes sense

By Jeff Robbins

While comfortable Americans are passing the pandemic studying their favorite restaurants’ takeout schedules and strategizing Zoom techniques, tens of millions of our countrymen dramatically less fortunate are desperately trying to keep their families from being tossed into the street.

Jaimy Gonzalez of Chelsea, Massachusetts, is one of them. The El Salvadoran native immigrated to the United States 18 years ago. Since the pandemic struck, she has been unable to find work as a babysitter. She shares her apartment with three other adults and three children; the other adults are also out of work. Like millions of other households, Gonzalez’s has been devastated by the pandemic,

and like millions of other renters, she and her housemates, unable to pay the rent because of the economic collapse of the past four months, are on the brink of homelessness. Gonzalez recently told a New York Times reporter, “I was crying morning, afternoon and night thinking about how we were going to pay the rent, what we were going to do?”

For Gonzalez and so many others living in the most prosperous country on the planet, there is not yet an answer. The huge stimulus package passed by Congress in March provided a 120-day moratorium on evictions for tenants living in federally subsidized housing. That moratorium covered only about one-quarter of America’s 44 million renter households, and its protections are set to expire later this month. The other three-quarters of renters have been dependent on a patchwork of state-enacted moratoriums, unemployment insurance and one-time government checks to stave off eviction. A study by analytics firm Amherst estimates that with the federal moratorium about to lapse; 20 state moratoriums having already expired and another 9 slated to follow shortly; and the official unemployment rate at 11% — not counting the severely underemployed — some 28 million renter families are close to having no place to live.

That is the reason for legislation recently introduced by Sen. Elizabeth Warren, joined by several of her Democratic colleagues in the Senate and the House of Representatives. The Protecting Renters From Eviction and Fees Act would shield renter households from eviction for nonpayment of rent until March 2021 — a year after the virus’ onset. It would thus provide an additional eight months for those hit hardest by the global health crisis against which there is no defense, and those least able to sustain that hit and get on their feet. “Renters who have lost their jobs or had their income reduced shouldn’t have to fear losing their homes in the middle of a pandemic,” says Warren. “Housing is an absolute necessity to keep families safe during this crisis.”

If there is a case against legislation that would protect tenants from eviction while fairly addressing the rights of landlords, it is difficult to apprehend. It is both unconscionable and self-destructive for the United States to abandon millions of its people to a fate consisting of not only homelessness but also hopelessness and hunger. Warren and her colleagues are dead right to confront the



plight of low-income renter families who have been battered by the coronavirus pandemic, and to do so urgently.

“Every once in a while America reinvents herself,” former Massachusetts Gov. Deval Patrick said in a July 4th statement. “How marvelous to think that (that reinvention) could be led by the outcasts and the despised and their sons and daughters.” Cleaning up the national wreckage left by four years of President Donald Trump and restoring America to a path worthy of its forebears won’t be easy. It will require the energy, and the civic and economic participation, of all Americans including those who have been left behind and are in danger of being jettisoned altogether. Protecting and boosting those families during a time of excruciating pain and profound need isn’t merely the right thing to do. It is the smart thing.

Jeff Robbins is a former U.S. attorney and delegate to the United Nations Human Rights Council in Geneva.

The Norwalk Patriot STAFF

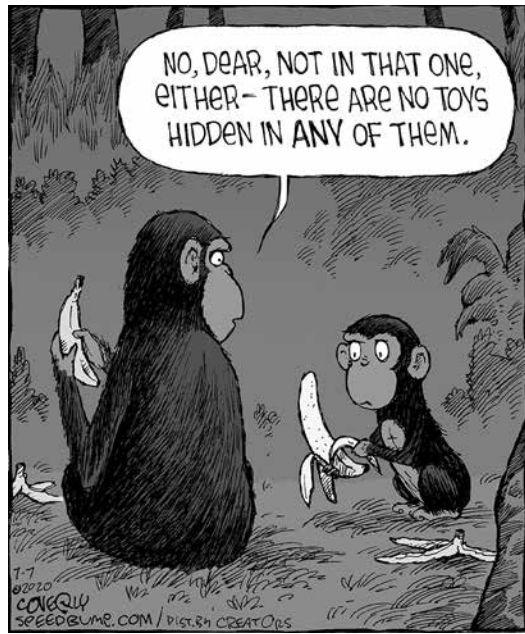
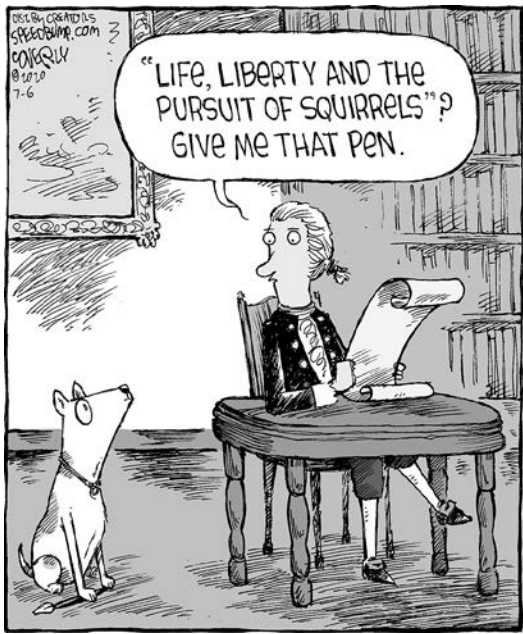
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CALENDAR OF EVENTS

