

Norwalk La Mirada School Board Transition

By Brian Hews and Tammy McDuff

Jesse Urquidi, Karen Morrison, and Chris Pflanzner were sworn in at this past Tuesday's NLMUSD Board meeting, a meeting that came with some tension after the election of officers.

Norwalk mayor and former school board member Leonard Shryock administered the oath of office to reelected board member Jesse Urquidi.

Urquidi thanked his wife of 29 years, saying, "She has often thought I was out of my mind, but has stood steadfastly beside me and supported me in my efforts."

He thanked all those that supported him in his re-election but gave special thanks to the residents of the district for entrusting their children into the care of the board and schools, and supporting all the numerous fundraisers and extra curriculum activities and "...for every once in a

See NLMUSD page 8

Cerritos Youth Sports Elementary Division Flag Football Team Wins SCMAF Tournament



The City of Cerritos Youth Sports Elementary division flag football team won the Southern California Municipal Athletic Foundation Tournament on Saturday Nov 21. Pictured are Head Coach Jon Nielsen, Assistant Coaches Corey Nielsen, Phil Garcia and Reggie Montez. Players are Mojo Castillo, John Martinez, Tyler Gattoc, Lawrence Pacheco, Adrian Alcalá, Aaron Montez, Josiah Joseph, Mario Mejico, Isiah Jordan, David Sagun, Eric Ace Louie, Mateo McIntosh, Jarret Nielsen. See Youth Sports page 12.

LIGHT RAIL SYSTEM CONNECTING ARTESIA WITH UNION STATION MOVING FORWARD

By Brian Hews

Senator Tony Mendoza (D-Artesia) and California State Treasurer John Chiang joined more than 100 local, state and federal officials, urban planners and transportation experts for the Eco-Rapid Transit 2015 Transportation Summit on Wednesday, November 18, 2015 at the Artesia D.E.S. Portuguese Hall, in Artesia.

The Transportation Summit featured discussion panels on strategies for creating transit oriented development, infrastructure, financing, and sustainable transportation for the Gateway Cities of Southern California.

See LIGHT RAIL page 13

HMG-CN ANNOUNCES 2015 FALL ALL-AREA TEAMS

Norwalk, Valley Christian Football, Girls Volleyball Squads Dominated Fall Accolades

By Loren Kopff

An Olympic League football title for Valley Christian High's football team and a share of second place in the Suburban League for the Norwalk High girls volleyball team were some of the highlights from the 2015 fall season. Also finishing in second place in the Suburban League was the Cerritos High girls volleyball team while the Gahr High spikers accomplished that feat in the San Gabriel Valley

League.

Here are the recipients of the HMG-Community News 2015 Fall All-Area Teams.

FOOTBALL

FIRST TEAM OFFENSE

- QB-Jesse Smith (Valley Christian)
- RB-Jordan Benoit (Artesia)
- RB-Gianni Hurd (Valley Christian)
- RB-Chris Walker (Norwalk)
- WR-Robert Downs (Valley Christian)

See ALL-AREA page 11

CALIFORNIA DROUGHT IMPACTS LOCAL CITIES

Study Recommends Water and Sewer Rate Increases for La Palma

By Brian Hews

Citing a water and sewer rate study by Wildan Financial, the City of La Palma will likely be raising water and sewer rates in 2016, with yearly adjustments until 2020.

Cities commonly conduct water and sewer studies every five years to ensure that rates meet the expenses necessary to operate the systems. Earlier this year, La Palma retained Wildan Financial to complete the rate analyses and now a public hearing is set for Jan 5, 2016 to discuss increases as recommended by the study.

The current utility rates were adopted in June 2010 and have not been adjusted since. During this period, costs have increased to both produce and purchase water and maintain the City's sewer sanitation system.

The drought has also impacted revenue, while water operation and importation

See WATER & SEWER page 14

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PEARL HARBOR SURVIVOR ATTENDS CEREMONY AT BATTLESHIP IOWA DEC. 7



SURVIVOR: On hand for the ceremony was Navy veteran and Pearl Harbor survivor Howard Bender, who was on board USS Maryland (BB 46) that "infamous" day.

Staff Report

L.A. Waterfront-The national ensign was lowered to half-mast on Battleship IOWA this past Monday, December 7 at 9:30 am to remember the 2,403 Americans who perished that day 74 years ago.

At exactly 9:48 a.m. a moment of silence was observed, then a solo bugler sounded taps to render honors. That coincided with the time (Pacific Standard) that the Japanese attack commenced.

On hand for the ceremony was Navy veteran and Pearl Harbor survivor Howard Bender, who was on board USS Maryland (BB 46) that "infamous" day.

Maryland was struck by two armor-piercing bombs, but was later repaired and became the first damaged ship at Pearl Harbor to return to duty and serve during World War II.

Other notables such as Rear Admiral (ret.) Mike Shatynski and veterans from World War II remembered those who served their country and gave the ultimate sacrifice.

"Many sailors who were killed during the attack on Pearl Harbor were part of

the San Pedro community fabric," said Dave Way, Curator of the Pacific Battleship Center. "Battleship sailors enjoyed liberty on San

Pedro streets after long deployments, cheered for their shipmates during fleet competitions at Trona Field, and met girls for sodas along Sixth Street."

For more than two decades San Pedro Harbor was the homeport for many of the ships attacked on December 7, including the battleships California, Pennsylvania and Arizona. The Arizona arrived at the San Pedro Battle Fleet anchorage in 1921, where she remained until April 1940. On December 7, 1941 the Arizona exploded and sank with a loss of 1,177 men - 211 who called California home.

Battleship IOWA Museum will have a temporary exhibit featuring Pearl Harbor artifacts, photos and other items, including actual pieces of the USS Arizona.

Battleship IOWA is open to the public daily from 10:00 am to 4:00 pm. For more information or to purchase tickets, please visit www.pacificbattleship.com.

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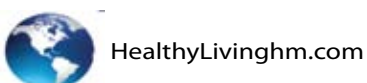
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Southeast ROP's Affordable Career & Technical Education Classes

ROP celebrates 45 years serving the community, classes starting January 2016.

In 1970, the Southeast ROP was formed as a collaborative of ABC Unified School District and Norwalk-La Mirada Unified School District.

Since that time, Southeast ROP has focused on providing career technical education to the adults and high school students of the community.

All of Southeast ROP teachers hold valid State of California CTE Teaching Credentials and bring experience from industry directly to the classroom setting.

Adult classes are low-cost; private colleges charge thousands of dollars more than the low-cost affordable fees charged by Southeast ROP.

Our adult classes include: CNA-Certified Nurse Assistant, Dental Assistant, Medical Assistant/ Administrative & Clinical, Medical Billing & Coding, Pharmacy Technician, Surgical Technologist, and Welding/Metal Fabrication.

Enrollment for classes is now open.

For more detailed information, please visit their website at: www.southeastrop.org

La Mirada to Host "All That Dance" on Dec. 11

Come out and dance the night away. "All That Dance" returns for a "Holiday Hop" themed evening on Friday, December 11 from 7 to 10 p.m. at the La Mirada Activity Center. Bring friends and come dressed in your favorite holiday dance attire.

Jim Gilman & Associates will be performing a variety of musical favorites.

Tickets can be purchased in advance or at the door at the La Mirada Activity Center for \$5 per person. Ages 18 and over are welcome.

The La Mirada Activity Center is located at 13810 La Mirada Boulevard. For more information, call (562) 902-3160 or visit www.cityoflamirada.org.

Firestone Boulevard Bridge Restoration Completed

By Tammye McDuff

The Firestone Boulevard Bridge replacement junction of the San Gabriel River is an \$11 million dollar renovation and a joint effort between the City of Downey and the city of Norwalk, "It has been a long time in coming, but the bridge has turned out to be a beautiful renovation for our city," said Mayor Luis Marquez at the Nov. 24 ribbon cutting.

The bridge was originally constructed in 1934. After decades of increasing traffic, the load of wear and tear almost rendered the bridge obsolete and in need of replacement.

