

The Norwalk Patriot

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Cerritos College preps for campus reopening

Classrooms and offices will reopen August 2 but hybrid and online classes will remain an option for students.

By Eric Pierce Editor

NORWALK – After operating for over a year almost entirely online, Cerritos College will reopen its physical campus for the fall 2021 semester.

The college will offer a combination of in-person and online instruction, and student services will also return to campus in a reduced capacity beginning Aug. 2.

The college conducted two student surveys in April 2021 to gauge student readiness and willingness to return to campus. Overall, a majority of students indicated that, for the fall 2021 semester, they prefer to learn via 1) a mix of in-person and remote instruction or 2) in-person instruction only.

Respondents also indicated that they prefer to receive a variety of student services both in-person and online.

The college will resume on-campus operations with 50 percent of all class offerings for each department in a hybrid format (combination of on-site and virtual/online course). To ensure COVID-19 safety controls, college leadership conducted extensive safety walk checks of each building to review classrooms, workspaces, common areas, restrooms, among other high-traffic areas.

The team determined appropriate placement for sanitizing stations and protective plexiglass locations for added safety, and implemented strict COVID-19 pre-screening and temperature checks for all students and employees who enter the campus.

Beginning Aug. 2, campus offices will be available for in-person services Monday through Thursday for at least eight hours each day. On Fridays, all campus offices will be open online only. Hybrid instruction in fall 2021 includes a combination of on-site classes and online instruction.

On-site classes will adhere to capacity limits and local mask requirements.

Norwalk man accused of killing

NORWALK – A 23-year-old Norwalk man was arrested Monday on charges that he shot and killed a man in Whittier last month.

Whittier police officers responded to the railroad tracks on the 12300 block of Slauson Avenue on May 20 after receiving reports of shots fired. Officers found two men with gunshot wounds.

One of the men was taken to a hospital where he survived his injuries. The other victim, 25-year-old Brandon Santos of Pico Rivera, died at the scene.

Detectives identified Robert Puga, of Norwalk, as a suspect and tracked him to Northern California. With help from the Yolo County Sheriff's Department, he was arrested in Dunnigan, a small town north of Sacramento.

Puga was charged with murder and is in custody while awaiting trial. His bond was set at \$3,075,000.

Rosewood hosts small business pop-up shop

More events are planned to help support Norwalk small businesses.

By Vincent Medina Contributor

NORWALK – Mr. Rosewood Family Restaurant hosted a small business pop-up shop on their outdoor patio on June 6. Rosewood owner and small business advocate, Jason Perez, wanted to help young entrepreneurs expand their business and sell their products.

"I think it's a great idea to get small businesses to start promoting within the community," said the restaurant owner. "I hope they continue to work hard because it all works out in the end."

The pop-up shop was organized by Simona Munoz, who has organized three previous small business pop-up shops in Norwalk Town Square.

"I've worked with Rosewood for many years. I remember going to their previous location and eating biscuits and gravy at the counter with my dad," said Munoz.

At each pop-up shop Munoz welcomes familiar businesses, but wants to give each entrepreneur an equal opportunity to promote their business.

"If I have a business that I've had at the last two pop-up shops, I'll tell them that it's time to let someone else come in," said Munoz. "It's fair and it gives them an opportunity, too."

Many entrepreneurs started a business during the pandemic, which inspired children to start their own as well.

Brianna Guerrero, 9, promoted her business "Endless Creations" and sold personalized headbands, accessories and craft kits for other children.

"It began during the pandemic. The kids were bored and she wanted to start a business," described her godmother, Brenda Guerrero. "She customized these by adding jewels and bedazzling these purses and headbands."

Southern California population drops for first time ever

Retirees ages 75-84 are the fastest growing segment of the population.

NORWALK – Low birth rates, uncertainty over immigration and long-term impacts from COVID-19 will result in a year-over-year population decline in Southern California for the first time ever, researchers said Tuesday in the first of a two-part demographic conference sponsored by the Southern California Association of Governments (SCAG) and the University of Southern California.

The 32nd Annual



Marisol Loustanau, left, and her daughters Bibiana Gonzalez and Nicole Perez sell their dessert shooters from their business Postres Las Tres Gorditas. They sold their baked goods during a pop-up shop at Mr. Rosewood Family Diner on June 5. (Photo by Vincent Medina)

Brianna also showed that she customized her jean jacket with floral designs and jewels.

Talented bakers and cooks also saw an opportunity to profit from their skills in the kitchen. Small businesses like "Postres Las Tres Gorditas" sold homemade baked goods.

Marisol Loustanau and her two daughters began selling dessert shooters as a way to help support their family.

"My husband suffered an injury and he isn't working, so needed something on the side," said Loustanau. "I've been baking for years and we learned how to make these online."

She displayed her coffee, chocolate and mango pudding dessert shooters as customers eagerly waited to try her desserts.

Business owners found creative ways to make their products.

Sandy Contreas, owner of "Sandy's Crafting Table," sold hand-crafted jewelry and earrings.

"I make everything myself



Brianna Guerrero, 9, sold products from her business Endless Creations during a pop-up shop at Mr. Rosewood. She sells personalized headbands, handbags and craft kits.

from palomar clay," described the business owner. "I love crafting. Anything I can do with my hands I'll make it."

Rosewood plans to host another small business event in July.

"As long as the community

wants to see it, we will do it," said Perez.

Munoz plans to organize her fourth pop-up shop at the Norwalk Town Square on June 12.

above 19 million. However, the rate of growth has slowed throughout the 2010s as declining fertility rates, the housing crisis and other factors have resulted in a gradually aging – and less mobile – population base.

According to projections released Tuesday, the fastest-growing segment of the population will be mature retirees, ages 75-84, followed by young retirees (65-74) and seniors (85 and older). Meanwhile, there will actually be a decline in college-age young adults and preschool-age children. Also, the ratio of working-age adults to retirement-age adults – which once stood at 6 to 1 – has fallen

below 4 to 1.