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

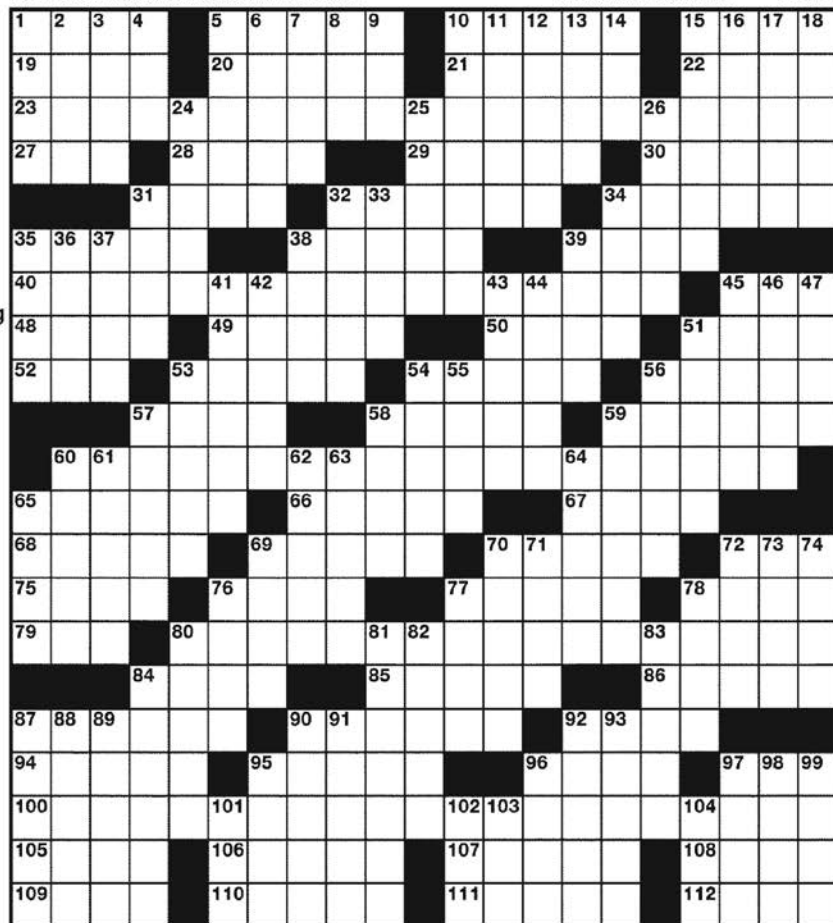
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The Norwalk Patriot

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)
BORN YESTERDAY: On the Fourth of July
by Mark McClain

- | | | |
|---------------------------------------------------------------|--------------------------------------------------------|-------------------------------------|
| ACROSS | 69 Christmas carol octet | 9 QB's triumphs |
| 1 Not falling for | 70 Druid, for example | 10 No-name |
| 5 Storied soul seller | 71 "... the cows come home" | 11 Any song on Elvis Radio |
| 10 Samuel Beckett's no-show | 75 Coffee holders | 12 "That ___ hurt a bit!" |
| 15 Fly-fisher's move | 76 Tool in a trunk | 13 Metrical tributes |
| 19 Beachhouse selling point | 77 Not as rainy | 14 Bags in a grocery bag |
| 20 About to bloom | 78 Half a sneaker set | 15 Sandpaper spec |
| 21 Omit from pronunciation | 79 Ball-bearing peg | 16 Walk casually |
| 22 Grandson of Esau | 80 School founded by Booker T. Washington July 4, 1881 | 17 Cavalry officer's blade |
| 23 Twin columnists born July 4, 1918 | 84 Camp beds | 18 Covert meeting |
| 27 Suffix for star | 85 Set aside | 19 Be of use |
| 28 Go off course | 86 Mountain evergreen | 25 Bakery by-product |
| 29 Metaphor for control | 87 Musical releases | 26 Long and lean |
| 30 A Van Gogh home | 90 More arduous | 31 Start to awaken |
| 31 Defiant talk | 92 Winter coat | 32 Inspires, with "up" |
| 32 Bit of cauliflower | 94 The original reindeer namer | 33 Pringles alternative |
| 34 Utility bill extra | 95 Spend futilely | 34 Poetic foot |
| 35 Nation east of Jamaica | 96 Town adjacent to Windsor | 35 Ship's bottom |
| 38 South Beach city | 97 Sorority letter | 36 Gobi Desert locale |
| 39 Worker's compensation | 100 Colonial capital founded July 4, 1636 | 37 Big screen format |
| 40 NY college that opened July 4, 1802 | 105 Pool partition | 38 Zebra colt's mother |
| 45 "For ___ a jolly good fellow" | 106 Intense spirit | 39 Flimsy |
| 48 Unreliable one | 107 Capitol Hill helper-outers | 41 Westernmost continental Europe |
| 49 Uncool ones | 108 Porous gem | 42 Extreme opposite of "nutritious" |
| 50 Uncolorful | 109 Crossed marks | 43 Love to bits |
| 51 Coin of Yemen | 110 Records that may be "personal" | 44 Film genre |
| 52 Less than rigorous | 111 In a devious manner | 45 Typical Delhian |
| 53 Evil spells | 112 Capitol Hill helper-outer | 46 Stand for meeting rooms |
| 54 Keep hidden | | 47 Musher's vehicle |
| 56 "Infinite" descriptor of black holes | | 48 Coral structures |
| 57 Voice of Apple | | 53 Brought onboard |
| 58 Bracelet bauble | | 54 Ancient board game |
| 59 Ranked in a tourney | DOWN | 55 Science classrooms |
| 60 Patriotic song first published as a poem July 4, 1895 | 1 Avocado-shaped | 56 Lower oneself |
| 65 Last flower in the first section of a botanical dictionary | 2 Start of Alaskan zip codes | 57 Moves at retail |
| 66 Tuba material | 3 Backpacker's shelter | 58 Sudan neighbor |
| 67 Floor covering | 4 Pussy-cat's poetic partner | 59 Queen Anne's House |
| 68 Put up | 5 Court assessments | 60 Sky hue |
| | 6 Peruvian range | 61 State with a 2020 bicentennial |
| | 7 Bus alternative | 62 Taken ___ (astonished) |
| | 8 California's Big ___ | 63 Tot's wheels |
| | | 64 Suggests strongly |
| | | 65 Touch upon |

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- | | | |
|-----------------------------------------------|-------------------------------------|-----------------------------|
| 69 Part of Einstein's equation | 81 Elastic straps around socks | 92 Auto frame material |
| 70 Before now | 82 Venerated village leader | 93 Clamorous |
| 71 Contraction heard in the first Jazz Singer | 83 Phone panel images | 95 "___ number one!" |
| 72 Dull sound | 84 Slalom course, essentially | 96 Swirling water |
| 73 Tiniest bit | 87 More than enough | 97 Family guy's nickname |
| 74 Villainous visage | 88 Seuss environmentalist | 98 Unexpected inconvenience |
| 76 Protrudes | 89 Trailblazing folk hero | 99 With nothing to do |
| 77 Removal instruction | 90 They often work around the clock | 101 Bit of hair gel |
| 78 "Mulligan" meal | 91 Flamboyant tie | 102 "Rumor ___ it..." |
| 78 Marisa in Spider-Man movies | | 103 Portrait medium |
| | | 104 Cut (off) |

ADVERTISING POLICY

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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.