The roadway had 3 lanes of traffic in each direction with a 2'-0" center median and 3'-6" sidewalk on each side and no shoulder or bicycle lanes. With the large traffic volume, and no shoulders, the lane widths were found to be substandard and the wood barrier rails did not meet current safety codes.

Construction began in early 2014 and the bridge was completed in approximately 20 months. The bridge can now accommodate an approximate 40,000 vehicles per day.

The renovations include a wider 6-lane roadway, with safety enhancements and



The newly finished bridge in Downey. Construction began in early 2014 and the bridge was completed in approximately 20 months at a cost of \$7.3 million.

pedestrian facilities. The bridge architecture features decorative columns and railings. The columns are illuminated at night with multi colored LED lights that can be programmed to support holiday themes. The project also features median islands with date palm trees and drought tolerant plants. The new bridge also features Downey monument signs as a welcome

into the city.

"This is a momentous occasion for us," stated Councilman Fernando Vasquez, "I was asked recently why spend so much money for a bridge upgrade. We have had a huge challenge with capital improvements nationwide. The city took appropriate action to plan ahead instead of waiting for possibly devastating accidents, and

See BRIDGE page 14

HMG-CN Welcomes New Advertising Consultant

Staff Report

HMG-CN is thrilled to welcome Jennifer Flores to their growing display advertising sales team.



Ms. Flores brings 10 years of display advertising and advertising consulting experience and was one of the top sales executives in her field while at the Pennysaver.

She will be interacting with all potential display advertising clients and will also be involved with HMG-CN's new direct mail magazine HMG Local Deals.

"We are expanding our sales force because there is great opportunities out there since the tragic demise of the Pennysaver," said HMG-CN Publisher Brian Hews.

"Nobody in the publishing business cared for what that inexperienced company did to the Pennysaver, they drove it into the ground and hurt many people and businesses. We are trying to revive that product and Ms. Flores will help us achieve our goals," said Hews.

Ms. Flores' email is jflores@cerritos-news.net.

NEW ARTWORK TO BE ADDED TO CERRITOS SCULPTURE GARDEN

Staff Report

The Cerritos City Council has approved two new pieces of artwork for the Cerritos Sculpture Garden.

Seven art pieces were submitted for consideration by four artists. The chosen works are "Flame" by Lyle London and "Joker" by Jeff Zischke. The sculptures will be displayed for two years as part of a temporary sculpture display program in the Sculpture Garden. Each artist will receive a \$2,500 stipend.

London's "Flame" features an aluminum base and is composed of painted fiberglass. The paint has a metallic sheen that reflects various colors as the ambient lighting changes. The structure stands 10 feet tall and has a 6-foot base.

Zischke's "Joker" stands 8 feet tall on a 4x4-foot base. The contemporary sculpture features abstract designs and is made of painted steel. The "Flame" and "Joker" pieces are expected to be installed by spring of 2016.

Also to be installed in the Sculpture Garden is the "Join the Parade" ensemble by artist Jane Rankin. The piece was previously displayed at the Cerritos Plaza Shopping Center.

The Cerritos City Council has approved restoration of the original eight-piece set at a cost of \$45,000 from the Art in Public Places Trust Fund. The fund is supported by contributions from the business community as part of the City's development requirements. "Join the Parade" is expected to be installed in the Sculpture Garden in the fall of 2016.

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Former La Mirada City Manager Elected Vice President of SoCal Chapter of Institute of Management Consultants

Staff Report

Management consultant Tom Robinson has been elected vice president of the Southern California Chapter of the Institute of Management Consultants (IMC) USA.

"The leadership team of IMC's Southern California chapter will be working with management consulting professionals throughout our dynamic region to enhance the quality of services consultants provide to a wide range of businesses and industries," says Robinson. "The Institute of Management Consultants USA is proud of its strong record of enhancing the professionalism and ethical standards of its members."

A certified management consultant, Robinson serves on IMC USA's national marketing committee. He operates TR Management Services, Inc., which assists businesses, non-profit organizations and public agencies in improving the quality of their services, products and facilities. An accredited member of the Public Relations Society of America, Robinson also assists organizations with marketing and public relations needs.

Prior to launching his consulting firm, Robinson's public sector experience spanned more than 40 years with three municipal governments in California. Robinson received a master's degree in public administration and a bachelor's degree in journalism from California State University Long Beach. He is a past president and current member of the Rotary Club of La

Mirada, and chairs the Grants Committee for Rotary District 5320, which includes Rotary Clubs in all of Orange County and portions of Los Angeles County. A founding member and past president of the California Association of Public Information Officials, he received the organization's Paul B. Clark award for Excellence in Communications.

The SoCal Chapter of IMC USA holds regular breakfast meetings at 7:30 a.m. on the first Friday of the month at The Lakes Golf Course, 400 S. Sepulveda Blvd. in El Segundo. The group also holds a Business Forum breakfast meeting on the second Thursday of the month at Mimi's Café, 4030 Barranca Parkway in Irvine. The chapter provides educational, certification and networking opportunities for professional consultants from disciplines such as operations, finance, human resources, marketing, technology, organizational development, and other areas. Further information is available at www.incusa.org. Interested persons may request to be included on the Southern California chapter email list.

IMC USA is the professional association and certifying body for individual management consulting professionals that conforms to the standards of the International Council of Management Consulting Institutes. IMC USA offers a full range of professional development opportunities and business resources through conferences, online resources, chapter events and networking among its diverse and experienced membership. These resources combine to help members provide greater value as trusted advisors to their clients, enhance the effectiveness of client organizations, and strengthen the consulting profession.

Downey Mayoral Transition: Saab Takes Over as Mayor, Vasquez as Mayor pro tem

By Tammye McDuff

The transition of mayor and election of mayor pro-tem for the city of Downey began with a whimsical and touching

mitted to repairing parks, and in keeping to the Parks Master Plan a new additions will be the creation of a pilot program for Park Rangers, "Because we are improving our parks, our property value has been



[l-r] New Mayor Alex Saab, Councilmen Luis H. Marquez, Sean Ashton, Roger C. Brossmer, and Mayor pro tem Fernando Vasquez. Photo by John Zander.

pledge of allegiance by outgoing Mayor Luis Marquez' three children, his twin nine year old boys and three year old daughter.

A moment of silence was then given for the victims of San Bernardino and fallen Downey Policeman Officer Galvez.

"I want to begin with 2008 slides," laughed Marquez, "here we are again, seven years later, and for me the toughest presentations are those here in these meetings in front of our residents and colleagues."

Marquez stated that many people knew his story, "I was born in Mexico, in a one street little town that had no electricity. My parents brought me and my siblings to America to pursue a better life. Only in America can a once undocumented little kid stand before you, attain the position as Mayor of this lovely city and achieve the American dream."

"The city of Downey has been through tough times and has grown to a forward thinking position. The Council has always made the Police Department a number one priority, helping to decrease crime in the last few years," comments Marquez, "We are extremely proud to say, even in the light of recent tragedies, we have been able to reduce crime in our city."

This year the Council has placed cameras at Brookshire Park and Golden Park, eventually all parks will have surveillance equipment in order to keep families and children safe. The council is strongly com-

maintained and improved," said Marquez.

The new Center Point Project is 117 housing units that will begin development at the former Gallatin Medical location on Paramount and coming soon to Downey is the Spring Hill Suites by Marriott.

Continuing with improvements to the city is the \$418 million seismic renovation of Los Alamitos Hospital, and with the help of Supervisor Knabe, a state-of-the-art sports complex will include 16 acres of proposed soccer and sports fields. Near future plans include to add a light rail station in the southern part of the city.

"It is important to continue to keep our residents involved and offer entertainment, and this is why we continue our Concerts in the Park, Veterans Rock n' Ride, Dia de los Muertos, food festival and rooftop concerts," said Marquez, "These are just a few of the events this Council and the Parks and Recreation Department are committed to offering the city."

The Downey Promenade is now open with the first business opening their doors at 24Hour Fitness and Downey Cinemark, which will be a high end movie going experience.

