

Name	Location	Date
Tara Stein	Rockton, IL	2020-10-24
Lily Vu	Westminster, CA	2020-10-24
Mirey Mitilian	Pasadena, CA	2020-10-24
Jennifer Piazza	Belvedere, CA	2020-10-24
Tamar Youssefian	Pasadena, CA	2020-10-24
Trevessa Terrile	Pasadena, CA	2020-10-24
Lisa Derderian	Pasadena, CA	2020-10-24
Margaret Blasiar	Pasadena, CA	2020-10-24
Sylvia Puente	Pasadena, CA	2020-10-24
WAYNE GERINGER	Sierra Madre, CA	2020-10-24
ML Kend	Pasadena, CA	2020-10-24
Kian Doustar	Los Angeles, US	2020-10-24
Spencer Sanderson	Pasadena, CA	2020-10-24
Evan Richardson	Pasadena, CA	2020-10-24
Elizabeth Angiuli	Pasadena, CA	2020-10-24
Lindsey Miller	Pasadena, CA	2020-10-24
BERNHARD von Thaden	South Pasadena, CA	2020-10-24
Shari Boyer	Pasadena, CA	2020-10-24
Michael Fink	Pasadena, CA	2020-10-24
Sandy Leschine	Poulsbo, WA	2020-10-24
Tigran Harutyunyan	Las Vegas, US	2020-10-24
Beth Bergloff	Minneapolis, MN	2020-10-24

Name	Location	Date
Natacia Johnson	Yucca Valley, CA	2020-10-24
Dana Stoddard	Norwalk, CA	2020-10-24
Pamela King	Pasadena, CA	2020-10-24
Michelle DiMeo	Pasadena, CA	2020-10-24
Christina Hoffman	Los Angeles, CA	2020-10-24
Marie-Anne Graham	El Monte, CA	2020-10-25
Kevin Sheldahl	Altadena, CA	2020-10-25
Ellen Wishnetsky	Pasadena, CA	2020-10-25
Armen Akopian	Los Angeles, US	2020-10-25
Kara Powell	Pasadena, CA	2020-10-25
Shelden OKane	Pasadena, CA	2020-10-25
Kathy Okane	Azusa, CA	2020-10-25
Gregory McReynolds	Pasadena, CA	2020-10-25
Connie Rubke	Pasadena, CA	2020-10-25
Lien Bigelow	Pasadena, CA	2020-10-25
Melannie Burken	Guymon, OK	2020-10-25
Lora Wagner	South Pasadena, CA	2020-10-25
Juliana Novick	Pasadena, CA	2020-10-25
Cherine Michelson	La Canada Flintridge, CA	2020-10-25
Sheri Lampkin	Chicago, IL	2020-10-25
Clark Newman	Evansville, IN	2020-10-25
Blenda emptage-smith	Brooklyn, NY	2020-10-25

Name	Location	Date
Ryan Choi	Pasadena, CA	2020-10-25
Susie Klein	Ft Mitchell, KY	2020-10-25
Jacquelyn Aufhammer	Altadena, CA	2020-10-25
Sarah Jones	Sierra Madre, CA	2020-10-25
Cheryl Elffers	Monrovia, CA	2020-10-25
Maureen Housman	Arcadia, CA	2020-10-25
Brett Foy	Pasadena, CA	2020-10-25
Patricia Rosengren	Pasadena, CA	2020-10-25
Theresa Patzakis	Pasadena, CA	2020-10-25
Susan DeMeester	Lake Oswego, OR	2020-10-25
Kristen Schwab	Grand Rapids, MI	2020-10-25
Melinda Taylor	Pasadena, CA	2020-10-25
Olga Mejia	Pasadena, CA	2020-10-25
Karen Hermanson	Valencia, CA	2020-10-25
Kristin Bacon	Valencia, CA	2020-10-25
Matthew Forgatch	Pasadena, CA	2020-10-25
Kristin Yanish	Pasadena, CA	2020-10-25
Brent Sorenson	Pasadena, CA	2020-10-25
Vatche Derderian	Pasadena, CA	2020-10-25
Kerry Slater	Los Angeles, CA	2020-10-25
Meghan Stimmler	Pasadena, CA	2020-10-25
Erin Shih	South Pasadena, CA	2020-10-25

