

NorwalkNow

The Official Community Publication of Norwalk, California
 April 2024, Volume 45, #4 • @cityofnorwalkca



Mayor's Prayer Breakfast "Rooting for a Brighter Future"

Wednesday, April 17, 2024 • 6:30 a.m.
 Breakfast served promptly at 6:45 a.m.
 DoubleTree Hotel • 13111 Sycamore Dr., Norwalk
 Tickets: \$30



Scan to Purchase Tickets

Purchase your tickets online at Norwalk.org/prayer or in person at the Norwalk Arts & Sports Complex at 13000 Clarkdale Ave., Norwalk. For those interested in supporting this event further, sponsorship opportunities are available. For more information: (562) 972-1927 or email Mercedez@dohla.org.



Artastic Recap

On Friday, March 15, the Norwalk's Recreation and Park Services Department hosted the 13th Annual Artastic event at the Cultural Arts Center. The event featured art exhibits from local artists and students; chalk art competitions; book fair; and live entertainment. Congratulations to the winners of the chalk art competition and the winners of the 13th Annual Student Art Competition and Scholarship Program. If you were unable to attend the event, you can view photographs from the event on the City's Flickr account or watch a video recap on the City's YouTube channel.



Join Us in Making Norwalk Blossom: Let's Plant Trees Together!

Spring is in full swing, and what better way to celebrate the season of renewal than by joining hands with your neighbors to plant trees and beautify our beloved Norwalk? On Saturday, April 27, 2024, from 8 to 10 a.m., we invite you to roll up your sleeves and get your hands into the soil in the most fulfilling way possible. All supplies and tools will be provided—all we need is your enthusiasm and love for our community. Whether you're a seasoned gardener or a novice with a green thumb, there's a role for everyone to play in this green initiative. Together, we'll transform Norwalk into an even more vibrant and inviting place to call home. For more information and to sign up, please call (562) 929-5511 or email pservices@norwalkca.gov. We can't wait to see you there!



Congresswoman Sánchez Secures More than \$2 million for Norwalk Improvements

Congresswoman Linda T. Sánchez championed community projects that got the green light, including two large projects in Norwalk.

Better Bus Stops: With \$850,000 allocated for the City of Norwalk's Transit System Bus Stop Equity Project, riders will experience more comfort and increased safety. There will be more shade, more seating, and even solar panels to light up the night. Plus, real-time info displays mean people always know when the next ride is coming.



Water System Boost: Clean water is something we all need, and with \$1.26 million for the City of Norwalk's Water System Improvement Program (WSIP), we're getting just that. From better groundwater recharge facilities to design and construction of pipelines and water storage reservoirs, this funding is all about making sure our water flows with clean, reliable water. It's a big win for our community's health and well-being. These projects aren't just about fixing things up – they're about investing in our future and making Norwalk a healthier place to live, work, and play.



Norwalk City Council

Mayor Margarita L. Rios **Vice Mayor** Tony Ayala
Councilmember Jennifer Perez
Councilmember Rick Ramirez
Councilmember Ana Valencia

Norwalk City Hall Hours of Operation

Monday - Thursday 8 a.m. - 6 p.m.

Alternating Fridays 8 a.m. - 5 p.m.

(562) 929-5700



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 Norwalk, CA 90650

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Now Accepting Applications for 2024 Environmental Awareness Scholarship

Attention Norwalk graduating seniors! What new technologies are other states or countries using to help them improve their local environment? How would you propose utilizing that technology here?

Submit your response to the 2024 City of Norwalk Environmental Awareness Scholarship, sponsored by Athens Services and The Norwalk Education Alliance. Submit applications by April 18, 2024, 5 PM. For the application, please visit Norwalk.org/scholarship. For questions, call (562) 929-5303.



"You Voted, We Visited!"

Every month, we ask for your top Norwalk business recommendations. The Norwalk Community Promotion Commission is proud to present the March Business 2024 Spotlight. Follow us on social media (@cityofnorwalkca) to vote for the next spotlight in April!