"What makes Downey great is our city staff and employees. This is what makes Downey a unique city. I have never stopped striving to be the leader you elected and not let you down. I am grateful for all your support. My time as Mayor has been an honor," noted Marquez.

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CRIME SUMMARIES

CERRITOS

There were 34 Part I felony crimes reported in Cerritos during this reporting period, an increase of nine from the previous week. The following is a breakdown of crimes by category: one robbery, five residential burglaries, seven grand thefts, 15 vehicle burglaries, and five vehicle thefts. Cerritos Station deputies made one felony arrest, four misdemeanor arrests, two warrant arrests, and issued 52 citations. The Sheriff's dispatch center also received a total of 110 calls, a decrease from the 2015 weekly average of 246.

Robbery:

17300 block of Carmenita Road (11/23 – Afternoon): The unknown suspect walked into the bank and directly up to an open teller window. The suspect handed the teller a note demanding money. The teller gave the suspect the money in the drawer and the suspect quickly exited the bank and walked down a back alley out of view.

Residential Burglary:

16600 block of Monte Cristo Avenue (11/22-23 – Unknown): The unknown suspect(s) entered the attached garage of the home. It is unknown if anything was stolen.

12500 block of Kenobi Court (11/25 – Evening): The unknown suspect(s) attempted to enter the home by shattering a rear door. The home alarm sounded as soon as the door was opened. It appears the alarm scared away the suspect(s) before they made entry into the home.

16800 block of Jeanette Avenue (11/21-27 – Unknown): The unknown suspect(s) entered the home by shattering a rear sliding door. Miscellaneous valuables were stolen.

19300 block of Almadin Avenue (11/24-25 – Unknown): The unknown suspect(s) entered the attached garage of the home via the roll-up garage door. It is unknown how the door was opened. Tools were stolen.

18000 block of Holmes Avenue (11/24 – Evening): The unknown suspect(s) entered the home by shattering a rear sliding door. An electronic device was stolen.

Grand Theft:

342 Los Cerritos Center (11/24 – Afternoon): The unknown suspects entered the store, while it was open for business, and stole several clothing items that were on display.

327 Los Cerritos Center (11/24 – Afternoon): The unknown suspect(s) entered the store, while it was open for business, and stole several clothing items that were on display.

11500 block of South Street (11/27 –

Evening): The unknown suspects entered the store, while it was open for business, and stole several electronic devices. Store loss prevention officers were able to detain one of the three suspects and recover the stolen items. The suspect was arrested by Cerritos deputies.

11100 block of 183rd Street (11/23 – Evening): The unknown suspect entered the store, while it was open for business, and stole several items. Upon being confronted by store loss prevention officers, the suspect dropped all the items and fled through the parking lot. The suspect got away and all stolen items were recovered.

13300 block of 183rd Street (11/20-23 – Unknown): The unknown suspect(s) stole gas, tires, wheels, bicycles, and a scooter from a locked parking area.

11400 block of South Street (11/29 – Morning): The unknown suspect stole two electronic devices from a woman's purse and fled in a blue or gray SUV.

100 Los Cerritos Center (11/26 – Evening): The unknown suspect took a cell phone out of the victim's hand as she was walking through the parking lot. The victim was texting while the theft took place.

Vehicle Burglary:

13800 block of Carnaby Street (11/25 – Morning): The unknown suspect(s) entered a 2015 Dodge Challenger by punching the lock on a door. Nothing was stolen.

12700 block of Towne Center Drive (11/27 – Evening): The unknown suspect(s) entered a 2016 Kia Sorento by shattering a window. A purse that was left in plain sight was stolen.

12300 block of Carnaby Street (11/28-29 – Overnight): The unknown suspect(s) entered a 2014 Chevrolet 1500 by prying the lock on the truck bed cover. A tool bag was stolen.

278 Los Cerritos Center (11/27 – Morning): The unknown suspect(s) entered a 2014 Chevrolet Corvette by shattering a window. Nothing appeared to be stolen.

11100 block of 183rd Street (11/24 – Evening): The unknown suspect(s) entered a 2008 Nissan Altima by shattering a window. A backpack and an electronic device that were left in plain sight were stolen.

11400 block of South Street (11/29 – Evening): The unknown suspect(s) entered a Jeep by shattering a window. A purse and a box of pastries that were left in plain sight were stolen.

201 Los Cerritos Center (11/29 – Afternoon): The unknown suspect(s) entered a 2015 Chevrolet Malibu by damaging a door lock. A purse and an electronic device that were left in plain sight were stolen.

13400 block of Lucas Place (11/28-29 – Unknown): The unknown suspect(s)

entered a 2003 Honda Accord and a 1997 Ford Econoline and stole a pack and a set of keys. It is unknown how entry was made into the van but the Accord keys were in the cup holder inside the van which was used to open the trunk of the Accord.

11400 block of South Street (11/29 – Evening): The unknown suspect(s) entered a 2014 Ford Fiesta by shattering the rear window. A purse that was left in plain sight was stolen.

12300 block of Del Amo Boulevard (11/28 – Evening): The unknown suspect(s) entered a 2015 Subaru Crosstrek by shattering a window. A backpack and an electronic device that was left in plain sight were stolen.

19500 block of Nicholas Ave (11/28 – Morning): The unknown suspect(s) entered a 2007 BMW 328I by shattering a window. An electronic device that was left in plain sight was stolen.

16400 block of Debra Lane (11/22-23 – Overnight): The unknown suspect(s) entered a 1998 Honda Accord by shattering a window. An empty backpack that was left in plain sight was stolen.

11600 block of Jerry Street (11/28 – Morning): The unknown suspect(s) entered a 2009 Toyota Camry by shattering a window. Several electronic devices that were in plain sight were stolen.

11900 block of South Street (11/26 – Evening): The unknown suspect(s) entered a 2004 Chevrolet Astro and stole a comforter, racket, and gun scope. It is un-

See **CERRITOS CRIME** page 14

LA MIRADA

Robbery

A strong-arm robbery was reported on the 12200 block of La Mirada Blvd. The incident involved the victim confronting the suspect as they were attempting to burglarize the victim's vehicle. The incident remains under investigation.

Other Structure Burglary

An incident was reported on the 13900 block of Valley View Ave. Cash and medications were stolen from the location.

Vehicle Burglary

A burglary was reported on the 15000 block of Leffingwell Rd. Two locked vehicles and one unlocked vehicle were targeted in the incident.

An incident was reported on the 12800 block of Corley Dr.

Grand Theft

Batteries were reported stolen on the 14200 block of Gannet St. A suspect was arrested in connection with the incident.

A bicycle was reported stolen from a driveway on the 15400 block of Grovehill Lane.

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ABC Unified School District Wins Two Golden Bell Awards



[l-r] Christina Moreau, Gahr HS Teacher; Sandi Hayase, Program Specialist; Board Member Maynard Law, Dr. Cheryl Bodger, Director of Schools, Superintendent Dr. Mary Sieu; Valencia Mayfield, Asst. Superintendent-Academic Services; Board President Olympia Chen; Board Member Sophia Tse; Board Clerk-Soo Yoo.

On Dec. 5, ABC Unified School District was honored with two 2015 Golden Bell Awards by the California School Boards Association at a lunch ceremony held at the Marriott Marquis Hotel in San Diego. The two programs honored included the ABC Youth Leadership Summit and the Multi-Tiered System of Support. Attending the Awards Ceremony were President of the Board Olympia Chen, Board Clerk, Soo Yoo, Board Members Maynard Law and Sophia Tse. In addition, Superintendent Dr. Mary Sieu, Assistant Superintendent Valencia Mayfield, Director of Schools, Dr. Cheryl Bodger, Sandi Hayase, Program

Specialist and Gahr HS teacher Christina Moreau attended the awards luncheon and presented at the Showcase.