Name	Location	Date
Charisse Tolleson	Los Angeles, CA	2020-10-25
Vicky Botsford	Pasadena, CA	2020-10-25
Stender Sweeney	Pasadena, CA	2020-10-25
Kornelija O'Faolain	Los Angeles, CA	2020-10-25
Susan Kertenian	Pasadena, CA	2020-10-25
Nora Balikian	Pasadena, CA	2020-10-25
David Williams	Pasadena, CA	2020-10-25
Joan Feser	Pasadena, CA	2020-10-25
Lori Karaoghlanian	Los Angeles, CA	2020-10-25
Mackenzie Meranda	US	2020-10-25
Diane Kookan Mechaley	Pasadena, CA	2020-10-25
Richard Ghazarian	Glendora, CA	2020-10-25
John Michelena	Pasadena, CA	2020-10-25
Dani Michelena	Pasadena, CA	2020-10-25
Susan Seley	Pasadena, CA	2020-10-25
Jennifer Vane	Pasadena, CA	2020-10-25
Patricia Marshall	Anaheim, CA	2020-10-25
Cherie Harris	Pasadena, CA	2020-10-25
Emily Richardson	Pasadena, CA	2020-10-25
Stefanie Zlidenny	Alhambra, CA	2020-10-25
Julie Schnieders	Altadena, CA	2020-10-25
Scott Slater	Pasadena, CA	2020-10-25

Name	Location	Date
Jenny Rowe	Altadena, CA	2020-10-25
Shoshana Puccia	Pasadena, CA	2020-10-25
John Hillman	Pasadena, CA	2020-10-25
Rene dolan Dolan	Pasadena, CA	2020-10-25
Chris Rowe	Altadena, CA	2020-10-25
Carol Goldthwait	Pasadena, CA	2020-10-25
Jinny Dalbeck	Pasadena, CA	2020-10-25
Joan Malloy	Pasadena, CA	2020-10-25
Caren Cameron	Altadena, CA	2020-10-25
Chris Huisken	Arcadia, CA	2020-10-25
Sharie Chandra	Pasadena, CA	2020-10-25
Chris Kvochak	Pasadena, CA	2020-10-25
Chris Marrs	Pasadena, CA	2020-10-25
Amy Powell	Altadena, CA	2020-10-25
Laura De La Cruz	Sierra Madre, CA	2020-10-25
Toi Treister	Pasadena, CA	2020-10-25
Becky Garnett	Pasadena, CA	2020-10-26
Monique Van Hummel	Dallas, TX	2020-10-26
Barbara Baptie	Pasadena, CA	2020-10-26
Brad Lyddon	La Canada Flintridge, CA	2020-10-26
Anthony DiMeo	Pasadena, CA	2020-10-26
Erin Hillman	Los Angeles, CA	2020-10-26

