



**SPECIAL
EDITION**

A Special Message & Updates Regarding the COVID-19 Pandemic



RESOURCE HOTLINE:

(310) 952-1750

Live Operators Available:

Monday - Thursday • 8:00 a.m. - 5:00 p.m.

Spanish and Tagalog translations provided by live operators upon request

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CITY OF CARSON POSITION STATEMENT

Carson is a vibrant city with a small town atmosphere where relationships are important. This is clearly visible throughout the community, from the stable single family neighborhoods, which make up nearly eighty percent of the city's residences, to the partnership between businesses and volunteer driven agencies which strengthen the city's remarkable social fabric.

The social composition of Carson is California in miniature. It is a city with a balanced ethnic and cultural mix living together in harmony and prosperity.

The community takes pride in the large percentage of Carson students who attend college, many to California State University, Dominguez Hills, a valuable asset to the city.

Carson's strategic position in the heart of the powerful economic engine that is Southern California attracts international corporations which recognize the city's bright future. The city's proximity to the West Coast's two major ports, as well as its intersection by four Southland freeways, makes it a major gateway to the Pacific Rim.

We, the people who live and work in Carson, take pride in our city and will continue to build relationships which ensure that future.

Police & Fire
Emergencies 911

Animal Control
Carson Animal Shelter
(310) 523-9566

Birth, Death, Marriage Records
County Registrar-Recorder
(562) 462-2137

Building Permits
Building & Safety
(310) 952-1766

Public Transit and Dial-A-Ride
(310) 835-0212
Hearing Impaired
(800) 252-9040

Cable Television
Time Warner Cable
(888) 892-2253

Chamber of Commerce
(310) 217-4590

City Hall
(310) 830-7600

Code Enforcement
(310) 952-1786

Community Center
(310) 835-0212

Crime Prevention
Neighborhood Watch
(310) 847-7481

Disaster Preparedness
(310) 952-1700, ext.1603

Electricity
Southern California Edison Co.
(800) 950-2356

Gas
Southern California Gas Co.
(800) 427-2200

Graffiti Removal
Landscape & Buildings
(310) 847-3500

Hospital
Harbor General UCLA
Medical Center
(310) 222-2345

Career Center
(310) 952-1762

Libraries

Carson Regional
(310) 830-0901

Dr. Martin Luther King, Jr.
(310) 327-4830

Parking Enforcement
(800) 553-4412

Parks & Recreation
(310) 847-3570

Post Office
(800) 275-8777

Sandbags
Street Maintenance
(310) 847-3520

Sewer Clean-up
(626) 458-4357

Senior Services
(310) 952-1775

Senior Recreation
(310) 835-0212

Sidewalk Repair
Street Maintenance
(310) 847-3520

Sheriff's Station
(310) 830-1123

Street Sweeping
Street Maintenance
(310) 847-3520

Telephone
AT&T
(310) 225-3028

Trash Collection
Waste Resources
(888) 467-7600
(310) 847-3520

Tree Trimming
Street Maintenance
(310) 847-3500

Water

California Water Service
Company
(310) 257-1400

Golden State Water
Company
(800) 999-4033

ELECTED OFFICIALS

Mayor
Albert Robles

Mayor Pro Tem
Jim Dear

Councilmember
Lula Davis-Holmes

Councilmember
Jawane Hilton

Councilmember
Cedric L. Hicks, Sr.

City Clerk
Donesia Gause-Aldana

City Treasurer
Monica Cooper

City Manager
Sharon L. Landers

Assistant City Manager/
Economic Development
John Raymond

Assistant City Manager/
Administrative Services
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mrevilla@carson.ca.us

Website:
http://ci.carson.ca.us



CITY OF CARSON

Dear Carson Community,

We are in the middle of a global health crisis in the form of COVID-19 aka Coronavirus, a serious respiratory illness that is especially dangerous for anyone with an underlying medical condition. The City of Carson is proactively following all national and state mandates. The City Council declared a local state of emergency (Resolution No. 20-053 is on the City's website) on March 17, 2020 and we provided direction to take further action to protect the health and safety of our residents, employees, and community.

All facilities, including City Hall, libraries, parks and the community centers are closed until further notice. To aid residents and businesses financially during this difficult time, the City Council suspended fines, late payments, parking citations, and business license fees that are incurred beginning March 18 until further notice.

In this time of crisis, the City Council passed an emergency ordinance to prohibit and penalize price gouging and to prohibit and penalize evictions.

We need to take serious actions now to suppress the spread of the Coronavirus. That includes limiting access to City Hall and temporarily closing our public facilities across Carson. We have transitioned to online and telephone services to ensure the safety of the public and our City employees.

The operational changes approved by the City Council are as follows:

- All City facilities are closed to the public until further notice. This includes our parks, park restrooms, pools, recreational areas, City Hall & Community Center.
- Carson City Council, City Planning and the City Reclamation Authority meetings are taking place via virtual/teleconference. Written comments may be submitted by email to cityclerk@carson.ca.us.
- Commission meetings are suspended until further notice except Planning Commission and CRA.
- All recreation programs, classes, permits and reservations are canceled until further notice.
- All youth and adult sporting activities are suspended or until further notice.
- The City will refund payments for canceled activities and events at City facilities.
- City Hall has transitioned to online services. Essential City services will continue, but in-person services at City Hall will be suspended until further notice. The City will accommodate the lack of in-person services by heavily staffing phone lines.
- All Public Works services will remain in place with the exception of in-person permit submissions, which can be made by calling (310) 847-3520.
- Refuse collection and street sweeping will continue per the usual schedule.
- The Carson Circuit was suspended starting March 28, 2020 until further notice. Dial-A-Ride and Access are still available.
- Community Services staff will be providing support to our most vulnerable residents. The City has created a Task Force that can be reached at (310) 952-1750.

Sincerely,

Albert Robles
Mayor



Albert Robles
Mayor



Jim Dear
Mayor Pro Tem



Lula Davis-Holmes
Councilmember



Jawane Hilton
Councilmember



Cedric L. Hicks, Sr.
Councilmember



A MESSAGE FROM THE CITY MANAGER SHARON L. LANDERS



We are in the middle of a COVID-19 health pandemic that is like no other any of us have seen in our lives. In response, schools and non-essential businesses have been closed and we closed all City facilities to the public, including our beloved Community Center and parks. Our facility closures were directed by the City Council via Resolution No. 20-053 issued on March 17, 2020. Governor Newsom's Executive Order N-33-20, issued on March 19, 2020, required "all individuals living in the State of California to stay home or at their place or residence except as needed to maintain continuity of operations of the federal critical infrastructure sectors."

We continue to provide essential services to our community but, like all of our residents, are practicing social distancing, wearing facemasks and following other safety measures to reduce the spread of COVID-19. Our new normal. While it may still be some time out, with guidance from Federal, State and County agencies, the City is beginning to consider what the recovery phase will look like.

You may have seen it mentioned in previous editions of the Carson Report and although our lives have been

changed by this pandemic, we need to be mindful of the importance of the 2020 Census. The Census happens every 10 years and is the only official population count in the United States.

When you fill out the Census form and count everyone at your address, you help decide how much money our community will receive for the next 10 years. This means public agencies and programs that provide support within the City such as: schools, child care, medical care, food assistance, housing, and public transportation will receive funding based off the information you provide.

Filling out the Census form for your address is easy and can be submitted online or by phone in English, Spanish, and 11 other languages. You can even do it on your smartphone!

Remember to list ALL persons living at your address in your final count. Don't forget to include babies born on or before April 1, 2020, nieces, nephews, grandchildren, foster children, and people not related to you (like a friend and his/her child). Remember, if someone is living with you on April 1, 2020, they should be counted.

As a reminder, when you respond to the Census your answers are kept anonymous and are only used to produce statistics. The U.S. Census Bureau is bound by law to protect your answers and keep them strictly confidential. The law ensures that your private information is never published and that your answers cannot be used against you by any government agency or court.

When we all respond to the Census and count all persons who live at an address—even children who are not related to the adult filling out the Census form—here's what happens over the next 10 years:

- Census results help determine how billions of dollars in federal funding flow into states and communities each year and can shape many different aspects of our City;
- Census results affect planning and funding for healthcare – including programs such as Medicaid, Medicare Part B, State Children's Health Insurance and the prevention and treatment of substance abuse;
- Census results affect planning and funding for education – including programs such as Head Start, Pell Grants, school lunches, rural education, adult education, grants that support teachers, preschedule programs and special education;
- Census results affect planning and funding for infrastructure – including programs for highway planning and construction which affect your commute, Section 8 housing, federal transit grants for buses, subways and other public transit systems, community development, and rural water and waste disposal systems;
- Census results affect planning and funding for employment and training – including programs for vocational rehabilitation state grants, and dislocated workers;
- Census results determine how many seats the state of California receives in Congress. This protects our elected representation in California and Washington, D.C.

Please do your part to ensure that our community is accurately represented and encourage your family members and friends to submit their Census responses. Remember, when it comes to the Census, everyone counts.

Visit 2020census.gov to complete your Census form today! And please stay healthy and safe!



In Carson, all kids count.

Children should be included on your 2020 Census form—and not just children related to you, but any kids that live at your address. That means your children, grandchildren, nieces, nephews, and the children of any friends or relatives staying with you. Babies count, too! Even if they're still in the hospital, as long as they were born on or before April 1, 2020, make sure the person completing the Census for your address includes them on the form.