March - Top Rated "Bagel" Spots

Taliza Coffee & Brunch
12200 Civic Center Dr. #G

Panera Bread
12531 Imperial Highway

Rainbow Donuts
12307 Imperial Highway

April Business Spotlight

Whether it's breakfast, lunch, or dinner, celebrate **Burrito Day on April 4!**

Let us know who has the best burritos in town! The nomination period runs from April 1 - April 10.



NORWALK CITYWIDE CLEAN-UP

Athens Services

Saturday, April 20, 2024
8:00 am - 12:00 pm

Norwalk City Hall
12700 Norwalk Blvd, Norwalk, CA 90650

Athens Services is providing Norwalk residents with a spring clean-up collection event for bulky items at no charge.

This event is for Norwalk residents only (must show ID, proof of residency or a utility bill).



ACCEPTABLE ITEMS

include (but are not limited to):

- Dryers
- Furniture
- Mattresses
- Refrigerators
- Rugs
- Tree trunks
- Washing machines
- Water heaters
- Sofas
- Beds
- Tree branches



NOT ACCEPTABLE

- Explosives, ammunition, and radioactive materials
- Household Hazardous Waste (HHW)
- Hazardous waste generated by commercial businesses
- Household trash

Please call Athens for additional information at (888) 336-6100.

Participation in the event and all items accepted are at your own risk. It is the attendee's responsibility to practice safe lifting and take all protective measures to guard against injury or any other loss.



Norwalk Transit Shines at Five Star Bus Rodeo: Miguel Calderon Leads the Charge to Regional and National Competitions!

On Saturday, March 9, 2024, Norwalk Transit System (NTS) participated in the Five Star Bus Rodeo hosted at G-Trans in Gardena, CA! NTS competed against other agencies, including Culver Citybus, G-Trans, Long Beach Transit, Torrance Transit and Santa Monica Big Blue Bus, and placed 2nd overall. Ten NTS Bus Operators were eligible to participate. The first place Bus Operator for NTS was Miguel Calderon. Miguel will participate in the Regional Rodeo in Victorville, CA. on March 23rd and the National Competition in Portland, OR. in April. Congratulations Miguel and to all the participants!



Construction Corner

Be sure to follow us on social media (@cityofnorwalkca) to see regular updates about improvements in progress or completed in your community!

Top Out Milestone at Veterans Villas

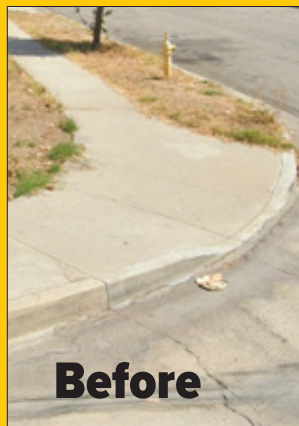
Last month, the Veterans Villas at San Antonio reached a significant milestone in its development and its construction team celebrated with a rewarding event.

For more information, including leasing information, please visit Norwalkveteransvillas.org



Walking Towards Wellness:

New ADA Curb Ramps Promote Healthy Habits



This past month, the City has connected more of your communities and invested in your future health! Our City improved 90 curb ramps to be ADA (Americans with Disabilities Act) curb ramps

in various neighborhoods. In addition to creating a barrier-free environment, these ramps improve safety for students walking to and returning from school.

ADA curb ramps also play a vital role to improve the walkability of Norwalk, which foster a healthier lifestyle for residents. Encouraging physical activity is important, and one healthy habit is walking after meals. Research has shown that post-meal strolls can aid in digestion, regulate blood sugar levels, and contribute to overall well-being.

This project is solely funded by the Community Development Block Grant Program, which supports community development activities to build stronger and more connected communities.

Recreation Events & Activities

Community Celebrates New Playground, Pergola at New River Park



Dive into Spring: Join the Norwalk Stingrays Swim Team for Learn to Swim Classes!

As the warmer months approach and the sun starts to shine a little brighter, there's no better time to embrace the water and learn to swim with the Norwalk Stingrays Swim Team. From April 1 - 29, 2024, we invite you to take the plunge and embark on a journey of aquatic discovery.

Our Learn to Swim classes offer the perfect opportunity for individuals of ages 6-18 to learn basic competitive skills and training alongside the Norwalk Stingrays swimmers! Before enrollment, we recommend scheduling a swim assessment by calling (562) 929-5622. Throughout the program, participants will have the opportunity

to master the four basic swimming strokes: freestyle, backstroke, breaststroke, and butterfly.