Name	Location	Date
Romelyn Siduguen	Sierra Madre, CA	2020-10-26
Karima Guthrie	Pasadena, CA	2020-10-26
Kristen Anderson	Los Angeles, CA	2020-10-26
Claire Wavell	Pasadena, CA	2020-10-26
Sherryl Yanish	Pasadena, CA	2020-10-26
Tracy Leventhal	Glendale, CA	2020-10-26
Charlie Hoecker	Altadena, CA	2020-10-26
Stacy Mullikin	Dallas, TX	2020-10-26
Tracey Breitbart Karadizian	Pasadena, CA	2020-10-26
Jill Werden	San Gabriel, CA	2020-10-26
Dianne Ciulla	Pasadena, CA	2020-10-26
Punita Christopher	Los Angeles, CA	2020-10-26
Steven Cipriani	Pasadena, CA	2020-10-26
Susan Dupre	Los Angeles, CA	2020-10-26
Steve Anderson	Pasadena, CA	2020-10-26
Hilary Henderson	Manhattan Beach, CA	2020-10-26
Annie Alexandrian	Pasadena, CA	2020-10-26
Maro Avanness	Pasadena, CA	2020-10-26
John Keatley	Pasadena, CA	2020-10-26
Patricia Parisi	Pasadena, CA	2020-10-26
Cynthia Chylinski	Alhambra, CA	2020-10-26
Mac Hewett	La Crescenta, CA	2020-10-26

Name	Location	Date
Paul Pernecky	Pasadena, CA	2020-10-26
Claire Charbonnet	San Diego, CA	2020-10-26
Leslie Glass	Sierra Madre, CA	2020-10-26
Jon Frappier	Richmond, US	2020-10-26
Briede Charbonnet	San Diego, CA	2020-10-26
Jennie McNulty	South Pasadena, CA	2020-10-26
Noelle Burnett	La Canada Flintridge, CA	2020-10-26
Marion White	Pasadena, CA	2020-10-26
marisa zakaria	Los Angeles, CA	2020-10-26
Elizabeth Karr	South Pasadena, US	2020-10-26
Raymond Larsen	Glendora, CA	2020-10-26
Mae Thacker	Fleming Island, FL	2020-10-26
cindy mccarthy	Pasadena, CA	2020-10-26
Jane Laudeman	Pasadena, CA	2020-10-26

**KRISTIN BARCLAY CHAPMAN, MD
800 S FAIRMOUNT, STE 310
PASADENA, CA 91105**

RECEIVED

October 25, 2020

2020 OCT 26 PM 12: 24

Mayor Tornek, City Council, Pasadena Health Department
c/o Mark Jomsky
City Clerk
100 North Garfield Ave.
Pasadena, CA 91101

Re: COVID-19 and Pasadena School Reopening

Dear Mayor, City Council, and Dr. Goh

As both a pediatrician and a mother of 3 teenagers, I am writing today to express my strong belief that continuing remote learning is causing damage to our children's well-being that far exceeds the scope of the COVID19 disease itself. While I do not deny the risks of the infection, I feel that with appropriate safety measures, the risks of returning to in-person school are minimal.

As you may know, children (without chronic illness) represent a lower risk group in regard to COVID 19infection. However, I believe they are at the highest risk of suffering from the long-term consequences of remote learning and school closures. These consequences range from educational to physical to mental illness.

I have never before, in my 20+ year career in Pasadena, seen such a high number of clinically depressed children (as young as 5 years old). I have never seen as much new cutting behavior as I have in the past 6 months. My partners and I have never diagnosed as many new anorexic cases as we have during the pandemic. At the same time, unwanted weight gain is on the rise (from lack of sports/PE and more time at the computer) leading to self-esteem issues and further depression. Our children, especially our adolescent children, are depressed, and this is manifesting itself in ways that will affect their health forever. During adolescence young people are experiencing cognitive, social/emotional and interpersonal changes that, by definition, require them to interact more with their peers and to distance themselves from their parents. This is impossible with remote learning. No wonder they are depressed, cutting, and developing eating disordered behaviors.

Prior to the pandemic, the literature already showed that the physical effects of screen time were detrimental to child development—linking increases in screen time to increases in ADHD and poor sleep, for example. Since this crisis and remote schooling started, there has been a 500% increase in screen time and researchers are now warning that this will result in increased odds of developing myopia, which then increases the risk of later eye problems like glaucoma, retinal detachment, and macular degeneration. These are permanent physical changes.

