

## DUKE'S CAR SHOW AT SPLASH! RAISED \$134K FOR LA MIRADA RELAY FOR LIFE TEAM

By Tammye McDuff

Dukes Car Club has 39 chapters and is one of the most active vintage car clubs across the United States.

Last year Relay for Life and the American Cancer Society approached the Club to help spread awareness for the La Mirada Relay for Life event. With only a few weeks to pull an exhibit together, Dukes was able to raise over \$5,000 for the car show, and \$134,000 for the City of La Mirada Cancer Team.

This year, the Club had a year to prepare for the 2nd Annual Dukes Car Exhibit, which was held Saturday May 14th. Lovingly restored vehicles from the 1930's, 1940's and 1950's rolled into the parking lot of Splash! in La Mirada at 7am, lining the pathway for the Cancer Survivors Procession at 8am.

Over 15 car clubs, gathered more than 300 vintage vehicles to bring awareness to the Relay for Life, La Mirada Team. Dozens of vendors exhibited car related clothing and wares, and the food court had ample choices for all attendees as well as the Audrey Ashley Dragster presentation.

Entertainment ran all day long, thanks to the donated time from Willie Mendoza and the Nitelife band, Benny & Joe Rodriquez and the Heartbreakers, Ron Crowder, and DJ Paul Gaxiola. "The courage it took for one of the bass players to go the entire event was an inspiration," said Dukes Vice President Johnny Rodriquez, "he is a Cancer survivor - and his willingness to perform was truly encouraging." Rodriquez also noted that the Master of Ceremonies for the day Eddie 'Loco' Solis had lost his Mother to cancer just days prior to the event, "But he was there and in rare form," said Rodriquez. Solis had also gathered the Honor Guard from the American Legion Post 75 City of Industry and the marching band from El

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Photo by Tammye McDuff

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## Farmers Market Opens in Lakewood



Every Saturday from 8:00 a.m. to noon, the new Lakewood Farmers' Market will be open in the parking area to the west of Target in Lakewood Center. Over 20 farms and 15 vendors will be featured, many of whom are regulars at the Santa Monica Farmers' Market where top-named chefs purchase products for their restaurants. Pictured are Lakewood City Council and staff from the Lakewood Chamber. Photo by Tammye McDuff.

## HMG-CN OPINION

### Cerritos City Council Ignores Frontier Switchover Problems

By Brian Hews

The switchover from Frontier to Verizon debacle continues in Cerritos and Artesia, as HMG-CN continues to receive a large amount of phone calls complaining about the lack of cable, TV, Internet and customer service.

But the Cerritos City Council seems to be more interested in--passing an ordinance prohibiting vacation rentals in the City (when there are only 5 listed in the City); having untelevised and unrecorded meetings to raise the City's sales tax; approving what is rumored to be a \$500,000 car museum --- as opposed to fighting for area residents that voted them into office.

There have been several other City Councils that have called in representatives from Frontier so they can face the music, why not Cerritos?

It is likely that the City Council, not wanting to spend hours listening to irate residents slam them for their inaction, does not want to request that Frontier attend a Cerritos Council meeting.

Once again they are more worried about getting elected and making their \$60,000 a year in total pay and benefits than doing anything for the residents of Cerritos.

I remember years ago when the City's air quality was rated poorest in LA County, *Cancer-ritos* as some called it.

The City Council acted very quickly,

See **FRONTIER** page 2



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**FRONTIER**

*Continued from page 1*

called in the Federal Government and days later got the agency to “clear the air.”

When the image of the City is under attack, the Council acts. If residents are inconvenienced, the Council sends letters, in this case to Frontier.

Here are a few ideas for the Council related to the Internet and phone outages that might work.

First of all, meet with Frontier representatives; invite them to a Council meeting so the residents can let them know how unhappy they are. Invite Congresswoman Linda Sanchez and State Senator Tony Mendoza; tell Frontier executives they will be there.

In addition, why not set up an emergency hotline for residents to call so the City can provide limited minute phones to older adults who only have landlines.

You could fund the purchases by taking away the \$400 per month car allowance each Councilmember has, I am sure they won't object.

Heck, the City could buy the phones in Cerritos and make money off the sales tax.

I know the City was solicited by a company called Airmesh years ago. Airmesh set up Wi-Fi signal boxes all over the city,

why not give that service free to residents until Frontier gets their act together.

How about negotiating with Charter, who has Wi-Fi hotspots in the City, until the problems are solved by Frontier.