**Complete the 2020
Census Questionnaire!**

ONLINE:

My2020Census.Gov

BY PHONE:

English: 844-330-2020

Spanish: 844-468-2020

Tagalog: 844-478-2020

CARSON CENSUS 2020



DRIVE-THRU TESTING CENTER

In an effort to limit the spread of COVID-19 (Coronavirus) and flatten the curve to keep residents safe, City of Carson elected officials unanimously approved partnering with US Health Fairs, a Los Angeles-based 501(c)3 non-profit organization, to provide testing to ALL residents with no out of pocket costs. This includes those who are displaying symptoms and asymptomatic carriers. Those with severe symptoms such as high fever and shortness of breath will be redirected to a local ER.

How do I get tested?

Testing is by appointment only. To schedule an appointment, please register online at <https://ushealthfairs.org/carson-testing/>



Homebound Seniors Only

Please call (310) 952-1793.

Where do I go?

Congresswoman Juanita Millender-McDonald Community Center
801 East Carson Street, Carson, CA 90745

What should I bring?

- Drivers License/Photo ID
- Registration confirmation

NASAL TESTING KITS

FDA approved diagnostic tests from LabCorp, Quest Diagnostics and Fulgent Genetics Laboratories.

HOURS

Monday-Thursday
8:00 a.m. - 4:30 p.m.

LOCATION

Congresswoman Juanita Millender-McDonald
Community Center at Carson
801 E. Carson Street
Carson, CA 90745

**For more information,
please visit**

<https://ushealthfairs.org/carson-testing/>
or call

(310) 952-1719

KEEP CALM and Avoid Coronavirus Scams

Here are **5 things** you can do to avoid a Coronavirus scam:



Ignore offers for vaccinations and home test kits.

Scammers are selling products to treat or prevent COVID-19 without proof that they work.



Hang up on robocalls.

Scammers use illegal sales call to get your money and your personal information.



Watch out for phishing emails and text messages.

Don't click on links in emails or texts you didn't expect.



Research before you donate.

Don't let anyone rush you into making a donation. Get tips on donating wisely at [ftc.gov/charity](https://www.ftc.gov/charity).



Stay in the know.

Go to [ftc.gov/coronavirus](https://www.ftc.gov/coronavirus) for the latest information on scams. Sign up to get FTC's alerts at [ftc.gov/subscribe](https://www.ftc.gov/subscribe).



Federal Trade Commission

If you see a scam, report it to

[ftc.gov/complaint](https://www.ftc.gov/complaint)

CAPTAIN'S CORNER

BY CAPTAIN JASON SKEEN

Carson Station is actively working to ensure residents feel secure during the COVID 19 Pandemic. In addition to educating the public on how to avoid scams and stay safe during this period, we have increased the visibility of Carson Station Deputies and Detectives by conducting patrol checks at shopping plazas and retail stores to ensure everyone is safe.

We are also making sure deputies are present during lunch pickups, which have been available at numerous Carson schools and at the Carson Community Center. Our Community Relations Team has also delivered care packages to numerous elderly residents, as well as the most vulnerable.

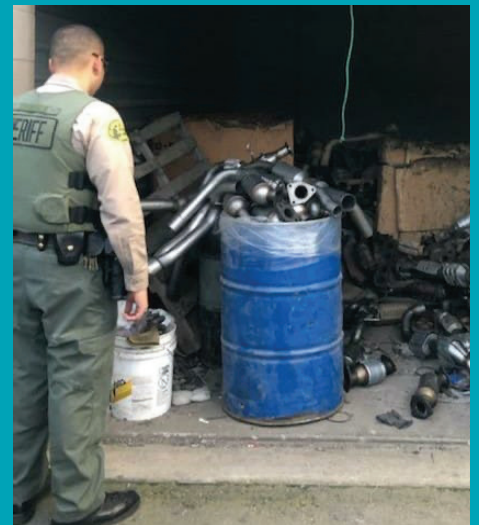
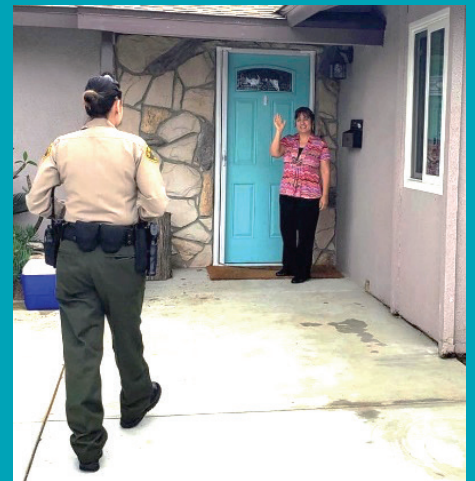
Our deputies even helped a few of our youngest Carson constituents celebrate their birthdays during this quarantine period by having patrol cars drive by with their lights and sirens!



Concerned about an elderly loved one in your life? *We are here to help.* If you have a loved one that you are unable to check on, please call (310) 830-1123 and request a welfare check. We want to help ensure that those most vulnerable in our community are well cared for.

CARSON CARES

Carson Cares (Cops and Residents Supporting our Neighborhoods) partnered with Carson 411 in aiding two local Carson women. This was not the first time Carson 411 partnered with deputies from our station to help members of our community. Gift cards were donated to these families in partnership with local business, "My Father's BBQ."



ARREST MADE AND CATALYTIC CONVERTERS RECOVERED

Carson Sheriff's Station saw a recent trend in catalytic converter thefts and made efforts to swiftly address the issue. Increased patrols and investigative resources were focused on impacted areas. Thanks to these efforts, and our community being our eyes and ears, Carson Station detectives were able to arrest two suspects and recover fifty catalytic converters. We have now seen a dramatic reduction in these types of thefts.



CARSON STATION RECOGNIZED FOR SUPPORTING LOCAL SPECIAL OLYMPIC ATHLETES

Carson Sheriff's Station proudly joined the Los Angeles County Sheriff's Department's efforts to support Special Olympics Southern California in making a difference for people with intellectual and developmental disabilities. In 2019, station personnel donated their time and effort to raise funds to support local Special Olympic athletes and cheer them on at events. This year, Carson Station was recognized for holding the highest fundraising LASD Special Olympics Law Enforcement

Torch Run (SOSCLETR), Tip-a-Cop event and Final Leg Team in 2019. We didn't accomplish this alone. This was possible thanks to our motivated station personnel, the generosity of "Chili's" Carson, our inspiring local athletes, and the community supporting our efforts.



Emergencies 9-1-1

Calls for Service (310) 830-1123

Watch Commander (310) 830-1123

Community Relations (310) 847-8386

Visit our website at www.carson.lasd.org

**For more information, please contact
Deputy Aime Valdez**

LA County Sheriff's Department- Carson Station

Main: (310) 830-1123

Direct: (310) 847-4019

Email: a1valdez@lasd.org

CITY OF CARSON



The City of Carson is proud to announce the availability of City-subsidized rides through Lyft during the COVID-19 pandemic.

April 20, 2020 - June 30, 2020

How to Ride:

- Download the Lyft app on the App Store (Apple) or Google Play Store (Android)
- Sign up and register your account
- Open the app and select the menu bar (top left-hand corner)
- Select “Promos” and enter promo code: **LyftCarson**

50% Off Rides

- Pick-up AND drop-off must be within Carson
- \$10 is the maximum subsidy the City will pay per ride
- Tips and any amount above the subsidy will be charged to the card on file

Important

- Must be 18 years of age or older to request a ride or register for an account
- Minors must be accompanied by someone 18 years of age or older
- Limited to 20 rides per month. Ride balance will automatically revert to 20 at the beginning of each month



**DOWNLOAD ON THE
App Store**

Subject to Lyft's Terms of Service - <https://www.lyft.com/terms>

DIAL-A-RIDE PROGRAM & ACCESS PARATRANSIT

DIAL-A-RIDE PROGRAM

The Carson Dial-A-Ride (DAR) Program is designed to allow seniors and adults with disabilities to maintain their independence by providing convenient and affordable transportation.

For Dial-A-Ride participants, we strongly recommend making online payments at this time in order to lessen travel and exposure.

Online payments for Dial-A-Ride can be made here <https://payment.carson.ca.us/transportationonline/dialaride.asp>

Dial-A-Ride:
(310) 952-1757



ACCESS PARATRANSIT

ACCESS is a shared-ride service for individuals with disabilities, provided by the County of Los Angeles. The service extends to Los Angeles County and beyond. For more information about this program and to apply, please call (800) 827-0829 or visit: <http://accessla.org/home/>.

Access:
(800) 827-0829



BE SAFE BE SANE OR **BE FINED!**

**ILLEGAL FIREWORKS =
\$1,000**

THE USE, SALE, POSSESSION OR DISCHARGING OF **ILLEGAL FIREWORKS** IS A VIOLATION OF THE CITY OF CARSON'S FIREWORKS ORDINANCE IS AND PUNISHABLE BY A FINE OF \$1,000.

According to Carson Municipal Code 3101.07, any resident of the premises on which fireworks are found or illegally discharged or sold shall be subject to the same administrative fine, as imposed on the person selling, discharging, or possessing the illegal fireworks which is on the premises by the resident's invitation or consent

Fireworks can only be discharged on:

June 28th from 12 p.m. - 10 p.m.

June 29th - July 3rd from 10 a.m. - 10 p.m.

July 4th from 10 a.m. to 12 a.m.

Fireworks can only be sold:

Properly permitted stands within the City of Carson

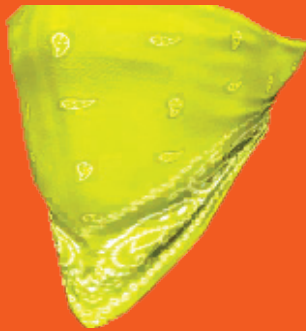
June 28th from 12 p.m. - 10 p.m.

June 29th - July 4th from 7 a.m. - 10 p.m.