Finally, while remote learning may be effective for some children, those in the lower socio-economic classes, those with learning disabilities, and those with developmental special needs are falling further and further behind. I have more and more parents sitting in my office complaining that their children are failing their classes -- struggling to pay attention, struggling to keep up, struggling to learn the material. In the severe cases, families are choosing to move out of Pasadena, just so their children can attend school in person.

It is my sincere and strong belief that our children face more medical and psychological risks from the lockdown than they do from the COVID19 infection itself. Please re-evaluate your stance on in-person education and let our children back into the classrooms now.

Sincerely,

Kristin B. Chapman, MD
800 S Fairmount, Ste 310
Pasadena, CA 91105

cc: Kathryn Barger

10/26/2020
Item 2

October 24, 2020

RECEIVED

2020 OCT 26 PM 12:24

Mayor Tornek, City Council, Pasadena Health Department

c/o Mark Jomsky
City Clerk
100 North Garfield Avenue
Pasadena, CA 91101

Re: COVID-19 and Pasadena School Reopening

Dear Mayor, City Council, and Dr Goh,

I am a pediatrician who has practiced in Pasadena for the past 32 years. Not surprisingly, I have never had an experience even close to this pandemic during my career. I am deeply concerned about the well being of my patients, particularly those who are of school age. When school shut down in the spring it seemed that it would be of short duration, possibly to the end of the school year. It was not ideal, but my patients seemed to cope fairly well. As the summer progressed and the possibility of school opening for the fall was taken away, I began to see very depressed and anxious kids. How to start high school in a place you have barely seen? How to have all sports taken away – for many kids, their sports programs are the goal of their day, the thing that gets them out of the bed in the morning and through their school day. For others it is the joy of learning – interacting with their teachers and the other students – that gets them through their day. Now my patients get out of bed minutes before school starts, stare at a computer screen for hours – as few as 3 hours for early elementary and as long as 6 or 7 hours for high school – and then start on their homework. They get minimal if any exercise – PE class online consists of doing a workout video that the teacher puts up, but are they even doing it correctly? Who is helping them do the exercise properly and avoid injury? For most kids their only social life is often via device as well, through texts or FaceTime sessions. Then when it comes time for sleep it is elusive – kids are often staying awake until the early morning hours unable to settle and fall asleep after a day of visual stimulation and no physical activity.

My practice has now changed dramatically. In order to keep our staff and our patients safe we see patients only every 30 minutes with our schedules staggered to avoid patients in the waiting room and to allow the rooms to be thoroughly cleaned between patients. The visits themselves are now primarily discussions of mental health and coping skills. The negative effects of online school are dramatic. We see depression due to lack of human contact, poor sleeping habits, poor school performance due to lack of interaction and support. We see anxiety related to COVID fears, loss of relationships, how to consider applying to college. We have seen a dramatic increase in anorexia on one hand and weight gain on the other – some kids super aware of their nutrition in relation to their lack of exercise who then restrict their intake dramatically while others eat more than ever trying to fill their emptiness. My many patients with ADHD are suffering greatly as sitting in front of a computer screen for hours is hard for the most focused student but almost impossible for those with poor focus. There are cases of eye strain and headaches, new prescriptions for myopia, back and neck pain from prolonged sitting.

10/26/2020

Item 2

I understand that COVID is a serious illness, but it is clear in looking at the data that children are rarely getting sick and extremely rarely having a bad outcome. We do need to be cautious – we must require masks, make sure that sick students stay home, and follow appropriate isolation measures for those with an exposure. We need to protect at risk children and continue education online for them. But the harm we are doing to so many by keeping all kids out of school greatly outweighs the possible harm to the very few who might get seriously ill. Please re-evaluate your school closure policy and allow our children to get back to in person education. Their health and their future depend on it.

