

Coast Plaza Hospital receives award for stroke care

NORWALK - Coast Plaza Hospital (CPH) has received the American Heart Association/American Stroke Association's Get with The Guidelines - Stroke Silver Plus Quality Achievement Award. The award recognizes the hospital's commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence.

CPH earned the award by meeting specific quality achievement measures for the diagnosis and treatment of stroke patients at a set level for a designated period. These measures include evaluation of the proper use of medications and other stroke treatments aligned with the most up-to-date, evidence-based guidelines with the goal of speeding recovery and reducing death and disability for stroke patients. Before discharge, patients should also receive education on managing their health, any necessary follow-up visits, and information on other care transition interventions.

"This recognition reflects the hard work, dedication and phenomenal skills of our team striving to improve the quality of care for our stroke patients," said Patrick Rafferty, CEO of Coast Plaza Hospital. "These much-needed services help us to best fulfill our mission of providing affordable, high-quality, compassionate care to our community."

The Primary Stroke Center at CPH is certified by both the Joint Commission and The American Heart Association. Its team includes board-certified Vascular Neurologists, Neurocritical Care physicians, and a full staff with specialized training in stroke care. It has access to the latest technology, including Integrated Video Remote Interpretation (VRI) to provide telestroke examinations, and has forged a teleneurology partnership with Keck Medicine of USC.

In addition to the quality achievement award, CPH received the Association's Target: StrokeSM Honor Roll award and the Association's Type 2 Honor Roll Award. To qualify for the stroke Honor Roll recognition, hospitals must meet quality measures developed to reduce the time between the patient's arrival at the hospital and treatment with the clot-buster tissue plasminogen activator, or tPA, the only drug approved by the U.S. Food and Drug Administration to treat ischemic stroke. To earn the Association's Type 2 Honor Roll award, hospitals must meet quality measures developed with more than 90% of compliance for 12 consecutive months for the "Overall Diabetes Cardiovascular Initiative Composite Score."

"We are pleased to recognize CPH for their commitment to stroke care," said Lee H. Schwamm, M.D., national chairperson of the Quality Oversight Committee and Executive Vice Chair of Neurology, Director of Acute Stroke Services, Massachusetts General Hospital, Boston, Massachusetts. "Research has shown that hospitals adhering to clinical measures through the Get with The Guidelines quality improvement initiative can often see fewer readmissions and lower mortality rates."

According to the American Heart Association/American Stroke Association, stroke is the number five cause of death and a leading cause of adult disability in the United States. On average, someone in the U.S. suffers a stroke every 40 seconds and nearly 795,000 people suffer a new or recurrent stroke each year.

Gerardo and Kelly Inouye-Perez share love on and off the field



Gerardo Perez, the head baseball coach at Gahr High School, and his wife, Kelly Inouye-Perez, the head softball coach at UCLA. (Photo by Keith Durflinger, Contributing Photographer)

Son Mikey Perez plays baseball at UCLA and daughter Kylie plays soccer at Gahr.

By John Sherrard
Contributor

CERRITOS - Kelly Inouye-Perez, the UCLA Women's Softball coach and Gerardo Perez, the Gahr High School baseball coach have had a 23-year love affair, on and off the baseball and softball field.

The couple are both highly successful in their respective "fields."

Inouye-Perez, in her fifteenth season, has been part of eight NCAA National Championships.

That, of course includes eight rings as a player, assistant coach and now head coach.

Gerardo Perez has been highly successful in getting his players to the next two levels - collegiate and professional.

In his 15 years at Gahr, Gerardo has had nearly 70 players either drafted out of high school or played collegiate baseball and is closing in on 300 wins as a high school coach, along with eight league titles.

However, with all of this championship talk, Gerardo was asked which of his wives eight rings, all since they have been together, was the most important.

He immediately reacted and said there was a ninth! Did

something get missed in the UCLA stats?

Nope. It was not sports related.

"The ring we got in 1997 trumps all the other rings," said Gerardo, referring to her wedding ring as they stood on the Gahr baseball field for a photo shoot.

Of course he was referring to the ring on Kelly's finger that started that love affair.