TO REPORT ILLEGAL FIREWORKS IN YOUR NEIGHBORHOOD,
PLEASE CONTACT THE SHERIFF'S DEPARTMENT AT (310) 830-1123.

A friendly 4th of July reminder from the City of Carson





WEAR A MASK

Protect yourself.

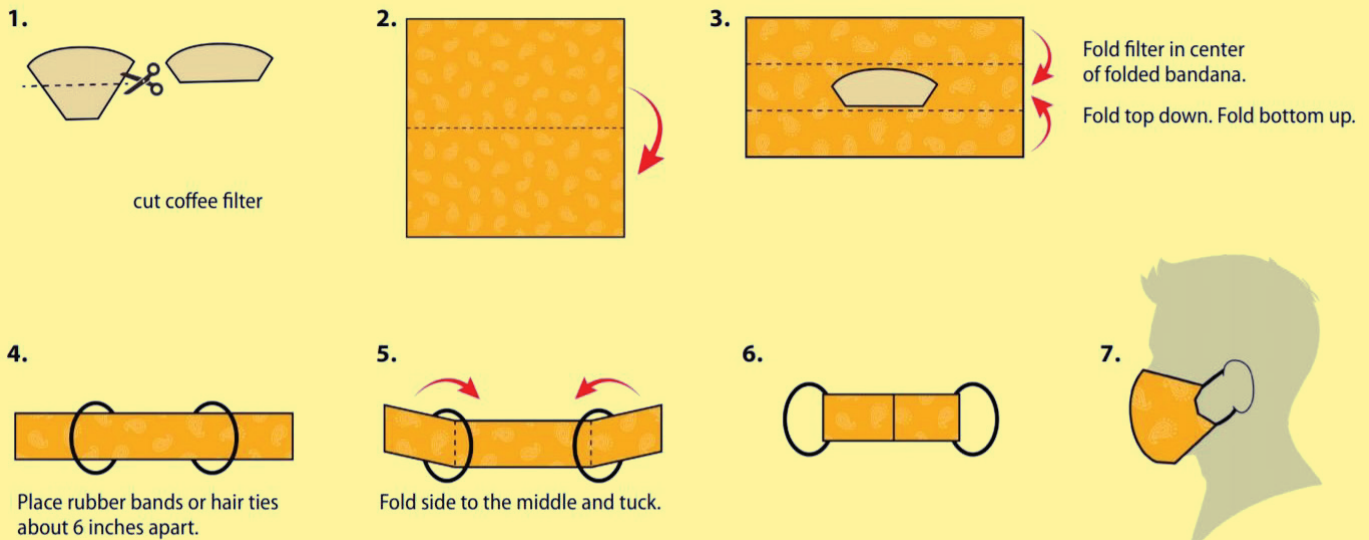
Protect your loved ones.

Resolution No. 20-067 - finding and determining, and ordering that all residents or visitors within the geographic boundaries of the City of Carson shall not leave their residence without wearing a face mask or covering which shall cover the nose and mouth of the wearer. **#COVERCARSON**

Bandana Cloth Face Covering (no sew method)

Materials

- Bandana (or square cotton cloth approximately 20x20")
- Coffee Filter
- Scissors (if you are cutting your own cloth)
- Rubber Bands (or hair ties)





COVID-19 RESPONSE TASK FORCE

On March 17, 2020, the City of Carson declared a local emergency due to the COVID-19 pandemic. The City formed a Task Force, comprised of city employees, community volunteers and the Los Angeles Sheriff Department in response to community needs.

A hotline for Carson residents was established for information and resources. Live operators answer calls Monday-Friday from 8:00 a.m. – 5:00 p.m. The Call Center averages 700 incoming and outgoing calls every week. Call topics range from priority shopping hours for seniors to meal distribution options to how to make homemade masks.

A Grab and Go Lunch Distribution was organized in the parking lot of the Carson Community Center for local residents impacted by the pandemic.



Lisa Amos, Executive Director of The Lighthouse, has partnered with the City of Carson Recreation and Human Services Division since 2009. The Lighthouse has provided free meals to children in the Kids Club and Summer Day Camp programs for the past 11 years, and she recognized the opportunity to extend the reach to children affected by this pandemic.

“I grew up in Carson. I bought my first home in Carson. The City of Carson helped me raise my kids. I can’t say enough about this city, so the desire to give back to the community is something I’m passionate about. I’m so happy to be of service,” said Amos. The Lighthouse provides as many as 800 free meals per day to residents in need.

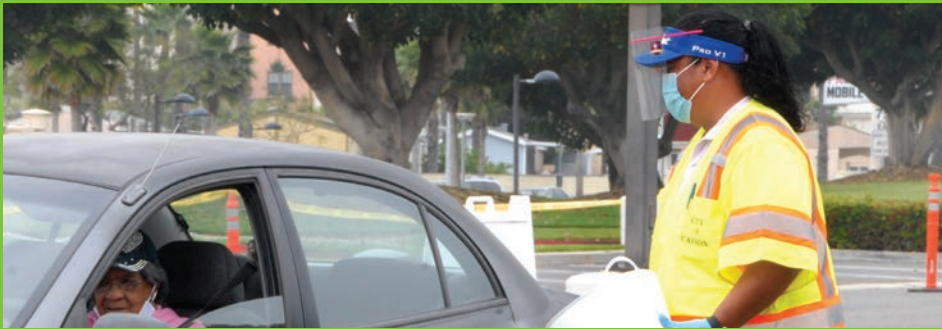
In order to distribute those meals, Los Angeles Sheriff Deputies, along with Carson Public Safety and Community Services employees, implemented a safe and efficient drive-through system. Residents remain in their cars and line up in the parking lot waiting for the distribution to begin at 11:00 a.m. Employees wear masks and gloves, and distribute meal tickets to the occupants of each vehicle.

When asked about the program, most residents were quick to praise the employees they interacted with. Carson resident Al Perez said, “We’re very thankful for this program, and

the workers are very kind.” Carson resident Brenda agreed. “The employees are practicing social distancing. They are very polite and I appreciate them being out here. I have a family of eight, so this is truly a blessing.”

One resident who preferred not to be identified added, “Everyone is very nice, especially this gentleman,” (pointing to employee Tony Zuniga). “I see him every day, always with smiling eyes. So many of us are laid off, not working, the kids aren’t in school. It’s hard right now. I really appreciate what the city is doing. I’ll be glad when this is over, but right now it’s so helpful.”





Carson residents Brian and Julie said that the Grab and Go does two things: “One, it gives us a nutritious lunch, which we love. It also gets us out of the house in a safe way.”

Some residents are grateful for what it allows them to do for others. Clinton, age 77, picks up lunch for himself and his sister, who is 84 years old and homebound. Esther comes every day and told her neighbors about it, noting that they have a difficult time standing in the long lines at the stores. Arlene appreciates that she can take extra lunches for others, as she delivers a meal to a 95 year old neighbor each day.

City employees are humbled by the opportunity to serve the community in ways that vary from their usual jobs. Employees who used to coach kids, lead fitness classes, teach swim lessons, or facilitate support groups have adapted to the new normal.

They handle difficult and emotional phone calls with patience and compassion. They develop and implement systems for a safe and efficient food distribution. They create delivery teams to



expand the YMCA Meals on Wheels program. They collaborate with local businesses such as Norms to provide a grocery delivery program. Employees expeditiously implemented a drive-thru testing site to serve symptomatic and asymptomatic residents. Employees who were once mere acquaintances have become family.

Bobby Grove, COVID-19 Testing Call Center staff said, “I am so grateful. Being a part of the call center makes me feel closer to the community. I am glad that despite the social distancing I can provide a personal touch.”

Call Center staff member Melody Carter says, “I feel like what I’m doing is purposeful and actually making a difference. To hear the relief in callers’ voices is humbling and rewarding, and allows me to see past this situation to what really is most important: compassion, empathy and human connection.”

Call Center worker Kat Fernandez echoed similar sentiments. “I quickly figured out why I needed to do this. Letting the residents of Carson know that they are not alone in this crisis was the reason. Listening to their fears and needs, and actually helping them, has changed my whole view of this pandemic.”

The City of Carson is proud of the 50+ employees who bravely accepted the challenge of meeting the ever-changing needs of this community during this pandemic. And in turn, these employees are honored to serve their beloved community.



CARSON ESSENTIALS TO GO

GROCERY DELIVERY PROGRAM

GOAL

This grocery delivery program is intended to support Carson residents including seniors, those with disabilities, those with underlying health conditions, and families during the COVID-19 pandemic, so they can be successful in their “Safer at Home” efforts.

HOW DO I PLACE MY ORDER?

Call (310) 952-1765 Monday-Thursday between 8:00 a.m.- 5:00 p.m. Credit card payment will be accepted over the phone.

WHAT TYPES OF PAYMENTS ARE ACCEPTED?

All major credit cards are accepted and all sales are final.



HOW QUICKLY WILL MY ORDER BE FILLED?

Orders will be fulfilled within 3-5 business days.

WHO WILL DELIVER MY ORDER?

The grocery delivery will be completed by a uniformed city employee in a city vehicle, and the approximate delivery time will be given via phone prior to delivery. The delivery team will call the resident, place the order at the front door, and step 6 feet away from the door until the delivery is taken inside.

Limit 1 order per household, per week, while supplies last.

FOUR PACKAGES TO CHOOSE FROM

\$43

CARE PACK

Feeds 1-2 people

Item	Qty	Unit
Chicken	2	lbs.
Bacon	1	lb.
Bread (Wheat)	1	loaf
Eggs	12	ea.
Fruit	2	lbs.
Ground Beef (4 Patties)	2	lbs.
Milk	0.5	gal.
Orange Juice	0.5	gal.
Paper Napkins	1	pkg.
Pasta	2	lbs.
Toilet Paper	2	rolls
Vegetables	4	lbs.
Whipped Margarine	1	lb.