Sincerely,

Margaret E Legault MD
800 S. Fairmount Avenue Suite 310
Pasadena, CA 91105

Martinez, Ruben

From: Allison Fuller <[REDACTED]@cityofpasadena.net>
Sent: Monday, October 26, 2020 11:56 AM
To: PublicComment-AutoResponse
Cc: Ryan Fuller
Subject: City Council Meeting 10/26/2020 - Agenda Item 2

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To Mayor Tornek and City Councilmembers,

As a Resident, Business owner, and Parent of two small children here in Pasadena, I urge you to take a more active role in re-opening Pasadena schools.

As a resident, I am a close follower of the Pasadena dashboard, As Los Angeles County has mixed results in cases rising and falling, Pasadena has been registering at a lower case rate than most of Los Angeles and even as of today, 74.4% of deaths are associated with long term care facilities, and the average age of death is 80 years old. In the entire city, since March, only 33 deaths have taken place outside of LTC facilities. That's not to say that COVID is not dangerous, that precautions cannot be taken, or that we should pursue a laissez faire approach, but it does demand that we adjust our response as the data has evolved. It is increasingly clear that COVID is most dangerous to older populations. By closing schools, the city acts in direct contrast to that evidence, and becomes less science-driven, not more.

As a business owner working in the nonprofit sector, I am keenly aware of the deep impacts being felt by local school-based nonprofit organizations who are facing shrinking budgets and program uncertainty into 2021. These impacts will be felt through increasing layoffs, furloughs and closures as we move further into the school year. A recent survey conducted by my firm found that 28% of local nonprofits have laid off staff since March, a trend that will only continue as the closures continue. As a professional, I am watching my fellow mothers struggle. Virtual learning works well for people without children, but trying to run a business and have a career while simultaneously managing my children's school is not fair to either.

Most importantly, As a parent, I have watched with great concentration the numbers of school openings in the world and throughout the US have not correlated to increased spread of infections either in schools themselves, or in the communities at large: (reference: [Are the risks of re-opening exaggerated](#): NPR: [Schools aren't superspreaders](#), [The Atlantic](#):). Meanwhile, the county of Los Angeles has arbitrarily and unilaterally doubled the metrics set forth by the state for school re-openings. Private schools, like my daughters, are held to a standard that is intentionally unattainable despite hundreds of thousands of dollars of investment and meeting the metrics set forth before the Governor re-set the metrics in September. There is deep emotional and psychological impact on children. While I can still shop at the local Home Goods, or have lunch at True Food Kitchen, my 8 year old daughter has been virtually locked inside our home since March. She is lonely, she is isolated, and while normally exuberant and happy, is now withdrawn, I would pose to you that perhaps in-person learning is more essential than the activities the city has chosen to re-open.

I urge you to act on behalf of Pasadena students and residents and actively work to re-open schools.

Sincerely,

Allison Fuller
Pasadena, CA 91107

October 25, 2020

Mayor Tornek, City Council, Pasadena Health Department
c/o Mark Jomsky
City Clerk
100 North Garfield Ave.
Pasadena, CA 91101

RECEIVED
2020 OCT 26 PM 12:45

Re: COVID-19 and Pasadena School Reopening

Dear Mayor, City Council, and Dr. Goh

You all know the dire effect distance learning is having on our school children and yet you do nothing. Medical experts at every level warn the lasting damage this is will have our kids and still you do nothing. Schools are ready to open, adhering to your strict guidelines and yet you tell them "no." We see this daily with our own children. We are living this, watching them wither away, staring at screens for hours. We have reached out to Dr. Goh and she responds with case numbers, the "death ticker," and the *possibility* of upticks with Lakers celebrations, Dodgers celebrations (assuming they win), Thanksgiving, Christmas, etc., with no proof that numbers will go up, but still we are locked down and waiting. How are we to trust numbers anyway when according to the LA Times, these spikes reflect a backlog in testing cases. However well-intended, Dr. Goh refuses to acknowledge what we all know, percentages tell a different story. And 100% of school children AND their parents are suffering greatly.