That probably won't happen since the City receives a “Franchise Fee” from local cable companies. Offering cable services free would cut into that fee, and we all know Cerritos can't afford that with a \$58 million reserve; but they can afford a museum.

And the ideas put forth in this opinion probably won't happen either.

After all this is Cerritos where the council fancies themselves so powerful (and arrogant) that some violated the Brown Act to support a biased newspaper with City advertising dollars, a newspaper that will always support the Council majority of (R)'s.

The City support *continues* even after the R's discover that its puppet “publisher,” Melinda Kimsey, falsely accused a fourth-grade teacher of pedophilia and sexual harassment and was forced to recant the entire story and pay a \$20,000 fine.

They are already christening Brad Beach as the next City Councilman.

And Janet Beach, a Cerritos Commissioner, designs the 15-point font, twelve page rag for Kimsey.

I guess Brad and Janet don't care that Kimsey falsely accused that teacher of pedophilia either.

And so the Frontier debacle will continue and HMG-CN will continue to receive phone calls from irate residents asking for a solution.

Maybe HMG-CN should publish the personal emails of all Cerritos City Council members so they can see how angry the residents are, and maybe they will finally do their job and fight for the residents... instead of building a car museum.

**Lakewood's Rynerson Park Upgrades Equipment**



Rynerson Park was named after Jacqueline Rynerson, former mayor of Lakewood and a leader in the acquisition and development of the park. The mix of a fitness circuit, and a cooperative Little League is further proof of Lakewood's commitment to fitness, earning them the title Sportstown USA city. Some of the new features include a wildflower meadow, brand new fitness equipment, and a specified tot lot.

**ABC Unified School District Selected As An Honor Roll District**

ABC Unified School District announced that the school district has been selected by Educational Results Partnership (ERP) and the Campaign for Business and Education Excellence (CBEE) as one of 13 public school districts in California to receive the title of 2015 Honor Roll School District.

The Honor Roll is part of a national effort to identify higher performing schools and highlight successful practices that improve outcomes for students. School districts receiving this distinction have demonstrated consistent high levels of student academic achievement, improvement in achievement levels over time and reduction in achievement gaps among student populations. For school districts with high schools, the Honor Roll recognition also includes measures of college readiness.

“We're very proud to be recognized by education and business leaders in California as an Honor Roll School District,” said Dr. Mary Sieu, Superintendent of ABC Unified School District. “Our teachers, administrators, support staff and parents work tirelessly to keep the focus on high expectations and raising student achievement. We strive toward continuous improvement in our practices. This hard work and dedica-

tion is paying off for our students, regardless of their background.”

“The American education system has a secret.” Said Jim Lanich, ERP President and CEO. “Many schools are doing well. The Honor Roll proves it. Students are achieving at higher levels than anyone admits and more students than ever are succeeding when given the opportunity. Leadership from the business community is critical to ensuring successes for all students.”

In addition to being an Honor Roll School District, there were 15 schools selected in ABCUSD as an Honor Roll School for 2015. They include: Bragg ES, Burbank ES, Carmenita MS, Carver ES, Cerritos ES, Elliott ES, Leal ES, Gonsalves ES, Kennedy ES, Niemes ES, Nixon ES, Palms ES, Tetzlaff MS, Whitney HS and Wittmann ES.

The 2015 Honor Roll recognizes public elementary, middle and high schools that demonstrate consistently high levels of student academic achievement, improvement in achievement over time and reduction in achievement gaps. For high schools, the Honor Roll recognition includes high college readiness in students.

The annual Honor Roll Award is made possible from numerous businesses and organizations including State Farm, AAA, Macy's, Wells Fargo, Enterprise Rent-A-Car, and several private foundations. Chevron Corporation provided specific support in the creation of the STEM Honor Roll.

**ABCUSD NEEDS FUN RUN SPONSORS & VOLUNTEERS**

Join ABCUSD on June 18th at the biggest fundraiser for ABCUSD at Cerritos Center Mall.

A wellness fair brings education, health

screening, dental screening, food booths and fun activities. ABC needs participants, volunteers, and sponsors.

The fourth annual Into the Summer Fun Run/Walk and Health & Wellness Fair provides serious runners, as well as families and children an opportunity to enjoy the outdoors and raise money for a great cause with a Kid's Run, 2K Walk/Run and a 5K Walk/Run.

From beginners to elite runners, this event is for everyone. For the last 50 years, people, families and business like yours have given back to the ABC community and gained local exposure by providing support to our local schools and children.