LEGALS

Short Stories

Lounge singer

By Helen Hampton

The city was Boston and the year was 1943. My sister worked as a bookkeeper at an elegant hotel called the Copley Plaza.

They had a lounge with an orchestra and a singer. My sister heard that they were looking to hire a singer. She told the bandleader that her sister sang, and she asked if he would interview me.

He told her “yes” and set a date and time for me to see him.

I showed up at the appointed time and asked the desk clerk for Josie Dominguez.

“Who?” he asked.

“Josie Dominguez,” I answered. “He’s going to interview me for the position of singer with his orchestra.”

The man could hardly keep

from laughing in my face. “Do you mean Jose Dominguez?” he asked. Was my face red!

It ended up that Jose Dominguez could not use me, as I was not the “lounge type” singer that he was looking for. However, he did ask me to dinner a few times.

But when he wanted more than just my company, I told him, “Adios.”

My trip to Bermuda

By Helen Hampton

My sister, Audrey, and I planned a trip to Bermuda. I flew out of California and my sister flew out from Virginia. We met in Atlanta for our flight to Bermuda.

During our flight, the pilot realized there was something wrong with the radar system that was needed to cross the Bermuda Triangle. And so he turned the plane back to Atlanta.

In Atlanta, we stood in line for hours, uncomfortable in our girdles and high heels as we waited to be rerouted to a

different flight. The flight we were assigned took us to Boston, where we were put up in a beautiful hotel room and given a fine dinner. The only problem was that we had no luggage.

Audrey and I wondered what we would sleep in. The only thing in sight was a pair of hotel towels. But to our horror, the towels wrapped only part way around our ample figures. It was not a pretty sight.

The next morning we were on our way to Bermuda. We arrived at our designation all bedraggled and worn out, but we still had a wonderful time. The island was beautiful and the people were

very polite and friendly.

In Bermuda, tourists are not allowed to drive cars. We were told that we could rent a moped. We declined, for neither Audrey nor I felt safe to do so.

We took a bus ride to a church on Sunday morning. Unfortunately, bus service on the island was minimal on Sundays. We didn’t know this until we ended up waiting three hours to be bussed back to our hotel after church.

All in all, the trip was delightful. We were pleased that the airlines gave us a refund for the day that we had lost.

Airport chapel

By Helen Hampton

I used to travel often to my hometown in Maine. Each of my flights had a stopover in Boston’s Logan Airport. There was a lovely little chapel there and I always stopped in to say a few prayers.

Years later during one of my cross-country flights, I had a layover between planes. I asked

the attendant at the airline counter where the little chapel was.

“There is no chapel here,” he said.

“Yes there is,” I replied. “I remember stopping there several times in the past.”

He repeated, “Madam, there no chapel at this airport.”

By then I was getting quite agitated, so I raised myself up and said, “My dear man, every time I come through Logan Airport, I stop to say a few prayers in your little chapel!”

The attendant leaned over and put his hand gently on my arm and said, “Madam, you are at Kennedy Airport.”

Postal worker sentenced for \$11.7 million mail scam

PARAMOUNT – A former employee of the United States Postal Service was sentenced Wednesday to 100 months in federal prison for accepting bribes from business customers in exchange for falsely approving unpaid or underpaid bulk mail shipments, causing more than \$11.7 million in total losses to his employer.

Juan Enrique Caudillo, 60, of Lakewood, was sentenced by United States District Judge R. Gary Klausner. Judge Klausner also ordered Caudillo, who has been in federal custody since December 2018, to pay \$11,745,608 in restitution to the U.S. Postal Service. Caudillo pleaded guilty in March 2019 to one count of conspiracy to commit mail fraud.

Caudillo, who retired from the U.S. Postal Service last year, also agreed to surrender his pension as restitution, as well as the full balance – approximately \$140,000 – of his Thrift Savings Plan, a 401(k)-type account available to federal employees.

Since at least 2012, Caudillo, while working as a bulk mail clerk at the Paramount post office, took bribes in exchange for approving unpaid or underpaid bulk mail shipments as fully paid. In one scheme, the owner of Premier Mailing, Inc., a Paramount-based company, paid Caudillo bribes in return for Caudillo falsely listing certain mailings as prepaid, resulting in no postage being paid for them.

In a separate scheme, Caudillo accepted bribes to allow another business mailer to underreport information, resulting in reduced payment to the Postal Service for mailings.

“[Caudillo] took advantage of his special training and detailed knowledge of postal procedures to make his fraud nearly impossible to detect: He directed his co-conspirators to use the more cumbersome manual mailing forms rather than the more modern digital ones, exactly the opposite of Postal Service policy,” prosecutors wrote in their sentencing memorandum. “As a result, [Caudillo’s] fraud was buried in a mountain of paper rather than exposed by a computer system that can easily cross-check the number of pieces of mail sent from one post office with those received at another.”

Caudillo has agreed to forfeit almost \$700,000 in cash seized from his residence during a November 2018 search warrant. Caudillo also agreed to forfeit approximately \$50,000 seized from various bank accounts he maintained, and a Eureka, California residence that he purchased with the scheme’s proceeds of the schemes.

“Mr. Caudillo defrauded the Postal Service and abused his position of public trust by accepting bribes from businesspeople who didn’t want to pay to use the mails,” said United States Attorney Nick Hanna. “Public corruption is

a priority for my office, and today’s sentence reflects our determination to aggressively prosecute wrongdoing by any public official.”

Two co-defendants, Ramon Arribeno, 61, of Hacienda Heights, and Armando Lopez-Torres, 63, of the El Sereno neighborhood of the City of Los Angeles, the owner and manager, respectively, of Premier Mailing, each pleaded guilty in 2019 to charges for their roles in the conspiracy and received federal prison sentences.

