



PHOTO BY TAMMYE MCDUFF

GIVEAWAY: Pictured with the Salvation Army Kettle Bug of Love at the free mask and hand sanitizer drive-thru distribution at Simms Park is: Carlos Figueroa with Salvation Army Bellflower staff along with Bellflower City Council Ray Hamada and Victor Sanchez from Community Family Guidance Center.

Salvation Army Holds PPE Distribution in Bellflower

BY TAMMYE MCDUFF

The Salvation Army [SA] is teaming up with an ‘Army of Ambassadors’ to emphasize the importance of giving during the 130th Red Kettle Campaign, and of course this year’s need is greater than ever.

With the latest lockdown, unemployment rates are expected to be high, and based on the services they have already provided due to COVID-19, they have estimated their assistance will rise

See **SALVATION ARMY** page 13

Advisory Panel Recommends COVID Vaccine

BY TAMMYE MCDUFF

Yesterday, a US FDA external advisory panel endorsed the authorization of Pfizer’s vaccination for emergency use. Shots could begin within a few days depending how quick the FDA signs off.

This article talks about how

See **COVID** page 13

La Mirada Holds Drive-Thru Tree Lighting



PHOTO BY TAMMYE MCDUFF

LA MIRADA Mayor John Lewis with Councilmen Steve De Ruse and Anthony Otero, and of course, Santa, light the tree at city hall during the event.

BY TAMMYE MCDUFF

New stay-at-home orders may have taken effect over the weekend, but that didn’t stop thousands of La Mirada residents from attending the official tree lighting drive thru event at La Mirada Civic Center on Saturday night.

“Good evening friends and neighbors and happy holidays,” began La Mirada Mayor John Lewis “as you all know the holidays are a special time to be with your family to share special moments. This last year has been difficult and challenging, but let us not forget the spirit of the season ... hope, joy and giving. I trust that all of us here in our City will keep that spirit

alive. Let’s kick off the season in style.”

With strands of lights twinkling, Lewis and La Mirada Council, joined by that jolly old elf himself, counted down to the official tree lighting and instead of cheers from the crowds, car horns were honking and headlights flashing.

The drive thru began with ‘Frosty the Snowman’ playing on a giant screen; raffle tickets were passed out to anyone who donated canned foods or brought an unwrapped toy to Splash! aquatic center.

The toys and canned goods will be delivered to the volunteer center; Interfaith Food

See **LA MIRADA** page 15

Californians Can Now Receive Virus Exposure Notifications on Smartphone

BY BRIAN HEWS

Californians now have the option to receive notifications on their smartphone if they’ve been exposed to someone who has tested positive for the novel coronavirus.

Called CA Notify, the app relies on programs created by Apple and Google that use Apple and Android phones’ short-range Bluetooth capability to determine when two devices have been near one another for more than 15 minutes.

Gov. Gavin Newsom said it would be key to supporting California’s contact tracing efforts and comes at a time when coronavirus hospitalizations have surged past 10,000 in California.

“This holds a lot of promise,” Newsom said at a news conference Monday. “The more people that participate in it, the more that opt in, the more effective this program can be.”

But that’s the key, people need to use it.

Once you activate CA No-

tify, it does all the work. All you do is keep your Bluetooth on. You will only receive alerts if you were in close contact with someone who tests positive for COVID-19. Your privacy is protected as your identity is not known and your location is not tracked.

A user who tests positive for COVID-19 may choose to notify other CA Notify users who have been near the user. To trigger such notification, the

See **NOTIFY** page 15

South Korea study finds contagion from 20 feet

The study is in line with a China study that shows farther droplet transmission.

Page 4

What seniors can expect when vaccines begin

Nursing homes & assisted living will be first, then hospital and first responders.

Page 4

California Youth Authority Taking Inmates

Due to the pandemic, the state has exercised its “emergency powers” to use the facility.

Representatives of the Metropolitan State Hospital in Norwalk have informed City officials that due to a recent need for “surge space” in some of their other facilities, forty-three female inmates who have recently tested COVID-negative will be transferred to the annex, formerly known as the California Youth Authority facility in Norwalk.

Back in September, City administration met with representatives of the Metropolitan State Hospital and the Department of State Hospitals to discuss the state’s plan to re-open the facility to house COVID-negative patients.

This action was authorized by Governor Newsom’s declaration

of emergency powers due to the national pandemic and initiated by the Department of State Hospitals.

On September 10, 2020, the Department of State Hospital representatives along with Mayor Jennifer Perez presided over a teleconference “town hall” meeting to inform residents of the state’s intent.

On September 16th, a letter with details of the presentation were sent to residents. On October 8th, a second “town hall” meeting was conducted.

At that time, extensive renovations and safety measures were put in place to house patients should the need arise.

However, yesterday afternoon, representatives from the Metropolitan State Hospital informed city administration of the need to transfer the patients into the facility.

Due to the pandemic, these actions by the state have had far

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Feeding 63,000
Hunger Not Impossible feeds hungry via texts.
Page 2.



Crime Summaries
Cerritos and La Mirada summaries for the week.
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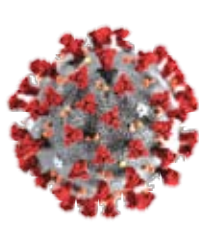
Big Birthday
Cerritos resident celebrates her 100th.
Page 6.



Holiday Quarantine
Delicious meals for small 2020 gatherings.
Page 8.



Artesia HS Sports
Volleyball coach eager to start season.
Page 10.



Record Cases
L. A. County COVID cases for Dec. 10 nearly 13,000.
Page 12.

Hunger : Not Impossible Has Provided 63,000 Free Hot Meals Using Its Smartphone Service

BY TAMMYE MCDUFF

The intent behind ‘Hunger: Not Impossible’ was to provide people who were experiencing food insecurity with a friction-less way to choose a prepaid healthy meal from nearby restaurants with dignity. Since launching in March 2020, more than 63,000 meals have been served through the platform.

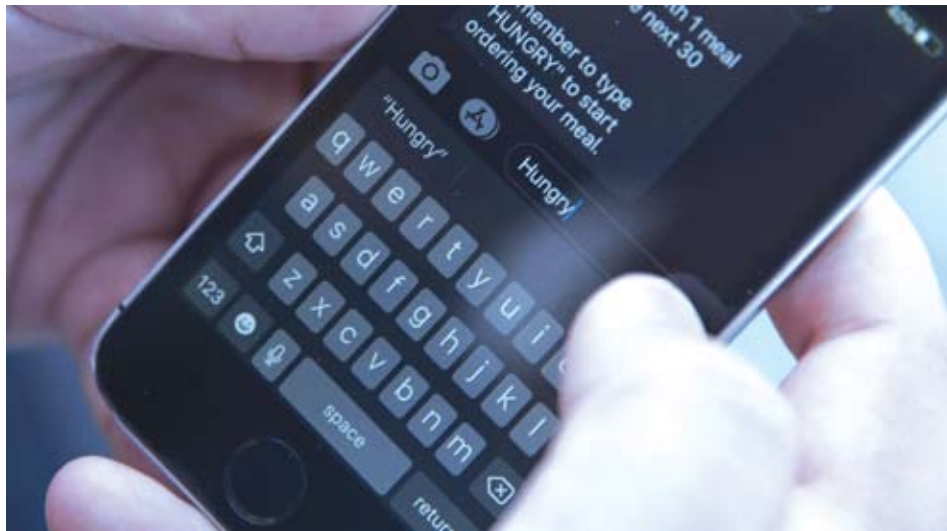
“Every single thing that surrounds us today at one point did not exist,” says Mick Ebeling, Founder of Not Impossible Labs, “it was impossible. So the inverse must be true, which is everything that is impossible today, is on the trajectory of becoming possible.” Since 2008, Not Impossible Labs has engineered programmed, hacked and crowd-solved issues of inability and inaccessibility with low cost solutions.

Hunger: Not Impossible was created to take on one of the biggest problems in our community today, feeding more than 42 million people, including nearly 16 million children. “There is more than enough food to feed those in need in our country,” said Ebeling, “it is just a matter of finding new way to connect supply and demand.”

Not Impossible Labs thinks it is absurd when one of the richest countries in the world cannot feed their own. Their sales force spent time with people who were experiencing food insecurity, whether they were living on the streets, in their car, or working multiple jobs to make ends meet. In press release they stated “While their situations varied, we realized they all had access to a mobile phone. Instead of forcing people to wait in a line at a food pantry, we knew there



STUDENTS help stock one of the food pantries that serves the less-fortunate who use the Hunger:Not Impossible service to get food.



FREE HOT MEAL: Anyone can text Hungry to H:NI and get sent a location near them for a meal. The meal is paid for in part by local organizations like the Boys and Girls Club and individual donors.

must be a way to use simple text messaging to connect these people to healthy prepaid meals from nearby restaurants.”