\$55

FAMILY PACK Beef

Feeds 4-6 people

Item	Qty	Unit
Ground Beef (8 Patties)	4	lbs.
Chicken	2	lbs.
Bacon	2	lbs.
Bread (White)	2	loaves
Cheese	1	lb.
Eggs	12	ea.
Fruit	4	lbs.
Milk	0.5	gal.
Orange Juice	0.5	gal.
Paper Napkins	1	pkg.
Pasta	2	lbs.
Toilet Paper	2	rolls
Vegetables	8	lbs.
Whipped Margarine	1	lb.

\$55

FAMILY PACK Steak

Feeds 4-6 people

Item	Qty	Unit
NY Steak (8 oz.)	4	ea.
Chicken	2	lbs.
Bacon	1	lb.
Bread (Wheat)	1	loaf
Cheese	1	lb.
Eggs	12	ea.
Fruit	4	lbs.
Milk	0.5	gal.
Orange Juice	0.5	gal.
Paper Napkins	1	pkg.
Pasta	2	lbs.
Toilet Paper	2	rolls
Vegetables	8	lbs.
Whipped Margarine	1	lb.

\$55 NEW

FAMILY PACK Salmon

Feeds 4-6 people

Item	Qty	Unit
Salmon (8oz.)	4	ea.
Chicken	2	lbs.
Bread (Wheat)	1	loaf
Cheese	1	lb.
Eggs	12	ea.
Fruit	4	lbs.
Milk	0.5	gal.
Orange Juice	0.5	gal.
Paper Napkins	1	pkg.
Pasta	2	lbs.
Toilet Paper	2	rolls
Vegetables	8	lbs.
Whipped Margarine	1	lb.

MADE POSSIBLE BY OUR SPONSORS:



Please note that items cannot be substituted or altered in any way. While supplies last.

SPANISH AND TAGALOG TRANSLATIONS PROVIDED BY LIVE OPERATORS UPON REQUEST



CARSON RESOURCE HOTLINE: (310) 952-1750

Live Operators Available:

Monday - Thursday • 8:00 a.m. - 5:00 p.m.

(Operators are available in Spanish, Tagalog, and Samoan)



Local Resources and Social Services: Call 2-1-1

Email: carsonhealth@carson.ca.us

Website: <http://ci.carson.ca.us/CoronaVirus.aspx>

Carson Sheriff Station Non-Emergency: (310) 830-1123

Carson Cable Station: Channel 35 (Spectrum Customers) • Channel 99 (AT&T Customers)



EMPLOYMENT

South Bay One-Stop: For job opportunities, email carreception@sbwib.org

Employment Development Department (EDD): edd.ca.gov/claims.htm



RESOURCES FOR CARSON BUSINESSES

Business and Employment Development (310) 952-1775 Monday - Thursday • 8:00 a.m. - 5:00 p.m.

Los Angeles County Economic Development Corporation (LAEDC)

<https://laedc.org/coronavirus/>



HEALTH & WELLNESS

Free Virtual Urgent Care: dignityhealth.org/virtualcareanywhere

LA County Department of Mental Health Support Line: (800) 854-7771 Available 24/7

Los Angeles County Public Health: <http://www.publichealth.lacounty.gov/media/Coronavirus/>



MEAL DISTRIBUTION

LAUSD Grab & Go food distribution centers for all ages are located at Banning High School, Curtiss Middle School, Rancho Dominguez Preparatory School, and Stephen White Middle School. Weekdays, Monday - Friday, 8:00 a.m. - 11:00 a.m. For more information visit www.lausd.net

City on the Hill Church Grab & Go for seniors and kids Weekdays, Monday-Friday at 1:00 p.m., (310) 740-9363

YMCA Meals on Wheels: Seniors age 60+ can call (310) 602-4909

Lighthouse Lunch Pick-Up: Carson Community Center Monday - Thursday, 11:00 a.m. (while supplies last)

Everytable: COVID-19 Hotline: (323) 458-6487 Mainline: (424) 296-1619

Los Angeles Regional Food Bank: (323) 234-3030



HOUSING

Emergency Shelter: Harbor Interfaith Services (424) 276-3609 Monday-Friday 8:30 a.m. - 4:30 p.m.

Housing Rights Center: Tenant and landlord concerns (800) 477-5977 www.hrc-la.org

Homeless Outreach Portal: Connect a homeless individual with resources at www.lahsa.org

All information is subject to change. Please call to verify services.



CARSON PHARMACIES

PHARMACY	ADDRESS	PHONE
CVS in Target	20700 S. Avalon Blvd. #700	(310) 819-3012
Carson Wellness Pharmacy	22005 S. Avalon Blvd. Suite D	(424) 295-7979
Carson Discount Pharmacy	111 E. Carson Street Suite B	(310) 835-1000
Albertsons Pharmacy	110 E. Carson Street	(310) 834-2561
Crown Drug	657 E. University	(310) 323-6193
Carson Pharmacy	21720 S. Vermont	(310) 328-0982
Albertsons	200 Sepulveda	(310) 513-6800
CVS Pharmacy	150 W. Carson Street	(310) 549-6500

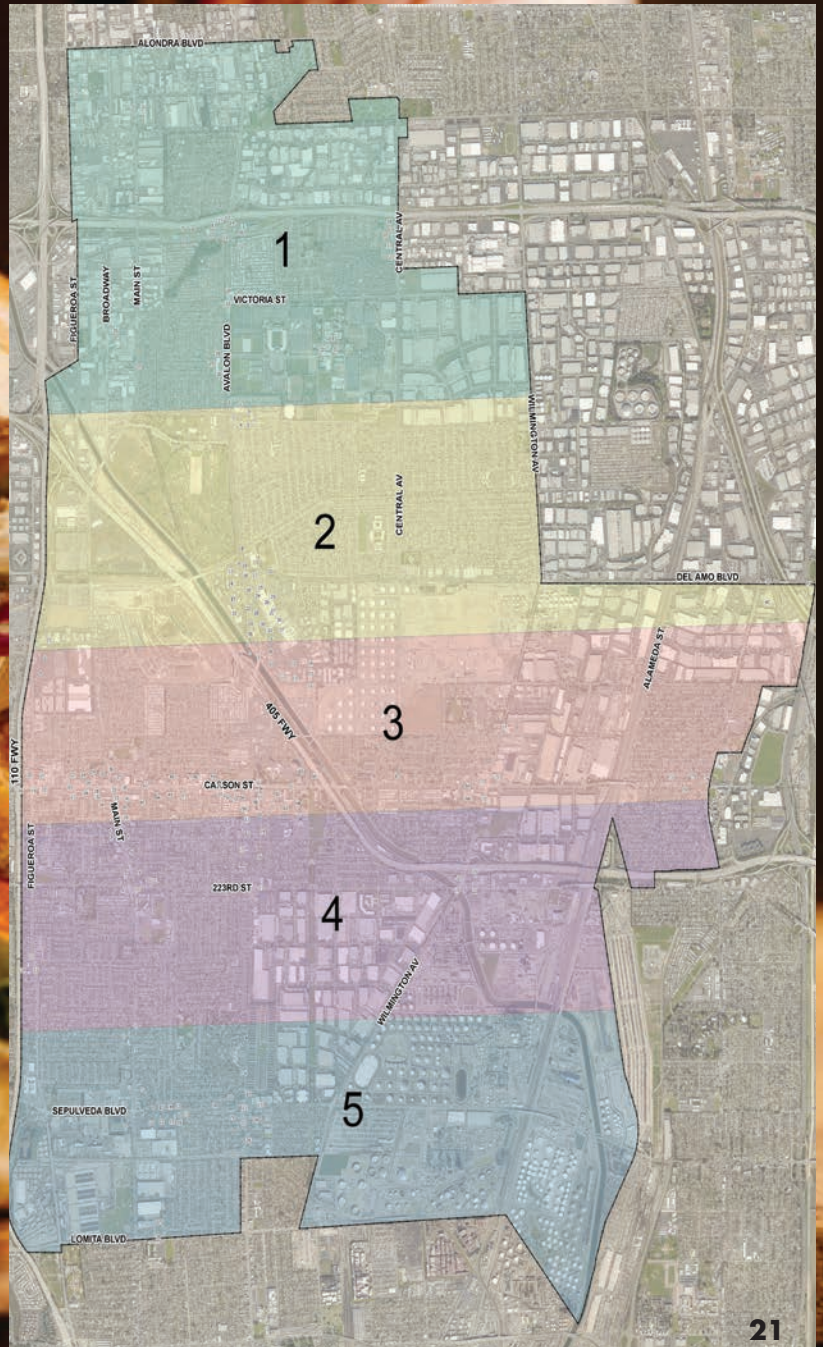


CARSON GROCERIES

Market	Address	Number
99 Cent Only Stores	619 E. University Drive	(310) 532-0423
Albertsons	110 E. Carson Street	(310) 835-6402
Albertsons	200 E. Sepulveda Blvd.	(310) 513-1900
La Venadita Meat Market	22035 S. Main Street	(310) 830-7099
Ralphs	650 E. Carson Street	(310) 518-4191
Seafood City Market	131 E. Carson Street	(310) 834-9700
Seafood Ranch Market	117 E. 223rd Street	(310) 518-5888
Walmart Neighborhood Market	20226 S. Avalon Blvd.	(424) 233-3317
Y & K Market	1820 E. Carson Street	(310) 549-9966