“The public must have confidence that Postal Service employees will conduct their work in an honest manner,” said Special Agent in Charge Brian Washington, U.S. Postal Service Office of Inspector General. “When employees commit serious offenses, such as taking bribes to overlook large amounts of potential Postal Service revenue, they will be aggressively investigated and prosecuted.”

“Today’s sentencing is a victory for law enforcement in the ongoing battle against people who commit crimes through our nation’s mail system,” said Patricia Armstrong, Inspector in Charge of the U.S. Postal Inspection Service. “Corrupt employees, like Juan Caudillo, are especially troubling because their actions undermine trust in great public institutions.”

Downey firefighters put out 9 fires on July 4

DOWNEY – Downey Fire Department responded to several fireworks related fires during the Independence Day holiday, including one structure fire.

According to Chief Mark Gillespie, Downey Fire was

called to nine fires between the hours of 6 pm and 3 am on July 4.

Of these incidents, most were rubbish, grass, or tree fires. DFD also responded to one dumpster fire, and one structure fire (roof).

Other noteworthy incidents over the weekend included a gunshot wound to the leg on the I-5 freeway, a pediatric near-drowning in a swimming pool spa, and a rollover traffic accident.

FICT. BUS NAME

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME 2020096886

FILE NO: 2017054083 DATE FILED: MARCH 3, 2017
 NAME OF BUSINESS(ES): THE SHOP FORWARD
 STREET ADDRESS, CITY, STATE, ZIP CODE: 12836 ALONDRA BLVD., CERRITOS, CA, 90703
 REGISTERED OWNERS(S): (1) MICHAEL GERALD LTD, 12836 ALONDRA BLVD., CERRITOS CA 90703
 If Corporation or LLC – Print State of Incorporation/Organization: CA
 Business was conducted by: a Corporation
 I declare that all information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false is guilty of a crime.)
 S/ MICHAEL GERALD LTD., TRUSTEE – ATTORNEY OF RECORD, DONALD GRIER
 This statement was filed with the County Clerk of LOS ANGELES on JUNE 18, 2020

The Norwalk Patriot
7/3/20, 7/10/20, 7/17/20, 7/24/20

GOVERNMENT

CITY OF NORWALK SUMMARY ORDINANCE NO. 20-1717

The Norwalk City Council, at a meeting held July 7, 2020, introduced proposed Ordinance No. 20-1717, AN ORDINANCE OF THE CITY OF NORWALK SETTING FORTH ITS FINDINGS OF FACT AND DECISION APPROVING ZONE CHANGE NO. 361, which will designate a zoning classification for a portion of the public right of way, approximately 4,700 square feet in size, located on Firestone Boulevard, south of Rosecrans Avenue and adjacent to the I-5 Freeway General Commercial (“C-3”) Zone, by the following roll call vote:

AYES: Councilmembers Ramirez, Rios, and Valencia, Vice Mayor Ayala, and Mayor Perez
NOES: None
ABSENT: None

The full text of Ordinance No. 20-1717 is available for review in the Office of the City Clerk during regular business hours.

Theresa Devoy, CMC
City Clerk
July 7, 2020

The Norwalk Patriot
7/10/20

CITY OF NORWALK SUMMARY ORDINANCE NO. 20-1718

The Norwalk City Council, at a meeting held July 7, 2020, introduced proposed Ordinance No. 20-1718, AN ORDINANCE

OF THE CITY OF NORWALK APPROVING A DEVELOPMENT AGREEMENT BETWEEN THE CITY OF NORWALK AND EVERGREEN MEDIA LLC APPROVING A NEW DIGITAL BILLBOARD SIGN ON FIRESTONE BOULEVARD SOUTH OF ROSECRANS AVENUE ADJACENT TO THE I-5 FREEWAY, by the following roll call vote:

AYES: Councilmembers Ramirez, Rios, and Valencia, Vice Mayor Ayala, and Mayor Perez
NOES: None
ABSENT: None

The full text of Ordinance No. 20-1718 is available for review in the Office of the City Clerk during regular business hours.

Theresa Devoy, CMC
City Clerk
July 7, 2020

The Norwalk Patriot
7/10/20

CITY OF NORWALK NOTICE OF PUBLIC HEARING DELINQUENT REFUSE COLLECTION

Date: Tuesday, July 21, 2020
 Time: 6:00 p.m. or as soon thereafter as the matter may be heard
 Place: Via Videoconference, Norwalk City Hall, 12700 Norwalk Boulevard, Norwalk, CA 90650

Description: The City Council will conduct a public hearing to consider the report on the delinquent refuse collection costs, copies of which are on file in the City Clerk’s Office. Upon confirmation by the City Council, delinquent refuse fees will constitute a lien on the property unless paid by July 31, 2020. After that date, the unpaid liens will be delivered to the County Auditor to be collected at the time and in the manner of other taxes on the property.

Public Comment: Interested persons may review the agenda report for the above-described project at the City’s webpage at: <https://www.norwalk.org/city-hall/meeting-agendas-393>. Until further notice, the City Council meetings will be conducted pursuant to the provisions of the Governor’s Executive Orders N-25-20 and N-35-20, which does allow for City Council and/or staff to videoconference. As a precaution to protect both staff, our constituents, and commissioners, public access to the meeting in person is not allowed due to the Governor’s Executive Orders. You may watch the meeting from home on Charter Channel 3, Verizon Fios Channel 32, or livestream through the City’s website. Additionally, as City Council meetings are now closed to the public, if you wish to make a comment on the item (during the meeting), you may provide input either by phone or electronically through the following procedures: 1) By emailing publiccomments@norwalkca.gov. Please limit your comments to three (3) minutes maximum, which is the same time allotted at meetings, emails will be read during

the meeting; or 2) By dialing into the GoToMeeting at (562) 247-8422, Access Code 147-042-436, to speak on the item. If you challenge the proposed matter, you may be limited to only those issues raised at the public hearing described in this notice, or in written correspondence delivered prior to the public hearing.

More Information: Should you have any questions regarding this matter, please contact Gabriela Garcia, Management Analyst, at (562) 929-5964 or by email to ggarcia@norwalkca.gov.

Accessibility: In compliance with the Americans with Disabilities Act, if you need special assistance to participate in a City meeting or other services offered by this City, please contact the City Clerk Department at (562) 929-5720. Notification at least 48 hours prior to the meeting or time when services are needed will assist the City staff in assuring that reasonable arrangements can be made to provide participation in the meeting or service.