Basically someone can text ‘Hungry’ to H:NI and be connected to a hot meal near their location. The meal is paid for in part by local organizations like the Boys and Girls Club, and individual donors. The best part is that this allows people to walk into an establishment and pick up an order with dignity, thus removing the stigma for the need for free food.

What made this all the more impressive was how the team was able to speed up the time table and make it available to place hit hardest by COVID-19. What started in April of this year with 40 orders a day has expanded to hundreds of orders. With 38 million people on government food assistance, this is a much healthier way to feed people at risk.

Managing Director of Not Impossible Labs, Adam Dole wrote “I can’t articulate strongly enough what a selfless and team-first group the volunteers from Salesforce, Postmates and Traction on Demand are. They chose to spend nights, weekends and holidays working on Hunger: Not Impossible to ensure people were fed.”

Emily Eakin from the Traction on Demand team stated “The meaning of life is to find your gift. The purpose of life is to give it away. This is the philosophy at Traction, we believe in giving what we are good at. This kind of work supports why the application of technology in nonprofits is so necessary for the advancement of shared causes.”

To see how you can volunteer or help visit www.notimpossible.com



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Crime Blog

Cerritos

Residential Burglary

11/24/20, 6:40 a.m., 13100 Blk Destino Pl., Rear Sliding Door Shattered.
11/24/20, 6:30 p.m., 13500 Blk Rose St., Sliding Glass Window Pried.
11/24/20, 1:40 p.m., 12400 Blk Fallcreek Ln Living Room Window, Bent Screen.

Burglary-Other

11/24/20 4:00 p.m., 18800 Blk Studebaker Rd., Car dealership; tried to buy vehicle using someone else’s information.

11/25/20, 17300 Blk Studebaker Rd., front wooden door forced open, two laptops stolen.

Grand Theft

11/23/20 5:00 p.m. 13200 Blk Moore St., Business, stole Iphone

La Mirada

Notable Arrests

• Twelve suspects were arrested throughout La Mirada for various warrants and narcotics violations.

Robbery

• Alcohol was reported stolen during a late night robbery when a suspect pushed a clerk to flee on the 15800 block of Imperial Hwy. No injuries were sustained during the incident.

Aggravated Assault

• A late night gang related altercation was reported on the 15000 block of Lefingwell Rd. A victim reported being injured by a knife during the incident.
• A suspect was arrested for brandishing a knife during a verbal argument on the 15400 block of Ashgrove Dr. No injuries were sustained during the incident.

Residential Burglary

• An afternoon window smash bur-

glary was reported on the 14900 block of Watkins Dr. No items were reported missing.

• A wallet was reported stolen during a daytime burglary on the 16000 block of Avenida San Miguel.

• Several power tools were reported stolen during an overnight burglary on the 14900 block of Gagely Dr.

Other Structure Burglary

• Cash were stolen from a vending machine on the 13900 block of Imperial Hwy.

Vehicle Burglary

• A car seat and keys were stolen during an afternoon window smash burglary on the 16100 block of Rosecrans Ave.

• An early morning burglary was reported on the 15800 block of La Pena Ave.

• A purse was reported stolen during a daytime window smash burglary on the 16500 block of Trojan Wy.

• Tools were reported stolen during a daytime burglary on the 15000 block of Manzanares Rd.

• A purse was reported stolen during a late night window smash burglary on the 15900 block of Dalmatian Ave.

Grand Theft

• Makeup was reported stolen during a late night theft on the 15800 block of Imperial Hwy.

Grand Theft Auto

• A SUV was reported stolen on the 16100 block of Rosecrans Ave.
• A sedan was reported stolen on the 16100 block of Peppertree Ln.
• A truck was reported stolen on the 15300 block of Barnwall St.
• A truck was reported stolen on the 14700 block of Alondra Blvd.
• A truck was reported stolen on the 12300 block of La Mirada Blvd.

Su Casa Receives \$1.25 Million Grant from Bezos Fund



HELPING OUT LIKE AMAZON: Mike Gilligan, GM of Norm Reeves Ford in the Cerritos Auto Square, donated 1,000 face masks for Su Casa residents & staff. With him is Dean Lockwood, Executive Director of Su Casa.

LONG BEACH ~ Su Casa – Ending Domestic Violence, a local agency providing shelter and supportive services to survivors of domestic violence, this week announced that it has been selected to receive a \$1.25 million grant from the Day 1 Families Fund launched by Amazon founder and CEO Jeff Bezos.

“Currently, there are less than 1,000 beds available in domestic violence shelters throughout Los Angeles County,” stated Su Casa Executive Director Anna Conti, “and with the generous support of Day 1 Families Fund, we will be able to address this critical need by focusing on capital expansion.”

The one-time grant, will allow Su Casa to make significant expansion in capacity and increase services to more families.

Their goal is to increase our capacity by 50% and purchase a new property to add a new shelter.

The grant, awarded to organizations doing meaningful work to connect families

with shelter and support, will provide the opportunity for Su Casa to increase services to more families. According to Conti, “Su Casa’s board and staff have targeted this growth in our strategic plan and this generous grant will give us the ability to expand our services well before our projected timeline.”

The Bezos Day One Fund was launched in 2018 with a commitment of \$2 billion and a focus on two areas: funding existing nonprofits that help homeless families, and creating a network of new, non-profit tier-one preschools in low-income communities. For more information, visit www.BezosDayOneFund.org/Day1FamiliesFund.

Su Casa has been providing shelter and supportive services to the Greater Long Beach community for over 40 years. Core services include a 24/7 crisis hot line, an Emergency Shelter, Transitional Housing and the newest program, Domestic Violence Housing First.

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What Seniors Can Expect When COVID Vaccines Begin to Roll Out

BY JUDITH GRAHAM

Vaccines that protect against COVID-19 are on the way. What should older adults expect?

The first candidates, from Pfizer and Moderna, could arrive before Christmas.

Both vaccines are notably effective in preventing illness due to the coronavirus, according to information released by the companies, although much of the data from clinical trials is still to come. Both have been tested in adults age 65 and older, who mounted a strong immune response.

Seniors in nursing homes and assisted living centers will be among the first Americans vaccinated, following recommendations last week by a federal advisory panel. Older adults living at home will need to wait a while longer.

Many uncertainties remain. Among them: What side effects can older adults anticipate and how often will these occur? Will the vaccines offer meaningful protection to seniors who are frail or have multiple chronic illnesses?

Here's a look at what's known, what's not and what lies ahead.

If the advisory panel gives a green light, the FDA will decide within days or weeks whether to authorize the Pfizer and Moderna vaccines for emergency use. Distribution of the vaccine has already begun, and health care providers are expected to begin administering it immediately after the FDA acts.

This recognizes the extraordinary burden of COVID-19 in long-term care facilities. Although their residents repre-

sent fewer than 1% of the U.S. population, they account for 40% of COVID deaths — more than 100,000 deaths to date.

The commission's decision comes despite a lack of evidence that Pfizer's and Moderna's vaccines are effective and safe for frail, vulnerable seniors in long-term care. Vaccines were not tested in this population. Federal officials insist side effects will be carefully monitored.

Next in line likely would be essential workers who cannot work from home, such as police, firefighters, teachers and people employed in food processing and transportation, according to commission deliberations Nov. 23 that have not come to a formal vote.

Then would be adults with high-risk medical conditions such as diabetes, cancer, kidney disease, obesity, heart disease and autoimmune diseases and all adults age 65 and older.

Further prioritization. The priority groups constitute nearly half of the U.S. population — 21 million health care workers, 3 million long-term care residents, 66 million essential workers, more than 100 million adults with high-risk conditions and 53 million adults age 65 and older.

A study of more than 500,000 Medicare beneficiaries age 65 and older provides new evidence that could influence these assessments. It found the conditions that most increase older adults' chances of dying from COVID-19 are sickle cell disease, chronic kidney disease, leukemias and lymphomas, heart failure, diabetes, cerebral palsy, obesity, lung cancer and heart attacks, in that order.

Supplies available. Both the Pfizer and Moderna vaccines require two doses, administered three to four weeks apart. The companies have said about 40 million doses of their vaccines should be available this year, enough to fully vaccinate about 20 million people.

After that, 50 million doses might be-

come available in January, followed by 60 million doses in both February and March, according to Dr. Larry Corey, a virologist who heads the COVID-19 Prevention Trials Network.

That translates into enough vaccine for another 85 million people and should be sufficient to vaccinate older adults in addition to medical personnel on the front lines and many other at-risk individuals, Corey suggested at a recent panel on COVID-19 sponsored by the National Academy of Medicine and American Public Health Association.

Dr. Sharon Inouye, a geriatrician at Hebrew Senior Life in Boston and a professor of medicine at Harvard Medical School, is among the physicians impatiently awaiting the publication of data from Pfizer's and Moderna's phase 3 clinical trials.