Out of that marriage came two children - Mikey Perez, a sophomore infielder at UCLA and Kylie Perez, a sophomore on the soccer team at Gahr.

Kelly and Gerardo met, of all places, through baseball. Who would have guessed!

"It's always good to talk about

our journey," Inouye-Perez said.

And quite a journey it has been.

"I was a senior at Gahr and he was at Cerritos College," said Kelly, who mentioned that he played at Cerritos High, which was Gahr's rival. "We met through baseball and became friends and trained a lot. I played on a team with Lisa (Fernandez). He would come and catch them. He was very supportive.

"We both wanted to advance to DI."

They did, as Kelly would

Continued on page 10

Mariana Pacheco announces intent for Cerritos College Board



Photo courtesy Mariana Pacheco

Pacheco will make her bid for Trustee Area 1 this November.

By Alex Dominguez
Staff Writer

NORWALK - Marianna Pacheco has announced that she will run for Cerritos College Board of Trustees Area 1.

Pacheco is currently the Director of Nursing at Downey Adult School.

"I'm already in education...I already try and help the students start off their career

after they finish high school so they can pursue something," said Pacheco. "I want to be able to do more for our students, and be able to do more for maybe the high school students, or seeing what other sort of articulation agreements we can do, and how we can partner better."

She has been a registered nurse for over 40 years. She worked for the county for 34 years, and was the clinical director at LACUSC for its clinics and employee health services.

Pacheco is a familiar face in Downey, having been a former

president of Kiwanis. She is also a member of the Elks Club, as well as the CERT team.

She currently has the endorsements of State Assembly member Cristina Garcia, Downey council members Mayor Pro Tem Claudia Frometa, Rick Rodriguez and Alex Saab, and Downey Unified Board member Martha Sodemani, although she says she hasn't finished reaching out to others.

Pacheco - of course - also has the support of her daughter, current Downey Mayor Blanca Pacheco.

She says she brings a "new perspective."

"I really have an interest in, 'How do we create better partnerships,' 'How do we create better industry involvement,'" said Pacheco. "I'm involved in SkillsUSA, so I've learned a lot about how to involve the private sector, and how do we get those students into the private sector and have the skills necessary to - as soon as they get out of school - to be able to get a job and perform."

"I think bringing all those qualities into play and knowing what I know in regards to education, I think would be an important factor as to why I want to run and why it would be important to me."

If elected, she says one of the first challenges she would like to tackle would be recovery from the effects of COVID-19,

including bringing students back to campus.

"If elected, [my priority] is looking at what sort of protocols, what sort of things do we need to put in place to safely bring students an staff back onto campus."

Pacheco also acknowledged the current construction work taking place on campus, which she hopes to help continue and improve further on.

"I know that Cerritos College right now is having a lot of construction that was passed, so what is it we can do to enhance what they have and continue the work that they're doing," said Pacheco.

Pacheco can be found on Facebook and Instagram, and has a website in development.

Pacheco says that she hopes constituents understand how important it is to her to "give back."

"To me, education is extremely important, and it's pivotal that we are all afforded that ability," said Pacheco.

"You can't imagine how your doors will open up just by getting an education and expanding your horizons. I just want to help."

Weekend at a Glance

Friday 90°

Saturday 86°

Sunday 85°

ON THIS DAY AUGUST 28

1828:

Novelist Leo Tolstoy was born near Tula, Russia. He authored "War and Peace," which remains a classic of world literature.

1922:

The first radio commercial aired on WEAJ in New York City.

1955:

Emmitt Till, an African-American teenager from Chicago, was abducted by two white men after he was accused of whistling at a white woman. He was found murdered three days later.

1963:

200,000 people participated in a peaceful civil rights rally in Washington, D.C. where Dr. Martin Luther King Jr. delivered his "I Have a Dream" speech in front of the Lincoln Memorial.



Dr. Martin Luther King Jr.

1968:

Police and anti-war protestors clashed in Chicago as the Democratic National Convention nominated Hubert H. Humphrey for president.

1981:

John Hinckley Jr. pleaded not guilty to charges of trying to kill President Ronald Reagan. He was found not guilty by reason of insanity and confined to a mental hospital.