Dated this 10th day of July 2020.

Theresa Devoy, CMC
City Clerk

The Norwalk Patriot
7/10/20

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Cerritos College introduces new online programs and classes

NORWALK - As the current public health crisis and social distancing requirements continue, Cerritos College has announced new programs, including online associate degrees and certificate programs, that are exclusively virtual starting August 17.

Five fully online programs will be available in business administration, commercial music, cloud computing, cyber security, and network/system administration. Most classes are asynchronous online classes, in which students can log on any day or time they choose to complete coursework.

All of the campus' student and academic support services are available online. Interested students can refer to the step-by-step enrollment process by visiting www.cerritos.edu/futurestudents. For more information about Cerritos College Online, visit www.cerritos.edu/online.

The college is also introducing a variety of new Associate of Art for Transfer (AA-T), Associate

of Science for Transfer (AS-T) degrees, and an accelerated certificate program this fall.

Social Justice: Africana Studies

As global protests against systemic racism continue, the college's new Africana Studies Associate of Art for Transfer (AA-T) offers an introduction to the theoretical principles and practices of Social Justice Studies. The program focuses on the life history, culture, and social justice traditions of Black people. The program will prepare students for advocacy work in underrepresented communities with guaranteed admission to a CSU. For more information, visit www.cerritos.edu/black-africana-studies/.

Hospitality Management

The Hospitality Management Associate of Science for Transfer (AS-T) program provides an introduction to hospitality management, including culinary operation, hotel management, sanitation and safety, microeconomics, business

and hospitality law, and food management. The AS-T degree allows students to transfer to hospitality programs at a CSU, including California Polytechnic State University, Pomona, and CSU Long Beach with guaranteed admission. For more information, contact Michael Pierini at mpierini@cerritos.edu.

Film, TV, and Electronic Media

The new Associate in Science for Transfer (AS-T) in Film, Television and Electronic Media keeps abreast of a quickly evolving media landscape, which now combines elements of journalism, social media, radio, and traditional television. The new program will prepare students with hands-on skills to produce digital video, podcasts, and webcasts in the era of YouTube, TikTok and other emerging platforms. Additionally, the program will focus on film production, live television, radio programming, and all aspects of audio and visual content. The AS-T degree allows students to transfer to a CSU with guaranteed admission.

For more information, contact Christian Brown at cbrown@cerritos.edu.

Accelerated Crossover Esthetician

The new accelerated crossover Esthetician program is targeted to 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 course is currently offered online while the College continues its programs remotely due to COVID-19. For more information, please contact Rossi Petrova at rpetrova@cerritos.edu.

"It is critical that we continue to evolve with the changing times to offer more innovative programs and methods to deliver higher education and training to students," said Rick Miranda, vice president, Academic Affairs. "We are excited about all of our new programs geared towards making students more socially aware and more competitive for the workforce."

Carjacker charged with murder after teen's death

PICO RIVERA - A man who reportedly carjacked a van with children inside and killed a 13-year-old girl was charged Wednesday, the Los Angeles County District Attorney's Office announced.

Jose Elias Aguilar, 26, of Los Angeles, faces one count each of murder and corporal injury to a child as well as four counts each of carjacking and kidnapping during the commission of a carjacking.

Aguilar was arraigned Wednesday at the Downey Courthouse.

On July 5, Aguilar allegedly jumped into a van with children, ages 8, 10, 13 and 17, inside while the parents went inside to pick up food at a Pico Rivera restaurant, prosecutors said. Two of the children reportedly managed to jump out of the vehicle before the defendant began driving away.

Aguilar's erratic driving caused the 8-year-old boy to be ejected from the vehicle, resulting

in serious injuries, prosecutors added. The defendant is charged with killing Isabella Cortes who was ejected from the vehicle as it travelled at a high rate of speed, prosecutors said.

Aguilar then crashed and carjacked a second vehicle with a woman and a 2-year-old inside. The driver of that vehicle managed to jump back in the car and fought Aguilar until they crashed.

Aguilar, who has a 2017 conviction for first-degree burglary, attempted to escape but he was detained by good Samaritans who held him until police arrived, prosecutors added.

The defendant is being held without bail. If convicted as charged, Aguilar faces a possible maximum sentence of death or life in prison without the possibility of parole. A decision on whether to seek capital punishment will be made at a later date.

Legislation would create grants for non-profits during COVID

WHITTIER - Rep. Linda T. Sánchez on Monday introduced legislation to help nonprofit organizations meet an increase in demand for their services due to the coronavirus pandemic while helping newly unemployed Americans get back to work.

The Work Opportunities and Resources to Keep Nonprofit Organizations Well (WORK NOW) Act will create a major new grant program to help nonprofit organizations retain their employees, scale their service delivery, and provide unemployed Americans with new

jobs serving their communities.

The Senate version of the bill was introduced in May by U.S. Senator Amy Klobuchar (D-MN), along with Senators Brian Schatz (D-HI), Ron Wyden (D-OR), Sherrod Brown (D-OH) and six other Senators.

"Since the pandemic began, nonprofits and frontline organizations catering to vulnerable populations like homeless shelters, foodbanks, and domestic violence shelters, have seen declines in revenue and volunteers," said Sánchez. "At the same time, these nonprofits

are trying to adhere to social health guidelines while trying to stay afloat. This bill will provide new grants to allow nonprofits to retain their workforce or provide jobs for newly unemployed people."

The program will be administered by the Treasury Department and allocations will be made to states and local governments—with all funding being channeled to eligible nonprofits meeting needs that have increased as a result of the pandemic and the attendant economic crisis.

National nonprofit organizations will be invited to apply directly to the Treasury Department on behalf of their local chapters across the nation. The bulk of federal funding must be used for employee compensation—paying the wages, salaries and benefits of either existing employees or new employees.

Some funding may also be used to help nonprofits innovate in delivering services in new ways to meet the challenges imposed by the pandemic.

More inmates could be released early

More inmates may be released to mitigate coronavirus outbreaks in prisons, Gov. Gavin Newsom said this week.

The announcement comes as more than 900 new cases of the virus have been confirmed in just the past two weeks at San Quentin.