Among the things she wants to know: How many older adults with chronic health conditions participated? How many participants were 75 and older? Did side effects differ for older adults?

"What I worry about most is the side effects," she said. "We may not be able to know about serious but rare side effects until millions of people take them."

But that's a gamble she's willing to take. Not only will Inouye get a vaccine, she just told her 91-year-old mother, who lives in assisted living, to say "yes" when one is offered.

"My whole family lives in fear that something will happen to her every day," Inouye said. "Even though there's a lot we still don't know about these vaccines, it's compelling that we protect people from this overwhelming illness."

Kaiser Health News (KHN) is a national health policy news service. It is an editorially independent program of the Henry J. Kaiser Family Foundation which is not affiliated with Kaiser Permanente.

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COVID: South Korea Study Shows Six Feet Not Enough

BY BRIAN HEWS

A study published in the Journal of Korean Medical Science is raising concerns that the widely accepted standard of six feet of social distance may not be far enough to keep people safe.

The study is adding to a growing body of evidence on airborne transmission of the virus.

And it is being done by South Korea and their aggressive contact tracing that has enabled researchers to closely track how the virus moves through populations.

On June 17, there was a coronavirus outbreak in Korea associated with long distance droplet transmission that started in a restaurant.

At the restaurant considered the site of exposure, air flow direction and velocity, distances between cases, and movement of visitors were investigated and duplicat-

ed by the authors and several aerodynamic engineers.

The authors wrote, " despite sitting a far distance away, the airflow came down the wall and created a valley of wind. People who were along that line were infected, we concluded this was a droplet transmission, and beyond two meters."

"In this outbreak," the study's author wrote, "distances between infector and infected persons was farther than the mandate 2 meter transmission range, the guidelines on quarantine and epidemiological investigation must be updated to reflect these factors for control and prevention of COVID-19."

The research was in line with a July study in China , which looked at infections among three families who dined at a restaurant along the flow of air conditioning at tables that were three feet apart, overlapping for about an hour. Ten of the diners tested positive for the coronavirus.

Santa's Holiday Float Cruising Cerritos

Cerritos Mayor Naresh Solanki greeted Cerritos neighborhoods on December 8 as part of the City of Cerritos' new Santa's Holiday Float event, which is now under way.

The program, which features a float with Santa traveling through the residential areas of Cerritos, kicked off on December 7 and continues on Tuesday, December 15; Wednesday, December 16; and Thursday, December 17 starting at 6 p.m.

Maps showing the float's route and a link to track Santa's location are posted on the City's website at cerritos.us. Click on track Santa's float will take you to

glympse.com/!cerritossantafloat

The float is sponsored by the City of Cerritos, Los Angeles County Supervisor Janice Hahn, Cerritos Auto Square Dealerships Association and Aria Apartment Homes.



Mayor Solanki on the float.

Patel Selected as La Palma Mayor, Steggell as Mayor Pro Tem

LA PALMA, Calif. – At its regular meeting on December 8, 2020, the La Palma City Council selected Nitesh Patel as Mayor and Michele Steggell as Mayor Pro Tem for 2021.

Newly elected Council Members Debbie Baker, Marshall Goodman, and Mark Waldman were also sworn in to begin their four-year terms.

Mayor Patel said, “I would like to thank the City Council and La Palma residents for the opportunity to serve as Mayor.”

He continued, "The COVID-19 pandemic remains a significant economic and public health challenge. During the

coming year, I intend to work closely with our state and federal legislators as well as our local businesses to ensure La Palma remains strong.”

Mayor Patel was elected to the City Council in November 2018.

Mayor Pro Tem Steggell said, “It is an honor to serve this community, and I look forward to working with Mayor Patel to continue to make La Palma one of the best places to live.”

Mayor Pro Tem Steggell was first elected to the City Council in November 2014 and served as Mayor in 2017 before being re-elected in 2018.



SWEARING IN: from (l-r) Councilmember Debbie Baker, Mayor pro tem Michelle Steggell, Mayor Nitesh Patel, and Councilmembers Marshall Goodman, Mark Waldman. Courtesy La Palma.

/ Y'Am What / Y' Am - A Special Customer at Local Eatery



MICHAEL CHRISTOFORAKIS (left) owner of Mike's Classic Burgers in La Mirada with long time customer, 92-year old Kenneth Fournier, AKA, Popeye.

BY TAMMYE MCDUFF

“Be yourself, wake up happy every morning and have as much romance as you can!” said 92-year old Kenneth Fournier, aka ‘Popeye’.

Popeye has been coming to Mike’s Classic Burgers in La Mirada every morning at precisely 7:25 am for his daily cup o’ joe for the last 15 years. He sits in the same booth and even has his own personal cup. As we sat down for our interview he says about our waitress “That’s my girl, great service.” Juanita grins through her mask and pours him a cup of coffee, bringing a special placemat that has been decorated with a message saying ‘Have A Good Day

Popeye!’

Popeye says he takes the placemats home with him every day and has a stack of them. He places them on his table at home and on his coffee table. I switch them around, so I can look at them every day!

Born March 1929, the same year that the Popeye cartoon was created Fournier says “I’m going on 92 years old and I’m full of you-know-what!” A La Mirada resident for the last 50 years, he has been married twice and has two children. “I have grandchildren, but they are all old now.”

A 30-year Navy veteran Popeye was involved in World War II and says he started as a seaman and worked his way up. “I worked on destroyers and it was my job

to look for enemy submarines.” He also served in Korea and Viet Nam.

After retiring from the Navy he went to work for Amaco Plastics, making the first one and two liter plastic soda bottles. His job moved him from the east coast to California, “I worked on the other side of the railroad tracks on Valley View, where Amaco was originally.”

He worked there until he was almost 80 years of age “I’ve been retired for quite a while, even when I was working I was retired,” he said with a wry smile, “I was a boss and nobody bossed me. They didn’t dare.”

“You won’t find anyone else that has a plaque like that one,” Popeye says referring to a tin plaque of Popeye the Sailor man that hangs on the wall at the restaurant.

Popeye tells me he has 15 different Popeye shirts and then asked if I was married, after confirming the question he adds “Oh that’s too bad,” he said with that wry smile. He then shows me his money clip watch that he and a local jeweler invented. “I’m the only one around here that has one of these. Ain’t nobody around here who has enough money to use one of these.”

Popeye enjoys a good game of Dominos with a stout beer, likes football and baseball, recounting the times as a young man when he would play ball with inmates at the Vermont prisons and that he learned at an early age to play pool, “I learned to play on one of those large pool tables, not one of those dinky ones. By the time I was 15, no adult would play a game with me.

“I’m not gonna give you any advice. I might tell you something wrong! Just be yourself and be as happy as you can. Go to bed happy and wake up happy. You started this life out with just you and your going to end up with just you. Just be happy.”

Mike's is located at 15738 Imperial Hwy in La Mirada, open 7 days, 6 a.m.-11p.m. with a drive-thru and carry-out. Stop by and say hi to Mike and Popeye.

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Cerritos Resident Marcella McMahon Celebrates 100th Birthday

BY TAMMYE MCDUFF

Marcella Kroupa McMahon celebrated her 100th birthday on December 10th, 2020.

The City of Cerritos bestowed a proclamation to McMahon honoring this grand life achievement.

Born Marcella Kroupa in Jackson Minnesota in 1920, she moved to Los Angeles after graduating with honors from college in Twin Cities, Minnesota, met her husband Raymond, and were married in 1948, being blessed with four sons.

Son Jim McMahon said it took over six hours for makeup, wardrobe and jewelry to capture the moment.

“She wore a floor length gown from Bullocks Wilshire, a black velvet coat

and a diamond tiara.”
Reflecting over the past one hundred years, McMahon recalls having many strict rules, which she muses “have fallen to the way side with the millennial’s. Back in the day there was protocol and culture, and society viewed life a certain way.”

“I was born at the end of Spanish Virus,” she recalls, “sadly, that pandemic took members of my family.”

McMahon was born in a small city, population 2,500 in the southern end of Minnesota.

Her father was a general contractor who restored museums, and her mother was a housewife, who loved to cook, play bridge and had a green thumb.

Both of her parents were born in the late 1800’s and were both immigrants



MARCELLA MCMAHON holding her proclamation from the City of Cerritos in celebration of her 100th birthday. **RIGHT-** Marcella (fur coat), leaving Minneapolis for Hollywood in 1940. The young lady standing next to her was her best friend for more than 95 years. Photos courtesy McMahon family.

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from Czech- Bohemia, Eastern Europe. “Some of my shirt-tale family were born on the Atlantic Ocean, crossing over from Europe on the ships.”

McMahon liked new things, “She would never settle for a used house or a used car,” said her son, “when she dressed us for school, we could never be seen twice in the same outfit in one semester, everything was color-coordinated. We ended up with walk-in closets full of clothes and accessories. Mom wore a lot of hats, literally, to keep her hair dust free and longer dresses. Mom never washed her face; she always used creams to cleanse her skin. To this date, her face has never seen water.”