The goal of the ABC Youth Leadership Summit is to promote a positive school culture by increasing student's attendance and engagement in school leadership opportunities and decreasing the number of disciplinary referrals and participation in high risk behaviors. This program is a collaborative partnership of the ABC Unified School District and the USC School of Social Work since 2010. Following the Youth Leadership Summit held at USC each year, over 200 middle and high school students are expected

to share the workshop information with their classmates and to encourage school participation in their service learning project.

The Multi-Tiered System of Support (MTSS) is a coherent continuum of evidence based, system-wide practices to support a rapid response to students' socio-emotional needs. The MTSS provides support in classrooms teaching socio-emotional skills; support the transitions during grade changes through youth leadership programs; increased home-school connections; early intervention services and facilitation of student and family access to effective social services. Since 2005, the ABC Unified School District has had a Community Resource Team to provide intensive, one to one services with the student and their families. As the years passed, the Community Resource Team evolved from primarily a network of agencies providing early mental health services to the current Multi-tiered System of Support providing school based supports from early interventions to more intensive interventions. The number of students served each year has increased ten-fold with over 2500 students served each year. Today, the District works with almost twenty community based agencies and county departments to provide these services.

According to Superintendent Dr. Mary Sieu, each year, over 300 applications are submitted for the prestigious Golden Bell Awards Program in California and 45 programs are recognized. This will be the 14th and 15th Golden Bell Awards given to ABC Unified School District since 2002.

La Mirada SeniorNet Offers Computer Classes

Older adults interested in learning to use a computer or improving their computer skills are invited to join La Mirada SeniorNet for its upcoming winter class running from January 4 through April 3 at the La Mirada Activity Center. SeniorNet computer classes are specifically for adults 50 and older with little or no computer knowledge. The program provides an easy-to-follow curriculum and offers a variety of courses, seminars, and workshops ranging from basic computer programs to creative design.

Upcoming classes include Introduction to Computers Parts 1 and 2, Introduction to the Internet, Magic of Spreadsheets, Digital Photography, and Typing Tutor classes. These introductory classes are perfect for adults looking to become proficient with a personal computer, preserve old photographs or take new ones using digital cameras, and access the Internet.

"SeniorNet is a great place for adults to learn about computer basics at their own pace," says Community Services Supervisor Lisa Montoya. "The classes are small and taught by experienced volunteer instructors and coaches."

A SeniorNet membership is needed to register for courses. Annual memberships may be purchased for \$44 or renewed for \$34. The next registration date will be on Friday, January 8 from 9:30 to 11:30 a.m. at the La Mirada Activity Center, located at 13810 La Mirada Boulevard. For more information, call (562) 902-3160.

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Grand Opening Celebration, Holiday Open House & Toy Drive Held by Senator Tony Mendoza



The many gifts donated by generous local area residents at State Senator Tony Mendoza's new office. Photo courtesy Sen. Mendoza's office.

Staff Report

Senator Tony Mendoza (D-Artesia) hosted a grand opening celebration and holiday open house and toy drive this week for his new 32nd State Senate District Office located at 17315 Studebaker Road, Suite 332, in Cerritos.


At the grand opening, Senator Mendoza and his staff welcomed residents and local elected officials and collected toys for his 2015 Holiday Toy Drive for children in need. Photos can be found at Senator Mendoza's website: <http://sd32.senate.ca.gov/galleries>.

"I thank all the members of the community and local elected officials who attended the grand opening of my new

32nd Senate District Office. Additionally, I also thank everyone who donated a toy. It will bring some joy to a child this holiday season," said Senator Tony Mendoza.

"My new office provides a centrally-located and accessible place where constituents can come to get help or assistance from me or my staff. It is truly an honor to serve them," added Senator Mendoza.

Residents of the 32nd Senate District are encouraged to contact Senator Mendoza or his staff or visit his new office regarding any local or state matter at: 17315 Studebaker Road, Suite 332, Cerritos, CA 90703 (562) 860-3202.




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NLMUSD

Continued from page 1

while, whether it needs it or not, reaching into your child's backpack and washing their gym uniform."

Urquidi was honored with certificates of appreciation and recognition by the Cerritos College, Congresswoman Linda Sanchez and Senator Tony Mendoza.

City of La Mirada Mayor, Pauline Deal and former school board member, administered the oath of office to reelected board members Karen Morrison and Chris Pflanzner. Both continue to be an advocate for student's while supporting the educational programs and public education. They vow to continue to broaden community relationships, and to serve with integrity ensuring a quality educa-

tion for all students.

The NLMUSD reorganization and election of officers for 2015-2016 was a unanimous vote with Karen Morrison, President and Sean Reagan, Vice President and Clerk of the Board.

The transition was not without a bit of controversy as La Mirada Councilman Steve De Ruse got up during public comment and told the board the Boards that, "they made the easy decision but not the right one."

In a conversation with HMG-CN, DeRuse said that he did not agree with the appointment of Reagan as VP.

Appointments of representatives did not vary from the 2014-2015 appointments. The County Committee on School District Organization will be held open until the next school board meeting due to the absence of Darryl Adams who held the office for 2014-2015.

Area Businesses Warned of Fire Inspection Scam Alert

Staff Report

The Los Angeles County Fire Department is warning local businesses of an ongoing scam involving fraudulent fire protection companies. Employees of these fraudulent companies enter businesses claiming to have a work order to conduct an inspection at the location. Knowing the warning signs can help prevent your business from falling victim to this scam.

The fraudulent companies will attempt to mislead business employees by telling them they work with the fire department, took over for the previous company, or are the new company to perform the work. The fake inspectors then try to gain a signature of an employee so they can legitimize themselves. Despite having no contract of the scheduled inspection, the employees of these fraudulent companies try to convince a representative of the business to let them walk the property.

"If your business did not request a private company to inspect your fire equipment, you should refuse services from them," says Los Angeles County Fire Department (LACoFD) Inspector Steve Straight. "Do not sign any contracts provided by these companies as they will try to bill you for their fraudulent services."

If you have any doubt about what is required regarding your fire equipment or life safety needs, contact the fire department with any questions and concerns. Any businesses that have had any contact with these fraudulent fire inspectors are encouraged to call the Los Angeles County Fire Department East Region Fire Prevention Office at (562) 860-8014.



[l-r] NLMUSD VP and Clerk Sean Reagan, Boardmembers Ana Valencia, Jesse Urquidi, President Karen Morrison, Boardmembers Margarita Rios and Chris Pflanzner.

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Timmons Auto Group Toy Drive for Miller Children's & Women's Hospital Long Beach

Around the holidays each year, the toy supply in the pediatric playrooms at Miller Children's & Women's Hospital Long Beach begins to dwindle. But for the past 14 years, Timmons Volkswagen and Timmons Subaru of Long Beach have helped bring a day of fun

21, the car enthusiasts brought enough toys to last for months. The toys delivered during the annual toy jam help stock up the pediatric playrooms at Miller Children's, which are used by hundreds of patients and siblings each year. In ad-



More than 20 volunteers from Timmons Volkswagen and Timmons Subaru of Long Beach were on hand to brighten spirits of hospital children.

and excitement to the patients at Miller Children's by sponsoring the annual Toy Jam event to replenish the hospital's toy supply. Driving in a caravan from Timmons of Long Beach to the parking lot at Miller Children's, dozens of Volkswagen and Subaru owners lined up to create a special car show just for hospitalized patients and their families.

As part of the hospital's Child Life Program, Miller Children's has three playrooms, where young patients and their families can spend time having fun, while taking their minds off hospitalization. Child Life Specialists provide as many play opportunities as possible in the hospital setting. On Saturday, Nov.

21, the car enthusiasts brought enough toys to last for months. The toys delivered during the annual toy jam help stock up the pediatric playrooms at Miller Children's, which are used by hundreds of patients and siblings each year. In ad-

dition, each patient who attended the toy jam walked away with a bag full of goodies courtesy of the various car owners. "Our ability to care for our patients and families depends on the support of our community, and the Annual Toy Jam is a great example of that community support," says Rita Goshert, manager, Child Life Program, Miller Children's. "Not only do they provide essential items that we can use throughout the year, but they create a special experience for our patients and families that help lift their spirits during a difficult time."

