

Daily Pilot

SATURDAY, MAY 16, 2020 /// Now including Coastline Pilot and Huntington Beach Independent /// dailypilot.com

Newport phases in reopening beach lots

BY HILLARY DAVIS

Newport Beach is reopening some of its waterfront parking lots.

The lots, closed in late March to limit beach visitors during the coronavirus pandemic, are coming back online in phases.

City spokesman John Pope said Friday the plan is to open smaller lots first, leaving the largest lots at the Newport and Balboa piers for last. He said the city's beaches aren't fully reopened, but with the sand open for "active recreational use" after a brief state-mandated hard closure, adding back some parking will take pressure off the seaside neighborhoods that have borne the brunt of visitors looking for limited street parking.

The oceanfront boardwalk and Balboa Island promenade are also again open after several weeks of pandemic restrictions, although the two ocean piers remain closed.

Newport is trying to stay in alignment with the phased parking reopening in neighboring Huntington Beach, Pope said.

Newport Beach City Hall is also gradually reopening to the public. Starting Monday, the permit center will reopen for public business.

On May 26, the building and safety counter will reopen, and the city plans to reopen all services to the public by June 1, with face covering and physical distancing required.

hillary.davis@latimes.com
Twitter: @dailypilot_hd

Colleges make plans for fall amid coronavirus

BY LILLY NGUYEN

Though Gov. Gavin Newsom said public schools might be able to open as early as late July or August after having closed in March due to the coronavirus, local colleges and universities remain uncertain — with at least one area district opting to keep its classes online, at least for the fall.

The Coast Community College District, which oversees Orange Coast, Coastline and Golden West colleges, announced Friday it would have all its classes for the fall semester online. All campuses will remain closed to members of the public with the exception of essential workers needed on-site.

"As of now, restrictions remain in place limiting travel and gatherings. While we don't know what the situation will be at the start of the fall semester, we do need to finalize our planning," Coast Community College District Chancellor John Weispen-

See **Colleges**, page A3



Thunderbirds pay tribute to COVID-19 responders

Photos by Raul Roa | Staff Photographer

THE AIR FORCE Thunderbirds do a fly-by on Friday to salute the state's first responders to COVID-19, some of whom watched from Hoag Memorial Hospital Presbyterian in Newport Beach. The six F-16C/D Fighting Falcons took a flight path to parts of five SoCal counties.

BY LILLY NGUYEN

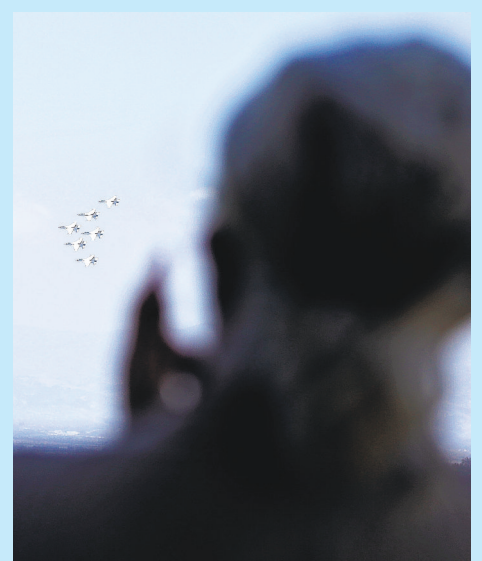
Planes roared overhead in Orange County on Friday afternoon as the Air Force Thunderbirds flew over the county in salute to front-line responders to COVID-19.

Sailing overhead in a tight formation, six F-16C/D Fighting Falcons took a flight path to parts of Los Angeles, San Diego, Orange,

Ventura and Riverside counties Friday. The flight brought out nurses and patients at local hospitals, including at Hoag Hospital in Newport Beach.

"This was an amazing way to spend some time on Friday with fellow colleagues," Shelley Williams, a nurse in Hoag's emergency department, said. "The

See **Tribute**, page A2



ABOVE AND LEFT: Employees of Hoag Memorial Hospital Presbyterian watch from a rooftop spot on Friday as the Thunderbirds do a fly-by to salute first responders on the front line of the coronavirus pandemic.

Laguna art festivals still hope to open, even as one cancels its plans for summer

BY LILLY NGUYEN

The Festival of Arts announced Monday that it's canceling this summer's fine arts show in addition to the Pageant of the Masters — the second time it's closed since the Festival of Arts was founded in 1932.

The first time it was closed, it was a casualty of World War II. This year, it falls as another victim to the COVID-19 pandemic that has upended the country.

The Sawdust Art & Craft Festival and Art-A-Fair organizers are hoping they won't have to join the Festival of Arts in a throng of canceled summer events such as the Hollywood Bowl season and Orange County Fair or local events and amenities such as the summer trolley services and the Fourth



ERIN PROCTOR, right, teaches a class about using liquid acrylics during last year's Sawdust Art & Craft Festival in Laguna Beach.

Spencer Grant

of July fireworks show.

Neither festival has officially made a decision on whether or not they will happen this summer, though both are slated to open on July 18 and 17, respectively.

Both have submitted plans to the city for review and decide if they can operate.

Those plans include reductions to crowd capacities, operational hours, concessions, changes to signage and installation of plexiglass windows between ticket stands, sales and information booths.

Organizers for the Sawdust

See **Festivals**, page A3

ALSO FROM THE DAILY PILOT:



Scott Smeltzer | Staff Photographer

O.C. REPORTS 4 MORE DEATHS DUE TO COVID-19 PAGE A2

EMAIL david.carrillo@latimes.com
TO SIGN UP FOR THE DAILY PILOT NEWSLETTER FEATURING THE LATEST NEWS INVOLVING NEWPORT BEACH, HUNTINGTON BEACH, COSTA MESA, LAGUNA BEACH, FOUNTAIN VALLEY AND OTHER PARTS OF ORANGE COUNTY.

Stores, restaurants at South Coast Plaza offering curbside pickup



Raul Roa | Staff Photographer

NORDSTROM SERVICE experience assistant manager Ashley Corp delivers items to the trunk of a customer as the South Coast Plaza starts the SCP 2 GO, a contact-free curbside pickup program, in Costa Mesa on Friday.

BY ANDREW TURNER

South Coast Plaza, Orange County's flagship shopping mall located in Costa Mesa, has debuted a new plan that allows its stores to conduct in-person business once again.

The program, called SCP 2 GO, began on Friday, rolling out a contact-free curbside pickup shopping system for customers.

More than 80 stores and restaurants are participating in the service, geared toward providing a convenient, health-conscious experience for shoppers.

The effort allows businesses to operate as the state modifies stay-at-home orders put in place to mitigate the spread of the novel coronavirus.

Essential businesses continued to operate during the stay-at-home order, but Gov. Gavin New-

som recently loosened restrictions that now allow some retail businesses to open with adjustments.

South Coast Plaza closed to the public on March 16 after an employee tested positive for the virus that causes COVID-19.

To participate in the curbside pickup program, customers are asked to call to place an order. The store or restaurant will inform the customer when the order is ready, assigning them a color-coded pickup location.