When she attended school there were no computers or televisions, just a weekly Saturday night radio talk show.

Attending a legal university, her language was stylized, “they don’t know how to speak or write proper English”, she comments as she watches her favorite television shows.

McMahon is a self described clan freak, and would drive over 40 miles one way to have her hair done.

She was independent and still demands her independence from medication, “Not even an aspirin!” she declares. She does not have a care giver and insists to walk free and says her ‘Life is good!’

Remembering the styles of yesteryear McMahon said homes were decorated in accent hues of pink or copper, avocado green and Harvest Gold, along with glass accessories, pot belly fireplace, and glass armoires.

“We had front parlors with attached

living rooms and occasional screened in winter porches. Most homes had basements and hallway phone booths; hardwood floors, accent area rugs and no wall to wall carpets.” Most homes had milk delivery side door and ice doors, since few homes had refrigerators.

She recalls the happiest day of her life, was her 25th wedding anniversary, “It was a picture perfect day, back yard Palos Verdes garden reception full of flower power. God made the ocean behave.”

Raymond and Marcella were attracted to the city of Cerritos-La Palma, because one of former neighbors, who served on the City Council.

“We had a hard time finding a house and we wanted an RV lot. We found this beautiful garden cottage home in 1974 and have lived here ever since,” said McMahon.

Since the pandemic hit, life has been quiet, “It almost reminds me of the Great Recession in the 30’s and staying under cover during WW2, when we had to keep most of the interior lights off to secure our homes from air attack.”

Her hearing is not as sharp as it used to be but she still enjoys her cup of tea, her pup Coco and her cottage garden home.

“When God is ready for me to come home, Orange County will be my final resting place, alongside my husband,” says McMahon, “fewer than one percent of Americans live to be centenarian like me. I’m not going to worry about anything or anybody. Cheers!”

Unexpected Funds: La Palma Budget Nearly Balanced

BY BRIAN HEWS

In the beginning of the year La Palma, like all other cities, set aside funds due to the pandemic.

Now the city has learned that, due to near normal taxes, two grants, and unexpected long-term investment income of over \$200,000, “revenues exceeded expenditures and the deficit did not happen.”

During budget talks, city officials estimated it could run a deficit of nearly \$500,000 because of stay at home orders and other COVID implications.

But many expenses that had been budgeted did not occur, contributing to a “million-dollar swing” that produced a nearly balanced budget.

In that case, the city will not have to

dip into reserves to balance the budget.
While the current budget does show a slight deficit, Matsumoto said, “I’m not sure you will end up with that deficit unless things get a lot worse.”
Matsumoto recommended the city wait until early 2021 to make any changes.
The Council debated over leaving funds budgeted for a city event that was to occur earlier this year, but moved to 2021.
Acknowledging they could always move the funds if the pandemic prevents the city from hosting the event, the council voted 4-1 to approve a resolution to amend the 2021 budget.
In other news, the City Council voted unanimously to approve a raise in the salary of the city manager from \$190,000 to \$199,500 per year, plus benefits.

Cerritos College Turkey Trot Helps Norwalk Food Pantry



Photo by Eileen Osuna

STUDENTS VOLUNTEERED for this year’s Turkey Trot drive-thru event, all volunteers wore masks and gloves to adhere to COVID-19 safety guidelines.

**BY EILEEN OSUNA
TALON MARKS**

Cerritos College held their annual Turkey Trot, which was done as a drive-thru food drive this year, to collect canned foods for the Norwalk food pantry.

Ni Bueno, health education department chair, said they collected a total of 1,086 food items, of which the Child Development Center collected and donated 599 food items.

The event is typically a fundraiser and collection of food items accompanied by a race in which participants such as faculty and staff, students and members of the

community, run or walk around the college campus. However, due to COVID-19 none of these events were held this year.

“We’re trying to make this as contactless as possible, so students who want to get extra credit will scan a QR code and fill out a Google form online,” said Bueno, “We’ll make sure that their instructors know that they donated.”

Bueno has been organizing the event for 20 years and, although she was upset that they couldn’t do their usual activities, she still wanted to find a way to continue with the event.

Once Bueno got the okay from the

school to proceed with the event, she reached out to the Norwalk City Council and spoke with one of the council members.

“He told me they couldn’t keep enough food in the food pantry, that they had just stocked it with like \$4,000 worth of food and it was gone,” Bueno said, “They really look forward to our donations every single year.”

Furthermore, there were several Cerritos College students at the Turkey Trot who volunteered and offered their time to assist with the event.


19-year-old Kelly Catri said she volunteered because she wanted to get out and get involved in something at school so that she can add it to her college applications.

“I didn’t really have much to do at home. I actually wanted to help out with the food distribution, but I missed out so I wanted to help out with this one,” Catri said.

Lastly, 24-year-old Joseph Koon said he decided to volunteer for the event after hearing about it through the student government cabinet, or ASCC.

Overall, the Norwalk food pantry is always collecting food items such as instant noodles, hamburger helper, mashed potatoes, rice and beans, as well as personal care items like shampoo, laundry detergent and feminine products amongst other things.


For more information on the Norwalk food pantry or ways to donate, please visit their website.



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ABCUSD Receives \$885,000 Strong Workforce Grant

ABC'S NEWS SERVICE

The ABC Unified School District will receive an \$885,000 grant to fund career and technical education (CTE) programs.

The K12 Strong Workforce Program grants are competitive and support local education agencies in creating, improving, and expanding CTE courses and programming.

“We must prepare our students for roles in the workforce of today and tomorrow,” said Superintendent Dr. Mary Sieu. “This grant will help us make sure the students graduating from ABC schools have the skills needed to move on to higher education or participate in the workforce.”

The grant will fund the ABC Stronger Workforce 2.0: Diversity, Equity, and Access for Post-Secondary Success. This program ensures the District’s CTE pathways are aligned with industry standards and provide opportunities for students to earn early college credits and work-based learning experiences. The District has

two-and-a-half years to spend the funds. The ABCUSD CTE department has received more than \$2.8 million in grant funding from the K12 Strong Workforce Program since its inception in 2018.

“These funds are extremely important as we work hard to expand opportunities for students to obtain real-world skills to make them competitive when they enter the workforce,” said Director of Secondary Schools Dr. Crechena Wise. “Our CTE offerings have expanded over the past several years with help from grants like this one, and we know these programs have a positive and lasting impact on our students.”

The K12 Strong Workforce Program grant is based out of the California Community Colleges Chancellor’s office. More information about the K12 Strong Workforce Program is available at <https://www.cccco.edu/About-Us/Chancellors-Office/Divisions/Workforce-and-Economic-Development/K12-Strong-Workforce/Program-Overview>.

Jersey Mike's Will Match \$300K for Arlington Wreaths

Jersey Mike’s has once again stepped up help Wreaths Across America reach its goal of placing a live balsam veteran’s wreath on every headstone at Arlington National Cemetery. Starting Dec. 7- Dec. 14, every \$15 wreath sponsorship made at www.wreathsassamerica.org/JerseyMikes will be matched by the company, up to \$300,000.

This year’s national wreath laying event at Arlington will look different as will many of WAA’s 2,525 other participating locations nationwide, but the mission remains the same. The safety of all involved is the number one priority. To find a cemetery near you to support or to learn how local events are being modified for safety in your community go to:

<https://wreathsassamerica.org/pages/search?searchType=location>.

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Sherry Cherry Pork Loin Roast

FAMILY FEATURES

In what’s certain to be a holiday season unlike any other, you can transform your seasonal menu in 20 minutes of prep time or less by incorporating flavorful ingredients that make ordinary dishes extraordinary, ensuring the holidays are as special and memorable as any other year.

Stress-free holiday entertaining at home begins with ingredients like Holland House Cooking Wines that add an extra boost of flavor to recipes like Tuscan White Bean Soup. Perfect for chilly evenings, this recipe combines pantry staples and enticing seasonings for an easy-to-make soup that simmers in the slow cooker. This Sherry, Ham and Cheese Brunch Bake is another delicious and convenient recipe to feed your family on early holiday mornings. This simple, tasty brunch bake can be easily prepped the night before.

While holiday gatherings may be smaller this year, spending time with family can be made even more special when sharing a homemade, holiday-inspired meal. Sherry Cherry Pork Loin Roast, made in a time-saving slow cooker, provides an easy way to bring your family together for a flavorful holiday meal.

This festive season, Holland House Cooking Wines provide an easy way to delight your family. They’re available in four flavors – Marsala, Sherry, White and Red – made using fine grapes and blended seasonings, aged to perfection, to offer bold flavor to your holiday cooking.

Visit hollandhouseflavors.com to find more holiday-worthy dishes.