Hundreds of donated toys were taken from a caravan of cars and transported throughout the hospital in giant cribs.

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HOLIDAY FOOD DRIVE

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The L.A. County Sheriff's Department – Lakewood Station is assembling holiday dinner baskets for needy families in the seven communities that they serve. Toys will also be given to children 12 and under. Please consider giving to the less fortunate by donating requested food items and unwrapped children's toys. See list of needed items at www.cityofartesia.us.

CITY COUNCIL REORGANIZATION

MONDAY • DECEMBER 14 • 6 pm
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For additional information on City of Artesia events please call the Parks & Recreation Dept: 562-860-3361

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CERRITOS, LEONARD TURN TABLES ON GAHR AS DONS HOLD FOR TOURNAMENT CHAMPIONSHIP

By Loren Kopff
@LorenKopff on Twitter

The Cerritos High and Gahr High boys basketball teams concluded its own Varsity Tip-Off Tournament with a delicious appetizer. The city rivals hope that tonight's main course will be even better when they hook up again in their annual non-league, non-tournament contest at Cerritos.

The Dons began the second half of last Saturday's championship game on a 14-0 run and held on to knock off the Gladiators 83-76. It was a role reversal from last season when the two squads met in the finals of this tournament and Gahr turned a 39-30 halftime lead into an 81-42 victory, thanks to its own 14-0 run to begin the second half. But this time around, Cerritos went into the locker room with a slim 38-37 advantage.

Another key component to the Cerritos victory was senior guard Evan Leonard, who poured in a game-high 36 points. In last season's title game, Leonard, who was injured, scored a mere seven points, his lowest output of last season. But he came back with a vengeance this time around and was 21 of 24 from the free throw line while grabbing a team-high 10 rebounds.

"I definitely wanted to come back stronger," Leonard said. "Last year we lost by a whole lot of points and it was embarrassing. We thought we were ready but we weren't ready, though. This year we wanted to take over and show that we've come a long way."

"It's a different team," said Cerritos co-head coach Jonathan Watanabe. "We are a completely different team and I really like this group. You saw it all tonight. You saw the senior leadership;

you saw the young guys coming in and giving us good minutes with some talent. It's just a good group. They're all very unselfish and winning is first."

The Dons found themselves down 16-8 nearly midway through the first quarter after Gahr sophomore guard Kristopher Smith drained his second three-pointer of the stanza. Following a downtown basket from Gahr junior guard Marvin Bragg, which made the score 19-12, Cerritos (4-0) scored the next nine points with the final two coming off a steal and basket from Leonard, a University of California, Irvine signee.

Gahr (3-1) would again open up a seven-point lead 56 seconds into the second quarter before the Dons went on a 12-2 run to lead 33-30 after another steal and basket from Leonard with 4:02 left in the half. A long distance shot from junior guard Jason Fernandez put Cerritos up 38-37 at the break, a lead it would not surrender in the second half.

Leonard, the tournament's most outstanding player, was just getting warmed up with 18 points in the half on four of seven shooting from the field and nine of 10 from the charity stripe. However, both teams had combined for 24 turnovers in the half and Bragg missed most of the second quarter after picking up his third foul with 5:35 left in the half.



"You have two good teams and that's what it really comes down to," Watanabe said. "You have a lot of talent on the court out here and it affects both sides of the ball. So when you have two teams that are playing good offense and good defense, the defense is going to create

some turnovers. You just have to keep playing through them and not hang your heads on any of them."

The game began to turn in Cerritos' favor in the third quarter when senior guard Uchenna Nnoli scored a pair of baskets and senior guard Brandon Yoon and Leonard each added one within the first three and a half minutes as the Dons now led 46-37. Following a Gahr timeout, sophomore guard Jyvonnte Moore extended the lead before Bragg picked up his fourth foul less than four minutes remaining in the quarter.

"In the second half, we knew we had to play a real good half," Leonard said. "Especially going into the fourth, we knew we had one quarter to get it done. We came out strong."

Smith would end Gahr's scoring drought at the 3:21 mark but seven seconds later, he too picked up his fourth foul. Still, the Gladiators were able to turn a 15-point deficit to a four-point margin early in the fourth quarter.

"We just stuck to the game plan," Watanabe said. "Everyone did their job. I'm just proud of our guys; the effort that they put on the court and the resiliency, because Gahr made those runs and

there are chances where you can fold or succumb under pressure."

But Leonard would score 12 points in the final stanza, all but two coming from the line, and senior guard Jaylen Jones added eight points before fouling out late as the Dons were able to hang on for the victory. Nnoli scored 12 points and was named to the all-tournament team while senior guard Trenton Abundo, also named to the all-tournament team, added 11 points, eight rebounds and six assists. Moore came off the bench to pull down eight rebounds

"When you have a guy like Evan Leonard, it's easy to play the game," Watanabe said of the rest of his team. "It makes everything easier for you. And I think the guys finally understand that he's going to get a lot of the attention. But that's going to help them in their game."

Cerritos had previously posted pool play victories over Warren High, 66-48, on Nov. 30, Bell High, 57-37 on Dec. 2 and Millikan High, 91-73, on Dec. 4.

Bragg (27 points, 12 rebounds) and Smith (19 points, four rebounds) paced the Gladiators, who previously knocked off West Torrance High, 84-54, Sunny Hills High, 73-64 and Western High, 66-38, on the same days as the Cerritos games. After tonight's game, the city foes will then participate in the North Orange County Championships with Cerritos facing Ayala High and Paramount High on Tuesday and Wednesday respectively while Gahr will square off against Lakewood High on Monday and Martin Luther King High on Wednesday.

"We're going to keep working," Leonard said. "We're going to keep working and we're going to come back on Friday and just get it done."

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FIRST TEAM DEFENSE

DL-Ravon Chambers (Valley Christian)
 DL-Roger Ramos (Valley Christian)
 DL-Jordan Thomas (Norwalk)
 DB-Robert Downs (Valley Christian)
 DB-Dominic Paul (Valley Christian)
 DB-Jonathan Tovar (Norwalk)
 DB-R.J. Van Kampen (Valley Christian)
 LB-Andre Armendarez (Norwalk)
 LB-Daniel Faamatau (Norwalk)
 LB-Jalen Hines (Valley Christian)
 LB-Quaid Kawana (Valley Christian)

SECOND TEAM OFFENSE

QB-Ausencio Navarro (Norwalk)
 RB-Kirk Brown (Norwalk)
 RB-Kaliq Hatcher (Cerritos)
 RB-Quaid Kawana (Valley Christian)
 WR-Michael Polk (Valley Christian)
 WR-R.J. Van Kampen (Valley Christian)
 LT-Omar Garcia (Norwalk)
 LG-Robert Chatman (Valley Christian)
 C-Bobby Renteria (Norwalk)
 RG-Jaden Alejo (Artesia)
 RT-Jesse Lotts (Norwalk)

SECOND TEAM DEFENSE

DL-Branden Brown (Cerritos)
 DL-Austin Minnema (Valley Christian)
 DL-Stanley Morris (Artesia)
 DB-Jacob Gisbert (Valley Christian)
 DB-Jordan Benoit (Artesia)
 DB-Billy Joseph Moore (Norwalk)
 DB-Quory Smith (Valley Christian)
 LB-Kirk Brown (Norwalk)
 LB-Isaiah Harris (Cerritos)
 LB-Hunter Stout (Valley Christian)
 LB-Samuel Talavera (Valley Christian)

HONORABLE MENTION OFFENSE

QB-Hector Sanchez (John Glenn)
 RB-Elijah Cendejas (John Glenn)
 RB-Daniel Faamatau (Norwalk)
 RB-Dominic Paul (Valley Christian)
 WR-Rian Hughing (Artesia)
 WR-Miguel Ochoa (John Glenn)
 LT-Andrew Shin (Cerritos)
 LG-Ryan Valencia (Artesia)
 C-Julian Dawson (Gahr)
 RG-Enrique Gonzalez (John Glenn)
 RT-Abel Perez (Cerritos)

HONORABLE MENTION DEFENSE

DL-Michael Ortega (Norwalk)
 DL-Xavier Robinson (Artesia)
 DL-Eric Schoonover (Valley Christian)
 DB-Trent Berkenkamp (Valley Christian)
 DB-Andrew Navarro (Norwalk)
 DB-Kameron Skiba (Cerritos)
 DB-Oscar Villarreal (Cerritos)
 LB-Josh Cruz (Cerritos)
 LB-Darian Green (Valley Christian)
 LB-Matt Sigala (Valley Christian)
 LB-Theodore Ude (Gahr)

Offensive Player of the Year-He only played in half a dozen games due to the 30-day transfer rule, but Valley Christian High running back Gianni Hurd made the most of those six games. The sophomore transfer from Lakewood High rushed for over 1,000 yards and scored an area-high 17 touchdowns on the ground, including a school-record seven against Templeton High in the California Interscholastic Federation-Southern Section Northwest Division first-round playoff game.