There are five pickup locations throughout South Coast Plaza. Once at their assigned spot, customers can call the store or restaurant, open the trunk of their car and wait for delivery.

The full list of participating shops is updated and available at southcoastplaza.com/scp2go/curbside.

"Our brands are enthusiastic about personally connecting with their customers once more with a program that is safe, contact-less and highly convenient," South Coast Plaza spokeswoman Debra Gunn Downing said.

"If there's anything that our curbside program underscores during this time of isolation for many, it is the importance of the human connection, even when all you want to do is simply buy a bag, makeup or jewelry."

Costa Mesa Mayor Katrina Foley said she went to South Coast Plaza on Friday morning to see the new plan in action, and she believes the curbside pickup service will be well received.

"I came down here to check it out, and they've got it very well organized, and it's curbside

See **Plaza**, page A2

County reports 4 more deaths due to COVID-19

BY ANDREW TURNER

Orange County reported four deaths and 158 new cases of the coronavirus on Friday, according to the Orange County Health Care Agency.

The county has now seen 84 lives lost due to COVID-19, the disease caused by the virus. The cumulative deaths of skilled nursing facility residents jumped from 17 to 21 as of Friday's report. No county jail inmates have died.

To date, the county has seen 4,125 confirmed cases of the coronavirus,

with 430 of those cases involving skilled nursing facility residents and 335 of them being jail inmates.

An additional 1,017 coronavirus tests were administered, bringing that total to 66,267.

Reported hospitalizations decreased for a second consecutive day. That number dropped to 212, with 78 of those patients in an intensive care unit.

Twenty-two of 25 eligible hospitals reported for the most recent data. There were 227 hospitalized in Thursday's report, when 21 hospitals re-

ported figures.

The coronavirus continues to be particularly dangerous to the elderly, as 59 of the COVID-19-related deaths (70.2% of those reported in the county) have involved a person that was at least 65 years old.

Of the reported deaths due to the coronavirus in the county, 39% have been Latino, 32% white, 19% Asian, and 4% African American. Forty-nine, or 58% of the deaths county-wide, have been male when broken down by gender.

Here are the latest case counts for select cities,

with numbers per 10,000 residents:

- Santa Ana: 683 (20.2 cases per 10,000 residents)
- Anaheim: 652 (18.1 cases per 10,000 residents)
- Huntington Beach: 285 (14.0 cases per 10,000 residents)
- Irvine: 149 (5.3 cases per 10,000 residents)
- Newport Beach: 132 (15.1 cases per 10,000 residents)
- Costa Mesa: 62 (5.4 cases per 10,000 residents)
- Fountain Valley: 47 (8.3 cases per 10,000 residents)
- Laguna Beach: 44 (18.8 cases per 10,000 residents)



MAGGIE DIETRICK, left, who is deaf and her sister Kate, who is hearing impaired, have helped to create masks for the deaf community.

Scott Smeltzer
Staff Photographer

Updated figures are posted daily at oc.covid19.ochealthinfo.com/coronavirus-in-oc. For information on getting tested at one of the 14 clinics in the county-run

OC COVID-19 Testing Network, visit oc.covid19.ochealthinfo.com/covid-19-testing-and-screening.

andrew.turner@latimes.com
Twitter: @ProfessorTurner

Newport Beach councilman crafts fiberglass huts to house homeless

BY HILLARY DAVIS

Newport Beach City Councilman and boat builder Marshall "Duffy" Duffield is now manufacturing tiny houses to shelter the homeless, using the same materials and principles he draws on to make his eponymous leisure craft.

Known as "SafeHuts," these micro-homes are portable, shed-like structures made with a vacuum-infusion fiberglass construction, making them sturdy, weather-resistant and easy to sanitize, the company says. They can hold one to four people and are geared toward governments and nonprofit homelessness service providers looking for bridge



Courtesy of SafeHuts

AN EXAMPLE of a single-occupancy fiberglass SafeHut, made at the Duffy Electric Boat Co. factory in Adelanto.

housing to get homeless people off the street.

"I saw the challenges facing cities and counties to provide temporary home-

less housing. I wanted to help by using my knowledge and manufacturing experience to create safe, secure and humane hous-

ing for our unsheltered homeless population," Duffield said in a statement.

Homelessness is a national crisis that has not missed Newport Beach. Solutions that balance the complex needs of homeless people, community expectations, legal requirements and governmental guidelines and resources have been hard to come by.

In Newport, after months of discussions, an attempt to develop a homeless shelter — possibly holding up to 40 people in a cluster of trailers in the public works yard — petered out earlier this year when the city received no bids from potential operators. The city said it would regroup.

SafeHuts are manufac-

tured at the factory in Adelanto where Duffield makes his Duffy electric boats. The Duffy Electric Boat Co., which Duffield launched as a teen in the early 1970s, is the world's largest manufacturer of fiberglass electric boats.

Duffield is the chairman of the board for SafeHuts, while his two sons run marketing, procurement, manufacturing and quality control. Longtime Orange County Republican consultant Dave Ellis, who served as Duffield's campaign manager, is SafeHuts' director of business development.

SafeHuts rolled out a prototype earlier this month. In addition to housing homeless people, the company will market to ag-

ricultural operations looking to shelter their migrant farmworkers, Ellis said.

The huts are available in a single-bed, 60-square-foot model and a double-bed 80-square-foot model. A 120-square-foot, four-bunk model is in development.

A standard model comes with vinyl mattresses on folding bed frames, drains in the floor for fast cleaning, locking doors, three operational windows and solar-charged interior lighting and USB ports. Customers can also add heating and air conditioning, shelving, additional reinforcement for severe climates and custom colors.

hillary.davis@latimes.com
Twitter: @dailypilot_hd

TRIBUTE

Continued from page A1

day-to-day challenges change for us but our co-workers have been a constant support throughout COVID-19."

Scott Surico, also a nurse in the emergency department, said that he had been working at the hospital for 20 years, but Friday felt different and he was thankful for the Thunderbirds' flyover. Marina Saveleyeva, a dietitian in the hospital's food and nutrition department, said she thought the Blue Angels were incredible and said it felt nice being appreciated and valued at "work and home."

The flyovers were part of a two-week campaign called "America Strong" by

the Navy Flight Demonstration Squadron, the Blue Angels, and the Air Force Air Demonstration Squadron, the Thunderbirds, as a show of national solidarity in parts of the country that were hit hardest by COVID-19.

As of Friday afternoon, there have been 76,420 confirmed cases of the coronavirus and 3,129 deaths in California. In Orange County, there have been 4,125 confirmed cases, with 430 of those cases involving skilled nursing facility residents and 335 of them being jail inmates. Eighty-four people have died.

"It is an honor for our team to salute the countless Californians who have committed to keeping the communities safe during this difficult time in our



Kevin Chang | Staff Photographer

THE THUNDERBIRDS fly over Balboa Peninsula in Newport Beach on Friday as a salute to California's front-line COVID-19 responders. The original flight path showed the Thunderbirds flying along the coastline, but instead they flew more inland over Balboa Peninsula.

nation," said Lt. Col. John Caldwell, Thunderbirds commander and leader, in a statement.