But, if you won't take actual parents' word for it, here is an expert who agrees that children need to be IN SCHOOL. "Teenagers are in a developmental space where it is critically important that they have regular contact with their peers and are able to develop close and ongoing relationships with adults outside the home, such as their teachers, their coaches, their advisers," says Lisa Damour, an adolescent psychologist who is a columnist and host of the podcast *Ask Lisa: The Psychology of Parenting*.

The argument that schools will cause an outbreak has also been proven to be false. According to an October 9th article in the Atlantic based on a study conducted by Brown University, "We are starting to get an evidence-based picture of how school re-openings and remote learning are going..., and the evidence is pointing in one direction. Schools do not, in fact, appear to be major spreaders of COVID-19." I urge you to read the article.

Finally, if a parent is worried, they can opt out and continue to have their children distance learn at home. We can't continue to sit by and watch our children suffer. Again, to quote the Atlantic, "We do not want to be cavalier or put people at risk. But by not opening, we are putting people at risk, too."

Thank you,

Alyson Pernecky

10/26/2020
Item 2

Martinez, Ruben

Subject: FW: Mental Health of Our Kids, Re-opening Schools, and COVID

From: "Dr. Randy Northrup" <Dr.RandyNorthrup@cityofpasadena.net>
Date: October 25, 2020 at 8:12:10 PM PDT
To: "Jomsky, Mark" <mjomsky@cityofpasadena.net>, "Goh, Ying-Ying" <ygoh@cityofpasadena.net>
Cc: "KBarger@bos.lacounty.gov" <KBarger@bos.lacounty.gov>, "Mermell, Steve" <smermell@cityofpasadena.net>, "Tornek, Terry" <ttornek@cityofpasadena.net>, "Madison, Steve" <smadison@cityofpasadena.net>, "Gordo, Victor" <vgordo@cityofpasadena.net>, "Wilson, Andy" <awilson@cityofpasadena.net>, "Masuda, Gene" <gmasuda@cityofpasadena.net>, "Hampton, Tyron" <THampton@cityofpasadena.net>, "Kennedy, John" <JohnJKennedy@cityofpasadena.net>, "McAustin, Margaret" <mmcaustin@cityofpasadena.net>
Subject: Mental Health of Our Kids, Re-opening Schools, and COVID

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October 25, 2020

Mark Jomsky
City of Pasadena

Re: Mental Health of Students, School Opening, and COVID

Dear Mr Jomsky:

My name is Dr. Randy Northrup, and I am and have been a Marital and Family Therapist in Pasadena for the past 43 years. I specialize in treating children, adolescents, and families, and feel that I am quite well "dialed in" with how they all seem to be doing in this climate of "COVID Lockdown." Quite some time ago we began to hear from psychological professionals about the growing struggles with depression and anxiety they were observing amongst their patients. To be honest, my early experience with patients was that they were actually comforted to be home and "safe." But as time went on, and especially when the school year resumed, that quickly changed. Parents became stressed over what to do with their kids' online academics, the technology that no one understood very well, and how to get to their own jobs with children at home.

The school districts my "kids" attend are generally in Pasadena, La Cañada, South Pasadena, San Marino, and Arcadia. A number of my student-clients also attend local private schools. These represent more "upscale" academic environments and parents are mostly pretty involved, on a supervisory level.

In all my years of experience I have never seen kids struggle with schooling like now! Even with such parental involvement, extra teacher assistance, and even more tutoring, their grades have fallen significantly over last year. Out of the approximately 20 students with whom I am working only 2 or 3 of them are not experiencing seriously sub-par grades, and a lot of them have a number of D's and F's. Probably the worst thing about it is that they are either severely stressed, or don't seem to care at all. 'Not much middle ground. Additionally, my kids, and their parents complain about the loneliness and anger their children report because they are not spending time with other kids. What is happening with schooling is simply not healthy for our children! I believe that online classes might be appropriate for any students that are "at risk," but all others ought to return to in-person academics.