This annual event – a fundraiser for the ABC Education Foundation, whose vision is to ensure that at ABCUSD, “every student, every school succeeds” promises to become a highly publicized event which will provide a meaningful investment for sponsorship partners.

Over 2,500 participants, are expected.

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## LA MIRADA KIWANIS AWARDS \$1,000 SCHOLARSHIPS

La Mirada Kiwanis Senior Scholarship winners were honored at the Wednesday, May 18 breakfast meeting of the club. Each will receive a \$1,000 award which will be deposited in their student account at the college of their choice.

All of the awardees are senior students at La Mirada High School graduating in 2016. Dante Gonzales will study Environmental Science at UC Berkeley. Michael Caplan will seek a career in Law at UCSB. Vittorio Reynoso-Avila will study for an Engineering Degree at Princeton U. Tori Pflanzner will study Psychology at Biola University. Madison Friend will attend UC Davis to become a Veterinarian.

In the past few years, Kiwanis has distributed over 100 computers which were brought up to standard by Chris Staples, Kiwanian and owner of Advanced Network Consulting. They were distributed to

children at Elementary Schools in La Mirada for their home use. Also, children with special needs were thrilled to get 10 I Pads for their classroom use.

This year, \$5000 was allocated to Middle School teachers who applied for the grants for projects or equipment to benefit students in their classrooms, their MP Rooms or their grade level studies. Teachers from Benton, Los Coyotes and Hutchinson Middle Schools benefitted from this special grant program from Kiwanis.

Kiwanis President, Steve Jones, said, "We are proud of the projects that La Mirada Kiwanis night and morning groups have chosen to fulfill the motto of Kiwanis International "Serving the Children of the World." These projects have enriched the lives of the children of La Mirada in sports, in schools, in Scout groups, in the arts and more."



Pictured from (l-r) Kiwanis President Steve Jones, Dante Gonzales, Michael Caplan, Vittoria Reynoso-Avila, Tori Pflanzner, Madison Friend, and Scholarship Chair Pat Ruiz.

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Shown in the picture with Lance Corporal Farfanmoron is his guest, Desiree.

## Cerritos' May Meritorious Marine

The City of Cerritos "Adopted" the Marines and Sailors of the 1st Combat Engineer Battalion, stationed in Camp Pendleton on November 11, 2007. Lance Corporal Efrain Farfanmoron, a member of the 1st Combat Engineer Battalion, was honored by the City of Cerritos for his service to our country, on Saturday, May 14, 2016.

L/Cpl Efrain Farfanmoron, and his girlfriend Desiree, spent the weekend in Cerritos with lodging and meals compliments of our sponsors: Sheraton Hotel and restaurants Grille 91, Mimi's, TGI Friday, Wood Ranch BBQ & Grill, STACKED, and the Macaroni Grill. The Friends of the 1st CEB are providing tickets to Knott's Berry Farm. Chris Tierheimer hosted L/Cpl Farfanmoron and guest, taking them on a walking tour of the city center.

Efrain Farfanmoron enlisted in the

Marine Corps in August, 2014. Upon graduation, he was sent to additional training: Marine Combat Training (MCT) at Camp Pendleton, and then, Utilities Instruction/Basic Electrician at Camp Lejuene. After graduation in May 2015, he was assignment to the 1st Combat Engineer Battalion,

L/Cpl Farfanmoron was assigned to Utilities Platoon, Engineer Support Company. He participated in a battalion-level training exercise, Pioneer Express, supporting 2nd battalion, 4th Marines, receiving honorable mention for his superb performance. As a result of his diligence and dedication to duty, the unit received a perfect 100% on all three portions of the inspection. His actions greatly increased the readiness of the platoon and the battalion as a whole for combat operations. Based on his exemplary performance, both on and off duty, he was awarded the honor of Meritorious Marine of the Quarter for 1st Combat Engineer Battalion for January-March 2016.

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## Friends of the La Mirada Library Book Sale May 21

The Friends of the La Mirada Public Library will host its Spring Book Sale on Saturday, May 21 from 9 a.m. to 2:30 p.m., at the Activity Center. All proceeds from the sale support the La Mirada Public Library.

The book sale offers a wide selection of quality, secondhand hardcover and paperback books as well as audio and video materials at bargain prices. The popular "three-bucks-a-bag" clearance where customers can buy bags to fill with

books, begins at 1:30 p.m.