Compounding all of this is the pandemic, which led to an increase in mortality rates, a further decrease in birth rates and virtually halted foreign immigration into California. As a result, 2020 saw the first year-over-year drop in overall population.

"We're facing a lot of unknowns as we emerge from the pandemic. However, with uncertainty, there is opportunity in front of us. We need to position ourselves to plan for the future," said Clint Lorimore, President of SCAG and an Eastvale City Councilmember.

L.A. County opening vaccine site in Norwalk

With demand for vaccinations dropping, L.A. County is closing its large vaccine sites and transitioning to mobile clinics in targeted areas.

NORWALK – L.A. County is closing the mass vaccination center in Downey this weekend in favor of a new, smaller site in Norwalk.

The vaccination site located at the LA County Office of Education in Downey will operate Sunday and close Monday. On Tuesday, a new clinic will open at the Norwalk Arts & Sports Complex.

This site will operate from 11 am to 6 pm, Tuesday through Saturday.

About 64% of LA County residents are fully vaccinated. L.A. County health officials are now shifting their vaccination strategies, turning

to mobile clinics to target teens and adults who have not yet been inoculated.

"It is clear that we need to double-down on efforts to make it as easy as possible to get a vaccine and build trust in Covid-19 vaccines," said health director Barbara Ferrer.

"Many residents have important questions that need to be answered and their concerns are valid. Our job is to continue to be transparent and honest as we share information on vaccine safety and efficacy."

As of Wednesday, Covid-19 has killed 374 Norwalk residents and infected 16,188.

Countywide, the virus is blamed for 24,404 deaths.

Eric Pierce, editor

Weekend at a Glance

Friday 83° ☀️

Saturday 85° ☀️

Sunday 86° ☀️

ON THIS DAY JUNE 11

1509:

England's King Henry VIII married Catherine of Aragon.

1880:

Jeannette Rankin, the first female member of Congress, was born.

1919:

Sir Barton became horse racing's first Triple Crown winner by winning the Belmont Stakes.

1963:

Gov. George Wallace confronted federal troops at the University of Alabama in an effort to defy a federal court order to allow two black students to enroll at the school.



1963:

Buddhist monk Quang Duc immolated himself on a Saigon street to protest the government of South Vietnamese President Ngo Dinh Diem.

1977:

Seattle Slew won the Belmont Stakes, capturing the Triple Crown.

1987:

British Prime Minister Margaret Thatcher won a third consecutive term in office.

1990:

The Supreme Court struck down a federal law prohibiting desecration of the American flag.

1993:

The U.S. Supreme Court ruled that people who commit "hate crimes" motivated by bigotry may be sentenced to extra punishment.

2001:

Timothy McVeigh was executed by injection for the 1995 Oklahoma City bombing that killed 168 people.

2002:

Rock musician Paul McCartney married Heather Mills in a remote Irish castle. (The couple divorced in 2008.)

2002:

The singing competition "American Idol" debuted on Fox.

2009:

The World Health Organization declared the swine flu outbreak a pandemic.

2010:

The FIFA World Cup opened in South Africa, the first time soccer's biggest tournament was held on that continent.

2012:

Rafael Nadal won his record seventh French Open title, defeating Novak Djokovic.

Birthdays

NFL great **Joe Montana** (65), "House" actor **Hugh Laurie** (62), TV host **Dr. Mehmet Oz** (61), "Game of Thrones" star **Peter Dinklage** (52), "Dawson's Creek" actor **Joshua Jackson** (43), basketball player **Diana Taurasi** (39), "Transformers" actor **Shia LaBeouf** (35), and rapper **Kodak Black** (24).

Obituaries

Linda Thurston, death penalty opponent

Linda Thurston, an activist who served as the director of Amnesty International's Program to Abolish the Death Penalty, died May 23 at her home in Brooklyn, New York of natural causes at the age of 62.

Thurston worked toward creating a more peaceful world as she tried to bring an end to war and the death penalty as well as advocating criminal justice reform and prison abolition.

She was a leader at the War Resisters League, working toward the organization's mission to "build a movement to end war and its root causes, including racism, sexism, and all other forms of human exploitation."

Thurston was Director of the American Friends Service Committee's National Criminal Justice Program and co-founder of the International Concerned Family and Friends of Mumia Abu-Jamal. She is remembered as a passionate activist who brought people together and inspired them to work toward justice.

"Some people who work on political prisoner cases have, in a general theoretical sense, the idea that prisons themselves are bad, but also that prisons are where bad folks are," she said. "If you stole something, you're a thief. If you killed somebody, you're a murderer. And that is what you are, that is who you are, and that is all you are."

"I really have a problem with that idea, maybe coming from my spirituality or maybe just my common-sense political analysis. Nobody is only one thing, and no one is only as bad as the worst thing they ever did. If that were true, we'd all be in big trouble because we're all human."

David Dushman, helped liberate Auschwitz

David Dushman, a Soviet veteran of World War II who was one of the last living soldiers who liberated the Auschwitz concentration camp, died June 4 in Munich at the age of 98.

Dushman was a soldier in the Soviet Union's Red Army during World War II. On January 27, 1945, as Auschwitz was liberated from the Nazis, Dushman drove a tank through the death camp's electric fence, knocking it down and allowing ground troops to enter the compound and liberate its prisoners.

"Everywhere there were skeletons," Dushman said of his experience at Auschwitz. "They stumbled from the barracks, sat and lay among the dead. It was horrifying. We threw all of our canned food at them and drove on quickly, to keep chasing the fascists."

Dushman is believed to be the last or second to last of the liberators of Auschwitz to die.

After the war, Dushman studied medicine, and he also turned to his old love of fencing. He became the coach of the national Soviet women's fencing team for more than 30 years, coaching them to gold at the 1973 Munich Olympics.

At one time, Dushman was the top-ranked fencer in the Soviet Union, and he continued fencing regularly well into his 90s.