Defensive Player of the Year-Clearly, Valley Christian High junior defensive back R.J. Van Kampen was all over the field for the Crusaders. Van Kampen led the team with 99 tackles and an area-best

nine interceptions, which are four shy of the single season school record and six off of the school's top mark for a career.

Coach of the Year-After finishing in second place in the Olympic League for two straight seasons, Valley Christian High head coach Woodie Grayson guided the Crusaders to a 9-3 overall mark and a league title, the school's first since 2011 and first outright since 2009. The nine victories were the most since 2005 and the team yielded 82 points in the regular season.

GIRLS VOLLEYBALL**FIRST TEAM**

S-Chloe Winter (Valley Christian)
 OH-Madison Holmes (Valley Christian)
 OH-Ashley Whittall (Norwalk)
 MB-Katelyn Albani (Valley Christian)
 MB-Ifeoma Okoli (Cerritos)
 OPP-Norma Marquez (Norwalk)
 DS-Kathleen Perez (Norwalk)
 L-Paola Nava (Norwalk)

SECOND TEAM

S-Lauren Oh (Cerritos)
 OH-Vanessa Cardenas (Norwalk)
 OH-Jazmynn Parrish (Gahr)
 MB-Madison Huizar (Valley Christian)
 MB-Zanache Stanton (Gahr)
 OPP-Tyra Parrish (Gahr)
 DS-Kaylee Westra (Valley Christian)
 L-Allison Sutherland (Valley Christian)

THIRD TEAM

S-Brenda Hernandez (Norwalk)
 OH-Amber Han (Cerritos)
 OH-Samantha Oh (Cerritos)
 MB-Kelly Amalu (Cerritos)
 MB-Shantelle Marshall (Gahr)
 OPP-Leslie Leanos (Norwalk)
 DS-Naomi Belgrave (Gahr)
 L-Nicole Medina (Cerritos)

HONORABLE MENTION

S-Niahni Moultry (Gahr)
 OH-Allison Oh (Whitney)
 OH-Brianna Garcia (Artesia)
 MB-Erika Espinoza (John Glenn)
 MB-Kerryn Harrington (Valley Christian)
 OPP-Aubrey Schwieger (Valley Christian)
 DS-Karen Kaur (Whitney)
 L-Cristal Constantino (Gahr)

Player of the Year-Norwalk High junior outside hitter Ashley Whittall was a consistent force for the Lady Lancers, one of the reasons why the team shared second place in the Suburban League with Cerritos High. Whittall helped guide a Norwalk squad to a 15-10 overall record and 9-3 in league. Among her top performances, Whittall had 21 kills at Cerritos on Oct. 8, 20 kills against La Mirada High on Oct. 15, 16 kills against Mayfair High on Oct. 1 and against John Glenn High on Oct. 20 and 15 kills against Cerritos on Nov. 2.

Coach of the Year-By far, this past season was the best for Gahr High head coach Iris Najera in her four seasons with the girls program. The Gladiators finished 16-10 overall and went 8-2 in the San Gabriel Valley League. Both victory totals are the school's best since going 17-5 overall and 10-0 in league action in 1998. Gahr finished in second place for the sixth straight season and came within a game of sharing a league title.

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 200,000 readers every
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 Directory page 6!**

VALLEY CHRISTIAN BOYS BASKETBALL GETS TOURNAMENT GOING IN BIG WAY

By Loren Kopff

The Valley Christian High boys basketball team opened up pool play action of its 55th annual tournament in convincing fashion with a 69-18 rout over West Valley High this past Tuesday night. Four players scored in double figures as the Crusaders were never challenged, leading by a 42-4 count at halftime.

Senior Ronald Massey came off the bench to score a game-high 17 points while senior Vaj Rice scored 12 of his 16 points in the first half. Senior Jordan Mitchell and junior Ryan Porter each scored 10 points and Porter led the Crusaders with seven rebounds. Senior Robert Downs and sophomore Jacob Green each had five of the team's 19 steals while senior Stedmon Bryant led with four assists.

V.C. played South Torrance High this past Wednesday for first place in one of four pools with the winner to face Fountain Valley High, La Habra High or Norwalk High tonight.

Elsewhere in the tournament, Norwalk split its two pool play games, getting past La Habra High 56-50 this past Monday before falling to Fountain Valley High 51-40 this past Tuesday. The Lancers trailed the Barons 16-4 after the opening quarter and was down by 15 points at the half. Senior Keno Valdenor scored a team-high 14 points and pulled down seven rebounds while senior Omar Tinoco and junior David Balderas each pitched in with six points.

GIRLS BASKETBALL

First round action of the John Glenn/



HMG-CN Sports
 Editor Loren Kopff

**NEWS AND
 NOTES FROM
 PRESS ROW**

Norwalk Tournament began this past Wednesday with four area teams participating. Whitney High fell apart in the second half and fell to Westchester High 61-36. The Comets are on the top teams in the California Interscholastic Federation-Los Angeles City Section. Junior Nicole Lee led Whitney with 12 points while freshman Justine Wu added nine points. The Lady Wildcats played La Serna High on Dec. 10.

Co-host John Glenn High also fell apart in the second half and succumbed to Compton Centennial High 46-29. Sophomore Savannah Madrid poured in a team-high eight points while junior Saurianna Harrison and sophomore Dalilah Mendoza each added half a dozen points. The Lady Eagles met Santa Fe High on Dec. 10.

Norwalk High was trounced by Legacy High, another L.A. City Section participant, 77-37 and faced Long Beach Jordan High on Dec. 10.

Gahr High trounced Santa Fe 52-20 this past Wednesday and faced Centennial in a quarterfinal game on Dec. 10 with the winner to face the winner of the Westchester/Fullerton High game tonight. Gahr was up 25-4 after the first quarter against the Chiefs. Sophomore Naomi

See **NEWS AND NOTES** page 12



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NEWS AND NOTES

Continued from page 11

Ellis paced the Gladiators with 13 points and 11 rebounds while senior Angelica Soltis added 10 points. Freshman Hannah Kumiyama crashed the boards to the tune of 10 rebounds.

YOUTH SPORTS

The City of Cerritos Youth Sports Elementary division flag football team won the SCMAF (Southern California Municipal Athletic Foundation) Tournament on Saturday Nov 21, 2015. Head Coach Jon Nielsen, whose teams have come in first Place the past three seasons, is no stranger to these All-Star playoffs, having played in them himself when he was younger and coaching nephews Casey and Corey Nielsen during their All-Star years.

Cerritos routed the City of Hawaiian Gardens 40-0 on Nov. 20 behind strong performances from quarterback Jarret Nielsen and running back Mateo McIntosh on offense and safety Tyler Gattoc and linebacker David Sagun on defense. Cerritos faced the City of Downey on Nov. 21 and continued its strong performance, shutting Downey out 28-0. Cerritos then faced the City of Inglewood in the championship game and won 24-14. Jarret Nielsen tossed three touchdown passes, one each to Gattoc, McIntosh and Sagun. Gattoc also had three interceptions.