Sherry Cherry Pork Loin Roast

Recipe courtesy of Cate Meade of “Cate’s Kitchen Fit”
Prep time: 20 minutes
Cook time: 5-6 hours
Servings: 8-10

- 7 tablespoons avocado or grapeseed oil, divided
- 2 large Vidalia onions, halved and thinly sliced
- 4 teaspoons kosher salt, divided
- 1 pork loin roast (4-4 1/2 pounds), trimmed and patted dry
- 3 teaspoons freshly ground black pepper, divided

Sherry Cherry Sauce:

- 3/4 cup Holland House Sherry Cooking Wine
- 5-6 cloves garlic
- 1 cup frozen Bing cherries, divided
- 1 1/2 tablespoons dry mustard powder
- 4 tablespoons Holland House Balsamic Vinegar
- 2 tablespoons soy sauce
- 1 bunch fresh parsley, large stems removed, plus additional reserved for garnish
- 3 tablespoons cornstarch (optional)

In large slow cooker on high heat, add 2 tablespoons oil, sliced onions and 1 teaspoon salt.

Season roast evenly on all sides with 2 teaspoons salt and 1 teaspoon pepper.

Place large skillet over medium heat. Add 2 tablespoons oil to pan. Sear pork loin 3 minutes on each side until golden brown. Transfer roast to slow cooker on top of onions.

Cover and cook on low 3 hours.

To make Sherry Cherry Sauce: In blender, blend sherry cooking wine, garlic, 1/2 cup cherries, mustard powder, balsamic vinegar, soy sauce, parsley, remaining olive oil, remaining salt and remaining pepper until smooth; set aside.

After pork loin cooks 3 hours, add Sherry Cherry Sauce around pork roast. Cover and cook 2-3 hours on low.

To glaze, brush roast with warm sauce 3-4 times in last hour of cooking.

Once pork reaches internal temperature of 145 F, remove and let rest 15-20 minutes before slicing.

To finish sauce, remove 1/4 cup cooking liquid and mix with cornstarch to make a slurry. Whisk slurry and remaining cherries into sauce. Cook in slow cooker on high 15 minutes, stirring occasionally.

Slice roast 1/2-inch thick, garnish with fresh parsley and serve with Sherry Cherry Sauce and braised onions.



Tuscan White Bean Soup

Tuscan White Bean Soup

Recipe courtesy of Jillian Wade of “Food, Folks & Fun”
Prep time: 15 minutes
Cook time: 8 hours
Servings: 8

- 4 cups chicken stock
- 1 cup Holland House White Cooking Wine
- 1 can (14 1/2 ounces) diced tomatoes
- 1 medium yellow onion, diced small
- 1 cup celery, diced
- 1 cup carrots, diced
- 6 large cloves garlic, minced
- 3 cans (15 1/2 ounces each) cannellini beans, rinsed and drained
- 1 can (13 3/4 ounces) artichoke hearts, rinsed and drained
- 1 bay leaf
- 1 teaspoon poultry seasoning
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1/4 teaspoon dried rosemary
- 4 cups kale (about 6 ounces), cleaned, destemmed and chopped
- 5 ounces pancetta or bacon, diced
- 8 teaspoons Parmesan cheese, shaved (for garnish)

Place chicken stock, white cooking wine, tomatoes, onion, celery, carrots, garlic, cannellini beans, artichoke hearts, bay leaf, poultry seasoning, salt, pepper and rosemary in slow cooker. Cover and cook on low 7-8 hours or high 4-5 hours.

About 30 minutes before serving soup, stir in kale and cover.

In 10-inch skillet over medium heat, cook pancetta until crispy, about 4 minutes. Move pancetta to paper towel-lined plate to drain.

Ladle soup into bowls and sprinkle with pancetta and Parmesan cheese shavings.



Sherry, Ham and Cheese Brunch Bake

Sherry, Ham and Cheese Brunch Bake

Recipe courtesy of Jillian Wade of “Food, Folks & Fun”
Prep time: 20 minutes
Cook time: 1 hour, 20 minutes
Servings: 10

- 8 tablespoons salted butter, melted, plus additional for greasing pan, divided
- 2 teaspoons olive oil
- 2 large shallots, minced
- 1/2 cup Holland House Sherry Cooking Wine
- 1 package (20 ounces) frozen hash brown potatoes

- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 cups (8 ounces) shredded white cheddar cheese
- 1 cup (4 ounces) shredded Parmesan cheese
- 8 ounces precooked ham, cut into 1/2-inch pieces
- 8 large eggs
- 1 1/4 cups whole milk
- 1/2 teaspoon dry mustard powder
- 2 tablespoons fresh chopped dill, for garnish (optional)
- 2 teaspoons freshly grated Parmesan cheese, for garnish (optional)

Move oven rack to middle position and preheat to 400 F. Generously grease 9-by-13-inch baking dish with butter; set aside.

In 10-inch nonstick skillet, add olive oil and preheat pan over medium heat. Add shallots and cook, stirring often, until softened and golden, about 7-8 minutes.

Stir in cooking wine and cook until liquid is evaporated, about 3-5 minutes. Remove from heat.

Add frozen hash browns to prepared baking dish. Pour melted butter over potatoes and add salt, pepper and caramelized shallots.

Use spoon to mix well. Bake 30 minutes, or until potatoes are cooked through and some edges are beginning to brown. Remove potatoes from oven and reduce temperature to 325 F.

Sprinkle cheddar cheese and 1 cup shredded Parmesan cheese evenly over potatoes followed by ham.

In large measuring cup or small bowl, vigorously whisk eggs, milk, mustard powder and dill until fully combined and eggs become frothy, about 1 minute.

Pour egg mixture evenly over potatoes, cheese and ham. Store covered in refrigerator if prepping night before.

Bake 35-40 minutes, or until edges of casserole are golden brown and center of casserole is set.

Cool 5 minutes before slicing and serving. Serve with chopped dill and grated Parmesan cheese, if desired.

Bellflower Unveils Second Dave Van Patten Mural



BY TAMMYE MCDUFF

The city of Bellflower unveiled a second mural completed by muralist Dave Van Patten in Town Center Plaza located behind the coming Comedy Club in Downtown Bellflower. The colorful tower displays illustrative characters in his signature style highlighting Bellflower businesses.

“This unique mural continues Bellflower’s celebration of art, diversity, uniqueness and expression in our ongoing progress,” said Mayor Juan Garza. “It serves as a striking landmark that connects our community and locally owned businesses with our past, present and originality.”

Garza thanked Van Patten and Staff for their dedication and commitment in getting the mural completed in such a short amount of time.

“The Town Center Plaza is a great space for this community and I wanted to capture the feeling of togetherness using vibrant colors and characters,” stated Van Patten. “This tower mural incorporates all the elements that make this area unique from the- atrical laughter to Dutch windmills.”

Although the piece is behind the Club, he wanted to integrate the culture of Bellflower, including a few aliens. “Obviously this is a tough time so I wanted to include a heart and rainbow and lots of laughter.”

Van Patten’s whimsical style was selected by the city to create inspiring designs in Downtown. His first mural located at 16916 Bellflower Boulevard exhibits food theme characters which represent the community’s homegrown restaurants and farming history.

MAYOR JUAN GARZA, muralist Dave Van Patten and Councilman Ray Hamada cutting the ribbon on the new mural in Bellflower Town Plaza.

Cerritos College Reports Nine Cases of COVID

BY ERIC SUAREZ

As Fall classes move into their final weeks, the Cerritos College has reported a total of nine cases of COVID-19 between Mar. 27 and Nov. 17. Seven of the cases were employees, with one student and one child from the Child Development Center on campus.

The school contacted all those who were in close contact with the people who tested positive in accordance to LA County public health guidelines. It is still uncertain if initial transmission actually occurred on campus.

President and Superintendent Dr. Jose Fierro writes updates for the College’s COVID-19 page. There he announced that the eight people who tested positive, whose names can’t be revealed due to security reasons, have been ordered to self quarantine at home.

“Cerritos College will continue to diligently follow recommendations of public health officials and infectious disease experts to further reduce community transmission of the virus,” Fierro said.

Even with tightly limited classes on campus, with screenings, mask and social distancing guidelines, cases were still discovered on campus as recent as November, including one child from the Child Development Center as reported by Talon Marks.

Cerritos College Faculty Federation President and counselor Dr. Lynn Wang addressed her concerns to the Board of Trustees at their Nov. 18 meeting, asking for help in protecting staff on campus.

“Now more than ever, we need help

from the Board of Trustees,” Wang said, “I’m asking you to not cancel classes, reduce the requirements to receive part time medical reimbursements to those who are only teaching one class... provide appropriate PPE beyond face masks and keep faculty involved in decision making on campus.”

The last reported employee who tested positive for COVID-19 was announced on Dec. 4.

As of Tuesday, the Los Angeles Times has reported that cases and hospitalizations have reached record highs with 14,120 cases per day with more than 8,200 hospitalized in California.