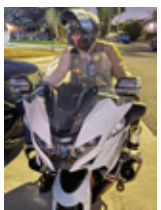
Ready to make a splash? Registration is now open at tinyurl.com/NorwalkAquatics. See you at the pool!

Indulge in Elegance: Join Us for Tea Time at the Hargitt House

Come and experience the undeniable charm of afternoon tea! And what better place to enjoy this cozy tradition than at the welcoming embrace of the historic Hargitt House? Nestled right at 12426 Mapledale Street, the Tea Time event will be on Saturday, May 18th, inviting its visitors for a splendid time spent enjoying crumpets with tea. For more information and to reserve your spot at the table, please call (562) 929-5521.



The Importance of Pedestrian and Driver Safety



The Norwalk Public Safety Department and the Norwalk Sheriff's Station would like to remind our community about the importance of pedestrian safety.

Last month, the Norwalk Sheriff's Department conducted a pedestrian safety operation in Norwalk. The focus of this operation was on the most dangerous driver behaviors that put the safety of people biking or walking at risk.

Violations included speeding, making illegal turns, failing to yield or provide right of way to bicyclists or pedestrians, and failing to stop for signs and signals.

We ask our community to please prioritize safe driving and be aware of your surroundings to better safeguard lives.

Please follow these safety tips, courtesy of the L.A. County Sheriff's Department, to greatly reduce the risk of getting injured or being in an accident:



Drivers

- Follow the speed limit and be courteous to other drivers.
- Be prepared to stop for pedestrians at marked and unmarked crosswalks.
- Avoid blocking crosswalks while waiting to make a right-hand turn.
- Never drive impaired.



Pedestrians

- Use crosswalks when available.
- Take notice of approaching vehicles and be cautious when crossing.
- Do not walk or run in front of a vehicle.
- If you're out running or jogging, make it easy for drivers to see you – wear light colors, reflective material and carry a flashlight, particularly at dawn, dusk or at night.
- Be extra careful crossing streets or entering crosswalks at night. Crossing busier streets is more dangerous.



Bicyclists

- Obey traffic laws, use hand signals, use lights at night (front white light and rear red reflector), and wear a helmet.
- Travel in the same direction of traffic and follow the same requirements as any slow-moving vehicle.
- Avoid the door zone: do not ride too closely to parked cars.
- If there's a bike lane, use it.
- Yield to pedestrians. Bicyclists must yield the right-of-way to pedestrians within marked crosswalks or within unmarked crosswalks at intersections.



Be Aware of Cybersecurity Scams

Please be aware of cybersecurity scams that may be going on.

Being the victim of a cybersecurity scam can lead to identity and financial loss, which are the two main goals of most scams and scammers.

Here are some steps you can take to maintain cybersecurity:

- Don't open email from people you don't know.
- If you are unsure whether an email you received is legitimate, try contacting the sender directly via other means. Do not click on any links in an email unless you are sure it is safe.
- Be careful with links and new website addresses.
- Malicious website addresses may appear almost identical to legitimate sites. Scammers often use a slight variation in spelling or logo to lure you. Malicious links can also come from friends whose email has unknowingly been compromised, so be careful.
- Secure your personal information.
- Before providing any personal information, such as your date of birth, Social Security number, account numbers, and passwords, be sure the website is secure.
- Use Strong Passwords.
- Strong passwords are critical to online security.
- Keep your software up to date and maintain preventative software programs.
- Keep all your software applications up to date on your computers and mobile devices. Install software that provides antivirus, firewall, and email filter services.
- Update the operating systems on your electronic devices.
- Make sure your operating systems (OSs) and applications are up to date on all of your electronic devices. Older and unpatched versions of OSs and software are the target of many hacks.

Source: Federal Deposit Insurance Corporation (FDIC)



Report Graffiti and Potholes to Keep Our City Beautiful

Have you recently seen graffiti on city facilities, buildings, medians, poles, or any publicly visible spaces? Have you noticed any potholes?

Your vigilance is crucial in keeping our streets safe and clean. If you see something, say something!