The rest of the players are: Adrian Alcalá, Mojo Castillo, Isiah Jordan, Josiah Joseph, Eric Ace Louie, John Martinez, Mario Mejico, Aaron Montez, and Lawrence Pacheco. Assisting Jon Nielsen are Phil Garcia, Reggie Montez and Corey Nielsen.

Seven NLMUSD Students to Perform in Tournament of Roses Honor Band

Musicians chosen from pool of more than 600.

Staff Report

Seven high school students from the Norwalk-La Mirada Unified School District have been selected to perform in the 2016 Tournament of Roses Parade Honor Band.

The students were selected from a pool of more than 600 musicians throughout Southern California and will join 200 Honor Band members consisting of instrumentalists, a flag pageantry and the Pasadena City College Lancer Marching Band.

The NLMUSD students practiced their routines throughout the year, while continuing their music instruction and performing in their high school bands and other music programs.

“It’s such an honor for our students because it was a rigorous audition process,” said Karen Calhoun, Norwalk-La Mirada Unified Visual and Performing Arts Coordinator. “Now, our students get to perform with top musicians from across Southern California.”

This year, the student musicians chosen from the District are:

- John Glenn High: Gabriela Perez, senior, alto saxophone; Giovanni Gallegos, junior, trombone; Leo Barcenas, senior, tuba;

- Norwalk High: Jennifer Sanchez, senior, alto saxophone;

- La Mirada High: Carina Calvillo, junior, flag line pageantry; Cristina Navarrette, junior, flag line pageantry; Robinson Velez, junior, xylophone

The Honor Band chose just 10 saxophone players and five performers for flag



JOHN GLENN HIGH: John Glenn High students from left, Giovanni Gallegos, Gabriela Perez and Leo Barcenas will march in the Pasadena City College Tournament of Roses Honor Band on New Year’s Day.



LA MIRADA HIGH: La Mirada high School students from left, Christina Navarrette, Robinson Velez and Carina Calvillo will march on New Year’s Day in the Pasadena City College Tournament of Roses Honor Band.

line. This is the second year that Barcenas, Navarrette and Sanchez were chosen to join the Honor Band.

“Jennifer is really self-motivated and practiced with minimal help from me,” Norwalk High School’s Band Director Doris Doyon said. “She’s one of our top



NORWALK HIGH: Norwalk High School senior Jennifer Sanchez will play alto sax on New Year’s Day in the Pasadena City College Tournament of Roses Honor Band.

students and is musically really gifted.”

La Mirada High School Director of Music Geena Biondi held clinics and workshops to prepare her students for the auditions. Biondi, a Pasadena City College alumni, performed in the Tournament of Roses Parade as a member of the Lancer Marching Band and in her junior and senior high school years.

“I’m always thrilled to see my students take advantage of this opportunity,” Biondi said. She sets a high bar for her students to enable them to compete successfully for this honor.

The students began practicing for the

See **ROSE PARADE** page 14

Faces of hope

Allison Smith, 46
Pelvic Organ Prolapse Patient
Camp Coordinator

giveHope

advancing pelvic healthcare

Goodbye, pelvic organ prolapse. Hello, hope.

As a mother of six, Allison is always on the go. But she felt this nagging discomfort in her abdominal area that slowed her down. She came to Long Beach Memorial, where Dr. Jocelyn Craig diagnosed Allison with pelvic organ prolapse – shifting of the abdominal organs. Dr. Craig removed Allison’s uterus, which relieved her discomfort. Today, Allison serves as a “face of hope” by encouraging other moms at the campsite to speak up and advocate for their health.

Center for Women’s Pelvic Health



We giveHope.

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MemorialCare.org/LBPelvicHealth

LIGHT RAIL

Continued from page 1

One of the highlights of the summit was the revelation that the extension of the light rail system connecting Artesia with Union Station in Los Angeles is moving forward and that an environmental report on the system will be completed sometime in 2016.

Eco-Rapid Transit consists of the cities Artesia, Bell, Bellflower, Bell Gardens, Cudahy, Downey, Glendale, Huntington Park, Maywood, Paramount, South Gate, Vernon, and the Burbank-Glendale-Pasadena Airport Authority.

Supporting agencies include Caltrans, District 7, Metropolitan Transportation Authority (Metro), Gateway Cities Council of Governments, Southern California Association of Governments (SCAG), San Fernando Valley Council of Governments and Golden State Gateway Coalition.

Cerritos Mayor pro tem George Ray and Artesia Councilman Tony Lima are Gateway Cities Board Members.

The Measure R portion of the project from Artesia to Downtown Los Angeles is scheduled to be built by 2027.

Opening the meeting was Mendoza, who said the Eco-Rapid Transit project would transform not only Artesia but also all the communities along its route. "It will provide our residents with much needed access to regional, rail and bus systems, connecting them to work, hospitals, airports, entertainment, recreational facilities and a future rail station."

The Artesia station will be located west of Pioneer Boulevard and will be the end of the line station for the light-rail system. Passenger cars would be parked on the east side of Pioneer in the Cerritos.

Ultimately the 40-mile corridor, connecting Burbank with Artesia, will carry

up to 70,000 passengers daily, second only to the Blue Line.

The local line will have connections from Union Station to the cities of Artesia, Vernon, Maywood, Bell Gardens, Glendale, Paramount, Downey, Bellflower, Cudahy, Huntington Park, Commerce, Maywood, South Gate, Vernon, and Long Beach.

The estimated cost is between \$4.3-\$4.6 billion.

Fanny Pan, Director of Sub-Regional Planning at Los Angeles County Metropolitan Transportation Authority (METRO), said, "Following the withdrawal of the connection to Santa Ana in early 2013, we decided to do an environmental study that was completed in September. This included access into Union Station, changes of alignment, locating a new green line station, and Cerritos' request that they did not want the proposed terminus station in Artesia." They are hoping that a contract will be awarded next year.

CERRITOS OFFERS XMAS TREE RECYCLING

Residents in single-family homes can recycle their Christmas trees beginning Sat., Dec. 26 through Fri., Jan. 15 by placing them at the curb for pick-up by 7 a.m. on their trash collection days. The trees will be composted or used for the L.A. County Sanitation District's daily landfill cover.

Trees to be recycled should not contain any lights, tinsel, nails, metal stands or decorations, and should not be placed in bags. Trees more than 4 feet tall should be cut in half. Flocked trees will be accepted.

Businesses in Cerritos or residents living in apartments or condominiums can place trees next to their trash bin for collection. For more information, call the City's Public Works Department at (562) 916-1220.

CCPA REVIEW

Ten Tenors Turn Cerritos Toward a White Sort of Christmas

By Glen Creason

It might seem odd that a group of singers from Australia would kick off the holiday festivities at the Performing Arts but there was nothing ordinary about the very big and very good Christmas song-fest by the Ten Tenors at the Performing Arts Center Sunday evening. This is a polished group with harmony and dance moves as tight as the tuxedos the handsome gents wore for the action-packed show before a full house. For the most part the ten Aussie blokes made some old Christmas chestnuts shine up nicely with the strength of ten shades of tenor voice. There were the standards like "Joy to the World," "Adeste Fidelis," "Walking in a Winter Wonderland," "the Christmas Song" and "Sleigh Ride," that put the place in a merry state of the season. Just to mix it up the Ten men threw in some "Four Seasons" songs from "the Jersey Boys" and native pop like "Down Under," the Men at Work evergreen alongside a sweet "Waltzing Matilda." They even finished the first set with a Michael Jackson medley complete with a spirited "Billy Jean."

The second half of the show returned to a more sacred side with some secular exceptions. The Christmas tunes sounded excellent as done by the assorted tenors, sometimes in solo but mostly in perfect ten part harmony. While the young men's appearance pleased the ladies in atten-

dance they could all sing beautifully. While the theme was Christmas there were some lesser known treats such as "Thousand Candles," "All I Want for Christmas Is You," and Leonard Cohen's "Hallelujah" that worked very well times ten. In the season, there were old favorites like "Little Drummer Boy," "White Christmas," and a rousing "O' Holy Night." However there were two non-yule show-stoppers in "I Would Do Anything for Love" which never sounded better and Queen's "Somebody to Love" that got some gray Cerritos heads to nodding in rhythm. The show ended with a trio of encores, highlighted by a wonderfully pure "Amazing Grace" but even then the crowd cheered for more from the lads from down under.