Officials say 40% of prisoners there are considered medically vulnerable -- and 110 of them may be eligible for earlier release.

The state previously let out 3,500 people who were within 150 days of release, and Newsom said 3,500 more could be released

under the same criteria.

California has greatly ramped up virus testing, and Newsom and health officials warned that would bring an increase in the number of confirmed cases. But recently the infection rate and hospitalizations also have increased - admissions to intensive care units are up by more than a third in the last two weeks, Newsom said.

California's death count is just under 6,000, according to data from Johns Hopkins University.

The Norwalk Patriot



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Players begin preparations for season unlike any other

Amazon donates 2,000 tablets to LA County students



Practices, much like the season ahead of teams, are very different than seasons past. (Photos by Keith Durflinger)

Continued from page 1

Phase 1 - Includes coaches and players screening, limitations of gatherings (groups of 10 only), facilities cleaning, athletic equipment and hydration rules.

Phase 2 - Screening, gatherings of 10 or more indoors and up to 50 outdoors and restrictions on facilities cleaning, athletic equipment and hydration rules.

Phase 3 - Screening, gatherings of up to 50 individuals (indoors or outdoors), facilities cleaning, athletic equipment and

eventual opening of practices and competitions with numerous restrictions.

The complete list of guidelines may be found at the NFHS website ("Guidance for state associations to consider in reopening high school athletics and activities).

New Playoff System

In addition, if and when high school football gets going, throw a new playoff format into the equation. A new playoff system will be implemented at the end of the regular season based on a power rating assigned by CalPreps.com.

What they said:

Daniel Pallan, St.Paul

"It feels amazing to practice with my buddies."

"It's a blessing to be back and working with my brothers. It's just not that many people are around each other. So, kind of spread out. We have regular groups and they are safer that way. Everyone is required to wear a mask when we practice. We have small groups and that's following the protocol.

"I'm looking forward to finishing this year. We made

it that far last year (Division 5 finals). We just need to push everyday."

Bryan Velasco, St. Paul

"It feels amazing, honestly to be back. We had these little zoom meetings for training. It was hard at first, but it's always good to be back out here on the playing field. It's always good to be back with everyone, of course at a safe distance.

You have to adapt with everything if you want to play."

Business coalition presses governor for reopening plan

NORWALK - Following Gov. Gavin Newsom's order to temporarily close indoor dining and operations for restaurants in 19 counties less than a month after allowing them to reopen, a coalition of Chambers of Commerce and business associations throughout the state came together to formulate proposals for reopening California businesses in a "logical and methodical manner that maintains the safety and health of customers, workers and the public."

The California Coalition for Safe Re-Opening, which includes the Norwalk Chamber of Commerce, proposed a three point economic and public health recovery plan - immediate measures that should be considered prior to any more business shutdowns.

Those measures include:

- 1.) Require the state to use emergency funds to supplement funding for county health departments and enforcement divisions that oversee adherence to reopening regulations. That would include authorizing counties to grant immediate reopening for all restaurants and bars that demonstrate compliance with that county's reopening regulations, in accordance with state regulations.
- 2.) The creation of a California COVID-19 Emergency Business Interruption Fund to provide grants to businesses to cover expenses related to safe reopening in June 2020, as well as all losses including displaced revenue related to the July 1st closure order and future unanticipated closures.
- 3.) Creation of a Safe Re-Opening Task Force which would work directly with state and local officials in the implementation of Mandatory Testing and creation of Recovery Centers as the dual alternative to shutting down segments of the economy.

The Coalition emerged over the last few months through unprecedented dialogue among local businesses, organizations and chambers throughout

California, and their members, who, while understanding the necessity of closure orders in March, are frustrated with the lack of coordination of re-openings and the haphazard recent closure orders. The Coalition urges local and county governments to support the effort to promote safe, organized, methodical and long-term reopening schedules.

"We're asking our cities and counties to publicly join their small businesses in the call for a return to common sense that protects communities from well-intentioned, but economically devastating public policy," said West Hollywood Chamber of Commerce chair Nick Rimedio, who is general manager of the La Peer Hotel.

The Coalition believes that safe re-openings and customer confidence are undermined by the most-recent closure orders issued by Governor Newsom. The recent order to close restaurants to indoor dining has created a volatile and toxic environment as restaurants were given no notice to open in LA County on May 30, only to be ordered shut 2 days later due to curfews and protests.

Businesses then began to reopen in the middle of June, with the average investment in the tens of thousands of dollars between staffing, training, food product, and the supplies and equipment needed to comply with the county reopening orders. Now, after only two weeks of operation, they were ordered to close again with less than 12 hours' notice, and no data showing that "indoor operations & dining" has any correlation to the spike in coronavirus cases.

Businesses require stability and predictability, and the public needs confidence and certainty. Simply put, the economy cannot survive in an environment of "open one month, close it down the next month", which is a dangerous precedence that threatens to impact all businesses under the guise of the "New Normal".

The business community understands the serious responsibility of being safe and

ensuring protection for their employees and customers. When they open, they take risks, just as our essential grocery and pharmacy workers, taking daily risks by operating in the pandemic. Dining-in with the mandated protocols can be safer than shopping for your meal at a grocery store or other being out in public spaces. Business in our communities and throughout California continue to spend significant resources and money ensuring they are among the safest places for their customers and employees.

Colin Diaz, President and CEO of the Culver City Chamber of Commerce drives this point home, "We understand that there are bad actors in the business, as there are with some individuals. These businesses should be held responsible for their actions and neglect. But, this sweeping policy that punishes the responsible business owners, many of whom have spent small fortunes bringing their businesses up to an extremely safe environment, further creates hardship and will continue to have drastic consequences beyond what we have already seen. We will lose a great deal of our small businesses with every round of closures that our government imposes on the business community."

Hollywood Chamber President/CEO Rana Ghabban added, "With the tireless work of the LA County Economic Resiliency Taskforce, which many of our businesses serve on, to craft the language and protocols for reopening in concert with the business community's commitment of time, resources and finances to meet and exceed those requirements, most businesses have created an environment that are among the safest places for their employees and customers to be."