"We hope to give onlookers a touching display of American resolve that honors those serving on

the front line in our fight against COVID-19."

Other flyovers have taken place in New York, New

Jersey, Pennsylvania, Maryland, Washington, D.C., Virginia, Georgia and Texas.

"We are honored by the Air Force Thunderbirds' grand gesture and incredibly grateful for the support. This beautiful display of strength and hope was truly inspiring and uplifting for our caregivers," said Carrie Arneith Miller, a spokeswoman for Mission Hospital both in Laguna Beach and Mission Viejo.

"This is one of the best ways for the Armed Forces to do something special [to honor us] as heroes when it's really them who are the heroes," Christina Anderson, a nurse in the COVID-19 intensive care unit at Mission Hospital in Mission Viejo, said.

lilly.nguyen@latimes.com
Twitter: @lilibirds



Raul Roa | Staff Photographer

A NORDSTROM customer closes her trunk after receiving the skirt she bought through her phone app, as South Coast Plaza starts the SCP 2 GO, a contact-free curbside pickup program.

PLAZA

Continued from page A1

pickup," Foley said. "It's a terrific expansion of what the Plaza has been doing all along with the takeout for the restaurants.

"That worked out pretty well in terms of keeping safety protocols in place and allowing those businesses to continue to operate through takeout, and now the retail store neighbors can do so in a carefully planned way and make it safe for the customer experience."

Asked if she had concerns about a change in consumer behavior, with many leaning toward online shopping because of the pandemic, Foley stressed the importance of

shopping local to aid the Costa Mesa and Orange County economy.

"The Plaza is a unique shopping experience, and it is not like any other shopping mall," Foley said. "The stores in the Plaza are unique brands and high-end brands, where many of the products in the stores, you cannot buy online."

"In addition, what we're trying to do as a city is educate the community that if you shop local and you go pick it up curbside, that's better for our economy here locally because if you shop online ... we don't get those sales tax dollars invested back into our community."

andrew.turner@latimes.com
Twitter: @ProfessorTurner

THE DAILY COMMUTER PUZZLE

By Jacqueline E. Mathews

- ACROSS** 1 Minor squabble
5 Take a _ at; attempt
9 TV's "The _ Doctor"
13 Word in a bowling alley's name
15 "To _ a Mockingbird"
16 _ up; form a queue
17 Group of eight
18 Back talk
20 Split _ soup
21 Past one's prime
23 _ sore; mouth ulcer
24 Seizes
26 Aunts, uncles, cousins, etc.
27 Hollers
29 Kit or Johnny
32 Evergreens
33 Sink stoppers
35 Girl's nickname
37 Like die-hard rooters
38 Not all _; crazy
39 Reach across
40 "Oui!"
41 Idaho's largest city
42 _ firma; dry land
43 Walk slowly for pleasure
45 Least loony
46 Ram's mate
47 Large hospital rooms
48 Stimulating drink
51 Isn't _ to;

1	2	3	4	5	6	7	8	9	10	11	12	
13			14		15				16			
17					18			19				
20				21	22			23				
		24	25					26				
27	28						29			30	31	
32						33	34			35	36	
37					38					39		
40				41				42				
		43		44				45				
								47				
48	49	50						51		52	53	54
55						56	57			58	59	
60						61				62		
63						64					65	

For answers to the crossword, see page A6.

- probably won't
52 Cutting tool
55 Large terriers
58 Heed one's alarm clock
60 Troubles
61 Tidy
62 Competitor
63 Thirteen popes
64 Michelin product
65 Repair
- DOWN**
1 Pig's lunch
2 _ oneself; work steadily
3 Novel bad guy
4 Ball holder
5 Loses traction on ice
6 Fruitcake container
7 Roker & Gore
8 Bowl
- obstruction
9 Ford & Close
10 Sty cry
11 Fairy tale opener
12 Graceful animal
14 Short-tailed weasels
19 Wild animal dens
22 Scale units: abbr.
25 Felt remove for
27 ASPCA advice
28 Allergic skin disorder
29 Remedy
30 Harsh; tyrannical
31 Approaches
33 Golfer Mickelson
34 Frenchman's article
36 Small fly
- 38 Open-minded; lenient
39 _ away; dismiss
41 Curtsied
42 _ sauce; white condiment
44 Court trial break
45 Maple tree secretion
47 Spend foolishly
48 Arrestee's hope
49 Irk
50 Singer Guthrie
53 As strong _ ox
54 Unite by heating
56 Luau ring
57 Hearing organ
59 Basketball hoop
- Tribune Media Services

Jim Jennings
Custom Masonry Inc
Lic # 517800 Since 1989
www.jimjenningsmasonry.com

Specializing in:
Installation of Brick, Stone, Slate Patios & Entries
Patio & Yard Drainage
Make Old Patio Look New
Repair Stucco, Stone or Loose Brick
Pressure and Acid Wash.
Concrete & Masonry Repairs

The secret to good masonry repair comes from knowing exactly what kind of material was used and where to get it now. All used Brick, common brick, slate and stone are not the same.

LET JIM'S 51 YEARS OF EXPERIENCE WORK FOR YOU
(949) 645-8512
www.jimjenningsmasonry.com

THE CROWD | B.W. COOK

Event at South Coast Plaza boxes food for impacted restaurant workers

The trickle-down effects reaching all of society impacted by COVID-19 is a shocker to most. On the subject of the most basic form of life sustainment, feeding the hungry rises to the top of that impact.

We have seen the food lines, listened to the news reports and have been both horrified and ashamed by the statistics.

Did you even consider the plight of restaurant employees and so many workers with associated jobs in the food services industry?

Costa Mesa, Beverly Hills and Santa Monica celebrity chef/restaurantier **Elizabeth An** and her extended family, all working together under the family moniker House of An, a four-generation concern, gathered their resources with the help of others to produce an unusual event in these times of the coronavirus.

The AnQi Pantry Box Giveaway exclusively for



Photo by Arpit Mehta

ELIZABETH AN joins chef Tony Nguyen and staff at AnQi South Coast Plaza preparing 500 pantry boxes, given to restaurant workers out of work due to the coronavirus.

restaurant employees impacted by layoffs and furloughs unfolded April 17 at AnQi Restaurant at South Coast Plaza. Inspiration for the event came to An after receiving heartbreaking news that one of her star employees was forced to live in his car.

"I couldn't let that pass without making a small

effort to help those in our industry who have been so impacted by COVID-19," said An, chief executive of House of An.

Working with AnQi executive chef **Tony Nguyen**, a team assembled 500 boxes filled with food and beverages including Nguyen's inclusion of special ingredients and recipes for making not-

so-regular meals, such as caramelized onion and beef tostadas, onion corn tortillas with refried beans and beets, all offered in the food baskets with necessary ingredients to create the dish.

Then, the 500 food pantry boxes were given to restaurant workers in Orange County, including the cities of Costa Mesa,

Newport Beach, Santa Ana and Irvine.

On April 27, the distribution at South Coast Plaza began around noon as a crowd arrived to receive the boxes, which also were filled with fresh produce, pantry essentials and staples.