EAT LOCAL

PATRONIZE CARSON RESTAURANTS





ZONE 1

		<u>DELIVERY</u>	<u>DRIVE-THRU</u>	<u>ONLINE</u>	<u>TAKE-OUT</u>	<u>APP</u>	<u>DOORDASH</u>	<u>GRUBHUB</u>	<u>POSTMATES</u>	<u>SEAMLESS</u>	<u>UBER EATS</u>
Carls Jr 362	(310) 323-6855						X	X	X		X
Del Taco LLC #635	(310) 515-6479		X					X	X		
Big Burger	(310) 532-3715										
EP Burgers	(310) 764-4511										X
El Burro Inc	310) 217-0007										
El Pescador Bar & Grill	(310) 327-3774							X	X		
Fatburger	(310) 225-5535						X	X	X		X
Jack in the Box	(310) 217-0882							X			X
Ken's Ice Cream	(310) 324-7704							X			
Kentucky Fried Chicken	(310) 532-2970		X					X			X
Los Cheros	(310) 515-0107										
McDonald's - Central	(310) 886-5411		X		X		X				X
McDonald's - Sepulveda	(310) 847-7543		X		X		X				X
M&M Restaurant	(310) 324-5317						X		X		
Marjoe's Soul Food	(310) 223-0061						X				
Panda Express #1562	(310) 327-0357							X	X	X	
R&R Soul Food	(310) 715-6716										
Subway #42146	(310) 516-9119						X	X	X	X	
Tacos Puebla #2	(310) 537-7848	X									
The Flame Broiler	(310) 635-2188						X		X		

ZONE 2

		<u>DELIVERY</u>	<u>DRIVE-THRU</u>	<u>ONLINE</u>	<u>TAKE-OUT</u>	<u>APP</u>	<u>DOORDASH</u>	<u>GRUBHUB</u>	<u>POSTMATES</u>	<u>SEAMLESS</u>	<u>UBER EATS</u>
Aloha Hawaiian Grill	(310) 515-6119										
Carl's Jr 625	(310) 763-2744										
Chile Verde Mexican Food	(310) 763-2744						X				X
Chipotle Mexican Grill #2286	(310) 217-0034				X	X					
Chuck E Cheese's #462	(310) 329-4200						X	X			X
Del Amo Burgers	(310) 637-1164										
Denny's	(310) 532-6106								X		
Dominos Pizza	(310) 516-9800	X									
Five Guys Burgers and Fries	(310) 515-7700			X							
Hong Kong Express [Univ Dr]	(310) 719-8832										
Hong Kong Express [Avalon]	(310) 847-7636										
Hot Dog On A Stick	(310) 327-5337						X				
Jack In The Box #180	(310) 515-1861										
Jamba Juice 814	(310) 767-7830						X		X		
Jersey Mike's Subs #20194	(310) 527-2000			X	X	X					
Lousiana Famous Fried Chicken	(310) 532-5394										
McDonald's #24755	(310) 329-6085						X		X		X
Norms	(323) 679-2319				X						
Orleans and York Deli	(310) 801-4917				X						
PJ's Grill University LLC	(310) 851-4977				X						



ZONE 3

		DELIVERY	DRIVE-THRU	ONLINE	TAKE-OUT	APP	DOORDASH	GRUBHUB	POSTMATES	SEAMLESS	UBER EATS
Alea Cafe	(310) 549-5384										
Apollo Burgers	(310) 830-4009								X		
Back Home in Lahaina	(310) 835-4014				X						
Bahay Kainan Fast Food	(310) 518-6273										
Bambino's Pizza	(310) 513-6666	X									
Bionicos Y Taqueria El Cabrito	(310) 549-0707				X						
Blue Lotus	(310) 518-9538						X		X		
Carl's Jr. #347	(310) 549-8632						X		X		X
Carson Burgers	(310) 518-1044				X						
Chibugan Lechon @ Ethan's Restaurant	(310) 320-4500				X						
Chili's Grill & Bar #1139	(310) 516-1180						X				
Chow King	(310) 835-7100							X			
D J Bibingkahan	(310) 835-9190								X		
Darrow's New Orleans Grill	(424) 570-0532							X	X		
Delia's Restaurant	(310) 830-7288				X						
Ding Tea Carson	(310) 225-2592						X				
Dog Haus Carson	(424) 477-5877						X	X	X		
Fresh and Meaty Burgers	(424) 536-3046			X			X	X	X		X
Hand and Spoon	(310) 549-6568							X			X
Juice "C" Juice	(310) 324-8444						X				X
Tokyo Grill	(310) 516-0111								X		
Yoshinoya Restaurants	(310) 835-9043		X								

ZONE 4

		<u>DELIVERY</u>	<u>DRIVE-THRU</u>	<u>ONLINE</u>	<u>TAKE-OUT</u>	<u>APP</u>	<u>DOORDASH</u>	<u>GRUBHUB</u>	<u>POSTMATES</u>	<u>SEAMLESS</u>	<u>UBER EATS</u>
Del Taco #8888	(949) 462-9300		X								
Jack In The Box #3255	(310) 518-3025		X		X						
Jack in the Box #5369	(310) 522-0725		X		X						
Maynila On Main Street	(310) 835-5507						X		X		
McDonald's #1482	(310) 549-2950		X				X		X		X
Spire's Restaurant	(310) 830-8170						X	X	X		X
Subway #14709	(310) 513-9028						X	X	X		X
Subway #43995	(310) 522-4037						X	X	X		X
Taco Bell #28518	(310) 830-7638		X					X			
Ted's Burger	(310) 830-4412							X			
Yellow Basket	(310) 830-1104	X									

ZONE 5

		<u>DELIVERY</u>	<u>DRIVE-THRU</u>	<u>ONLINE</u>	<u>TAKE-OUT</u>	<u>APP</u>	<u>DOORDASH</u>	<u>GRUBHUB</u>	<u>POSTMATES</u>	<u>SEAMLESS</u>	<u>UBER EATS</u>
Chile Relleno Mexican Food	(310) 549-4683				X						
China Bowl Express	(310) 518-2667							X			
Chinese Deli	(310) 834-1747				X						
Diana's Mexican Food	(310) 834-4886								X		
Domenick's Pizza House	(310) 834-8990								X		
Domino's Pizza	(310) 549-1600	X									
El Pollo Peruano	(310) 518-8789	X					X	X	X		
Famous Burgers	(310) 835-6200						X		X		
Jack in the Box #273	(562) 402-4110		X								
L&L Hawaiian BBQ	(310) 549-2913								X		
Las Palmas Cafe	(310) 834-9194				X						
Pizza Hut 24931	(310) 549-5000	X									
Subway	(310) 549-7198				X						
Tom's Burger #1	(310) 834-3475							X	X		X
Top Shelf Tacos	(424) 364-0123						X	X	X		
El Rinconcito Deli	(310) 518-7095				X						

CARSON BUSINESS CORNER

CITY OF CARSON COVID-19

DISASTER SMALL BUSINESS LOAN PROGRAM

The Disaster Council approved a contract with the California Community Economic Development Association (CCEDA), a non-profit organization, to create and implement a focused business assistance program for Carson commercial and retail businesses and non-profit organizations.

Priority given to businesses that employ 50 employees or less.

The program includes:

- 1) Bridge funding for small businesses to receive federal assistance
- 2) Low-cost working capital loans to maintain small businesses who may qualify for federal assistance
- 3) Working capital loans to nonprofit organizations and small businesses who provide essential services or are transitioning to provide essential services
- 4) Cash grants to micro entrepreneurs and other highly vulnerable populations who will not qualify for federal disaster relief

Applications will be processed on a first-come, first-served basis until the first 50 are received.

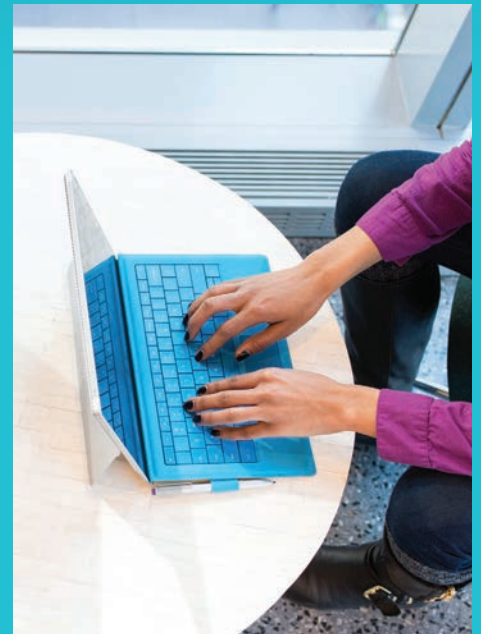
Specifications:

- The program will have a limit of \$10,000 per business.
- Businesses will need to demonstrate proof of economic hardship.
- Proof that they had a physical location in the City of Carson prior to December 1, 2019, and have between 2 and 50 employees.

How funds can be used:

Utilities, rent, mortgage payments, and operational costs, or accounts payable incurred prior to closure.

The loan will be repaid by the small business qualified for the loan over the next five years, interest free. For more information, please visit carson.ccda.com or call (213) 348-7504.



Business

Small Business Development Center

<https://southbaysbdc.org/>

Guide: <https://smallbizla.org/covid19-response-guide/>
(562) 938-5020

Small Business Administration

<https://disasterloan.sba.gov/ela>

<https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources>

LAEDC

<https://www.laedc.org/coronavirus/>

EDD

<https://www.edd.ca.gov/>

Visit <https://sd35.senate.ca.gov/covid-19-resources> for information on the following:



- Paycheck Protection Program
- Economic Injury Disaster Assistance
- Advance Loan Program
- Sales Tax Deferrals
- Additional Loan Opportunities for Small Businesses
- Income Tax Deadline Deferral
- Los Angeles Small Business Resiliency Tool Kit
- L.A. City's Small Business Microloan Program

Check your Business Insurance:

You may have business interruption coverage, which helps protect against lost income after a covered peril.