1996:

Democrats nominated Bill Clinton for a second term for president.

Britain's Prince Charles and Princess Diana were divorced after 15 years of marriage.

2005:

New Orleans Mayor Ray Nagin ordered everyone in the city to evacuate ahead of Hurricane Katrina.

Notable Birthdays

Actor and comedian **Jack Black** turns 51.

Actor and director **Daniel Stern** turns 63.

Reality star **Honey Boo Boo** turns 15.

Pop singer **Bazzi** turns 23.

Country music star **Shania Twain** turns 55.

Country singer **LeAnn Rimes** turns 38.

Country singer **Jake Owen** turns 39.

Actor **Armie Hammer** turns 34.

"Beverly Hills 90210" star **Jason Priestley** turns 51.

Notable Deaths

Juan Gabriel, one of the most prolific Mexican singers and composers of all time, died on this date in 2016 of a heart attack. He was 66.

Adam Goldstein, a DJ and music producer who worked with the likes of Madonna and Will Smith, died of a drug overdose in 2009. He was 36.

Junipero Serra, a Roman Catholic Spanish priest whose missionary efforts earned him the title of "Apostle of California," died in 1784. He was 70.

Robert Walker, an actor best known for his starring role in Alfred Hitchcock's "Strangers on a Train," died in 1951 of a drug overdose. He was 32.

Paging Dr. Frischer...

By Dr. Alan Frischer

My wife and I had an amazing vacation booked for February. February sure does seem like a long time from now, so of course by then travel will be no problem... right? Well, I had put the odds of taking this trip at a lot less than 50-50, and just this morning the decision was made for me: the tour company cancelled the trip. Next February, you'll find me hanging around the office instead.



Travel increases the chance of contracting COVID-19, and of spreading infection. Staying home is certainly the least risky action at this time. When will it be safe to plan vacations again? It depends on where and how, and the answer is constantly changing.

Of course, not all travel is for exploring new places and having

new adventures. What about visiting family or friends? The dangers of travel are multiplied if you or your loved ones have COVID-19 risk factors (including age, obesity, diabetes, and other conditions). Keep in mind that merely because you share blood ties or a long history, even close family or friends are not in your pod. You have not been isolating together. The safest way to form a new pod is for both parties to quarantine for 14 days, and to test negative.

If you do travel, I urge you to practice all of the new-normal pandemic precautions. Wash your hands often with soap and water or hand sanitizer. Avoid touching your eyes, nose and mouth. Keep at least six feet between you and others. Wear a face covering in public. Pick up food at drive-throughs or use curbside service.

At this time, many countries with low COVID-19 infection rates are not welcoming

Americans. With 177 countries reporting cases (note that Antarctica is the only continent without a single case!), the U.S. Department of State has finally lifted the general do-not-travel warning. Instead, it has issued individual warnings by country. Before you travel, check travel.state.gov for the latest State Department information.

Domestically, each of our 50 states has its own rules and travel restrictions. As with international travel, this is a rapidly changing, fluid situation. Make sure that you are well versed in the most current rules for your destination.

So, what is the safest way to travel?

The CDC maintains that the risk of air travel is relatively low. However, spending time in security lines and airport terminals makes it very difficult to avoid coming into close contact with other people and with frequently touched surfaces.

The good news is that even with a severe reduction in the number of flights, many are only 50% to 60% filled. (Still, other flights are nearly fully booked and distancing becomes impossible.) In-flight food and drink service has largely been elimi-

nated. Recirculated cabin air appears to be less of a danger. All international jetliners are equipped with High Efficiency Particulate Air (HEPA) filters, similar to those found in hospital operating rooms. Cabin air is circulated vertically from ceiling to floor, and refreshed every two to three minutes. Between flights, airplane cabins are scrubbed down with anti-microbial disinfectants. (Note that not all domestic flights are HEPA-equipped.)

Those traveling on a bus or train find it very difficult to avoid coming into close contact with other people and with frequently touched surfaces. When possible, avoid busses and trains at this time.