Report graffiti 24/7 through our graffiti hotline at (562) 929-5555 and potholes to (562) 929-5511, or both via the Norwalk Connects App. Let's work together to keep our city graffiti-free and beautiful.

Neighborhood Watch Program

One of the most important aspects of public safety is the community being aware of what's going on in their neighborhood.

One of the best ways to be aware of what's going on in our community is by being a part of the Norwalk Public Safety Department's Neighborhood Watch program. The objective of this program is to reduce crime in the community by encouraging residents to help identify and report suspicious activity which may be occurring within each neighborhood.



Neighborhood Watch meetings allow residents to meet with Public Safety Officers, Norwalk Sheriff's Deputies, and their Public Safety Quadrant Officer to discuss issues of concern in their neighborhoods. The Public Safety Quadrant Officers can then work with law enforcement partners to investigate and take action to address activity reported/observed as follow-up to the issues identified.

The community is the eyes and ears of the Norwalk Public Safety Department and Norwalk Sheriff's Station. If you see something, say something!

To help coordinate a neighborhood watch meeting in your area or for more info, call the Norwalk Public Safety Department at (562) 929-5732 or email publicsafety@norwalkca.gov





Senior Center

14040 San Antonio Dr • (562) 929-5580

learn what Fentanyl and Illicit Fentanyl are; receive an explanation on Fentanyl Use and Opioid Use Disorders, as well as how to respond to an overdose. Come and learn about resources that are available.

Financial Health & Wellness Series

Part Three

Tuesday, April 16 • 12:30 - 1:30 p.m.

“Avoid Losing Money in Your Retirement”

Learn how to rollover retirement plans: 401K’s, 403(b)’s, 457’s, TSP’s, IRA’s, & Annuities. You will also gain an understanding of how money works, wealth formula, inflation risk, market risk and where are the best places to put your money right now. Call (562) 929-5580 for more information.

Older Adults Depression & Anxiety

(Korean)

Wednesday, April 17 • 2:00 - 3:00 p.m.

Los Angeles County Department of Mental Health will be presenting in Korean on the topic of depression and anxiety. Come learn to recognize the symptoms of depression and anxiety in seniors, what contributes to these problems, and what can be done when you or someone you love suffers from depression or anxiety.

Health and Wellness Week

Monday, April 22 - Friday, April 26 • 9:00 a.m. - 3:00 p.m.

Want to learn how to be healthier and happier. Join us as we “Bloom into Wellness”. The Health and Wellness week will feature free medical screenings, fun demonstrations and presentations in many areas of health and wellness. Seniors will enjoy participating in the special activities, resources, raffles and giveaways. Call (562) 929-5580 for more information.

WRD Eco Gardener Workshop “Small Space Gardening”

Monday, April 22 • 10:00 a.m. - 12:00 p.m.

In this FREE and Bilingual workshop, learn how to transform small spaces into a green oasis in a small yard, patio, or in containers!

Financial Health and Wellness Series

Part Four

Tuesday, April 23 • 12:30 - 1:30 p.m.

“Prepare: Disability, Long Term Care and Final Expenses”

Ensure proper protection in case of disability, health problems, and death. Learn how to protect your health and wealth with long-term care, Medicare options and life insurance. Protect yourself and your loved ones by preparing ahead, to prevent regrets later on. Call (562) 929-5580 for more information.

Earth Day Recycle Craft

Tuesday, April 23 • 3:00 - 5:00 p.m.

Reduce, reuse and recycle! To honor Earth Day, the Senior Center will create an Earth-related craft using eco-friendly recycled materials. Join in on the crafting fun, while learning how we can reuse and recycle, and how you can do your part in preserving the earth. Pre-registration is required and space is limited. Call (562) 929-5580 for more information.

The Amazing Race

Tuesday, April 30 • 3:00 - 5:00 p.m.

Cost: \$5.00

A map, a mystery, and a mission await you! Join us for the Amazing Race! Are you ready to explore? Pre-registration is required and space is limited. Call (562) 929-5580 for more information.

Financial Health & Wellness Series

Part One

Tuesday, April 2 • 12:30 - 1:30 p.m.

“Maximize Social Security and Retirement Income”

Learn how to avoid costly mistakes, optimize tax strategies and get the right advice to enjoy the “Golden Years” with a peace of mind.