Consult your Bank: Consult your bank to confirm financial services available, including emergency access to capital, small business loans and waivers for late fees.

Federal Income Tax Filing and Payment Deadline Extension: The federal tax return filing deadline is now July 15, 2020. For tax payments of up to \$10 million, the IRS has also extended the deadline for both individuals and businesses to July 15, 2020. Estimated tax payments for 2020 originally due on April 15 will now be due on July 15.

Check with the CA State Tax Agency to find out if your business has more time to file or more time to pay state and local taxes this year as a result of the Coronavirus. Several states have already aligned their tax filing and payment deadlines with the new federal deadline. States also may waive or reduce penalties on late tax payments.





HELLO NEIGHBOR

Are you self-isolating? Connect with your neighbors!

If your neighbors are self-isolating during COVID-19, you can help with:

- | | |
|---|--|
| <input type="checkbox"/> Picking up groceries | <input type="checkbox"/> Urgent errands/supplies |
| <input type="checkbox"/> Daily check-in calls | <input type="checkbox"/> Mail/Package pick up |

**YOU ARE
NOT ALONE!**

**TAKE EVERY PRECAUTION TO
ENSURE EVERYONE'S WELL-BEING.**

Stay 6 feet away from your neighbor and leave items on their doorstep.

Visit the City's website for a form you can print and
download at home.

https://drive.google.com/file/d/1BdwSeZU4ovdK0e3bpBTRS_i2luZmLSjz/view



Peer-Run Warm Line

Peer-Run Warm Line offers non-emergency emotional support and referrals
to anyone in the state



**Call or text:
1-855-845-7415
(toll-free)**

**Operators are available:
Mon - Fri: 7:00 a.m. - 11:00 p.m.
Sat: 7:00 a.m. - 3:00 p.m.
Sun: 7:00 a.m. - 9:00 p.m.**

EMOTIONAL SUPPORT

24-hour Suicide Prevention Lifeline:

1-800-273-8255 or text 838255

24-hour Domestic Violence Hotline:

1-800-799-7233

Hotlines if you need to talk to someone:

- **Disaster Distress Helpline:**

Call 1-800-985-5990 (TTY 800-846-8517) or text TalkWithUs to 66746 for 24/7 support.

- **Crisis Text Line:** Text HOME to 741741 for 24/7 crisis support.

If you feel unsafe:

- Call or text the Victims of Crime Resource Center at 1-800-VICTIMS line for information on victim services programs in California.

Family Support:

- You can call the **National Parent Helpline** at 1-855-427-2736 Monday – Friday from 10:00 a.m. – 7:00 p.m. to get emotional support from a trained Parent Advocate.

NAMI California has resources for family members supporting loved ones with mental health conditions. You can call their Helpline at 1-800-950-NAMI to get information, resource referrals and support from 7:00 a.m. – 3:00 p.m. or email info@namica.org.

EVENTS & CLASSES

All City of Carson special events and classes are cancelled through August 2020 or until further notice.



REFUNDS

Community Services Refund Update

At its March 17, 2020, meeting, the Carson City Council declared a local state of emergency (Resolution No. 20-053). Of particular note was an order to close the Community Center and all park buildings, including the Recreation Administration Office, gymnasiums and pools. As part of this directive, all programs, services, classes, facility reservations, and public events were canceled or suspended until further notice. In light of these unprecedented times and continually evolving situation, all directives are intended to protect the health and safety of residents, employees, and the community.

On Tuesday, March 31, 2020, the City Council approved issuing refunds for programs and services that have been suspended or cancelled. The City is working diligently to issue these refunds; however, given the extensive programming offered, additional time is required for the process to be fully completed. Regarding Community Center and park reservations, refunds have been processed through the end of May 2020, and checks are being mailed weekly.

A Resource Hotline has been established to respond to any inquiries or provide information. Live operators are available Monday through Friday, from 8:00 AM to 5:00 PM, at (310) 952-1750. Alternatively, the City can be contacted at the following email address: carsonhealth@carson.ca.us

The City encourages all residents to visit <http://ci.carson.ca.us/CoronaVirus.aspx> for up-to-date information on COVID-19 and City directives.

DROP-OFF BOXES

If you need to drop off plans, RFP's or payments to City Hall, please do so in the appropriate box located on the north side of City Hall. Please call the department's phone number after you place your item inside.

PRICE GOUGING ILLEGAL IN THE CITY OF CARSON

Fine: \$10,000 Each Violation

Ordinance No. 20-2006U – An Ordinance of the Carson City Council that prohibits against price-gouging during the declared state emergency related to COVID-19. The ordinance makes it illegal in the City of Carson to engage in price-gouging. Price gouging is an increase of more than 10% of any consumer goods, consumer food items, emergency supplies, residential rental rates, and short-term rental of hotel rooms during a state of emergency and 60 days after. Price gouging is illegal.

Penalty for violating the ordinance is a \$10,000 administrative fine for a first-time violation, and subsequent \$10,000 fine for each additional violation. Violations are also punishable as misdemeanors in accordance with Carson Municipal Code Section 1200 (\$10,000 fine and/or imprisonment for up to one year), and subject the violator to suspension or revocation of any City-issued business license.



It is illegal in the City of Carson for any person, business or entity to:

- Charge 10% over the price normally charged by a seller for any consumer food items or goods, including goods or services for emergency cleanup, emergency supplies, medical supplies, home heating oil, building materials, housing, transportation, freight, and storage, services, or gasoline or other motor fuels.

Exemption: Increase of prices more than 10% is permitted only if the seller can prove that the increase is due to costs imposed by the supplier of the goods or additional labor or materials to provide the services.

- Increase the residential rental rates of housing by more than 10% for an existing or prospective residential tenant.

Exemption: Increase of more than 10% is permitted only if the landlord can prove the increase is directly due to costs of repairs or additions beyond the normal maintenance or that the increase is due to a contract was agreed to by the tenant prior to the declaration of emergency.

- Increase rates for short-term rental units or hotel or motel rooms by more than 10% of its regular rates for that time of year, as advertised immediately prior to the declaration of a national, state, or local emergency.

Exemption: Increase of more than 10% is permitted only if the owner or operator can prove that the increase is due to the additional costs imposed for goods or labor used in the business, seasonal adjustments in rates, or previously contracted rates prior to the declaration of emergency.

For more information, please call (310) 952-1788

AVOID



Group gatherings
Sleep overs
Play dates
Concerts
Theatre outings

Athletic events
Crowded retail store
Malls
Non-Essential travel
Bars & restaurants

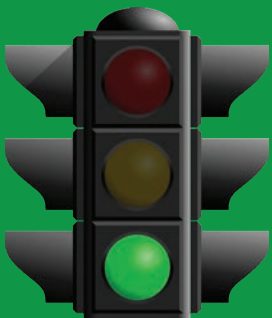
USE CAUTION



Visiting a grocery store
Pick up & delivery of food
Picking up medications

Essential travel
Visitors in your home
Public transportation

SAFE TO DO



Take a walk
Yard work
Play in your yard
Clean out closet
Read a good book
Listen to music

Cook a meal
Family game night
Group video chats
Stream a favorite show
Call or text a friend
Call or text an elderly neighbor

TEACHING TIPS FOR DIFFERENT ABILITIES



Best Homeschool Curriculum Options for Students with Dyslexia

By tuning in to your child or teen's specific strengths and weaknesses, and personal preferences, you can customize the best homeschool curriculum options for your unique student. <https://www.time4learning.com/homeschooling/special-needs/dyslexia/>



Homeschooling a Child with Down Syndrome

Parents of children with Down Syndrome sometimes feel at a loss when it comes to their child's education. Homeschooling provides the flexibility to mix and match resources, tools, and curricula for children with Down Syndrome. Learn more at <https://www.time4learning.com/homeschooling/special-needs/down-syndrome/>



Homeschooling a Child with Autism

One of the great things about homeschooling a child with autism is you will know he/she is getting what they need when they need it. Educating children with autism at home will give you the flexibility to truly individualize a program that best meets their daily and weekly needs.

Some home school programs for autism allow you to adjust the curriculum to best suit your specific student's learning abilities. We've provided information that will hopefully answer many of the beginning questions you may have about homeschooling a child with autism. <https://www.time4learning.com/homeschooling/special-needs/autism/>

Homeschooling a Child with Aspergers Syndrome

If you have a child on the Asperger's Syndrome part of the spectrum, curriculum options can differ widely from child to child. <https://www.time4learning.com/homeschooling/special-needs/autism/aspergers-syndrome.html>

Homeschooling a Child with Pervasive Developmental Disorder (PDD)

PDD is often characterized by uneven skill development (strengths in some areas and delays in others). When choosing the best curriculum for autism, students with Pervasive Developmental Disorder have strengths and weaknesses that should be taken into account. Learn how to start homeschooling a child with PDD-NOS at <https://www.time4learning.com/homeschooling/special-needs/autism/pdd-nos.html>



Homeschooling a Child with ADHD

You can give your child with Attention Deficit Hyperactivity Disorder (ADHD) an education that can be catered to their needs to help them gain confidence and perform better academically. <https://www.time4learning.com/homeschooling/special-needs/add-adhd/>



Homeschooling a Child with Auditory Processing Disorder

Many of the symptoms of APD can be especially problematic in a traditional school setting. These problems often can be minimized greatly in the more structured home environment. Uncover some of the advantages of homeschooling a child with APD here: <https://www.time4learning.com/homeschooling/special-needs/auditory-processing-disorder/>

HELPFUL LINKS:

Special Olympics Southern California (SOSC):

Virtual Spring Season Healthy

Lifestyle Challenge: www.sosc.org/hlc

L.A. Parent Magazine- Safer at home survival guide: laparent.com

Harbor Regional Center- harborrc.org

Special Needs Network- Hotline & resource/information during this pandemic: snnla.org

STAY FIT AT HOME



STAY HYDRATED

Anyone can become dehydrated, but the condition is especially dangerous for young children and older adults. Older adults naturally have a lower volume of water in their bodies, and may have conditions or take medications that increase the risk of dehydration. An easy way to remember to drink enough water is to drink one cup of water (8 ounces) every hour. This will not only ensure that you stay hydrated, it can help you curb any phantom hunger. Often when you think you're hungry, you're just thirsty, so try drinking a cup of water FIRST, then wait 10-15 minutes and if you're still hungry, then you're probably ready to fuel your body (eat).