Automobile travel usually requires stops along the way for gas, food, and bathroom breaks, putting the traveller in close contact with other people and surfaces. Any kind of a car service or rideshare exposes us to contact with the driver and surfaces. Renting a car certainly poses fewer risks than taking public transit, but I would advise wiping down and ventilating any rental.

RV travel has seen a huge increase in demand, and does

mitigate some risks. However, there may still be stops for gas, food, and campgrounds, all involving contact with people and surfaces.

Are hotel rooms safe? What about vacation rentals? As states lift their stay-at-home orders, restrictions on hotels are starting to ease. The bigger chains promise heightened safety protocols, including contactless check-in and more rigorous cleaning practices. Nonetheless, some travelers choose to bring their own cleaning supplies.

It is unclear at this point how safe hotel stays are, but practicing all of the usual precautions - hand washing, face masks and distancing - will increase your level of safety.

Most cruise lines have put operations on hold, although a handful are resuming with amended itineraries and enhanced health protocols.

Travel has never been so complicated. Unfortunately, we will still be living in a pandemic for quite some time. If you do plan to travel, please do so as safely as possible. Bon voyage!

Drive-in movie night happening this Saturday

NORWALK - Residents are invited to a drive-in movie night Saturday, Aug. 29, in the civic center parking lot.

Cost is \$30 per vehicle. The movie -- "The Nightmare Before Christmas" -- begins at sundown.

Tickets can be purchased online at norwalkchamber.com. Space is limited and no tickets will be sold at the door.

For questions or more information, call the Norwalk Chamber of Commerce at (562) 404-0909 or email info@norwalkchamber.com.

THE PET SPOT

ASK THE VET: BY DR. LEE PICKETT

Nerve Damage Causes Horner's Syndrome

Q: Hobie, my middle-aged indoor-outdoor cat, awoke this morning with one very abnormal eye. His upper lid droops, and a white film covers the inside corner of the eye. What caused this? Will it resolve on its own, or should I take Hobie to his veterinarian?

A: I'd advise a trip to the vet. It sounds like Hobie has Horner's syndrome, which is not a specific disease but the name of a group of clinical signs.

Horner's syndrome, which usually occurs in only one eye, is characterized by an abrupt onset of drooping of the upper eyelid; elevation of the nictitans, or third eyelid, the white film you see in the inner corner of Hobie's eye; retraction of the eyeball deeper into its socket; and constriction of the pupil so it remains small.

These changes result from damage to nerves of the sympathetic nervous system in the head or neck. The sympathetic nervous system is responsible for the fight-or-flight response.

These nerves open the eyelids wider, retract the nictitans, hold the eyeball forward in the eye socket and dilate the pupil -- enhancing vision and giving the cat a fierce look.

When the body is at rest, the sympathetic nervous system is balanced by the parasympathetic nervous system. Its nerves have the opposite effects.

So, when the sympathetic nerves are damaged, only the parasympathetic nerves exert an effect -- and Hobie exhibits Horner's syndrome.

The causes are many and include trauma, a middle ear infection, a tumor pushing on a nerve or an eye problem. Many times, a cause can't be found.

Horner's syndrome itself doesn't require treatment, but whatever is causing it should be evaluated. For example, Hobie may have a bite wound on his neck that isn't obvious because cat skin is elastic and closes over wounds. However, bacteria deposited beneath the skin can cause a painful abscess.

So, take Hobie to his veterinarian, who can determine what treatment, if any, is needed.

Q: The veterinarian said my 10-year-old dog, Addie, has small cataracts in both eyes. Because of the pandemic, I couldn't talk with the vet in person, so I'm not sure how much of a problem this is. Please educate me about cataracts.

A: A cataract is an opaque area in the lens that blocks light transmission to the retina and impairs vision. Addie's cataracts are small, so she is probably getting around fine.

Your veterinarian will monitor Addie's cataracts at each exam, noting whether they grow and "mature." A mature cataract encompasses the entire lens and blinds the eye. It also can cause two painful conditions: uveitis, or inflammation within the eye, and glaucoma, increased pressure inside the eye.

Addie's cataracts may or may not progress to that point. If they do, your vet may suggest consulting a board-certified veterinary ophthalmologist, who can remove them and insert an artificial lens in each eye to restore vision, just as is done for humans.