Karla Burns, acclaimed stage actress

Karla Burns, a singer and actress who became the first Black person to win England's prestigious Laurence Olivier Award, for her performance in "Show Boat," died June 4 at a hospital in Wichita, Kansas at the age of 66.

Among Burns' most notable roles was Queenie in "Show Boat," in which she debuted in 1982 with the Houston Grand Opera. After premiering in Houston, the show traveled to venues including Broadway's Gershwin Theatre and the London Palladium.

Burns was nominated for a Tony Award and won her groundbreaking 1991 Olivier Award, as well as a Drama Desk Award, for her performance.

She was also known for her performance in the one-woman show "Hi-Hat Hattie," portraying Hattie McDaniel, the "Gone With the Wind" star who was the first Black actor to win an Oscar.

Burns' other notable stage productions included "The Comedy of Errors" and "Measure for Measure" for New York's Shakespeare in the Park, Addie in the opera "Regina," and Lily in "Porgy and Bess" for New York's Metropolitan Opera.

Richard Robinson, CEO of Scholastic books

Richard Robinson, the CEO of the children's book publishing company Scholastic for decades, where he introduced book series including Harry Potter and the Hunger Games to the U.S., died June 5 in Chilmark, Massachusetts at the age of 84.

Robinson's father, Maurice Robinson, founded Scholastic in 1920. Though Robinson initially never intended to go into the family business, he became an associate editor in 1962 and rose to president of the company in 1974.

The following year, he was named CEO, and he led Scholastic until his death.

During those decades, Robinson built Scholastic into a powerhouse that became the largest children's book publisher in the world. He brought in blockbuster series including Harry Potter, the Hunger Games, Captain Underpants, and Goosebumps.

Robinson helped guide Scholastic in its mission of encouraging all children to read, and he advocated publishing children's books on important and socially relevant topics.

"We strongly believe our books and magazines need to address tough topics that are relevant, even if we get backlash or boycotted," Robinson said in 2020.

Mike Marshall, Cy Young winning pitcher

Mike Marshall, an MLB pitcher who was the first relief pitcher to win the Cy Young Award, died June 1 in Zephyrhills, Florida at the age of 78, according to his daughter.

Marshall didn't make his Major League debut until 1967, when he was 24 years old, pitching for the Detroit Tigers. He would go on to play for nine teams over 14 seasons, with perhaps his most notable years coming with the Montreal Expos from 1970 to 1973 and the Los Angeles Dodgers from 1974 to 1976.

Marshall was an original member of the Seattle Pilots in 1969. In 1974, he won the National League Cy Young Award, the first relief pitcher ever to receive that honor, and he was named National League

Pitcher of the Year by The Sporting News.

Marshall was named an All-Star in 1974 and 1975. He was especially known for his screwball.

While he was still actively working in the MLB, Marshall also pursued a Ph.D. in exercise physiology, which he earned in 1978. He began his study after experiencing a sore arm, wanting to learn ways he could protect himself from pitching-arm injuries.

After his retirement from MLB in 1981, Marshall was a physical education teacher and later founded a baseball clinic in Florida, where he taught a pitching method based on what he learned in his doctoral studies.

"I remember the sportswriters in Los Angeles come into the locker room and ask: 'How are you able to do this? You're going to break down,'" Marshall told the Los Angeles Times. "I said: 'Hey, it's simple. It's kinesiology, and all you have to understand is what the latissimus dorsi muscle can do for you. And then you get to use the triceps brachii and the inner teres. It's right there.' And they'd walk away."

Jim Fassel, New York Giants head coach

Jim Fassel, head coach of the New York Giants from 1997 to 2003, leading them to the 2001 Super Bowl, died June 7 in Las Vegas of a heart attack at the age of 71.

Fassel's playing career was brief after his graduation from Long Beach State. He was drafted by the Chicago Bears in the seventh round of the 1972 NFL draft and played for the Bears, San Diego Chargers, and Houston Oilers in 1972.

He was with the short-lived Hawaiians of the WFC in 1974 and 1975 before beginning his coaching career. He coached at several colleges, including the University of Utah, before moving to the NFL.

Fassel joined the Giants as an assistant in 1991 and became their head coach in 1997. In his first season as head coach, he was named NFL coach of the year, but he became less popular in the ensuing years as the Giants tended to lose to teams they should have been able to beat during his tenure.

In the 2000 season, Fassel famously "guaranteed" that the Giants would reach the playoffs. They did - and they won the NFC championship.

Two years after leading the Giants to the Super Bowl, where they were bested by the Baltimore Ravens, Fassel resigned.

In later years, Fassel was offensive coordinator for the Ravens and coached the Las Vegas Locomotives of the UFL. He later became a color commentator for Westwood One's NFL coverage.

"No matter what happens, I've had a great go of it," Fassel told the Los Angeles Times in 2010. "I raised five wonderful kids and had a good time coaching. When I first started, my dream was to be head coach of Anaheim High School."

Henry Laun, starred on 'Wahlburgers'


Henry "Nacho" Laun, a star of the reality TV show "Wahlburgers" and a longtime friend of Mark and Donnie Wahlberg, died June 1 at a hospital in Massachusetts at the age of 54.

Laun became friends with the Wahlbergs as they were growing up in Boston. According to his bio for "Wahlburgers," they met when Mark Wahlberg picked a fight with Laun, which became the beginning of a lifelong friendship.

After Wahlberg brother Paul opened Wahlburgers restaurant, the family's life was featured on the A&E show "Wahlburgers," including friends like Laun. He became known for his willingness to take any eating challenge, from whole lobsters to bowls of shredded cheese to bottles of hot sauce.

One memorable moment on the show had Laun completing a challenge of eating four burgers in nine minutes: the "Nacho Burger Challenge."