This spike in cases comes right as two potential vaccines, created by pharmaceutical giants, Pfizer and Moderna, are expected to get emergency approval in mid-December.

Online and remote learning will continue through the Spring 2021 semester as the college awaits further updates from LA County.

Cerritos College has preemptively rolled out their ‘Return to Campus’ plan, which uses public health recommendations to create guidelines and protocol for students, staff and faculty on campus.

“Everyone must answer and complete daily health question survey prior to their visit,” said Assistant Superintendent and Vice President of Business Services Felipe Lopez.

“Upon a successful temperature check you will be given a color-coded wrist band. That wrist band [will] get you clearance to enter your classroom lab or study hall.”

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AAA Travel Alert: Many travel destinations have implemented COVID-19-related restrictions. Before making travel plans, check to see if hotels, attractions, cruise lines, tour operators, restaurants and local authorities have issued health and safety-related restrictions or entry requirements. The local tourism board is a good resource for updated information.

Unless otherwise indicated: Rates quoted are accurate at time of publication & are per person, based on double occupancy. Airfare, taxes, fees, surcharges, gratuities, transfers & excursions are additional. Advertised rates do not include any applicable daily resort or facility fees payable directly to the hotel or check-out; such fees amounts will be advised at the time of booking. Rates, terms, conditions, availability, itinerary, taxes, fees, surcharges, deposit, payment, cancellation terms/conditions & policies subject to change without notice at any time. Cruise rates capacity-controlled. Advance reservations through AAA Travel required to obtain Member Benefits & savings which may vary based on departure date. Rates may be subject to increase after full payment for incoincides in government-imposed taxes or fees & supplier-imposed fees. Blackout dates & other restrictions may apply. Not responsible for errors or omissions. Your local AAA club acts as an agent for Pleasant Holidays®. CST 1096202-BD. To learn how we collect and use your information, visit the privacy link at AAA.com. ©2020 Auto Club Services, LLC. All Rights Reserved.

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ARTESIA HIGH FALL SPORTS UPDATE

Second-Year Volleyball Head Coach Anxious for Green Light to Resume Practices, Games

BY LOREN KOPFF

@LORENKOPFF ON TWITTER

The CIF-Southern Section boys volleyball season was supposed to start its 2020-2021 season on Saturday with the girls beginning theirs on Dec. 19. But with the latest stay-at-home order in effect as of this past Sunday night, more questions have risen as to when high schools can get their volleyball seasons underway, as well as the other fall sports.

On Nov. 2, area high schools could begin conditioning only for the fall sports, which, for this school year, are boys and girls cross country, football, gymnastics, traditional competitive cheer, boys and girls volleyball and boys and girls water polo.

Then at the beginning of this month, the CIF State office issued a press release stating, among other things, that the California Department of Public Health has postponed the issuance of its updated youth sports guidance.

Still, many high schools were proceeding with their fall conditioning, including Artesia High where second-year boys and girls volleyball head coach Tommy Dube is just as anxious to get things rolling as anyone else.

Prior to Nov. 2, the Artesia High campus was shut down as administrators were

not allowing anyone to be on campus. Dube said there were a few outside voluntary non-structured camps held on the beach or at various local parks for his volleyball players to get whatever conditioning in they could.

"I was on the periphery of that; I wasn't directly coaching that," Dube said. "But I run an organization that does beach sports as well as grass sports, or turf sports. So, through those programs conditioning and skill development and stuff like that, we just invited the kids to come out and participate in that."

Dube said some of the questions the players had before conditioning was allowed were related to returning to play safely and what will the season look like, which as he put it, is still very fluid.

Once Nov. 2 came, the volleyball teams didn't immediately flock to the campus for conditioning. Instead, they did a lot of on-line stuff pertaining to the mental training component piece and some video work, according to Dube. Nothing was done face

to face. It wasn't until two weeks later that the program was able to get approval to get the players on campus and through that process, get them cleared through the mandatory paperwork needed to participate.

"We were actually able to meet face to face for one week before the [Thanksgiving] holiday and before this second uptick of cases," Dube said. "There has been no volleyball being used as a common equipment that we could use."

Since things have been changing, it seems, every day or so, Dube said he has been having conversations just before Thanksgiving with either of the co-athletic directors, Joe Veach or Octavio Marquez, almost every day as far as updates on the return to conditioning or return to play. However, as of this past Tuesday, Artesia has once again shut down all campus activity.

The girls volleyball team finished last season with a 7-19 record, the school's best mark since 2015 when that team had

a 7-17 mark. In fact, Dube became the first Artesia head coach in over two decades to post more than four victories in his or her first season. The Lady Pioneers, who last reached the playoffs in 2010, also haven't had a winning overall season in over two decades.

"I've put a lot of attention to it," Dube said of the girls program. "It's just a matter of what does it look like? Obviously, the girls have changed since last March, not touching the volleyball or doing whatever they are doing with their own physical conditioning. I know that they're young ladies that are developing and what that looks like when they actually step onto the court and can put their skills to use...are they rusty, are they not rusty? That's definitely been weighing on me. Where is the performance level going to be at?"

Going into his second season, Dube said that the girls team has made it to a certain point of growth and there's still a long way to go. He continued by saying there were some great spotlights with the 2019 team, but the opportunity is there to have a better season once it gets underway. Dube added that he is very optimistic of the team's attitude and chemistry and the pieces that the Lady Pioneers have.

"I'm super excited," Dube said. "For the group that we had over the last year, the

See **ARTESIA** page 11



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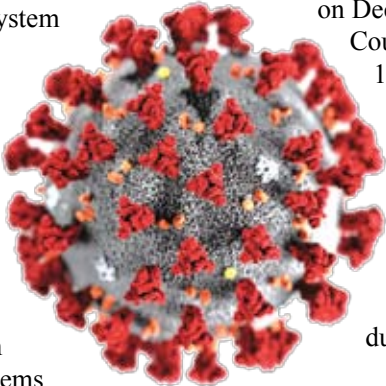
74 New Deaths and 12,819 New Cases in L.A. County

The Los Angeles County Department of Public Health (Public Health) has tragically confirmed the first COVID-19 death in a L.A. County child under the age of 18 years old. The child was hospitalized for multisystem inflammatory syndrome in children (MIS-C) and had severe underlying health conditions. The child that passed away is also the first MIS-C associated death in L.A. County.

MIS-C is the inflammatory condition associated with COVID-19 that can damage multiple organ systems, require hospitalization, and be life-threatening.

To date, Public Health has confirmed 45 children with MIS-C in L.A. County. All were hospitalized and 50% of the children were treated in the ICU. Of the children with MIS-C, 27% were under the age of 5 years old, 38% were between the ages of 5 and 11 years old, and 35% were between the ages of 12 and 20 years old. Latino/Latinx children account for 73% of the reported cases.

MIS-C symptoms include fever that does not go away and inflamed body



parts, including the heart, lungs, kidneys, brain, skin, eyes, or gastrointestinal organs. If you believe your child is displaying MIS-C symptoms, contact your primary care provider. If you do not have a primary care provider, dial 2-1-1 and L.A. County will help connect you to one.

Today, Public Health has confirmed 74 new deaths and 12,819 new cases of COVID-19. Today's number of new cases surpassed the previous high on December 6 when the County experienced 10,528 new COVID-19 cases. L.A. County continues to experience high number of new deaths and more new cases reported each day for COVID-19 than at any point during the pandemic.

There are 3,433 people with COVID-19 currently hospitalized and 23% of these people are in the ICU. Just in the past two days, the number of patients hospitalized with COVID-19 has increased by more than 300.

To date, Public Health identified 487,917 positive cases of COVID-19 across all areas of L.A. County and a total of 8,149 deaths. Upon further investigation, 173 cases reported earlier were not L.A. County residents. Testing results are available for more than 4,022,000 individuals with 11% of all people testing positive.

CITY OF LA MIRADA STATE OF CALIFORNIA NOTICE INVITING BIDS

CAPITAL IMPROVEMENT PROJECT NO. 2018-08 PHASE 6A RESIDENTIAL STREET REHABILITATION

Notice is hereby given that the City of La Mirada, California invites sealed bids for the furnishing of all labor, materials, equipment, and services for Capital Improvement Project No. 2018-08. Plans and Specifications and the Instructions to Bidders for the Phase 6A Residential Street Rehabilitation are available online from American Reprographics Company (ARC). Bidders may obtain free copies of the Plans, Specifications and other Contract Documents online by visiting <http://www.crplanwell.com/>. The general items of work include the sawcut, removal and disposal of existing improvements, AC pavement reconstruction, cold milling, asphalt rubber hot mix overlay, Type 2 slurry seal, curb and gutter, cross gutter, curb ramps, manhole, valve, valve and utility adjustments, traffic control, water quality control plan preparation and implementation, traffic striping and markings. Sealed bids shall be delivered to the City Clerk at or before 11 a.m. on January 20, 2021. Bids must be submitted on the blank forms, prepared and furnished for that purpose and included in the Plans and Specifications. The City reserves the right to reject any and all bids, or delete portions of any or all bids, or waive any informality or irregularity in the bid or the bid procedures.