Cataracts have many causes. Most that occur in purebred dogs are inherited. In dogs with poorly controlled diabetes, cataracts can form very quickly. Those that develop in older dogs as a result of sun exposure usually grow slowly and don't become a problem.

Toxins and trauma can also cause cataracts, as can an electrical shock from gnawing a power cord. Nutritional imbalances also can precipitate cataracts.

Each time your veterinarian examines Addie, ask whether her cataracts have changed and if it's time for a veterinary ophthalmologist to examine her.

Lee Pickett, VMD, practices companion animal medicine in North Carolina. Contact her at <https://askthetvet.pet>.

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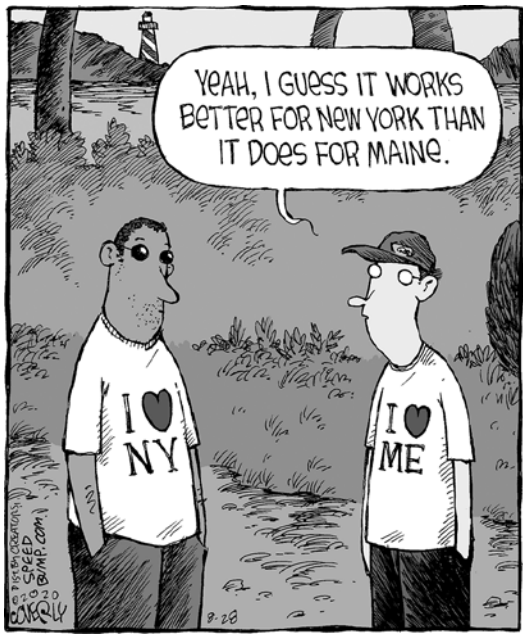
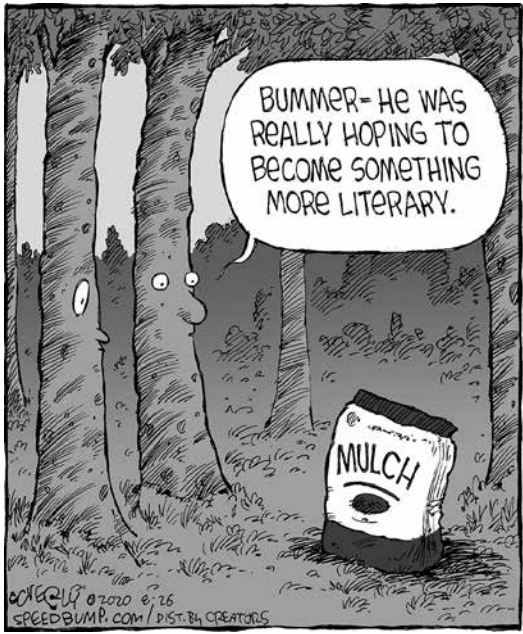
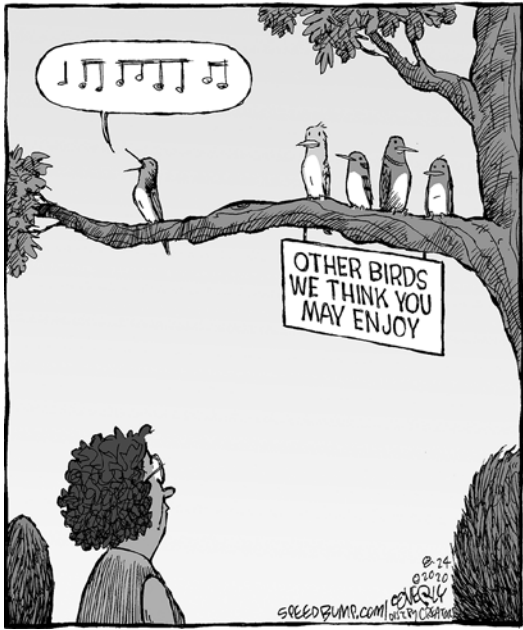
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CALENDAR OF EVENTS