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Finally, free agency for college athletes

By Steve Chapman

A lot of young people enroll at a university they think will suit their needs but later realize they've made a mistake — maybe because of costs, maybe because of professors, maybe because of a failed romance. Fortunately, they have the option to move on, attending Missouri one semester and Kansas the next, and pursue whatever they went to college to pursue.

But this has not been true for everyone. Any student going to State U to play a major sport such as football or basketball faced a major roadblock. These athletes can transfer to another Division I school, but with a major catch: being barred from competition for an entire season. So, a 19-year-old running back who leaves one football factory — I mean, institution of higher learning — might be 21 before being allowed to play another down.

Until now. Recently, the NCAA drastically modified its rule, granting every student athlete a one-time opportunity to transfer without having to sit out a year. The equivalent of free agency, it aggrieves coaches but liberates the young people playing big-time college sports — who are, after all, the real reason fans show up or tune in to watch.

Already, it's having an effect. Some 1,500 men's basketball players, 1,000 women's basketball players and 2,100 football players have entered the "transfer portal," which allows coaches at other schools to contact them. It's a chance for athletes to leave a program that has not lived up to their hopes and seek out another that might be better.

Tennessee linebacker Henry To'o To'o, who led the team in tackles last year, announced that he is leaving for SEC rival Alabama. Oregon quarterback Tyler Shough will get a new team and a new climate at Texas Tech. On the hoop side, the 6-foot-11-inch center Qudus Wahab will need only half an hour to schlep his stuff from Georgetown to Maryland.

Coaches are not cheering. UConn women's coach Geno Auriemma, who is losing two players from last year's squad, bristles at the idea that "a kid can just up and leave for no reason whatsoever. Other than, 'I just don't want to be here anymore.'"

Coaches, of course, switch schools all the time — and are rewarded with lucrative contracts. Their departures often leave players and alumni at the old school feeling betrayed, but ditching one job for a better offer is as American as a zone-read option. If a young woman doesn't want to be at UConn, why would Auriemma want to keep her?

Playing a collegiate sport is not supposed to be a job, but at the top level, it is just that — well, except for the part of a job that involves getting paid. Division I athletes are supposed to practice no more than 20 hours a week, but in a 2015 survey by the NCAA, football players reported spending more than 40 hours a week on athletic activities — not counting film study, meetings with coaches and other team obligations. For basketball, the figure was 34 for men and 35 for women.

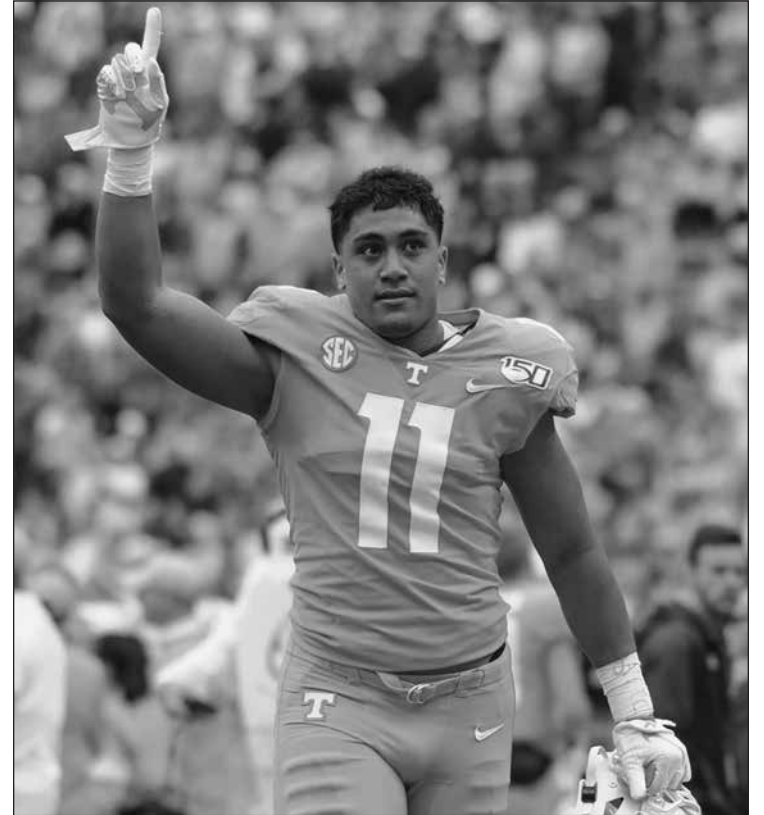
In exchange, these players get a "free" education — but the demands of their coaches mean that many never earn a degree. In 2019, according to the NCAA, the graduation rate for football players at Louisiana State was 71%, but by the federal government's count, it was 31%. At Ohio State, the figures were 63% and 45%.

For those who dream of a professional career but are stuck riding the bench, a new school may be the only hope. When Russell Wilson lost his starting quarterback job at North Carolina State, he decamped for Wisconsin, taking advantage of a rule allowing immediate eligibility for players who had earned their undergraduate degrees. He played well enough to be drafted by the Seattle Seahawks — and went on to a standout career that includes a Super Bowl victory.

Not everyone who decides to move on will benefit. Some of those who spurn their existing teams to enter the transfer portal will find no one else wants them. Some who were backups will learn they were backups for a reason. College students sometimes make bad decisions, though, and that should be their right.

If there's anything a coach loves, it's players who can spot opportunities during a game and make the most of them. When they use that ability off the field, they deserve a high-five.

Steve Chapman blogs for the Chicago Tribune.



Tennessee linebacker Henry To'o To'o is one of approximately 4,600 college athletes who have entered the NCAA's transfer portal.

Should I care if you're not vaccinated?

By Froma Harrop

I'm fully vaccinated, and so is just about everyone I know. We feel mostly protected against COVID-19. And so if others don't want to get the shot for political reasons or out of ignorance, must we care?

We read that many Republicans are refusing to get the coronavirus vaccine, while most Democrats are all in. The reasoning on the right seems to be that President Joe Biden wants us all to get vaccinated, therefore they won't. Do these folks think that they are somehow offending or frustrating the opposition?