MOVE YOUR BODY

ANY movement is going to be good for you and your body. Cleaning counts! Dancing around to good music counts as cardio! Have fun with it! Just remember to get up and move AT LEAST once an hour... but that doesn't mean walk to the kitchen! ;) Stand up, stretch, do a few jumping jacks or squats, lunge walk to the bathroom...anything! Just move, lean, step, stretch, etc.

SIMPLE BODY-WEIGHT EXERCISES

You can easily fit in some exercise, anywhere, at any time. Do heel lifts (lift up on to your tiptoes) while brushing your teeth or washing the dishes. Do squats while cooking; lunge walk to the bathroom; curl the gallon of milk every time you take it out of the fridge (curl it in the other hand when you put it away).

While Watching TV - Exercise during commercials or between episodes. Put together your own combinations with exercises such as jumping jacks, invisible jump rope, jog in place, high knees or march in place.

Squats- To modify simply stand up and sit down using slow and controlled movements, pressing your hips back to keep your knees behind your toes (do NOT flop!).



Lunge Walk to your bathroom (NOT kitchen) and back, again and again and again.

Tricep Dips - Sitting on the edge of a chair or couch, place your hands right next to your body/hips, fingers pointing forward. Slide your hips forward off the couch/chair and then lower and lift your hips by bending your elbows backward, and then straightening them. The more your knees are bent, the easier the move.

Push Ups can be done on your toes or knees, or against a wall. Keep your hands directly under your shoulders, stomach pulled up and in tightly to protect your core.



Crunches-Remember to pull your bellybutton to your back and tuck your hips under, pressing your lower back into the floor/mat. It's a very small move! Think about bringing your bottom rib toward your hip as you lift your head and shoulders off the floor. You can do the same thing as a standing crunch.

Plank - You can plank either on your hands (keeping them directly under your shoulders) or on your forearms (keeping your elbows directly under your shoulders). Pull your stomach up and in, booty down, back flat, pressing the energy out through your heels, or drop to your knees if need be.

Isolated Stomach Tightening- Inhale as deeply as possible - exhale ALL the air out of your lungs. Pull your stomach in as tightly as you can, pulling your belly button toward your back, and hold your breath. Hold for as long as you can hold your breath. For extra oblique work, add a trunk rotation, again for as long as you can hold your breath. Do 5 sets at a time, as many times

a day as you like, for a stronger core and flatter, tighter abs.

You can use weights, resistance bands or even water bottles for:

Squats and Lunges - Hold a weight/bottle in each hand at your sides as you squat or lunge.

Bicep Curls - Keeping your elbows at your sides, hands soft and wrists straight, bend and straighten your elbows slowly and deliberately to lift and lower the weights / bottles.

Tricep Kickbacks - Bend at the waist and, pulling your stomach up and in, allow your arms to hang straight down from your shoulders. Then keeping your arms right by your sides, lift your elbows up higher than your back and squeeze them in tight. Bend and straighten your elbows to "kick back" the weights.

Bent Over Rows - Bend at the waist, pulling your stomach up and in, allowing your arms to hang straight down from your shoulders. Then, keeping your hands soft and wrists straight, pull your elbows up

keeping your arms right by your body, lifting weights using your back by squeezing your shoulder blades together.

EXERCISE YOUR MIND

You can also do things to keep your mind active like reading, writing (anything), crossword or word puzzles, learning a new language (on an app). Even just singing uses parts of the brain we don't utilize as often and can be quite calming.

Remember to also make the time to **BE QUIET**. Yoga, meditation, or simply taking some time to be still and quiet can help lower your heart rate and blood pressure, and quiet any stress or anxiety. Taking a bath, reading, or even just resting quietly while closing your eyes can help quiet the mind and ease the senses.

There are also countless **FREE** workouts, exercises, yoga, meditation, etc. on YouTube that you can access through your TV, tablet, your smartphone, based on your interests.

PARENTS

Attention Parents: Help us brighten the day of some vulnerable Carson residents! We'd love to share your child's artwork with those who attend the Grab and Go Lunch Program here at the Carson Community Center. We will select one drawing each day, make color copies, and include them with the meal at pick-up. We can keep your kids busy (homeschool art class!) AND give our residents a little lift at the same time. Please ask them to include their first name and age on the drawing. We especially encourage some handwritten words of encouragement to accompany the artwork. Scan and e-mail your submissions to: **carsonhealth@carson.ca.us**. Thank you!

Stress Relief For Families

- Connect Daily/Talk
- Read Together
- Break a Sweat/Exercise
- Cook together
- Play Date/Board Games/ Backyard fun
- Clean Together
- Hit the Road/Take a Drive
- Meditate/Family Yoga
- Dance Together



Fingerpaint Recipe

2 cups white flour

2 cups cold water

Food coloring

Put water in a large bowl. Slowly add the flour. Once mixed together, divide into small bowls. Add food coloring.

Play-dough Recipe

1 cup flour

2 tsp cream of tartar

1/2 cup salt

1 tbsp cooking oil
(olive oil or vegetable oil)

1 cup water

food coloring

1. Combine all dry ingredients in a large bowl (flour, salt, cream of tartar) mix well
2. Mix food coloring with your water first. Then add the vegetable oil and water with food coloring. Mix together in a pot.
3. Add the dry ingredients to your pot and mix well.
4. Cook over low to medium heat until the dough starts to form and becomes dry.
5. Once it starts to form a ball together and looks fully cooked remove from heat. Let the dough cool first before touching. Once cool, knead the dough for 5 minutes to make the dough soft.



KIDS CORNER

These activities are suggested for kids in grades Kindergarten - 5th Grade



Daily Free Learning Workbooks:

<https://www.edhelper.com/teacher-education/Daily-Free-Learning-Workbooks-for-Teachers-to-Share-with-Parents-while-Schools-are-Closed-Kids-will-actually-do-these.htm?fbclid=IwAR3Jlw2QNHM7Mv2sGxLzJvi8lfX-DgA9j1SSGoWrFfEsjgRznIkMPK-D02p3w>

Brainpop Jr.:

<https://jr.brainpop.com/>

Kids National Geographic:

<https://kids.nationalgeographic.com/>

PBS Learning:

<https://ca.pbslearningmedia.org/>

GoNoodle Brain Breaks:

<https://www.gonoodle.com/>

Lunch Doodles with Mo Willems:

<https://www.youtube.com/watch?v=MjaYnyCJDdU&feature=youtu.be>

Molly of Denali Podcast:

<https://www.npr.org/podcasts/727663819/molly-of-denali>

Happy Hooligans:

<https://happyhooligans.ca/science-activities-for-kids/>

Virtual Field Trips:

San Diego Zoo:

<https://kids.sandiegozoo.org/>

Yellowstone National Park

Virtual Field Trip: <https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>, <https://www.nps.gov/thingstodo/yell-mud-volcano-trails.htm>, <https://www.nps.gov/thingstodo/yell-mammoth-hot-springs-trails.htm>

Animal Cameras:

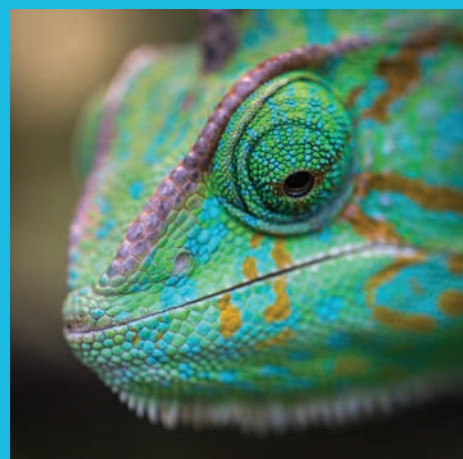
<https://zoo.sandiegozoo.org/live-cams>, <https://zooatlanta.org/panda-cam/>, <https://www.montereybayaquarium.org/animals/live-cams>, <https://www.houstonzoo.org/explore/webcams/>, <https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/>, <https://www.georgiaaquarium.org/webcam/jelly-webcam/>, <https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/>, <https://www.georgiaaquarium.org/webcam/indo-pacific-barrier-reef/>

Virtual Farm Tour:

https://www.farmfood360.ca/?utm_source=domain&utm_campaign=www.virtualfarmtours.ca&utm_medium=redirect

US Space and Rocket Museum in Huntsville, AL:

<https://www.youtube.com/watch?v=9Qe5RqyMNhc>



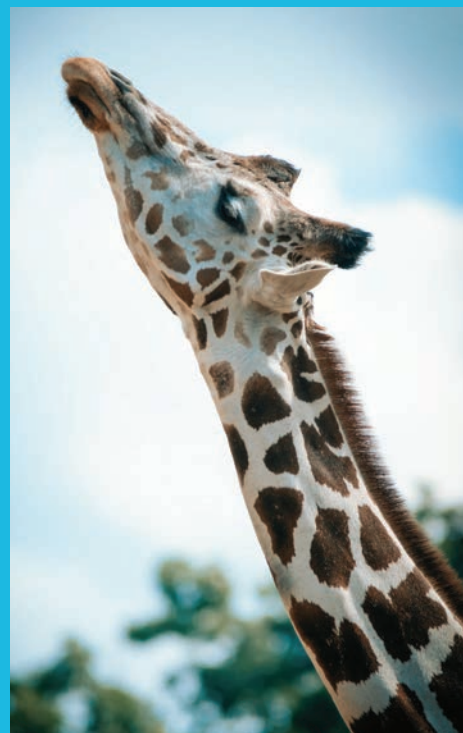
Discovery Education Field

Trips: <https://www.discoveryeducation.com/learn/tundra-connections/>, <https://www.soarwithwings.com/videos/virtual-field-trip>, <https://www.boeingfutureu.com/>, <https://www.manufactureyourfuture.com/VirtualFieldTrip/US>

The Louvre: <https://www.louvre.fr/en/visites-en-ligne>

Boston Children's Museum:

<https://www.bostonchildrensmuseum.org/museum-virtual-tour>



TIPS FOR HOMEBOUND SENIORS



We should be physically distancing, but not socially distancing. It is more important than ever to check in on our neighbors, friends, and family.