MONDAYS

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

TUESDAYS

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

WEDNESDAYS

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

THURSDAYS

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

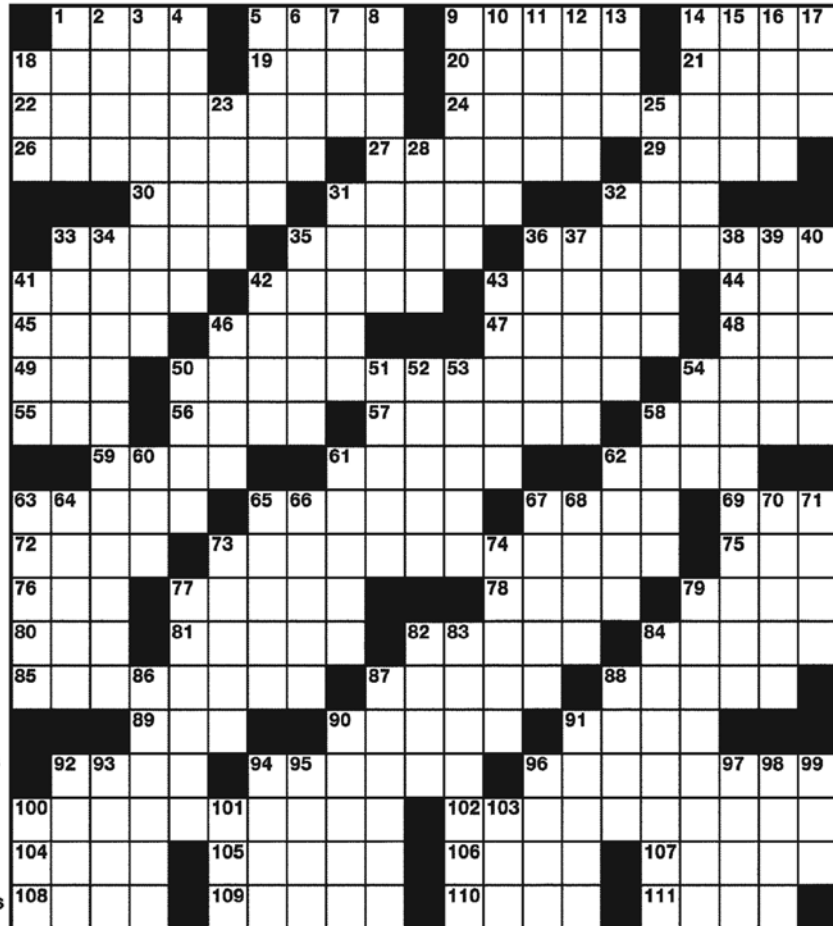
SATURDAYS

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

THE NEWSDAY CROSSWORD
 Edited by Stanley Newman (www.StanXwords.com)
SPA DAY: Nothing that can't be handled
 by Mark McClain

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- 96 Sports drink brand
- 100 NBA Pacific Division team
- 102 Letter closer of yore
- 104 Source of discomfort
- 105 Validate the books
- 106 Reveal something
- 107 __ Laredo, Mexico
- 108 Complex plan
- 109 Don't take no for an answer
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- 111 Murray or Roddick of tennis
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- 2 "Inside" data
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- 13 Tulane rival
- 14 Hun honcho
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- 17 Not get used
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- 25 Turned the soil
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- 31 Japanese copier company
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- 35 Culturally pretentious
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- 87 Holders for toys and teas
- 88 __ Field (home of the Mets)
- 90 Pratt of Avengers films
- 91 Come-from-behind charge
- 92 Salt formula
- 93 *Figura* __ (Spanish skating pattern)
- 94 Incentive
- 95 Give up via treaty
- 96 Fund-raising dinner
- 97 Full of wonder
- 98 Jones of nautical folklore
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- 100 Metaphor for luxury
- 101 Baby food
- 103 Cartoon squeal

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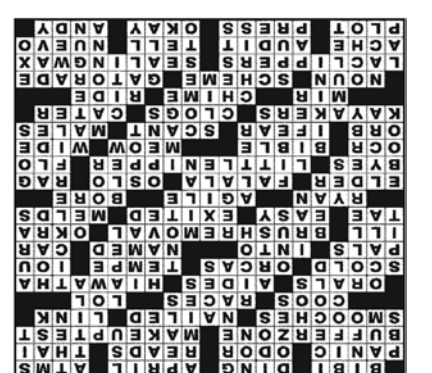
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You can contact puzzle editor Stanley Newman at his e-mail address: StanXwords@aol.com. Or write him at P.O. Box 69, Massapequa Park, NY 11762. Please send a self-addressed, stamped envelope if you'd like a reply.