They're definitely astounding the opposition and also some on their side. Right-wingers rejecting efforts to get them vaccinated are more likely to come down with a virus that could kill or leave them with long-term disabilities.

The partisan divide is real. Of the 39 congressional districts where at least 60% of the residents have received a shot, all but one are represented by Democrats, according to a Harvard University study. Republicans, meanwhile, represent all but two of the 30 congressional districts where fewer than one-third of residents have received a shot.

Some concerned Republican doctors in Congress have put out a public service announcement telling conservatives that yes, you should get a vaccine that shields you from a virus that has claimed over 600,000

American lives. Now that the vaccine is widely available, the excuse that it's hard to get an appointment no longer works.

But other conservative politicians are cynically encouraging vaccine aversion to score political points in a self-defeating us-against-them crusade. Florida Gov. Ron DeSantis signed a law banning vaccine passports in his state. In Arizona, Gov. Doug Ducey issued an executive order restricting some of their use.

Vaccine passports verify that someone has obtained protection against the virus. They let businesses reassure customers that they can congregate on their premises with little fear of getting infected by others.

DeSantis' goofy law would fine cruise lines \$5,000 every time they ask someone for proof of vaccination, which they want to do. The Centers for Disease Control and Prevention has told cruise operators that their ships may sail as soon as June 26 if at least 98% of their crew members and 95% of the passengers are vaccinated.

The cruise industry, which supports about 60,000 jobs in South Florida, is trying desperately to reopen after 15 months of COVID-caused shutdown. It takes a lot of idiotic pandering for a "pro-business" governor to hobble some of his state's biggest employers. (And there was a time when conservatives defended the right of private businesses to set their rules.)

By the way, employment rates are rising more quickly in subpopulations that have had faster growth in vaccination rates, according to an analysis at the University of Minnesota. Just saying.

Much vaccine hesitancy is based on unwarranted fears pushed mostly by right-wing media, though a few left-wingers are in on the act, whether out of craziness or hunger for media attention. And it remains strong in poor areas and among people of color, whatever their politics.

The Trump base continues to bash Biden's efforts to get people vaccinated, even as former President Donald Trump continues to brag of his role in helping develop a vaccine — and not without justification. If continued attacks against Dr. Anthony Fauci float your boat, well, few enlightened people care, Fauci included.

I want to feel for the politically infantile who unnecessarily expose themselves and loved ones to a potentially deadly virus, but my feelings are running out. And it's rather late in the game to plead ignorance. Get the shot or don't. Just don't overestimate how much we who have done our personal and civic duty really care.

Froma Harrop is a columnist who writes about culture, politics and economics.

Biden should hold China accountable

By Betsy McCaughy

President Joe Biden headed to Europe Wednesday to meet with European leaders. He says the goal is to work together to "deliver real results" on critical issues, like climate change and cybersecurity. Biden is ducking the most important issue — the cause of the pandemic. He should be marshaling allies to act in unison by squeezing China to get answers and demand reparations. The evidence is mounting that China is guilty of manslaughter on a massive scale.

Damning evidence published on the opinion page of The Wall Street Journal on Saturday shows that COVID-19's genetic sequence is found nowhere in nature, making it unlikely the killer virus leaped from animals to humans naturally. Scientists Dr. Stephen Quay and Richard Muller argue that the COVID-19 genetic sequence is exactly what researchers would choose to use to engineer a virus for maximum infectivity against humans. Other recent analyses of the virus also point to China's Wuhan Institute of Virology — not nature — as the source of the pandemic. In science, nothing is settled. New evidence could still emerge and point in another direction.

But there is no doubt that China acted criminally once the virus began circulating in Wuhan in 2019. China hid the virus's existence for weeks, denied that it could spread human to human, muzzled its scientists and blocked outside scientists from investigating — all in violation of Articles 6 and 7 of WHO's International Health Regulations.

China is a repeat offender. In 2003, it hid the existence of the deadly SARS virus until it had spread worldwide, leaving a trail of death.

This time, Biden should be leading a multinational effort to isolate China, get answers and demand reparations. Without answers, warns Baylor College of Medicine epidemiologist Peter Hotez, there will be a COVID-26 and a COVID-32, meaning more viral disasters.

Biden's merely going through the motions, appearing to take action but doing nothing. He's called for a 90-day investigation by U.S. intelligence agencies. That's mere paper-shuffling. As Hotez says, "We've pushed intelligence as far as we can." Scientists need to collect lab samples from Wuhan and biological samples from the earliest COVID-19 patients.

The Biden administration has also called on the WHO to investigate again. WHO allowed China to handpick the first investigation team, ban access to actual biological evidence and veto conclusions it didn't like. There's no point to a second WHO investigation. WHO remains a puppet to China, still bowing to demands to exclude Taiwan from meetings on COVID-19.

To get the truth, The New York Post proposed an important remedy — a commission created by an act of Congress relying on nonpartisan scientists, not the likes of Anthony Fauci, EcoHealth Alliance's Peter Daszak, and the NIH's Francis Collins. Their fingerprints are all over whatever virus was engineered in Wuhan. They misled Congress and the nation with a naive globalist viewpoint that put us in danger. Fauci told Congress that the Wuhan lab staff are "competent, trustworthy scientists," never mind their germ warfare projects for the Chinese Communist military.

Last week, Biden commented that China believes in a few years it

"will own America." What's your strategy, Mr. President? So far, only weakness.

It's a stark contrast to former President Donald Trump, who declared on Saturday night that "the time has come for America and the world to demand reparations and accountability from the Communist Party of China."

Trump proposed that "as a first step, all countries should collectively cancel all debt they owe to China as a down payment for reparations." Some 150 countries are indebted to China. The U.S. owes \$1.1 trillion.