1. Learn Something New:

Consider using technology such as FaceTime, Zoom, Skype, Facebook, Twitter, and lots more. There are many ways to talk to family and friends online. You don't have to be tech-savvy. Doing the basics is easy, and for most people, fun.

If setting up an account is daunting, ask a neighbor, or family member for help and a quick tutorial.

2. Stay Active in your Community:

It may sound counterintuitive. How can you remain a part of the community if the goal is to separate from the community?

But maybe there's a remote option. Many organizations such as political parties, faith-based groups, and nonprofits rely on volunteers to make phone calls. You can do that community-based activity right at home.

3. Go on a News Diet:

Stay informed. Know what's going on but don't get locked into endlessly watching "breaking news" on the 24-hour news channels. Typically, not much changes hour to hour. But enduring the repetitious pummeling from TV all day long can bring needless stress and anxiety. Watch a news update in the morning, then check in again at night.



Don't stay with it all evening. Thirty minutes or an hour is plenty to stay informed and not get overwhelmed.

4. Reach out to family and friends:

Stay in touch with the people close to you, especially those who are social distancing too. The Centers for Disease Control and Prevention is recommending that communities create “buddy systems” to make sure vulnerable and hard-to-reach people stay connected, particularly to news about COVID-19. This can be done through your church, social group or your neighborhood’s block captain. Such thoughtfulness is greatly appreciated. Social distancing does not mean social isolation, and even a potentially deadly virus should not force us to be alone. Now, more than ever, people need to find smart and creative ways to stay connected.



HAVE YOU SEEN MORE COYOTES LATELY?

Mating season causes coyotes to be more active and bold. If you spotted coyotes lately it may be due to female coyotes being in heat. During May-June, mothers push away pups in order to come into heat again.

- Coyote conflicts are much more common during drought season and/or when mothers are feeding
- Found in flood channels, open fields, dense brush and marsh lands
- Most active at dusk and dawn
- Typically solitary in nature except when rearing pups or breeding

KEEP THEM OUT

- Coyotes are attracted to unattended food and water (usually left out for pets)
- Enforce hazing (fear conditioning that makes them feel unwelcome i.e. yelling, waving arms, etc.)

It is important to remember to always haze coyotes. If you become indifferent, they can get comfortable with venturing further into neighborhoods and into your yards. Continue to haze them until they scare away completely by holding your arms out wide or waving them in the air making yourself appear larger. Making noise by clapping or yelling at them will help shoo them away. Coyotes are typically more active and bold around their mating season – often February to May.



SUMMER TIME-MOSQUITO TIME

A common summertime companion is the mosquito.

THINGS TO KEEP IN MIND

Use insect repellent: When used as directed, Environmental Protection Agency (EPA)-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women. Use an EPA-registered insect repellent with one of the following active ingredients:

DEET
Picaridin
IR3535
Oil of lemon eucalyptus (OLE)
Para-menthane-diol (PMD)
2-undecanone

Cover up: Wear long-sleeved shirts and long pants. Keep mosquitoes outside: Use air conditioning, or window and door screens. If you are not able to protect yourself from mosquitoes inside your home or hotel, sleep under a mosquito bed net.



BULKY ITEM WASTE COLLECTION

Waste Resources Technologies (Trash Pick-up Service)

1-310-366-7600

<https://wasteresources.com/>

<https://wasteresources.com/covid-19-customers/>

Due to the COVID-19 Pandemic, effective immediately, Waste Resources Technologies (WRT) is implementing emergency service guidelines/requirements. As an essential service, WRT continues to service Carson residents. They are requesting cooperation to ensure that the health and safety of the public, and of their employees, is not compromised by Coronavirus.

- All trash must be placed in tied plastic trash bags and placed inside the bins.
- Do not overfill the bins and close the lids. Trash outside of bins will not be collected.
- Bulky items must still be pre-scheduled for pick-up.
- Porous items such as mattresses, couches and sofa cushions/filling must be bagged and sealed before being placed outside for pick-up.
- Non-porous items such as appliances, desks, hard furniture, bed frames, etc., will be collected unwrapped.
- Loose trash left out with bulky items will not be collected.
- Specialized valet service due to a disability or hardship will continue as usual. Valet/ Backyard services for non-essential/convenience purposes are suspended at this time.
- Drivers have been instructed to always remain inside their vehicles. For additional service or any requests and concerns, please contact WRT directly.



Introducing the new Citizen Engagement App, where citizens can put in various service requests within the City that need attention.



iWorQ
service request

If you have any questions please contact Waste Resources' customer service department at (888) 467-7600 or info@wasteresourcscarson.com.

NO RESIDENTIAL EVICTIONS IN CARSON IN RESPONSE TO COVID-19 (CORONAVIRUS) STATE OF EMERGENCY

To protect residential renters in Carson from being evicted from their homes as a result of COVID-19 (Coronavirus), the Carson City Council adopted Resolution No. 20-068.

On March 16, 2020, Governor Newsom issued Executive Order N-28-20: Waive the limit of Penal Code Section 3969(f) of 30 days from the date of the declaration of a state of emergency for the effectiveness of that section's protections against residential evictions effective through May 31, 2020.

It is unlawful for a landlord 30 days following a declaration of a state of emergency, or any period that it may be extended, to evict any residential tenant and rent or offer to rent the residential housing to another person at a rental price greater than the evicted tenant could be charged.

On March 27, 2020, the Governor passed Executive Order N-37-20 imposing a statewide moratorium on residential evictions related to COVID-19 effective through May 31, 2020.

Prohibits landlords from evicting residential tenants for nonpayment of rent and prohibits enforcement of residential eviction orders by law enforcement or courts during this timeframe. To receive these protections, the order requires the residential tenant, to declare in writing, no more than seven days after their rent comes due, that he or she cannot pay or part of the rent due to COVID-19, and to retain verifiable documentation explaining his



or her changed financial circumstances. The tenant is not required to submit this documentation to the landlord in advance.

On April 6, 2020, the Judicial Council of California, the policymaking body of the California Courts, adopted an emergency statewide court rule effective until 90 days after the Governor lifts the declared state of emergency, which suspends the issuance of summonses and the entry of default judgments for failure to appear in eviction lawsuits, prohibits courts from setting trials in such lawsuits earlier than 60 days after the request for such a trial. Any lawsuits as of April 1, 2020 will be postponed at least 60 days from the initial date of the trial. The rule precludes new eviction cases from proceeding and requires postponement of existing cases, in all courts of the State of California.

Emergency Court Rule 1) prohibits a court from issuing a summons in an eviction lawsuit, unless the court finds that doing so is necessary to protect public health and safety;

2) prohibits a court from entering a default or a default judgement for restitution in an eviction lawsuit for failure of a defendant to appear, unless the court finds that the action is both necessary to protect public health and safety, and that the defendant has not appeared in an action within the time provided by law (including any applicable executive order); 3) prohibits a court from setting a trial date in an eviction lawsuit where a defendant has appeared, from setting a trial date earlier than 60 days after a request for a trial is made unless the court finds that an earlier trial date is necessary to protect public health and safety; and 4) provides that any trial set in an eviction lawsuit as of April 1, 2020 must be continued at least 60 days from the initial date of trial. The rule will remain in effect 90 days after the Governor lifts the state of emergency related to COVID-19 pandemic or until the rule is amended or repealed by the Judicial Council.



SPECIAL THANKS FOR YOUR KINDNESS

YMCA Meals On Wheels

LASD Carson Station

ERB Foundation

The Lighthouse

Choura Events

Doubletree Hotel

Los Angeles Unified School District

IKEA Carson

LA Regional Food Bank

Victory Outreach Church of Carson

Elizondo Farmers Agency

Carson Chamber of Commerce

Carson Citizens Cultural Arts Foundation

Watson Land Company

Hand & Spoon

Norms in Carson

Carson Companies

Carson Community Foundation

Juice-C-Juice

Phillips 66

There are many who have made contributions in various ways to assist with our programs and to provide relief to our community. Thank you for being a good neighbor. If we have omitted anyone, charge it to our heads and not our hearts.



REMEMBER TO DO THE FOLLOWING:



WEAR A MASK

Protect yourself. Protect your loved ones.

#COVERCARSON



WASH YOUR HANDS

Sing the Happy Birthday Song
2 Times



PRACTICE SOCIAL DISTANCING



**Stay home and self-isolate
from others in the household if you feel unwell**



**Low on bottled water?
Research your tap water quality here:**
www.epa.gov/ground-water-drinking-water