An's Costa Mesa experience was followed with similar giveaways at their restaurants in Beverly Hills (Crustacean) and Santa Monica (Tiato), helping more than another 1,000 restaurant workers.

Supporting the An gesture were generous partners, including donations from a GoFundMe campaign along with outreach from Bloggers Who Brunch.

Also front and center were **Elizabeth Segerstrom**, co-managing partner of South Coast Plaza. Chipping in were Melissa's Produce, Kimino Foods, U.S. Foods, O.C. Baking Co. and Advanced Restaurant Supply.

B.W. COOK is editor of the Bay Window, the official publication of the Balboa Bay Club in Newport Beach.

FESTIVALS

Continued from page A1

festival said they announced their delay of opening in April. Art-A-Fair organizers said in a recent interview that they hope to have a decision within one to two weeks, pending city review.

"I've got a bunch of artists who want to know. 'Are we going to have the show or not?' You've got to start thinking very seriously in regard to how much stuff you're going to have printed, how many things you're going to get matting and framing for," said Mike Cahill, president of Laguna's Art-A-Fair.

Cahill said he was aware that preparations for artists in festivals could potentially get expensive and if a festival didn't go on, "[artists] are left holding the bag."

In a statement released to artists, Monica Prado, who is president of Sawdust's board of directors, said that the festival has not made a final decision on whether the festival would go on, but had refunded all participating artists in an effort called the "Sawdust Summer Artists Resilience Act of 2020."

No fees will be charged of Sawdust artists, whether or not the festival is able to operate on schedule or if it may need to be delayed to address public health concerns. The Festival of Arts said all artists juried into this year's show will be guaranteed a spot in next year's show, with fees credited to the 2021 season. Art-A-Fair will be refunding its artists if the festival does not go on as planned.

"You don't want to make a 'no go' too soon because what if the state turns around a little bit or Laguna decides to be a little more loose," Cahill said. "So, I'd hate to quit too early and then see down the stream ... 'Dang, if we hung in there, we could have done the show.' It's a big balancing act."

lilly.nguyen@latimes.com
Twitter: @lilibirds

COLLEGES

Continued from page A1

said in a video statement to community members.

"No matter what restrictions may or may not be in place in August, we do know we can hold the majority of our classes online," Weispfenning said.

Weispfenning said student support services will be provided online but said as public health guidance changes, some courses that cannot be taught remotely may be-

come available on campus and offices may begin to open.

Plans at UC Irvine remain uncertain, though a statement from UCI Chancellor Howard Gillman to students said the university's goal is to "have as many students back to the campus as possible, and as many in-person activities restarted, consistent with prevailing public health guidance."

Gillman said he does not believe students and faculty will be able to return to the "old normal" by the time the fall quarter starts,

but the university is doing all it can to transition back from distance learning.

He said no final decisions have been made on how classes will be held, and more information may be available in May.

"I understand the desire to look ahead, and I know that other campuses have been making some announcements — although if you look carefully, none of these announcements are definitive," Gillman said. "There is still a lot we do not know, and it is too soon for any of us to know with certainty what the fall

will be like."

Vanguard University in Costa Mesa, however, said that it plans on reopening for the fall semester and that the university has established several working groups to plan for in-person classes, reopening of student housing and providing student life and athletic activities while observing current public health guidance.

"We remain hopeful that our small class sizes and innovative spirit will support the path forward as we reopen our campus in the fall," said Michael

Beals, Vanguard University president.

Beals said class sizes at the university are about 24 students and the university is working to determine how to provide in-person lessons with appropriate social distancing and health precautions throughout campus.

"While some things may look different, we remain more committed than ever to supporting our students' academic, spiritual and career success," Beals said.

lilly.nguyen@latimes.com
Twitter: @lilibirds

lilly.nguyen@latimes.com
Twitter: @lilibirds

SAVE \$200

POWER PROMOTION!

WHOLE HOUSE FAN & SOLAR ATTIC FAN

BUNDLE SAVINGS*

Get this powerful duo & save! Limited time only.

- Virtual consultations available
- Save big on energy costs
- Quiet operation

Ask us about our other Great Products

Solatube Daylighting

Skylight Replacement

888-289-0263

SolatubeHome.com

*on select ventilation models
Offer ends 5/31/2020
Lic.# 847890 ©2020 Solatube International, Inc.

Death can destroy families and leave loved ones feeling overwhelmed and paralyzed! Pre-plan today as an act of love!

BURIAL PLOTS FOR SALE

Save more than \$10,000 off local cemetery side by side prices

Protect your family legacy of love, peace, and harmony. Preplanning today is an act of love.

Newport Beach Cemetery

JIM, Cemetery Wholesaler

Licensed and Bonded

949.294.1911

MARKETPLACE

To place an ad, go to
<http://timescommunityadvertising.com/>

Legal Notices



**CITY OF NEWPORT BEACH
NOTICE OF CANCELLATION AND
RESCHEDULED PUBLIC HEARING**

NOTICE IS HEREBY GIVEN that the Planning Commission meeting originally scheduled for **Thursday, May 21, 2020, has been canceled.** Notice is further given that on **Thursday, June 04, 2020, at 6:30 p.m.** or soon thereafter as the matter shall be heard, a public hearing will be conducted in the Council Chambers at 100 Civic Center Drive, Newport Beach. The Planning Commission of the City of Newport Beach will consider the following application:

AT&T Small Cell SLC4653 Call for Review – A call for review by the Planning Commission of the Zoning Administrator's decision on April 16, 2020, to approve a minor use permit allowing the installation of a small cell wireless facility on a City-owned streetlight pole. Project implementation will be fully contained within the public right-of-way on Bayside Drive and includes the following: (1) Removal and replacement of an existing City streetlight; (2) Installation of a small cell wireless facility that consists of four remote radio units, a raycap disconnect, and an omni-directional antenna within a 12-inch diameter screening shroud. This equipment would be fixed to the top of the replaced streetlight pole for a maximum height of 27 feet, 5 inches. Support equipment will be in an adjacent below grade vault.

Section 332(c)(7) of U.S. Code Title 47 (Telecommunications) preserves the City's authority over zoning and land use decisions to regulate some aspects of the aesthetics and placement of wireless service facilities. However, federal law prohibits the City from rendering any decision based indirectly or directly on potential health and environmental impacts related to radio frequency (RF) emissions of wireless service facilities that will comply with the Federal Communications Commission's regulations. The development will be consistent with all applicable provisions of Newport Beach Municipal Code (NBMC) Chapter 20.49 (Wireless Telecommunications Facilities) and City Council Policy L-23 (The Siting of Wireless Telecommunications Equipment on City-Owned Property) that provide the regulatory and policy framework for allowing the installation of small cell sites on City property. Under the current executed Master License Agreement, AT&T, the wireless carrier, is responsible for all installation, maintenance, and repair associated with the deployment of this telecommunication project, including all related costs and expenses.

The project is categorically exempt under Sections 15302 and 15303 of the State CEQA (California Environmental Quality Act) Guidelines -- Class 2 (Replacement or Reconstruction) and Class 3 (New Construction or Conversion of Small Structures), respectively.