Pasadena Chamber CEO Paul Little added, "We all appreciate and understand that health concerns have to take a priority, but our businesses, especially our restaurants, need stability to operate. Being allowed to reopen only to be told a few weeks later they must close immediately

took significant investment on the part of people to create a safe environment for patrons and staff and flushed it down the toilet. How can we expect anyone to invest in reopening when they could be ordered closed less than two weeks later? We need to see a coherent, long-term plan for reopening. One that we can be confident will remain in place."

Holly Schroeder, President & CEO of the Santa Clarita Valley Economic Development Corporation stated, "The Governor's broad-brush order ignores regional differences within counties and the substantial actions individual businesses are taking to protect customers and employees. Businesses have spent considerable resources implementing required health protocols. The starting and stopping of these orders threatens their ability to continue operating and the livelihood of their employees."

In the proposed plan, business returns with COVID-19-related protection practices in place, including enhanced cleaning procedures, distancing, and safe service protocols. Government must invest in resources necessary to ensure that County Health measures are being adhered to. There must be adequate access to regular COVID-19 testing and the state must pass Legislation to fund the California COVID-19 Emergency Business Interruption Fund to cover losses related to all government and health department orders including forced closures, social distancing requirements, and gathering limits.

"Elected officials at every level in our state need to understand that the health and safety of employees and customers is paramount to any responsible business owner," said Genevieve Morrill, President and CEO for the West Hollywood Chamber. "They also need to know how tenuous the existence of almost every business in the state of California is right now."

Two-thousand Los Angeles County families will have at-home access to tablets to use for educational activities, thanks to a donation from Amazon.

Because of the COVID-19 pandemic and the Safer at Home order, students across Los Angeles County have been attending school remotely. As we move into summer, the need for remote learning continues and the donation of Fire 7 tablets helps ensure families across the County have access to necessary technology.

"It's a matter of equity that all of our students have access to technology in order to stay on a level playing field with students able to afford computers, tablets and other technology," said Supervisor Hilda Solis. "I am grateful to Amazon for stepping in and ensuring that 2,000 of our students in need are not left behind as they study and learn at home."

"Thank you to Amazon and L.A. County Supervisor Hilda Solis for the generous donation of tablets for the children of El Monte. Our Saviour Center will begin using these tablets on Monday, July 6 during our Summer Program," said Jane Fall, executive director of Our Saviour Center. "Children grades K-8 will easily engage in quality, on-line educational experiences through our regular supervised learning. Additionally, our youth will participate in virtual trips, virtual fitness classes, virtual nutrition workshops and more."

Access to on-line resources are critical to families throughout Los Angeles County. The digital divide should not impede access to food or other necessary support services during these very difficult times. These tablets will improve child development beyond remote learning by also connecting families with mentors and healthcare providers that can offer virtual assessments by viewing body language and sharing coping skills through relationship building.

"As students connect, learn, and grow using technology to ensure their health and safety, I'm immensely thankful Amazon generously donated 500 tablets to our Antelope Valley community as a gift to foster youth and their families," said Supervisor Kathryn Barger, Chair of the Los Angeles County Board of Supervisors. "Antelope Valley Partners for Health and other local organizations will identify and distribute these valuable resources, which will help families in need and equip youth with tools to succeed."

"The COVID-19 pandemic is exacerbating the challenges that many families in the Antelope Valley already face when

connecting to vital supports. Ensuring that our most vulnerable school aged children have a device to access the internet is more than an education issue, it is a child development issue as well," said Roxana Martinez, from First 5 LA, representing the Antelope Valley Resource Infusion, a collaborative working to increase resources in the area. "Students are now engaging virtually not only to attend classes, but to access life-skills workshops, connect their family to critical resources, and communicate with adult supports and mentors. These tablets will allow for virtual interaction that can help deepen connections in the absence of in-person interaction and help them to develop the life skills necessary to thrive in this world."

"We are humbled by the work Los Angeles County is doing to help community members during these challenging times and we are glad to support their efforts by donating Fire 7 tablets," said Marc Whitten, vice president Amazon Entertainment Devices and Services. "We are hopeful these devices can help students and families continue learning and ensure they are able to stay connected to community support services."

The 2,000 tablets will be distributed as follows:

- Antelope Valley Partners for Health (AVPH will manage the distribution of tablets across the Antelope Valley in coordination with the local Departments of Children and Family Services)
- Bassett Parent Center (Bassett Unified School District)
- Bell Gardens Neighborhood Youth Center
- Boyle Heights Beat
- Casa Cultural Saybrook
- East Los Angeles Community Youth Center
- ELAC (South Gate Satellite Campus)
- La Causa YouthBuild
- Los Angeles Conservation Corps
- Los Angeles County Office of Education
- Our Saviour Center
- Pomona Economic Opportunity Center
- Project Caring & Sharing
- Prototypes
- Spiritt Family Services
- SBCC Thrive
- The Whole Child

The organizations will distribute the tablets to families participating in their programs.

Lynwood serves meals to 8K families

LYWOOD - Lynwood Unified's food pantry has served an estimated 8,000 families in need with fresh, healthy food options and continues to support the community in partnership with the City of Lynwood and local leaders.

The District's commitment to aiding families during the COVID-19 coronavirus pandemic has inspired collaboration throughout Lynwood and helped families face challenges. When the city recently experienced a pair of fires that destroyed property and family belongings, the pantry was a vital resource that helped some of those affected recover.

In addition to the food provided, District groups also worked to deliver gift cards.

"We are determined to stand with our community during difficult times," LUSD Superintendent Gudiel R. Crosthwaite said. "Our food pantry is just one of the outlets that give the people of Lynwood something they can consistently depend on. With the help of city partners, we have been able to expand the helpful reach."

Lynwood's Greater Emmanuel Temple Church currently hosts

the service, allowing families to receive pick-up-and-go groceries upon appointment at the church location. Families can request the service by contacting the Student Services hotline at 310-635-8837. Cheese, dairy kits, produce, meats, and snacks are provided.

Reformed Church of Los Angeles and The Los Angeles County Sheriff's Department also lends support.

Through the state's Farm to Family program via the Los Angeles Regional Food Bank, Lynwood Unified has also been able to provide the City of Lynwood with additional food for its Meals on Wheels program that serves seniors as well as those in need and is served by faith-based institutions.