Although (36 Across) is largely known today as a result of the fanciful Longfellow poem, he was a real person—a cofounder of the Ingham Confederacy in the 16th century. RYAN Seacrest (59 Across) began his broadcasting career in a manner similar to his mentor Dick Clark: at a local radio station. KAVAKERS (85 Across) first participated in a Summer Olympics in 1924 as a demonstration sport; it became a permanent event in 1936.



Cerritos celebrates 19th Amendment anniversary

CERRITOS - The City of Cerritos is illuminating the Civic Center Plaza and Cerritos Sculpture Garden in gold and purple lights to celebrate the 100th anniversary of the 19th Amendment, which granted women the right to vote.

The special lighting reflecting the colors of the U.S. women's suffrage movement will be in effect through the end of August every day after sunset.

The Cerritos City Council will proclaim August 2020 as National Women's Suffrage Month in the

City of Cerritos at its meeting on Thursday, August 27.

Cerritos is participating in the national Forward Into Light campaign organized by the Women's Suffrage Centennial Commission to celebrate this milestone.

On Wednesday, August 26, institutions across the country illuminated their structures in gold and purple to honor the suffragists who lobbied, marched, picketed and protested for the right to vote.

Sign up for virtual speed networking

NORWALK - Members of the local business community are invited to a virtual speed networking event today, Aug. 28, from 9-10 a.m.

Jointly hosted by the Norwalk and Cerritos chambers of commerce, the event will feature 1-on-1 virtual networking. Each session will last three minutes with new sessions every five minutes.

Each networking session

will feature a new networking partner. Each participant will use one minute to talk about themselves and the final minute is reserved for questions and answers.

Participation is free for chamber members and invited guests.

The event is titled "Jeans & Java" but jeans are not required.

To participate, go to bit.do/jeansjavaspeed

Man charged with indecent exposure and stalking

LONG BEACH - A Long Beach man has been charged with indecent exposure and stalking involving eight females ranging in ages 15 to 46 since last October.

David Leon Lopez, 34, was charged with five counts of indecent exposure, four counts of stalking and one count of contact with a minor for a sexual offense.

He pleaded not guilty Monday and is scheduled to return to court on Sept. 14 for a preliminary

hearing.

Between Oct. 1, 2019, and Aug. 2, 2020, the defendant is accused following teenage girls and women in his car and exposing himself. The alleged incidents occurred in Long Beach, Santa Monica and Los Angeles.

If convicted as charged, Lopez faces up to seven years, six months in county jail.

Chamber hosts 'brown bag' fundraiser

NORWALK - The Norwalk Chamber of Commerce is holding a "brown bag" fundraiser through Aug. 31.

Brown bags contain a libation valued anywhere between \$5-\$50. After purchasing a ticket, a number will be drawn for you. That number will match one of the brown bags.

Tickets can be purchased online at norwalkchamber.com. Brown bags will be distributed starting Sept. 1.

For questions, call the Norwalk Chamber at (562) 404-0909.

Proceeds will benefit the chamber.

Tickets on sale for paint night

NORWALK - Tickets are on sale for a virtual paint night fundraiser benefiting the Norwalk Chamber of Commerce and its programs.

The virtual event will be held Friday, Oct. 23, from 6:30-9 p.m. Virtual networking begins at 6:30 and painting starts at 7.

Cost is \$35 and includes a paint kit and instructions. Wine is available for purchase at an additional cost.

To sign up, visit bit.ly/3FQQSXW

For more details, email info@norwalkchamber.com.