All interested parties may appear and present testimony in regard to this application. If you challenge this project in court, you may be limited to raising only those issues you raised at the public hearing or in written correspondence delivered to the City, at, or prior to, the public hearing. Administrative procedures for appeals are provided in the NBMC Chapter 20.64 (Appeals). The application may be continued to a specific future meeting date, and if such an action occurs, additional public notice of the continuance will not be provided.

SPECIAL NOTICE REGARDING COVID-19

Given the Declaration of a State Emergency and Proclamation of Local Emergency related to COVID-19, we recommend that you submit your questions and comments in writing for Planning Commission consideration by sending them to the Community Development Department at PlanningCommissioners@newportbeachca.gov. To give the Planning Commission adequate time to review your questions and comments, please submit your written comments by **Wednesday, June 3, 2020, at 5:00 p.m.** In addition, members of the public will have the ability to participate in this meeting telephonically. Please review the Planning Commission Agenda for further instructions. The Agenda, staff report and corresponding documents will be posted to the City's website at www.newportbeachca.gov/planningcommission, by end of business day on **Friday, May 29, 2020**. While the City does not expect there to be any changes to the above process for participating in this meeting, if there is a change, the City will post the information as soon as possible to the City's website. The City of Newport Beach thanks you in advance for continuing to take precautions to prevent the spread of the COVID-19 virus. If you are unable to participate in the meeting via the process set forth in the agenda, please contact the Planning Division at (949-644-3200 or CDD@newportbeachca.gov and our staff will attempt to accommodate you.

For questions regarding this public hearing item, please contact Josely Perez, Assistant Planner, at 949-644-3312 or jperez@newportbeachca.gov.

Project File No.: PA2019-115
Activity No.: UP2019-034

Zone/General Plan: N/A (Public Right-of-Way)
Applicant: New Cingular Wireless, LLC

Location: Public right-of-way, City streetlight number SLC4653, on the north side of Bayside Drive, approximately 900 feet northwest of El Paseo Drive

Lee Lowrey, Secretary, Planning Commission, City of Newport Beach

Tell Us About YOUR GARAGE SALE!
In **CLASSIFIED**
To advertise go to timescommunityadvertising.com

Tell Us About YOUR GARAGE SALE!
In **CLASSIFIED**
To advertise go to timescommunityadvertising.com

Legal Notices



**CITY OF NEWPORT BEACH
NOTICE OF PUBLIC HEARING**

NOTICE IS HEREBY GIVEN that on **Thursday, May 28, 2020, at 10:00 a.m.** or soon thereafter as the matter shall be heard, a public hearing will be conducted in the Council Chambers at 100 Civic Center Drive, Newport Beach. The Zoning Administrator of the City of Newport Beach will consider the following application:

AT&T Small Cell SLC0902 – A request for a minor use permit to allow the installation of a small cell wireless facility on a City-owned streetlight pole. Project implementation will be fully contained within the public right-of-way on 38th Street and includes the following: (1) Removal and replacement of an existing City streetlight; (2) Installation of a small cell wireless facility that consists of four remote radio units, a raycap disconnect, and an omni-directional antenna within a 12-inch diameter screening shroud. This equipment would be fixed to the top of the replaced streetlight pole for a maximum height of 27 feet, 6 inches; and (3) Establishment of supporting equipment in an adjacent below grade vault.

Section 332(c)(7) of U.S. Code Title 47 (Telecommunications) preserves the City's authority over zoning and land use decisions to regulate some aspects of the aesthetics and placement of wireless service facilities. However, federal law prohibits the City from rendering any decision based indirectly or directly on potential health and environmental impacts related to radio frequency (RF) emissions of wireless service facilities that will comply with the Federal Communications Commission's regulations. The development will be consistent with all applicable provisions of Newport Beach Municipal Code (NBMC) Chapter 20.49 (Wireless Telecommunications Facilities) and City Council Policy L-23 (The Siting of Wireless Telecommunications Equipment on City-Owned Property) that provide the regulatory and policy framework for allowing the installation of small cell sites on City property. Under the current executed Master License Agreement, AT&T, the wireless carrier, is responsible for all installation, maintenance, and repair associated with the deployment of this telecommunication project, including all related costs and expenses.

The project is categorically exempt under Sections 15302 and 15303 of the State CEQA (California Environmental Quality Act) Guidelines -- Class 2 (Replacement or Reconstruction) and Class 3 (New Construction or Conversion of Small Structures), respectively.

All interested parties may appear and present testimony regarding this application. If you challenge this project in court, you may be limited to raising only those issues you raised at the public hearing or in written correspondence delivered to the City, at, or prior to, the hearing. Administrative procedures for appeals are provided in the NBMC Chapter 20.64 (Appeals). The application may be continued to a specific future meeting date, and if such an action occurs, additional public notice of the continuance will not be provided.

SPECIAL NOTICE REGARDING COVID-19

Given the Declaration of a State Emergency and Proclamation of Local Emergency related to COVID-19, we recommend that you submit your questions and comments in writing for the Zoning Administrator's consideration by sending them to the Community Development Department at CDD@newportbeachca.gov. To give the Zoning Administrator adequate time to review your questions and comments, please submit your written comments by **Wednesday, May 27, 2020, at 9:00 a.m.** In addition, members of the public will have the ability to participate in this meeting telephonically. Please review the Zoning Administrator Agenda for further instructions. The Agenda, staff report and corresponding documents will be posted to the City's website at www.newportbeachca.gov/zoningadministrator, by end of business day on **Friday, May 22, 2020**. While the City does not expect there to be any changes to the above process for participating in this meeting, if there is a change, the City will post the information as soon as possible to the City's website. The City of Newport Beach thanks you in advance for continuing to take precautions to prevent the spread of the COVID-19 virus. If you are unable to participate in the meeting via the process set forth in the agenda, please contact the Planning Division at (949-644-3200 or CDD@newportbeachca.gov and our staff will attempt to accommodate you.

For questions regarding this public hearing item, please contact Benjamin M. Zdeba, AICP, Senior Planner, at 949-644-3253 or bzdeba@newportbeachca.gov.

Project File No.: PA2019-113
Activity No.: UP2019-032

Zone/General Plan: N/A (Public Right-of-Way)
Applicant: New Cingular Wireless, LLC

Location: Public right-of-way, City streetlight number SLC0902, at the northwestern corner of 38th Street and Lake Avenue

To advertise in CLASSIFIED Today go to timescommunityadvertising.com

Tired of cutting your grass? Find a gardener in the Classified's Service Directory!

Tired of cutting your grass? Find a gardener in the Classified's Service Directory!