Anne Haraksin, City Clerk
City of La Mirada

Published at La Mirada Lamplighter 12/4/20 and 12/11/20

FICTITIOUS BUSINESS
NAME STATEMENT
File Number 2020193422
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS
AS: CHO DANCESPORT 12630 DEL AMO BLVD., LAKEWOOD,
CA., 90715; 8540 ALONDRA BLVD. STE. B1 PARAMOUNT, CA.,
90723 Registered Owner: CHRIS CHO 16818 DOWNEY AVE 72,
PARAMOUNT, CA., 90723. THIS BUSINESS IS CONDUCTED
AS A INDIVIDUAL. The date registrant started to transact business
under the fictitious business name or names listed above: N/A. I
declare that all the information in this statement is true and correct.
(A registrant who declares as true any material matter pursuant
to Section 17913 of the Business and Professions Code that the
registrant knows to be false is guilty of a misdemeanor punishable
by a fine not to exceed one thousand dollars (\$1,000). /S/ CHRIS
CHO. This statement was filed with the County Clerk of Los Angeles
on 11/19/2020. In accordance with Subdivision (a) of Section 17920,
a Fictitious Name Statement generally expires at the end of five years
from the date on which it was filed in the of notice of the County
Clerk, except, as provided in Subdivision (b) of Section 17920,
where it expires 40 days after any change in the facts set forth in the
statement pursuant to Section 17913 other than a change in the residence
address of a registered owner. A new Fictitious Business Name
Statement must be filed before the expiration. Effective January 1,
2014, the Fictitious Business Name Statement must be accompanied
by the affidavit of identity form. The filing of this statement does not
of itself authorize the use in this state of a Fictitious Business Name
in violation of the rights of another under Federal, State or Common
Law (see Section 14411 et seq., Business and Professions Code).
LCCN 12/4, 12/11, 12/18, 12/25/20.

Extra Space Storage will hold a public auction to sell personal property described below belonging to those individuals listed below at location indicated: 10753 E. Artesia Blvd. Cerritos, Ca 90703 on December 21,2020 at 11:00 AM.
Kailahi Leula Jr. Household Items, April Jones Household Items, Brandon Thomas Household Items, Eva Hoffman Church and Misc. Items, Michael Magal-di Household Items, Leslie Iverson Household Items, Fredrica Byrd Household Items, Jaimila Seward Household Items, Daniel Martinez Household Items, Chris-tine Williams Clothes; Blankets; TV, Paul Kiefer Household Goods, Valerie Veak Household Items, Eric Galvez Household Items, Michael Tucker Boxes with Clothes; Household Items, Kendrick Thomas Couches; TV's; Boxes, Anisa Pito Household Items, Mascot Acquisition LLC Documents; Files, Chris Cooper Boxes; Household Items, Greg Amyx Hydro Jetter- Plumbing Material, Amanda Walker Keepsakes, Teresa Knight Furniture and Boxes, Food Goms Business Inventory, Jeane Simpson Household Items, Esperanza Pua, Pua Esperanza Household Goods, Donald Brown, Brown Donald Household Goods, Brandon Harrison Household Items, Sam Okimoto Household Items, Isaac Lewis Hair Salon Furni-ture, Embedded Systems Consulting LLC Misc. Papers, Terri Walters Household Items, Tom Greenfield Household Items, Nichole Weston TV Furniture, Totes, Ricky Mamaradlo Shirts, Hats and Boxes, Nichole Weston Household Items, Paul Kiefer Household Items, Glenn Eldridge Household Items
The auction will be listed and advertised on www.storage-treasures.com. Purchases must be made with cash only and paid at the above referenced facility in order to complete the transaction. Extra Space Storage may refuse any bid and may rescind any purchase up until the winning bidder takes possession of the personal property. Published at LCCN 12/4/20 and 12/11/20.

WONDERWORD

By DAVID
OUELLET

HOW TO PLAY: First, read the list of words, then look at the puzzle. The words are found in all directions - vertically, horizontally, diagonally, backward. Circle each letter of a word found and strike it off the list. The letters are often used more than once so do not cross them out. It is best to find the big words first. When you find all the words listed in the clues you'll have a number of letters left over that spell out the WONDERWORD. To see the answer use the link below the puzzle.

Hanukkah

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

Annual, Antiochus, Atmosphere, Candlestick, Card, Days, Dedication, Dreidels, Eight, Feast, Foods, Gelt, Hallel, Hebrew, Hosts, Israel, Jerusalem, Jewish, Jews, Judah, Judaism, Kids, Kislev, Latke, Lights, Maccabee, Mattathias, Menorah, Message, Past, Rabbi, Relatives, Shin, Shop, Songs, Survival, Synagogues, Tasks, Value, Warm, Winter, Wise.

Solution: 8 letters

Downey Continues Cannabis Ban

STAFF REPORT

In April of 2019 the City of Downey, as part of a coalition of 25 local jurisdictions from across California, filed a lawsuit against the California Bureau of Cannabis Control [the BCC Action]. The lawsuit alleged that Title 16, section 5416 of the California Code of Regulations, which allows delivery of recreational cannabis to a physical address in any jurisdiction in California, even if that city has placed an ordinance prohibiting such deliveries, is valid under California law and inconsistent with Proposition 64.

The Court in the BCC Action ruled that Regulation 5416 does not prohibit cities and counties from regulating or prohibiting entirely the delivery of recreational cannabis. The Court also found that plaintiff jurisdictions were not subject to this regulation, because it only applies to state delivery licensees. Finding no conflict between the Regulation and the local ordinances, the courts dismissed the BCC Action. Under the court's decision, the City of Downey's ban on cannabis delivery is valid and fully enforceable.

Mayor pro tem Claudia Frometa added that the Council was pleased with the court's decision and that it guarantees protection of local cities so the state cannot take away local control.

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NORWALK

Continued from page 1

reaching effects on residents. Norwalk City officials have made several attempts to ensure that residents were not adversely affected by these unprecedented decisions initiated by the state and county.

In April, the City Council voted unanimously to impose a temporary ban to prevent motel conversions for temporarily housing homeless residents as part of Project Roomkey without prior city approval.

In July, the City Council unanimously passed an emergency ordinance that required any public agency to consult with the City prior to placing a homeless or COVID-19 facility in Norwalk.

In October, in response to the County's efforts to purchase Motel 6 on Rosecrans Avenue, the City informed County officials regarding the negative impact on Norwalk resources and recommended the County cease their efforts in purchasing the motel for that purpose.

City officials were informed that inmates being transferred into the facility have recently tested negative for COVID and have passed a background check. Both the local sheriff's department and metro police will be responsible for monitoring the facility.

Residents interested in obtaining more information regarding the use of the former "California Youth Authority" facility may contact Dr. Michael W. Barsom, Executive Director at the Metropolitan State Hospital, at (562) 863-7011.

COVID

Continued from page 1

comfortable people will be taking the vaccine.

For as long as anyone can remember, there have been required vaccines such as measles, mumps and rubella [MMR], hepatitis B and a DTap [diphtheria and tetanus]. A few years back HMG was deeply involved in investigating the mandated vaccine requirements for children to enroll in school. It wasn't the shot itself that had parents up in arms over it, rather the combination of ingredients together that made it a questionable vaccine.

Fast forward to December 8, 2020, Margaret Keenan, 90 years of age was the first person to be injected with the new CoVID-19 vaccine. In a released statement Keenan stated "I feel so privileged to be the first person vaccinated against CoVID-19, it's the best early birthday present I could wish for because it means I can finally look forward to spending time with my family and friends in the New Year after being on my own for most of this year." Keenan will receive her second dose of the vaccine in three weeks, when a full immunity is expected.

Along with the news of Keenan came a discussion of the forced mandate to vaccinate. There are companies that are considering compulsory CoVID vaccinations as a condition of employment. As we understand it, should your employer make it mandatory, an employer can require that the vaccine be taken.

Over the last week LCCN / CN has scanned various polls and four-in-ten Americans say they would not take the vaccine. Pew Research Center states, "While this is higher than it was two months ago, to achieve herd immunity, 'experts' say that 70% of the population needs to be vaccinated or have natural antibodies."

Some in the restaurant sector think that making the vaccine a condition of employment state in could be advanta-

geous to tell customers that all their employees have been vaccinated.

In a press release it was stated that, "Under the law an employer can force an employee to get vaccinated and if they do not take it, they can be fired." It went on to say that private businesses have extensive rights and as a safety rule can request that the vaccine be taken.