Financial Health & Wellness Series

Part Two

Tuesday, April 9 • 12:30 - 1:30 p.m.

“Estate Planning: Living Trust and Wills”

Learn how to protect your health and wealth by avoiding costly probate and attorney fees by using Advanced Health Care Directives, Durable Power of Attorney, Living Trusts, and Last Will & Testament. Call (562) 929-5580 for more information.

Fentanyl & Responding to Overdose

Wednesday, April 10 • 10:00 - 11:00 a.m.

Los Angeles County Department of Public Health, will be conducting a presentation on Fentanyl. Seniors will



ALL PROGRAMS ARE FREE OF CHARGE

Social Services Center

11929 Alondra Blvd • (562) 929-5544

Spring Animals Movie Night

Thursday, April 4 • 5:00 – 7:00 p.m.

Cost: Free

Hop on over to the Social Services Center for the Spring Animals Movie Night. Our recreation staff will be teaching participants how to make spring themed animals composed of socks and other art materials while watching the movie, “HOP”. All ages are encouraged to participate. Snacks and light refreshments will be provided to those in attendance. To register please call (562) 929-5544.

Paint & Hunt Eggstravaganza

Thursday, April 18 • 5:00 – 7:00 p.m.

Cost: Free

Let the search begin! Spend your spring night in search of eggs hidden around the Social Services Center. After the hunt, learn how to paint and decorate spring themed cookies and eggs with our recreation staff. All ages are encouraged to participate. Snacks and light refreshments will be provided to those in attendance. To register please call (562) 929-5544.

Karaoke

First & Third Friday Monthly • 9:30 – 10:30 a.m.

Cost: Free

Seniors are encouraged to join our free karaoke mornings at the Social Services Center. For more information, please call (562) 929-5544.

Family Zumba Night

Second & Fourth Wednesdays Monthly

6:30 – 7:30 p.m.

Cost: Free

A fun and easy way to keep your family active with Zumba. To register, please call (562) 929-5544.

Neurotics Anonymous

Tuesdays Weekly • 6 - 8 p.m.

Cost: Free

If you suffer from fear, anxiety, loneliness, anger, depression, or other emotions that may make life unbearable, you are encouraged to seek help from Neurotics Anonymous. Spanish only. For more information, please call (562) 929-5544.

AA (Alcoholics Anonymous)

Mondays & Tuesdays Weekly • 6 - 8 p.m.

Cost: Free

Peer support group intended to guide and encourage individuals trying to recover from alcoholism. Spanish Only. For more information, please call (562) 929-5544.

L.A.D.Y. (Leadership and Advocacy for the Direction of Young Women)

Second & Fourth Thursday Monthly • 6 - 8 p.m.

Cost: Free

Mentoring program for young women ages 15-23, who have struggled with any of the following, due to the COVID-19 pandemic: Mental/physical health, financial stability, personal growth, relationships, and education. L.A.D.Y. will focus on proactive techniques to manage these issues. For more information please call, (562) 929-5544.



Youth Intervention Services

Youth Intervention services are available to Norwalk families whose youth are experiencing dysfunction in today’s society. Intervention workers are trained counselors who work with at-risk adolescents experiencing negative behaviors at school, home, or community. For more information, please call Norwalk Social Services at (562) 929-5544.

National Alliance on Mental Illness

(NAMI)

Second & Fourth Wednesdays Monthly

6 - 8 p.m.

Cost: Free

Free educational program designed for parents, family members, and caregivers of children and adolescents, with emotional or behavioral difficulties. This support group is available in Spanish only. To make an inquiry or to schedule an appointment, please contact Silvia at (562) 448-4816.

Senior Zumba Classes

First & Third Wednesdays Monthly

9:30 – 10:30 a.m.

Cost: Free

Free Zumba classes are available for all seniors at Norwalk Social Services. Seniors are encouraged to come and enjoy an active morning. For more information, please call (562) 929-5544.

Loteria

Fridays Weekly • 9:30 – 10:30 a.m.

Cost: Free

Seniors are encouraged to join our free loteria mornings at the Social Services Center. For more information, please call (562) 929-5544.