Legal Notices



**CITY OF NEWPORT BEACH
NOTICE OF CANCELLATION AND
RESCHEDULED PUBLIC HEARING**

NOTICE IS HEREBY GIVEN that the Planning Commission meeting originally scheduled for **Thursday, May 21, 2020, has been canceled.** Notice is further given that on **Thursday, June 04, 2020, at 6:30 p.m.** or soon thereafter as the matter shall be heard, a public hearing will be conducted in the Council Chambers at 100 Civic Center Drive, Newport Beach. The Planning Commission of the City of Newport Beach will consider the following application:

AT&T Small Cell SLC0796 Appeal – An appeal of the Zoning Administrator's decision on April 16, 2020, to approve a minor use permit allowing the installation of a small cell wireless facility on a City-owned streetlight pole. Project implementation will be fully contained within the public right-of-way on Balboa Boulevard and includes the following: (1) Removal and replacement of an existing City streetlight; (2) Installation of a small cell wireless facility that consists of four remote radio units, a raycap disconnect, and an omni-directional antenna within a 12-inch diameter screening shroud. This equipment would be fixed to the top of the replaced streetlight pole for a maximum height of 34 feet, 9 inches. Support equipment will be in an adjacent below grade vault.

Section 332(c)(7) of U.S. Code Title 47 (Telecommunications) preserves the City's authority over zoning and land use decisions to regulate some aspects of the aesthetics and placement of wireless service facilities. However, federal law prohibits the City from rendering any decision based indirectly or directly on potential health and environmental impacts related to radio frequency (RF) emissions of wireless service facilities that will comply with the Federal Communications Commission's regulations. The development will be consistent with all applicable provisions of Newport Beach Municipal Code (NBMC) Chapter 20.49 (Wireless Telecommunications Facilities) and City Council Policy L-23 (The Siting of Wireless Telecommunications Equipment on City-Owned Property) that provide the regulatory and policy framework for allowing the installation of small cell sites on City property. Under the current executed Master License Agreement, AT&T, the wireless carrier, is responsible for all installation, maintenance, and repair associated with the deployment of this telecommunication project, including all related costs and expenses.

The project is categorically exempt under Sections 15302 and 15303 of the State CEQA (California Environmental Quality Act) Guidelines -- Class 2 (Replacement or Reconstruction) and Class 3 (New Construction or Conversion of Small Structures), respectively.

All interested parties may appear and present testimony in regard to this application. If you challenge this project in court, you may be limited to raising only those issues you raised at the public hearing or in written correspondence delivered to the City, at, or prior to, the public hearing. Administrative procedures for appeals are provided in the NBMC Chapter 20.64 (Appeals). The application may be continued to a specific future meeting date, and if such an action occurs, additional public notice of the continuance will not be provided.

SPECIAL NOTICE REGARDING COVID-19

Given the Declaration of a State Emergency and Proclamation of Local Emergency related to COVID-19, we recommend that you submit your questions and comments in writing for Planning Commission consideration by sending them to the Community Development Department at PlanningCommissioners@newportbeachca.gov. To give the Planning Commission adequate time to review your questions and comments, please submit your written comments by **Wednesday, June 3, 2020, at 5:00 p.m.** In addition, members of the public will have the ability to participate in this meeting telephonically. Please review the Planning Commission Agenda for further instructions. The Agenda, staff report and corresponding documents will be posted to the City's website at www.newportbeachca.gov/planningcommission, by end of business day on **Friday, May 29, 2020**. While the City does not expect there to be any changes to the above process for participating in this meeting, if there is a change, the City will post the information as soon as possible to the City's website. The City of Newport Beach thanks you in advance for continuing to take precautions to prevent the spread of the COVID-19 virus. If you are unable to participate in the meeting via the process set forth in the agenda, please contact the Planning Division at (949-644-3200 or CDD@newportbeachca.gov and our staff will attempt to accommodate you.

For questions regarding this public hearing item, please contact Benjamin M. Zdeba, AICP, Senior Planner, at 949-644-3253 or bzdeba@newportbeachca.gov.

Project File No.: PA2019-111
Activity No.: UP2019-030

Zone/General Plan: N/A (Public Right-of-Way)
Applicant: New Cingular Wireless, LLC

Location: Public right-of-way, City streetlight number SLC0796, at the northwestern corner of Balboa Boulevard and 30th Street

Lee Lowrey, Secretary, Planning Commission, City of Newport Beach

Advertise in CLASSIFIED Today timescommunityadvertising.com

Legal Notices



**CITY OF NEWPORT BEACH
PUBLIC NOTICE
ORDINANCE SUMMARY**

NOTICE IS HEREBY GIVEN that on May 12, 2020, the City Council of the City of Newport Beach, California, introduced and adopted an Emergency Ordinance entitled:

EMERGENCY ORDINANCE NO. 2020-003

AN EMERGENCY ORDINANCE OF THE CITY COUNCIL OF THE CITY OF NEWPORT BEACH, CALIFORNIA, EXTENDING THE RESTRICTIONS SET FORTH IN EMERGENCY ORDINANCE NO. 2020-1 PROHIBITING THE RENTAL OF ANY LODGING UNIT ON NEWPORT ISLAND FOR A PERIOD OF THIRTY (30) CONSECUTIVE DAYS OR LESS, TO ANY PERSON OTHER THAN A MEDICAL PROFESSIONAL OR EMERGENCY RESPONDER COMING TO THE CITY OF NEWPORT BEACH TO AID WITH THE COVID-19 OUTBREAK

The Emergency Ordinance extends the restrictions set forth in Emergency Ordinance No. 2020-001 prohibiting the rental of any lodging unit on Newport Island, for a period of thirty (30) consecutive days or less, to any person other than a medical professional or emergency responder coming to the City of Newport Beach to aid with the COVID-19 outbreak. The Emergency Ordinance limits the spread of COVID-19 and is the least restrictive way to help ensure that the health, safety, and welfare of the public is protected.

The Emergency Ordinance shall be in effect until: (a) the State of Emergency is terminated by proclamation of the Governor of California; (b) the local emergency proclaimed on March 15, 2020 and ratified by the City Council on March 18, 2020, is terminated by proclamation of the City Council; or (c) such time as this emergency ordinance is repealed in whole, or in part, by the City Council.

This Emergency Ordinance was introduced and adopted by the City Council of the City of Newport Beach, California, at a special meeting thereof on the 12th day of May, 2020, by the following vote:

AYES: Mayor Pro Tem Brad Avery, Council Member Joy Brenner, Council Member Diane Dixon, Council Member Duffy Duffield, Council Member Jeff Herdman
NAYS: Mayor Will O'Neill, Council Member Kevin Muldoon

The Emergency Ordinance is effective immediately.

Dated this 13th day of May, 2020.

/s/ Leilani I. Brown, City Clerk
City of Newport Beach



**CITY OF NEWPORT BEACH
PUBLIC NOTICE
ORDINANCE SUMMARY**

NOTICE IS HEREBY GIVEN that on May 12, 2020, the City Council of the City of Newport Beach, California, introduced an Ordinance entitled:

ORDINANCE NO. 2020-14

AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF NEWPORT BEACH, CALIFORNIA, TERMINATING THOSE CERTAIN 2017 NON-EXCLUSIVE FRANCHISE AGREEMENTS FOR COMMERCIAL SOLID WASTE AND DIVERTIBLE MATERIALS HANDLING SERVICES WITHIN THE CITY OF NEWPORT BEACH

The Ordinance would terminate the 2017 Franchises held with each entity listed below based on noncompliance with providing proof of the installation of an auto collision avoidance system pursuant to Section 18.C.4 of the 2017 Franchise:

- a. CAF Services, Inc.;
- b. Genesis Dispatch, Inc.;
- c. Goodwin Enterprises, Inc.;
- d. Praiser Hauling & Demolition, Inc.; and
- e. S Jade Corporation.