There are a few exceptions. If a work force is unionized, the collective agreement may require negotiation with the union before making the vaccine mandatory. Anti-discrimination laws also provide protection. Under the Americans with Disabilities Act, workers who don't want to be vaccinated for medical reasons are eligible to request and exemption. The employer would have to accommodate this and allow the employee to work remotely. Under Title VII of the Civil Rights Act of 1964, if the vaccine is a violation of your religious belief, this too would be an 'opt out' option.

According to John Hopkins University the legal precedent for mandatory vaccinations dates back to 1905 Supreme Court case after a smallpox outbreak. Joanne Rosen, a legal and public health expert at the Centre for Law and Public Health stated in a podcast, "States have the legal and constitutional authority to require that the people who live in that state be vaccinated or to introduce a mandate." However there was precedent set in the 1905 lawsuit with the argument that the right not to be vaccinated was constitutionally protected liberties were being infringed upon.

One move toward a mandate vaccine could be a strong recommendation and education campaign. As stated in the Hopkins review, "A particular issue that we may face with a CoVID-19 vaccine, which does not arise with others are questions about safety, because it is new. Measles, mumps, rubella, polio and smallpox vaccines have been around for decades, if not even longer. They are regarded as safe and we have the data to support that. But CoVID-19 vaccines are new, there are concerns."

SALVATION ARMY

Continued from page 1

as high as 155 percent more during the holidays.

This past Saturday, December 5th, the Salvation Army Bellflower held a free mask and hand sanitizer drive-thru distribution at Simms Park under the new campaign 'Safe for the Holidays.'

Carlos Figueroa, Event Coordinator for Salvation Army Bellflower, stated, "We want to help families to be safe during the holiday season, we are giving out masks, hand sanitizer, wipes, water and tissue, it's a beautiful day to serve our community."

All the items were packed in a contactless bag to be taken home. The event was a drive through only event and the Salvation Trio was playing. "Today, many residents came by to pick-up the PPE, many loved the music, said Figueroa.

The Salvation Army Kettle Bug was on site to encourage residents to chip in their spare change. "The bug goes everywhere with the campaign," Figueroa stated, "the oversized coin slot on the back reminds people that pennies add up to dollars and it is our main fundraiser."

This year their campaign is called #RescueChristmas where people can donate online and all the funds go to help those in the community. If you donate in Bellflower, the money stays in Bellflower. "We are happy to serve the community. We want to help those affected by the pandemic until it is .

La Palma Welcomes Two New Officers



La Palma welcomed two new officers recently. Megan Elwood Miranda (top) takes her oath for the La Palma Police Department. Miranda is a former School Resource Officer with the Long Beach Unified School District and holds a bachelor’s degree in Liberal Arts. Evan Martin is a former Los Angeles Police Officer with over 26 years of experience. He is a La Palma native and holds a bachelor’s degree in Criminal Justice.

Woman Tried to Kidnap Two Children in Norwalk

A woman snatched a 1-year-old and a 3-year-old from a Norwalk park Wednesday, Dec. 2., but the mother was able to get her children back, authorities said.

The suspect allegedly admitted to smoking methamphetamine, according to Sheriff’s Lt. Tenaya Brown.

It happened shortly before 1:26 p.m.

A woman was at Robert White Park, 12120 Hoxie Ave., with her children when the suspect grabbed the baby, the toddler and a cell phone, Brown said.

The suspect started running. The

mother chased after her, took her children back and called 911, Brown said.

The suspect was still at the park when deputies arrived. They detained the woman who began fighting with deputies, Brown said.

Deputies arrested a 33-year-old woman on suspicion of kidnapping, resisting arrest and vandalism. She was being held at the Century Regional Detention Facility in Lynwood.

The suspect has a Friday court appearance at Bellflower Superior Court.

Bowers Receives National Recognition



THE BETTY HUANG COURTYARD at Bowers. There’s also an outdoor sculpture garden, a coral tree court and an entrance just off Main Street, visitors don’t have to enter under the signature bell-tower arch anymore, though that will remain an entryway.

STAFF REPORT

The Bowers Museum has again achieved accreditation by the American Alliance of Museums, the highest national recognition afforded to the nation’s museums. Accreditation signifies excellence to the museum community, to governments, funders, outside agencies and to the museum going public. Bowers Museum was initially accredited in 1993. All museums must undergo a reaccreditation review at least every ten years to maintain their elite status.

Of the nation’s estimated 33,000 museums, only 1070 – three percent – are currently accredited.

Alliance Accreditation brings national recognition to a museum for its commitment to excellence, accountability, high professional standards and continued institutional improvement.

“Bowers Museum is thrilled to once again receive this honor and will strive to continue to act as a leader among Orange County and California art institutions by providing world class exhibitions and premiere programming for our entire community, despite all obstacles,” said Bowers President & CEO, Peter Keller.

“Accredited museums are a community of institutions that have chosen to hold themselves publicly accountable to excellence,” said Laura Lott, Alliance president & CEO,” Accreditation is clearly a significant achievement of which both the institutions and the communities they serve can be extremely proud.”

NOTIFY Continued from page 1

COVID-19 positive user must enter a valid verification code provided by the medical provider, lab, or local public health authority.

On iOS devices (version 13.7 or later) the exposure notification system is activated within Settings and no app installation is required. A user goes to Settings, scrolls down to Exposure Notifications, turns on Exposure Notifications, and selects United States then California.

On Android devices an app is available for download.

Dr. Christopher Longhurst at UC San Diego Health said in a statement that the app proved effective in a program in the fall involving an over 250,000 students, staff and faculty at seven UC campuses.

Of course there are privacy concerns and Newsom underscored that at the news conference.

“It’s 100% private, 100% secure, 100% voluntary. You opt in, and you can opt out,” he said.

The privacy concerns are very minimal, according to Apple and Google with the app getting tacit approval from the ACLU.

The app does not collect your name, your contact information, the identity of

the people you meet, nor does it track you location or movement.

Has the technology worked elsewhere?

Covid apps for mobile phones first appeared in Asia, China and South Korea. There, officials used a phone’s location information to track people.

It’s an approach being used in other parts of the world. In Israel, the government is scouring people’s mobile phone records to locate those who’ve been near someone who has tested positive in order to possibly quarantine those people. In Turkey, a person’s mobile phone software tracks their movements and who they’ve been near.

Here in the U.S., nine states have issued COVID-19 notification apps based on the Apple-Google technology with more states working on their own, according to a review by 9to5Mac.

Working with Microsoft, the Association of Public Health Laboratories recently launched a “national key server,” which will make it possible to use an app from one state while visiting other states.

In the dozen-plus states where the technology has been available so far, getting enough people to sign up has posed a huge hurdle.

Preliminary research by a team at Oxford University’s Nuffield Department of Medicine projected that 15% uptake of an exposure notification system in Washington state (combined with manual contact tracing efforts) could reduce infections by 15% and deaths by 11%.

Data from Nevada show how tough it is to reach that level of adoption. On Aug. 24, Nevada’s Department of Health and Human Services launched exposure notification app COVID Trace to its 3 million-plus residents. By Nov. 9, the app had been downloaded less than 70,000 times — just under 3% of the state’s adult population, according to Time magazine.

LA MIRADA Continued from page 1

Center, as well as various food pantries within La Mirada.

Mayor Lewis, and Councilmen Steve De Ruse and Anthony Otero passed out goodie bags and 60th Anniversary patches, parks and recreation handed out crafts to each child and staff took letters to Santa and placed them in a special mail box, all preceded the big finale with Kris Kringle and his sleigh naming every boy and girl that came by.

Lakewood Equestrian Center & Open Space Regional Master Plan

Come share your thoughts about the Lakewood Equestrian Center & surrounding open space!

Join a virtual Community Meeting on
Saturday, December 12, 2020
10 :00 am to 12 noon
https://us02web.zoom.us/webinar/register/WN_IA-FCwllSNIHHcTNGR57VA
or
Wednesday, December 16, 2020
5:00 to 7:00 pm
https://us02web.zoom.us/webinar/register/WN_XyGVe80dS5W9XIKMSLc6TQ

*Click links above to register & receive zoom link. Each meeting will have the same content.

The City of Lakewood is creating a regional master plan for The Lakewood Equestrian Center and surrounding open space including Ryner Park, the San Gabriel River trails and Camp Fire.

We are seeking community feedback about access and connectivity to these recreational spaces. Join this meeting to learn about the project and share your voice!

Any questions? Problems registering?
Contact Monica Carlos
monica@lani.org 323/482-0922



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With quality care close by, Erin has access to elite pediatric specialists. Pediatric physicians must go through additional schooling and more rigorous training than a typical doctor. This means Erin receives individualized treatment designed just for her growing body. Every child is unique, and so is their health, which is why we recruit and retain only the best pediatric specialists. Erin sees each member of her care team during one appointment and it’s the same familiar care team she had at diagnosis.

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