Trump's proposal is unorthodox. Economists warn defaulting will harm our ability to borrow in the future — ordinarily, a compelling concern. But the argument holds less water if all major countries collectively agree to enforce reparations against China this way.

China's actions have led to carnage on a scale not seen since the Nazis. Nearly 4 million people have died, including 600,000 Americans.

One thing is clear. Unless China is made to pay, Americans will pay with their lives.

Betsy McCaughy is a former lieutenant governor of New York.

The truth about critical race theory

By Susan Estrich

As a longtime professor, I find it quite strange that an academic approach that has been discussed for at least as long as I've been teaching is only now making its way into the political debate.

Just last week, former Vice President Mike Pence, in an effort to reclaim his stake to Donald Trump's base, gave a speech in New Hampshire not only invoking Trump but denouncing the teaching of so-called critical race theory, claiming that young children are being taught "to be ashamed of their skin color."

And across the country, Republicans desperate for some new wedge issue that will divide Americans (the way gay marriage used to) have settled on critical race theory, and transgender girls trying to play girls sports, as their best hope.

Nothing like targeting transgender girls and Black academics to tell you where the Republican Party is today, post-Trump. Forget about the economy and jobs.

Transgender girls are not threatening the integrity of girls sports. And systemic racism is, sadly, a part of our history that we all need to confront.

Critical race theory is the term applied to a whole body of scholarly writing from a diverse and varied group of academics over the past 40 years. What the work has in common is a recognition that you can't teach history or law or politics or music or art or anything else I can think of in the humanities and social sciences without taking race into account.

I have never considered myself a member of the "critical legal studies" movement that tore Harvard Law School apart in my early years as an academic, and the "crits" never counted me as one of their own. But Derrick Bell, cited by many as the father of critical race theory, was a friend and colleague, with whom I agreed completely on the need to reexamine all of our disciplines for conscious and unconscious bias based on race. That is true of gender as well, which is what my work on rape has

focused on.

Terms like "systemic racism" have been wrongly defined to mean that every American institution, and maybe every white person, is racist.

Most of us, in our personal lives and in the institutions we run, try very hard not to be racist — or sexist, for that matter. To be sure, there are still plenty of people who are explicitly and consciously racist, and sure of their rightness. Students certainly need to be taught that that is something to be ashamed of.

But the larger problem in our society, the one we all need to grapple with, is the extent to which unconscious bias affects each of us and many of the institutions we run.

How is it that the power elite in America remains overwhelmingly white and male, as it has been since the first such studies?

Would we have moved sooner and more vigorously for reform of the criminal justice system if the majority of those in prison were the children of the power elite?

Unconscious discrimination can take the form of qualifications that white applicants are more likely to have, or of subjective evaluations that tend to favor certain groups of applicants, or even the unconscious tendency of most of us to favor people just like ourselves. It can take the form of laws that have a disproportionately harsh impact on others: As an example, for decades, the law provided harsher sentences for crack cocaine, which is often used by Blacks, than for white cocaine, the drug of wealthy whites.

Students need to study racism if we are ever to move past it. And that means confronting bias — both the old-fashioned discrimination that is easy to condemn and the more modern unconscious bias that Pence and his party would like to pretend away.

Susan Estrich teaches criminal law, gender discrimination and election law at the USC Gould School of Law.

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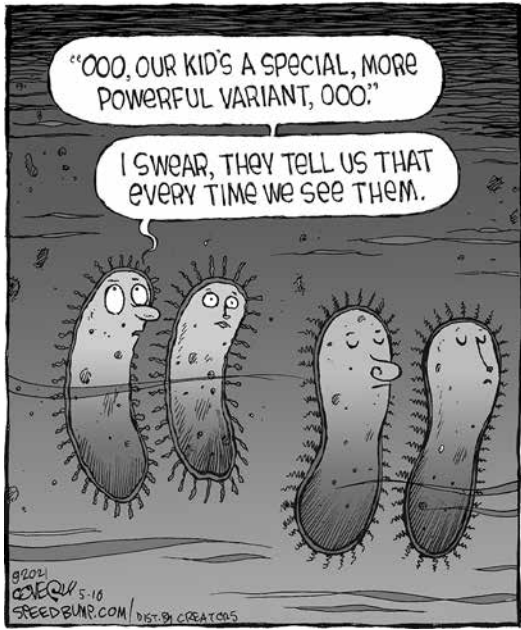
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CALENDAR OF EVENTS

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

TUESDAYS
9:00 a.m. - 1:00 p.m. - Farmers Market - Norwalk City Hall
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
3rd, 7:00 p.m. - Soroptimist International - Via Zoom

WEDNESDAYS
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
9:00 a.m. - 1:00 p.m. - Farmers Market - Norwalk City Hall
2nd, 8:30 a.m. - 10:30 a.m. - Pancake Breakfast - First Christian Church of Norwalk

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The name of the title robot in the Pixar film WALL-E (55 Across) is an acronym for "Waste Allocation Load-Lifter: Earth-class." Running through seven South American countries, the 4,000+ mile ANDES range (59 Across) is the longest above-ground mountain chain in the world.

John Glenn softball wins first postseason game in school history

■ The Eagles advanced to the CIF quarterfinals, capping a historic season.

By John M. Sherrard
Contributor

NORWALK – “The team that could” might be a label for the upstart John Glenn High School softball program this season.

After 31 years of not qualifying for the CIF-Southern Section playoffs, the Eagles made a run in 2021 that will be remembered for some time.

A first for the program was qualifying for an at-large berth in division 7, then its first win and again a second win to advance to the quarterfinals Tuesday (June 8).

JG defeated host Shandon, 14-0, in the first round and Magnolia, 10-0 in the second round.

An 8-4 loss to Alverno Hts. (Sierra Madre) Academy ended the season for the team, but the future looks very, very bright.

This year’s team is mostly freshmen, but the next two incoming classes also look to carry the Eagles for the next few years.