The Ordinance would also terminate the 2017 Franchises held with each entity listed below for noncompliance with providing proof of insurance pursuant to Section 9 of the 2017 Franchise and noncompliance with providing proof of the installation of an auto collision avoidance system pursuant to Section 18.C.4 of the 2017 Franchise:

- a. A2Z Recycling Services Inc.;
- b. G.B. Services, Inc.;
- c. RB Holt Inc.; and
- d. Skyline Construction Services DBA SCOR Industries.

This Ordinance was introduced by the City Council of the City of Newport Beach, California, at a regular meeting thereof on the 12th day of May, 2020, by the following vote:

AYES: Mayor Will O'Neill, Mayor Pro Tem Brad Avery, Council Member Joy Brenner, Council Member Diane Dixon, Council Member Duffy Duffield, Council Member Jeff Herdman, Council Member Kevin Muldoon
NAYS: None

Second reading of Ordinance No. 2020-14 will occur at the May 26, 2020 City Council meeting. If adopted on May 26, 2020, the Ordinance shall become final and effective thirty (30) days after adoption.

Dated this 13th day of May, 2020.

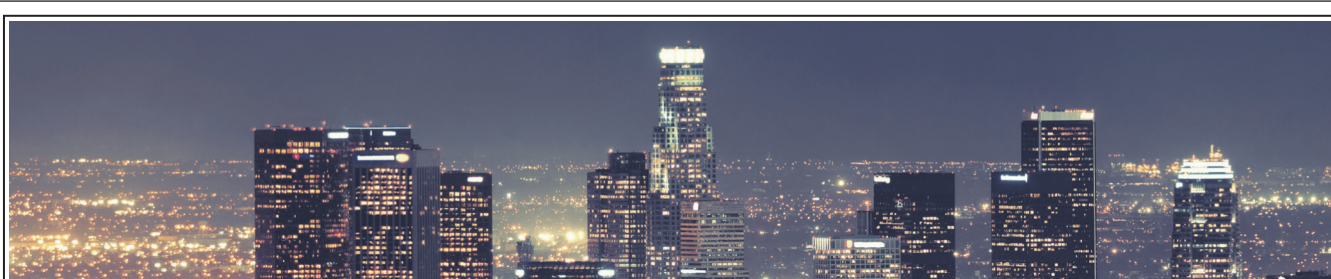
/s/ Leilani I. Brown, City Clerk
City of Newport Beach

*GOOD JOBS,
RELIABLE
SERVICES,
INTERESTING
THINGS TO BUY,
IT'S ALL
HERE
EVERYDAY
IN
CLASSIFIED!
(714) 966-4600*

CLASSIFIED
It's the solution you're searching for-whether you're seeking a home, apartment, pet or new occupation!

CLASSIFIED
It's the solution you're searching for-whether you're seeking a home, apartment, pet or new occupation!

CLASSIFIED
It's the solution you're searching for-whether you're seeking a home, apartment, pet or new occupation!



Los Angeles Times
**NEWS AS IT HAPPENS.
DELIVERED.**

Sign up for the free Los Angeles Times Breaking News Alerts.

newsletters.latimes.com

forum

COMMENTARY | MICHELLE STEEL

Orange County is ready to lead the way to a sensible, safe reopening

As we continue battling the novel coronavirus and work diligently to safely get our small business and workers on solid footing, let me make one thing clear: I always have and always will fight for the citizens of Orange County.

When the governor arbitrarily singled out Orange County, despite all of the hard work we've done fighting COVID-19, I had to speak out.

It was as much about ensuring fair treatment as it was about the effort and sacrifice our community has made, which is allowing the county to seek reopening our economy on an expedited basis.

On Feb. 26, at a time when there were no reported COVID-19 cases in Orange County, we declared an emergency and continued to work hand-in-glove with the state on our response efforts. That is why our COVID-19 numbers compared to our region are low.

Putting in place all of the restrictions so to "flatten the curve" was done to slow the spread of the virus and not overwhelm our healthcare system. Our healthcare system is doing well, nowhere near capacity of beds.

We also will continue to grow our testing capabilities. In April we launched a testing network which already has several sites. The state is also expanding testing guidance allowing for the testing of asymptomatic individuals.

We have and will continue doing everything we can to protect our citizens while safely beginning the process of opening our economy.

As we work on the process of recovery, I recently established the Orange County Business Recovery Adhoc Committee, which outlined guidelines and best practices for our businesses and the public.

We have asked our local city council members and mayors, business leaders and public health experts to join in forging a responsible and effective plan to mitigate the economic damage we've experienced from



Photo by Hillary Davis

SIGNS REMIND visitors to Newport Pier to keep a six-foot distance apart.

COVID-19.

The importance of getting our local small businesses back on their feet cannot be overstated. They are service providers, employers and pillars of our community. I believe every business is essential in putting food on the table.

As someone whose parents once owned small businesses, I know first-hand trying to reopen after closing is sometimes nearly impossible, and we simply cannot allow that here at home.

Nearly every week I field calls from business owners who have been forced to lay off employees or employees who are barely scraping by.

This simply cannot go on forever. The state has begun a process of reopening, and Orange County is more than ready to lead on this front.

The key, of course, is approaching our recovery with a sense of balance and the health and safety of all citizens being paramount.

From the earliest days of COVID-19, the Board of Supervisors sought every opportunity to assist our citizens whether advocating for the state to delay property tax payments or hosting tele-town halls to ensure the most updated informa-

tion is being provided.

From the county perspective we've worked diligently to align ourselves with California state directives.

We've sought to ensure health and safety while at the same time trying to allow some sense of everyday normalcy to remain intact.

That's required change and sacrifice.

None of this means our work is done.

We are asking citizens to remain diligent and practice safe social distancing and take the necessary precautions like wearing face masks because that is key to ensuring we get to the next steps.

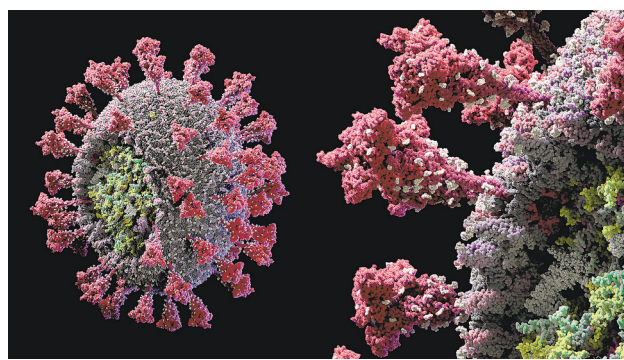
Not every decision we make will be perfect and not everyone will always be happy and, unfortunately, not all of our elected officials are quick to defend our home.