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BRIDGE

Continued from page 3

reinforce a bridge that was severely depleted.”

Bicycle lanes will be added in the near future. Councilman Sean Ashton added, “Just to see the improvements that have been added is a bridge we can be proud of. This is a quality project.”

The Firestone Boulevard Bridge, located on Firestone Boulevard over the San Gabriel River adjoins the city boundaries between Norwalk and Downey in the southeast portion of Los Angeles County.

In March 2014 the City of Norwalk awarded a contract to Reyes Construction of Pomona in the amount of \$7,586,493 for the construction of the bridge. At that time, based on the bid from Reyes, the total estimated cost of the project, including construction engineering, contract administration and contingency was approximately \$9.5 million. The project was to be funded through a federal grant, endowing a little more than 88% of the project cost. Through a discretionary grant from the Los Angeles County Metropolitan Transportation Authority the remaining 11% was funded. The project was due to be completed December 2015 and was right on schedule.

WATER AND SEWER

Continued from page 1

tion costs continue to rise. Additionally, the tiered water rates ordered by Governor Brown further necessitated review and changes to the City’s current rate structure.

Proposition 218 also must be considered to ensure that rates correlate to how costs are incurred.

The Wildan study indicated that La Palma’s existing rates do not provide enough revenue to meet the expenses to operate and maintain the water and sewer systems over the next five years and recommended rate increases.

La Palma is proposing to implement new water and sewer rates as a series of annual revenue adjustments. The adjustments for water include an initial rate restructuring followed by 7.5% annual increases; for sewer 25% annual increases are proposed.

The City of La Palma receives its water from two primary sources that include groundwater from the two City owned wells and imported water supplied by the Metropolitan Water District (MET), purchased through the Municipal Water District of Orange County (MWDOC).

Currently 70% of the City’s water sup-

ply is from groundwater sources, while the remaining 30% is purchased from MWDOC.

Sewer treatment is provided by Orange County Sanitation District. The City’s sewer system is limited to collection service only. The current sewer rate structure consists of a single volume rate charged to all sewer customers based on their water usage.

According to the report, water rates will be \$31.46 in 2016 rising 7.5% every year after that: \$33.82, \$36.36, \$39.09, and \$42.03.

ROSE PARADE

Continued from page 12

Rose Parade on Nov. 8, and will continue to rehearse every weekend in December and through most of winter break. They will march over 25 miles in preparation for the six-mile parade down Colorado Boulevard.

“The Tournament of Roses Honor Band prides itself in playing the entire route of the parade,” John Glenn High School Band Director Frank Hinojosa said. “I’m very proud to have three members from our school in the ensemble.”

The NLMUSD students will also perform with the Honor Band at Disneyland

on Dec. 27 and for Bandfest at Pasadena City College on Dec. 30.

“I’m so proud that our students are being recognized as some of the best musicians in Southern California,” Board of Education President Karen Morrison said. “These are great kids who not only shine in their academics, but who will now get to demonstrate their passion and talent on a national scale.”

The 127th Tournament of Roses Parade will kick off at 8 a.m. Friday, Jan. 1.

CRIME

Continued from page 5

known how entry was made.

100 Los Cerritos Center (11/25 – Evening): The unknown suspect(s) attempted to enter a 2004 Ford F150. Pry damage was found on one of the vehicle door locks.

Grand Theft Auto:

16200 block of Arthur Street (11/25 – Afternoon): The unknown suspect(s) stole a 1997 Nissan Sentra from the parking lot.

18400 block of Gridley Road (11/23 – Evening): The unknown suspect(s) stole a 1997 Honda Civic from the parking lot.

435 Los Cerritos Center (11/29 – Evening): The unknown suspect(s) stole a 2006 Toyota Corolla from the parking lot.

16000 block of Bloomfield Avenue (11/25 – Afternoon): The unknown suspect(s) stole a 1991 Toyota pickup from the parking lot.

19100 block of Bloomfield Avenue (11/23 – Afternoon): The unknown suspect(s) stole a 1997 Nissan Altima from the parking lot.

NOTICE TO CREDITORS OF BULK SALE
(UCC Sec. 6105)
Escrow No. 1004081-KK
NOTICE IS HEREBY GIVEN that a bulk sale is about to be made. The name(s), business address(es) of the Seller(s) are: DAVID SHIM INC, 5818 BELLEFLOWER BLVD, LAKEWOOD, CA 90713
Doing Business as: HOWARD DRUGS
All other business name(s) and address(es) used by the Seller(s) within three years, as stated by the Seller(s), is/are: NONE
The location in California of the Chief Executive Office of the Seller(s) is: NONE
The name(s) and address of the Buyer(s) is/are: YOUNGHAE PHARMACY INC, 2285 ROOT ST, FULLERTON, CA 92833
The assets to be sold are described in general as: FURNITURE, FIXTURE, EQUIPMENT, TRADENAME, GOODWILL, LEASEHOLD INTEREST & IMPROVEMENT AND COVENANT NOT TO COMPETE and are located at: 5818 BELLEFLOWER BLVD, LAKEWOOD, CA 90713
The bulk sale is intended to be consummated at the office of: GLOBAL ESCROW SERVICES INC, 19267 COLIMA RD STE L, ROWLAND HEIGHTS CA 91748 and the anticipated sale date is DECEMBER 31, 2015
The bulk sale is subject to California Uniform Commercial Code Section 6106.2.
[If the sale is subject to Sec. 6106.2, the following information must be provided.] The name and address of the person with whom claims may be filed is: GLOBAL ESCROW SERVICES INC, 19267 COLIMA RD STE L, ROWLAND HEIGHTS CA 91748 and the last date for filing claims shall be DECEMBER 30, 2015, which is the business day before the sale date specified above.
Dated: 12/4/15
BUYER: YOUNGHAE PHARMACY INC
LA1609218 LOS CERRITOS COMMUNITY NEWS 12/11/15

NOTICE OF TRUSTEE'S SALE T.S. No.: 2015-03079 Loan No.: 223169066 A.P.N.: 7028-022-028 NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED (PURSUANT TO CIVIL CODE 2923.3(a)), THE SUMMARY OF INFORMATION REFERRED TO ABOVE IS NOT ATTACHED TO THE RECORDED COPY OF THIS DOCUMENT BUT ONLY TO THE COPIES PROVIDED TO THE TRUSTEES. YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 8/5/2010. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH, CASHIER'S CHECK/CASH EQUIVALENT or other form of payment authorized by 2424(h), (payable at the time of sale in lawful money of the United States), will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. Trustor: DILIP M. BUTANI AND RATNA D. BUTANI, HUSBAND AND WIFE AS JOINT TENANTS Duly Appointed Trustee: Entra Default Solutions, LLC 1355 Willow Way, Suite 115, Concord, California 94520 Recorded 8/13/2010 as Instrument No. 20101124542 in book _____ page of Official Records in the office of the Recorder of Los Angeles County, California, Date of Sale: 1/6/2016 at 11:00 AM Place of Sale: By the fountain located at 400 Civic Center Plaza, Pomona, CA 91766 Amount of unpaid balance and other charges: \$659,729.36 Street Address or other common designation of real property: 13248 CANTRECE LANE CERRITOS, CALIFORNIA 90703 A.P.N.: 7028-022-028 The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. We are attempting to collect a debt and any information we obtain will be used for that purpose. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgage, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 714-730-2727 or visit this Internet Web site www.servicelinkASAP.com, using the file number assigned to this case 2015-03079. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Date: 11/25/2015 Entra Default Solutions, LLC June Christy, Sr. Vice President A-4552724 12/11/2015, 12/18/2015, 12/25/2015



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