Third-year coach Larry Leal said the success of the team is simply “practice, practice, practice, just keep practicing.”

After finishing the season with an overall record of 10-7 and 5-5 in the 605 League for fourth place, Leal thought the young team was done for the year.

“[Athletic Director Linda Parra] let me know that we were putting in a bid for CIF,” Leal added.

On the announcement of the possibility of a spot in the post season, Leal said, “we were in the school parking lot and the girls were all on their phones waiting for the decision. I told them they were in and they were all excited.”

The team found out they were in the playoffs and would have to travel over four hours to a little-known school East of Paso Robles (Shandon).

“It feels good because it hasn’t happened in a long time,” John Glenn junior pitcher Gabby Ortega said. “I feel like communication was big today and my screwball and curve was working.”

“The first inning really got us going as we were all hyped up.”

Parra, who has been at Glenn awhile, was excited for the softball program.

“What an incredible run our softball program had this year,” she said. “John Glenn High School and the Norwalk La Mirada Union School District is so proud of the accomplishments of our Varsity Softball program this year. The team was very young, with many of the girls playing in a high school game for the first time this year.”

“The setbacks we faced due to COVID did not seem to really affect the girls on the field. Our girls showed resilience, hard work and a lot of pride in every game they played.”

The key game for the team was a come-from-behind win over Artesia early in the season.

Trailing by three runs, freshman third baseman Julia Cole smacked a three-run home run to tie the game and freshman first baseman Anais Perez scored in the seventh on a single by Beatriz Galvez for the win.

“After that game, the girls started talking about CIF,” Leal said. “It’s getting the kids to follow the program.”

“It all came together once we started winning when we were 5-0 and they fought for those wins.”

Fast forward to the first playoff game against Shandon, the eagles came out swinging, as they scored twice in the first and second innings before an explosion in the third for 10 runs to lead, 14-0. Two innings later, the game ended due to the 10-run rule and the Eagles had their history-making first CIF win.

The team totaled 23 hits in the game and leading the way was Ortega pitching a two-hitter and had seven strikeouts.

Offensively, freshman

centerfielder Diana Bravo (4 for 4, 2 R, 2 RBI, SB) and Galvez (4 for 4, 3 R, 3 RBI, double and a triple) led the team with four hits each.

Three players had three hits each: Ortega (3 for 3, 2 R, 2 RBI), Cole (3 for 3, 2 R, RBI) and freshman catcher Sienna Contreras (3 for 3, R, 3 RBI, SB).

All nine players in the lineup had at least one hit.

“After the win, the girls asked ‘what’s next and who are we going to play,’” said Leal after the 14-0 first round game.

First home playoff game for Glenn

The first home playoff in school history was a second-round game on Saturday (June 5) with the Eagles hosting Magnolia.

The offense and pitching were nearly identical with 15 hits and another two-hitter by Ortega.

The first inning was all they needed, as the inning was highlighted by a triple and double by Ortega (3 for 3, 3 R, RBI) and Cole, respectively, for the 4-0 lead.

Cole (3 for 3, 6 RBI, 2 R, HR) kept up her offensive attack with a three-run home run in the second for the 7-0 lead. She had six RBIs in the game.

“I was a little bit nervous in the game because it is the first time in CIF and it makes me feel good,” Cole said. “I just did it for my team and tried to win.”

Cole gave the Eagles their ninth and tenth runs with a two-run triple to left field, scoring Ortega and Galvez.

“For me, just being around the kids is great and they kept saying, ‘we’re in it,’” Leal said. “After this win, we could see the difference in their play. When we beat them, we were getting confident.”

Season ends with quarterfinal loss

The quarterfinal game against Alverno Heights was another home game for the Eagles, with over 200 in attendance at the school, including former players.

For the first time in the



John Glenn’s Amanda Jacoby (3) celebrates getting a hit against Magnolia in their CIF softball playoff game at John Glenn High School in Norwalk on Saturday. (Photo by Keith Durlfanger)

playoffs for the eagles, they found themselves trailing in the game, 3-0, in the second inning.

Contreras led off the inning with a double to center field and eventually scored on a ground out to second by Lopez.

Each team scored a run in the third inning, with the Jaguars holding a 4-2 lead.

A pair of runs in the fourth extended Alverno’s lead again, 6-2.

Glenn closed the gap to 6-4 with a pair of runs in the fifth. Junior right fielder Daniela Barron (1 for 3, R) opened the inning with a single to left field. That was followed by another single by Bravo (1 for 4, R) and a walk by Galvez (2 for 2, R, Dbl.) to load the bases.

Cole (3 for 4, 3 RBI), with her eighth hit of the playoffs, doubled to centerfield, scoring Barron and Bravo.

Cole would add another hit in the seventh to run her playoff totals to a near-perfect, nine for 10 at the plate.

Alverno added two more runs to lead, 8-4, in the sixth.

JG had runners on first and third in the bottom of the seventh, but failed to score and end the game and the season.

“When the season first started, the team had a goal to make the CIF playoffs, something that has not happened in 31 years,” Parra continued. “To make it to the quarterfinals was a great accomplishment for the team. I know that they were upset about losing to Alverno, but we spoke to the girls that their goal should be to continue to work hard and improve their skills to be an even stronger team next year.”

“Our coaches, Larry Leal and Javier Galvez, did an incredible job this season with the team. The team talk that followed the loss to Alverno was very inspirational and motivating. I know they truly care about the well being of the players beyond the softball field. Their goal is to make the girls be able to apply the lessons they learn on the field to help them

become well rounded successful adults in the future.

The future of JGHS Softball is looking bright. I am hopeful that the success of the softball program and the support that was shown district-wide, will draw more of our students out to join our athletic programs.”

“We’re excited for the girls as we have two good freshmen classes coming in over the next two years,” Leal added.

Glenn softball offers clinics this summer

Beginning June 15 and continuing every Tuesday and Thursday in the summer, John Glenn Softball will be offering clinics (ages 10 and up) taught by the coaches and college players. Time is 5-8 pm and cost is \$10 per session.