"The food pantry not only represents an important resource for those in need but an important alliance between partners who are committed to serving those around us." Board President Gary Hardie Jr. said. "We are grateful for the partnership with the Los Angeles Regional Food Bank, and all of our partners that have taken the opportunity to serve our Lynwood community."

The last commute

By Robert Goldman

Now that there are zero degrees of separation between our homes and our jobs, we face 24/7 workdays with no way to escape phone calls, emails and, of course, Zoom meetings from hell.

It wasn't always the case.

Long ago, we had our beloved commute, twice-a-day interludes of calm and reflection as we traveled between the home and the office. This was quality "me time," an opportunity to contemplate the vagaries of the human condition while waiting for the moron in front of us to realize a light had changed. And, if we were lucky enough to get totally caught in an early morning traffic snarl, we could explore the

outer limits of mental illness as our supervisors raged at us for being a few stupid minutes late.

At this point, we don't know when we'll be able to go back to the pleasures of commuting, but there are ways we can keep some of its benefits. I refer you to Nina Bartmann, a senior researcher at the Center for Advanced Hindsight at Duke University and the author of "Separating Work-Life From Home-Life During COVID-19," a recent post on the website of the Society of Behavioral Medicine.

Bartmann understands that the lack of physical — and mental — distance between work and home can make "days appear longer, stressful, and chaotic." That's why she has developed "an easy, 5-step solution based

on these commuting benefits to help you successfully establish work-life boundaries when the home is the new office."

Taking a look at her plan represents a good step forward.

No. 1: "Put your work materials aside."

To protect you from letting work infect your home life, Bartmann recommends that, "at the end of the workday, take concrete steps to physically distance yourself from your work, even if that means just hiding it." She closes her laptop and then puts it in her backpack.

My recommendation is you put your laptop in your backpack and then bury it in your backyard. You'll want a six-foot hole, at least, and fill it in promptly, preferably with cement. The next morning, you can arrive at the scene with your jackhammer, refreshed and ready to get to work. (If you don't

have a backyard, bury your work in someone else's backyard. For true separation, don't make note of the address. You'll remember it the next morning, or not.)

No. 2: "Change your clothes."

The idea of changing from business to casual clothes would make perfect sense in the old days, when we wore suits and heels to the office. In recent years, work clothes have gone way casual, so you probably don't have an alternate wardrobe to change into. That's why I recommend that, at the end of the workday, you shuck your clothes and go naked. This will be a sartorial work-life dividing line that you will feel immediately, and so will your family, your neighbors and the FedEx guy.

No. 3: "Spend time outside."

"Strive to just get out the door at least once a day," Bartmann writes, "and if you make it to 30 minutes, even better." My advice

is to combine steps No. 2 and No. 3. Once you are naked, step out of your house, and lock the door behind you. Since you're naked and have no place to put a key, you'll surely spend considerable time outdoors. Trust me, you'll be more than ready to get back to work when you are released from custody.

No. 4: "The benefit of exercise."

Bartmann jogs and bikes. On rainy days, she walks her neighborhood while calling her grandmother. I prefer a more targeted exercise program. My recommended workout aims to increase phalanges strength by planking on your couch and rigorously pushing the buttons on your remote control. When you find an episode of "The Goop Lab," go back to work. It will be an improvement, guaranteed.

No. 5: "Coming home."

Completing the five-step

solution should "successfully restore work-life boundaries" and "put you in charge of your mental wellbeing again."

It would be an excellent time to call your grandmother. Or my grandmother. Or, better yet, your boss.

Let them know you have now separated from work, so they shouldn't bug you with calls or emails or invitations to Zoom meetings, because you have a personal life, and if they're so pathetic and needy they can't go five minutes without work nonsense, you feel nothing for them except pity.

Trust me, after a few calls like this, creating a work-life separation will not be a problem.

Bob Goldman was an advertising executive at a Fortune 500 company. He offers a virtual shoulder to cry on at bob@bgplanning.com.

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Nearly 2,500 families receive food at drive-thru giveaway

WHITTIER — Donning protective face coverings, gloves and yellow and orange safety vests, volunteers from Los Angeles County organized thousands of food boxes and loaded them into hundreds of vehicles that began lining up at 8:30 a.m. as part of a free drive-thru food giveaway at Pioneer High School.

The Office of Los Angeles County Supervisor Janice Hahn, in partnership with the Los Angeles Regional Food Bank and Whittier Union, sponsored the July 1 event, giving enough food away to feed 2,426 families. Each car that drove through received four 20-pound boxes of groceries, including protein, dairy, non-perishables and fresh produce.

"Partnerships like this are more important than ever as we confront this crisis and the impacts it is having on our students and

families," Superintendent Martin Plourde said. "We are grateful to Supervisor Hahn and the Regional Food Bank for hosting this event for our community, providing families with much-needed support and sustenance during what may be a very challenging time in their lives."

For more information on L.A. County's food resources during the COVID-19 crisis, visit <https://covid19.lacounty.gov/food/>.

Whittier Union will also continue hosting its grab-and-go breakfast and lunch drive-thru service for children 18 years and younger from 11 a.m. to noon Monday through Thursday through July 16.

Steve Roberson inducted into YMCA's Golden Book of Distinguished Service

DOWNEY — Steve Roberson was inducted into the YMCA of Metropolitan Los Angeles' Golden Book of Distinguished Service in a surprise ceremony last week.

This prestigious recognition is given to a rare group of special volunteers to commemorate their extraordinary service to the YMCA of Metropolitan Los Angeles.

It was an honor to recognize, surprise and celebrate Steve," said Lori Tiffany, executive director of the Downey YMCA. "Steve has volunteered his time and experience, making a difference year after year. He has shown tremendous leadership, commitment, and devotion to service and loyalty to the Y and its core values."

The Golden Book is a tradition now in its 86th year that dates back to 1934. It is an honor reserved for

the YMCA's most extraordinary and committed volunteers who have distinguished themselves as true champions of the Y.

"We were blessed to include in our small celebration four additional Golden Book recipients from our Downey Family YMCA," said Tiffany. "Truly the greats of our Y: Tod Corrin, Jim Derry, Bob Earl and Ron Kolar. Thank you gentlemen for your service and for making Steve's recognition even more special."

The Golden Book of Distinguished Service now holds the names of 353 of the Y's most precious volunteers.

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