But, rest assured, as we enter the next stages of our battle with COVID-19, know that every decision made is one with health and safety being first among others.

Our community has done its part and is ready to get our economy safely moving again.

MICHELLE STEEL is a member of the Orange County Board of Supervisors.

COMMENTARY
BICVAN T. BROWN



Visual Science

AN ATOMIC RESOLUTION 3-D model of the novel coronavirus, SARS-Cov-2 is shown.

Do not channel fear of the virus into discrimination against Asian Americans

As attorneys at Tressler LLP in Irvine, and in our seven other offices across the country, we stand united against hate.

Tressler recently joined more than 50 law firms and associations in denouncing the anti-Asian hate, violence and racism related to COVID-19 spearheaded by the National Asian Pacific American Bar Assn.'s Stand Against Hate initiative.

Tressler stands united against hate wherever it is expressed and whenever an ethnic community is targeted. We support all ethnic communities, including the Vietnamese American community, which recently commemorated the 45th anniversary of the Fall of Saigon on April 30, 2020.

The Vietnamese American community in Orange County, through its community leaders and Vietnamese-owned businesses, including nail salons,

restaurants and franchises, have been and are organizing a massive donation of face masks, gloves, food and drinks to hospitals, healthcare workers, seniors and homeless.

Though Vietnamese Americans have suffered hate crimes, racial slurs, violence and vandalism solely on the basis of their ethnicity and Asian appearance, they have chosen to give back to the country that welcomed them as refugees in 1975.

Tressler is a strong proponent of diversity and inclusion. Because of the strength of our firm, and its diverse and inclusive foundation our lawyers, who have been able to work energetically and collaboratively to guide business owners, insurers and others of all ethnicities through this challenging time.

BICVAN T. BROWN is a partner in the Tressler LLP law firm.

COMMENTARY | JESSICA L. BORELLI

Patients with anxiety are faring fairly well but they may be avoiding underlining causes

As a practicing psychologist and a researcher focusing on mental health, I consider myself a front-line responder in this fight against COVID-19.

When the pandemic was announced, I was prepared for a war. Imagine my surprise when the battle never began.

Indeed, what has surprised me is how well my clients have fared, generally speaking. I specialize in working with clients with anxiety-related problems, yet in projecting for a surge in mental health problems and metaphorically rolling up my sleeves, I had critically failed to calculate the effect of one important variable in anxiety — avoidance.

Hiding from what's diffi-

When the pandemic was announced, I was prepared for a war. Imagine my surprise when the battle never began.

cult, which, in the case of many of my clients, are in-person social interactions (clients with social anxiety), school attendance (clients with social anxiety and generalized anxiety disorder), and exposure to large numbers of people and situations involving contaminants (clients with agoraphobia or obsessive compulsive disorder), reduces distress in the short-term.

So for this socially distanced moment, my clients seem quite comfortable, chatting with me through

telehealth from within the confines of their bedrooms while wearing fuzzy slippers. Because they aren't actually confronting what scares them.

But I can see the telltale sign of avoidance's troops building their forces. They're there when my teenage clients tell me they no longer feel comfortable turning the camera on during their Zoom home-schooling sessions (because they don't like the feeling of people looking at them) or when they say they have stopped leaving the house for walks because they don't like being exposed.

What anxiety specialists know about avoidance is that while it may reduce distress in the moment it increases anxiety of the

feared stimulus in the future and it strengthens the person's conviction that the feared stimulus should have been avoided in the first place.

Evidence of the power avoidance has in making anxiety worse is apparent when we look at how difficult it can be for people to return to challenging activities following even small breaks in routine, such as the difficulty anxious children have returning to school after the summer or winter recess.

Conversely, anxiety gets a kick in the butt when we minimize our avoidance of feared activities; this fact is illustrated by how public speaking becomes markedly less stressful when people do it regularly as part of their work, largely because they habituate to the anxiety associated with it.

How do these principles translate to the era of COVID-19 social distancing? Scores of people are huddled inside, doing



Los Angeles Times

A PSYCHOLOGIST at UC Irvine says her patients aren't actually confronting with what's really scaring them.

what's in the interest of the public good, but unfortunately, for some, it might be at the expense of their mental health.

When we start to open up our state, removing social distancing, I am bracing myself for the distress floodgates to open. For this is when the big reveal will occur, and we will witness the separation of anxiety-related avoidance from government-prescribed social distancing.

The majority of people were distancing solely for safety, those who experienced the distancing as painful and distressing, will emerge desperate for contact with the outside world and grateful for freedom.

The people who hang back and can't or won't re-engage, those who experience far more distress reentering public life than they did leaving it — these are the people among us who may be suffering from

anxiety-related mental health problems.

What can you do if you yourself are or if you know one of these people? The solution is to push back against the anxiety-related avoidance by doing as much as possible within the safety of government-prescribed social distancing.

Don't allow the avoidance to settle in, even though it's more comfortable to do so.

Challenge your anxiety in any way you can — make more phone calls, turn your camera on during zoom meetings, take walks when your anxiety tells you to stay inside and resist the urge to wipe down your groceries for the third time. Start building your troops now so you are prepared for tomorrow's fight.

JESSICA L. BORELLI is an associate professor of psychological science at UC Irvine.

Daily Pilot

A Times Community News publication incorporating the Huntington Beach Independent, Coastline Pilot, Orange Coast Daily Pilot and the Newport Harbor News Press combined with Daily Pilot

CONTACT US

David Carrillo Peñaloza
City Editor
(714) 966-4612
Raymond Arroyo
Advertising Director
(714) 966-4608

TCN Legal Phone
888-881-6181
TCN Legal Email
LALegal@latimes.com

COMPANY INFO

The Daily Pilot, established in 1907, is published Wednesday through Sunday by Times Community News, a division of the Los Angeles Times. Subscriptions are available only by subscribing to The Times, Orange County.

Address
10540 Talbert Ave., Suite 300 West, Fountain Valley, CA 92708
Business Office
(714) 966-4600
Newsroom
(714) 966-4699
Sports
(714) 966-4612
Email
david.carrillo@latimes.com
TCN Classifieds
800-234-4444

© 2020 Times Community News. All rights reserved.

CROSSWORD ANSWERS

S	P	A	T		S	T	A	B		G	O	O	D			
L	A	N	E	S		K	I	L	L		L	I	N	E		
O	C	T	E	T		I	N	S	O	L	E	N	C	E		
P	E	A			O	L	D			C	A	N	K	E	R	
			G	R	A	B	S			K	I	N				
S	H	O	U	T	S			C	A	R	S	O	N			
P	I	N	E	S		P	L	U	G	S		P	E	G		
A	V	I	D		T	H	E	R	E		S	P	A	N		
Y	E	S			B	O	I	S	E		T	E	R	R	A	
			S	T	R	O	L	L			S	A	N	E	S	T
					E	W	E			W	A	R	D	S		
B	R	A	C	E	R			A	P	T		S	A	W		
A	I	R	E	D	A	L	E	S			A	R	I	S	E	
I	L	L	S			N	E	A	T			R	I	V	A	L
L	E	O	S			T	I	R	E				M	E	N	D