Glenn is also planning to hold a softball league starting in August.

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Paging Dr. Frischer...

By Dr. Alan Frischer

I often wonder when my life will truly return to "normal." CDC guidelines now allow us to visit with other fully vaccinated people indoors without wearing masks or physical distancing; to visit with unvaccinated people from one other household who are at low risk of severe COVID indoors without wearing masks or physical distancing; to participate in outdoor activities and recreation without wearing masks or physical distancing (except in certain crowded settings); and to resume domestic travel. The guidelines are continuing to loosen up over time.



In spite of these expanded CDC guidelines, I find that I have been reluctant to increase my own activities to this extent. Why? Will we choose to return to our pre-pandemic lives because the CDC says that it's OK, or are there other factors that also determine just what our own level of comfort is? Are we suffering from widespread PTSD? Have some of us become a bit too comfortable with our new lifestyle?

We have been coping with COVID-19 for well over a year. It

has truly devastated friends and family, killed nearly 600,000 people in the United States alone, made a shambles of some areas of our economy, severely restricted travel, closed schools and many businesses, and imposed rules about isolating, distancing, and wearing masks.

Now the number of cases has fallen, and a majority of us have been fully vaccinated. The vaccine works extremely well; the latest data suggests that only 1 in 1,100 people who are vaccinated will become infected.

In spite of that, when will we actually feel comfortable sitting next to a stranger? If that stranger sneezes or coughs, how will we react? When will we each decide to shake hands and hug again...without first hesitating? (Was shaking hands ever a good idea?) Just what is "normal," and what life are we expecting to return to? Can we trust that we are ever completely safe?

These are complex questions, and the answers will vary for each of us. Although COVID-19 is far more serious and far more contagious than the flu, vaccinations have made the handling of these two diseases more alike. We each need to decide what level of risk is acceptable for ourselves. If we know that we might become ill, but are unlikely to become hospitalized or die, then we will

tend to eventually return to old and familiar habits. After all, we have long accepted the inherent risks of the annual flu viruses.

However, note that COVID-19 is capable of mutating beyond our current vaccines. It is not likely to disappear, and may well circulate forever, as many viruses do. Therefore, "normal" and "freedom" will require that we are able to control risks to a sufficient level.

I suggest that we don't wait for herd immunity and a reduction of cases to zero before making efforts to restore a version of normalcy to our lives. Let's follow the CDC guidelines, decide on our own acceptable level of risk, and live our life.

Let's move forward. Let's be tolerant of one another, maintain some social distancing, avoid coughing or sneezing in the direction of others, maintain good hygiene, and eat better foods and exercise.

And finally, let's remember to practice plenty of gratitude for what we've managed to achieve so far.

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

The silent killer that should never be ignored

High blood pressure has been dubbed the "Silent Killer," because those who have it typically show no signs or symptoms, making it that much more dangerous. Unless treated, however, the consequences to your health can be very serious.

With May being National High Blood Pressure Education Month, it's important to know that getting one's blood pressure checked regularly, maintaining a healthy weight, eating heart-healthy, low sodium food, exercising regularly and limiting alcohol consumption are lifestyle changes that will help prevent hypertension.

And that is critically important, as high blood pressure can cause stroke, kidney disease, sexual dysfunction, vision loss, heart disease and other cardiovascular-related health problems, said Dr. Jennifer

Nguyen, a cardiologist with Kaiser Permanente Southern California.

What is high blood pressure?

When your blood pressure is taken, it measures the force of blood that's being pushed against the walls of your blood vessels. If your blood pressure is high, this means the pressure of blood flowing in your arteries is higher than desired. This causes your heart to work harder, which could eventually result in heart failure, stroke or a heart attack.

Ideally, normal blood pressure should be below 120/80 mm Hg, according to Dr. Nguyen.

The American Heart Association notes the following risk factors increase your probability of developing high blood pressure:

- Physical inactivity
- Being obese or overweight

► Smoking and being exposed to secondhand smoke

- High cholesterol
- A diet high in salt
- Drinking too much alcohol
- Diabetes

"It's important to measure your blood pressure on a regular basis, and if you do have hypertension, never ignore it," Dr. Nguyen cautioned. "Having high blood pressure is a cause for concern as it is a health condition that can result in serious health issues."

"However, once you know, you can treat it in most cases by making minor but important changes in your diet and lifestyle that can reduce or eliminate hypertension."

Tips to handle post pandemic stress

With Los Angeles County having moved to the least restrictive yellow COVID-19, many people are understandably embracing this move as a sign of the beginning of the end of the pandemic.

For others, however, facing a return to openness and face-

to-face interaction can lead to anxiety and other mental health challenges, following more than a year of isolation in which we saw changes in the way we shop, interact and communicate primarily through virtual means.

"We still don't have all the answers in how to best combat this virus, and now that it seems as though we're going to start opening up our society to return to what we hopefully remember as a sense of normalcy, we might find that we're ironically anxious about doing so," said Dr. Luis Sandoval, a psychiatrist with Kaiser Permanente.

"After a year of quarantine, the body and mind have adapted to this new lifestyle. As such, there will be a readjustment period for many of us to once again engage in public venues and socializing in person. It's natural to lose some confidence in doing things you haven't done in a while."

Dr. Sandoval explained that as many of us had to readjust to

a lockdown at the start of the pandemic, we should anticipate it might take time to get used to a return to normalcy, as change is never easy.

"Being hit with a lot of stimuli can lead to a sensory overload," he explained.

To help protect your mental and physical health, Dr. Sandoval, who is also a physician, suggested the following.

- Continue to keep good hygiene.
- Wear masks as recommended.
- Listen to your comfort level of how often, where and with whom you are comfortable going out.
- Remind children to keep good hygiene while at school.
- Remember that we will become more immune to the virus as time goes on and more people are vaccinated.

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