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Playing ball is a family affair



Gerardo Perez, the head baseball coach at Gahr High School, and his wife, Kelly Inouye-Perez, the head softball coach at UCLA, walk the field together at Gahr High School in Cerritos. (Photos by Keith Durlfing, Contributing Photographer)

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start her career at UCLA and Gerardo transferred to Loyola Marymount.

Just prior to LMU, Gerardo was part of the 1989 Junior College National Championship team at Cerritos College.

He later became head coach at Cerritos for a season in 2003 and won a conference title.

While Kelly was beginning her career at UCLA, Gerardo was at Loyola.

"Her first few years, while she was playing, I was at Loyola," Gerardo said. "Loyola was a very successful program and I was very busy."

Fast forward to their son Mikey Perez. On going to UCLA, he simply said, ".....to keep that tradition going."

Mikey had the best of all worlds. He grew up being around mom with the UCLA program and at any given time was being

babysat by a Bruin softball player in the early years.

Later, he played for his father as head coach at Gahr.

"It was a huge luxury to have both of their resources," Mikey said. "It was a lot of fun to be in his system and a good time towards the junior and senior years."

Once he became a Bruin on the baseball team, he switched back to seeing his mom a lot more on campus, of course.

A special moment for Mikey and his family was his mom, Kelly, coming home fresh off of the Bruins' National Championship in June of 2019.

"In the Super Regionals mom had just come home from Oklahoma City," said Mikey, of the moment he saw her.

"It was definitely great to see her up there (in the stands)."

On the pandemic, the family situation has drastically changed, like most people, for the usually

very busy Perez family.

"It's definitely been a good thing," said Mikey, of the now stay-at-home family situation. "For me, we (UCLA baseball players) haven't been told anything."

"It's been a huge change of pace and laughing at how many dinners we have had together. It kind of slowed things down."

Kelly treasures her moments with her family these days.

"It's been a blessing to spend more time with my family," said Kelly, who is still on multiple zoom meetings, but at home. "I was always so busy."

"You can find a positive in everything and you prioritize your time. You can't get caught up in everything. No excuse now."

Another blessing for the couple, is their nightly walks.

"My husband and I have been walking down in Long Beach," Kelly said. "It's quality time to

just walk. And also to slow it down and sit at the dinner table."

It all slowly began to change once high school started back up last week.

"A funny story was the first day at Gahr," Kelly said. "Both Gerardo and Kylie were in zoom meetings and class, respectively and I had a zoom meeting with the Pac 12 Conference. The internet was slow and we were back on our crazy schedule."

Gerardo, who teaches health at Gahr, in addition to coaching baseball, began his first day on the computer for the new school year.

"I'll tell you what," Gerardo said. "All of us were zooming and all had two computers each. "I was sitting there and she (Kelly) came down to eat and everyone was grabbing something. The only time we crossed paths was in the hallway."

As for his (Gerardo) subject - health, ".....part of health is being

normal. It (Covid) is part of our curriculum now.

"When it comes to the kids, they really want the interaction. They don't want to be on a zoom call. Our goal is to try to get the kids to smile."

As for his baseball program, he zooms with them everyday.

"I break up the varsity in two groups and also the JV's too," Gerardo said. "When I started coaching, they really loved it. They felt like they were on the field. I talk about the 29 league championships in the history of Gahr and the 35 years of coach Tom Bergeron."

"G.A.H.R. stands for Get 1% better, Attitude, be Humble and Respect all cultures."

One big goal for Gerardo is to get his players to college. "Winning a league title is icing on the cake," he said.

"I'm trying to get the kids to the best college and I sit down with all of my junior and senior

parents.

"Kelly has a big alumni (UCLA) following and so do we. Our AD (Greg Marshall) and principal (Janet Simko) are sports people and they are a big part of our success."

Kelly also says how tight they are in Westwood.

"We are a family here at UCLA and are close," she said.

All of Inouye-Perez' staff are UCLA graduates.

In this tough time, both Kelly and Gerardo are coaching at two different levels, but both are dealing with the covid at the same time.

Perhaps Gerardo says it best as he places the ultimate compliment about his wives' program - "If I could get my boys (Gahr players) close to the point where they could play for UCLA softball and my wife, I'll know I've made an impact on their lives that go beyond the game."

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