Regarding marriages and families, they are breaking up like never before. I also do a lot of work with the Family Courts, and divorce filings are way up, in my experience. Again, increases in depression and anxiety, along with more use of drugs and alcohol are at the root of this.

Consequently, I urge you to quickly reopen schools, parks, restaurants, and other activity-oriented venues for the sake of the mental health of our children and families. Otherwise, we are losing critical battles that, in my opinion, are more important than the limited risks of COVID exposure, contraction, and infection.

Very truly yours,

Randy Northrup, Ph.D. (George R. Northrup, Ph.D.)
Licensed Marital and Family Therapist

Northrup Family Counseling, Inc.

Pasadena, California 91101

DrRandyNorthrup.com

From the Desk of
MARY FORREST

RECEIVED

2020 OCT 26 PM 2:12

October 25, 2020

Mayor Tornek, City Council, Pasadena Health Department
c/o Mark Jomsky
City Clerk
100 North Garfield Ave.
Pasadena, CA 91101

Re: COVID-19 and Pasadena School Reopening

Dear Mayor, City Council, and Dr. Goh

I am writing to you to urge you to speak to our County Supervisors and Governor to open all of our schools. Children have been out of school for too long. The restrictions in place to get a waiver and a school to open are unachievable for schools with more students.

I talked with my own school, and according to our principal, our first plan was not approved because it didn't meet the guidelines. They had to resubmit a new plan. The Health Department did not make suggestions for how to rework the new plan, only to let them know of the restrictions and to come up with their own solutions. Many private schools, from my understanding, are trying to come up with innovative solutions for their students to meet and socialize in person, when submitting their requests to the PHD, they are met with "no's." I am discouraged to hear that our health department isn't helping them come up with alternatives on what they can do. From my own experience, Dr. Goh has been respectful and extremely prompt in her responses, but many times does not answer the direct questions she is asked.

This brings me to my next point, if my school, a private parish school with funding and ability to separate kids, is having this hard of a time, what will children who attend public school do? Is your plan to keep them out of school until this goes away? It isn't going away. You cannot make anyone take a vaccine...it will not solve our problems.

One of my sons, Charlie, has been in preschool for 2 months now. If you have ever had a preschooler, you know they are walking petri dishes for germs. His nursery school hasn't had a single issue since they have opened. Charlie is happy and thriving. When I pick him up from school, my kindergartner, Brodie, cries because his brother gets to have fun at school and doesn't. Brodie dreads school. He is 5 and this is not the view I want him to have of a place he is going to be for a very long time. A place that should be nurturing, loving, and playful is now cold, boring, and sad.

The long-term effects of this shut down are starting to show. Anxiety, depression, eating disorders, children acting out, it's all starting to bubble up. This problem will continue to grow unless you do something about it. I have been asking for weeks for you to assess the mental health damage this is causing to our children. I am now demanding the City to consult with a mental health physician. These kids are suffering far greater loss in their mental health that will affect them for the rest of their lives. This needs to be weighed in the risk continuum. These children NEED to socialize, they need to experience the love and care of a teacher, they need to be able to practice independence outside the home.

Does anyone in the Pasadena Health Department have qualifications as a mental health professional to assess these risks? If so, I would like these qualifications to be shared with the Council. Enough is enough, we need to get our kids back in school and we need you to write our supervisors and Gavin Newsom stating so.

Regards,

Mary Forrest

Pasadena, CA 91105

cc: Kathryn Barger

10/26/2020

Item 2

Martinez, Ruben

From: Tiffany Beljak <t.beljak@gmail.com>
Sent: Monday, October 26, 2020 2:15 PM
To: PublicComment-AutoResponse
Subject: Open pasadena schools

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This is devastating to our children! The depression and lack of zest for life is not worth the lock down!
Please reopen Pasadena schools!
Thank you
Tiffany Beljak

Pasadena 91106

Sent from my iPhone

10/26/2020
Item 2