In addition to the sale, the Friends of the Library will hold its popular "members-only" pre-sale at the Activity Center on Friday, May 20 from 3:30 to 5:30 p.m. Members can purchase items before the sale to the general public. For a \$10 membership fee, non-members may join and take advantage of the early bird shopping opportunity.

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## Norwalk-La Mirada Unified PTA Honored by State for Student Involvement



Pictured (l-r) are Escalona Elementary School teachers Renee Ivy and Michelle Lee accepting a PTA Spotlight Award at the California State PTA Convention held in San Diego this past May 4-7. Escalona was honored for incorporating community outreach to their annual Red Ribbon Week activities.

### HMG-CN Staff Report

Norwalk-La Mirada Unified's Escalona Elementary School was honored with a California PTA 2016 Spotlight Award during CAPTA's San Diego Convention May 4-7 for engaging students through its October 2015 Red Ribbon Week.

The week consisted of five spirit days centered on the "Just Say No" campaign and community service efforts that included staff, parents and students donating 10 ponytails to Wigs for Kids, writing more than 400 letters to soldiers and donating 578 pairs of socks.

"The Escalona Elementary PTA provides wonderful opportunities for our staff, parents and students to contribute to our community, and this award speaks to their dedication," NLMUSD Superintendent Dr. Hasmik Danielian said. "Our students learned how to make safe, responsible decisions from the Red Ribbon Week program and how to be more compassionate individuals."

Escalona Elementary third- and second-grade combo teacher and Red Ribbon Week coordinator Renee Ivy wanted to connect their Red Ribbon Week spirit days to a service activity that would give back to the community.

"Not only did I want to send a message to our students for Red Ribbon Week to be drug free, but I also wanted them to tap into their sense of community by giving back," Ivy said. "I felt that promoting social awareness would help our students develop a sense of courage to 'Just Say No.'"

Each day during Red Ribbon Week, Escalona teachers, parents and students

participated in coordinated activities that involved a donation service:

•Monday: "Wear Red" day – Staff and parents donated 34 pints of blood to Partners In Health. Students attended an assembly held by the La Mirada Public Safety Department.

•Tuesday: "Red, White and Blue" day – Students wrote more than 400 letters thanking U.S. servicemen and women for their bravery and service to the country.

•Wednesday: "Crazy Hair" day – Three student volunteers had their hair cut in front of TV cameras, joining six students and one teacher in donating their ponytails to Wigs for Kids.

•Thursday: "Crazy Sock" day – Students wore their craziest socks while donating 578 pairs of new socks to the Los Angeles Mission. They also attended an assembly on anti-bullying.

•Friday: Escalona's Book Character Parade – Students dressed up as their favorite storybook characters. Costume winners were featured in a parade for parents and the community.

Escalona's PTA holds multiple community service events throughout the year, including making cheer baskets for Escalona families during the holidays, raising funds to help children suffering from heart conditions and holding a change drive during College Week for Autism Speaks.

"Escalona PTA's community involvement is an example of the work being done across the District," NLMUSD Board President Karen Morrison said. "Thank you to all of Norwalk-La Mirada's PTAs for supporting our schools, students and families."

## MAY EVENTS FOR OLDER ADULTS

### Norwalk Senior Center

#### Memorial Day BBQ for Seniors

Celebrate Memorial Day with good food, good friends and great music. Festivities take place on Saturday, May 28 from 1:00 to 3:30 p.m. at the Norwalk Senior Center located at 14040 San Antonio Drive. Admission is \$5.00 per person, and includes a meal of barbecued boneless skinless chicken thigh, barbecue beans, coleslaw, roll, beverage and coffee. Games and prize drawings will take place throughout the event.

Tickets are available now through May 26 at the Senior Center, and will not be sold on the day of the event. Seniors 50 years and older may purchase one ticket for themselves, and one ticket for a spouse or adult companion.

For more information, call (562) 929-5580.

See **NORWALK** page 7

### Cerritos Senior Center

Activities – Week 5-16-16

The Cerritos Senior Center offers a variety of recreational, educational, enrichment, fitness and wellness classes, health and human services, and special events for individuals 50 years and older. Registration for all classes is currently under way, unless noted otherwise. For programs that require registration and have a fee, please visit the Cerritos Senior Center. Seniors may also register for free information-only lectures by phone. Cerritos residents receive priority registration on all services. For more information, please call (562) 916-8550 or visit [cerritos.us](http://cerritos.us).

#### Book Club

Join fellow seniors on the fourth Monday of every month to discuss the latest books, share interests and foster open dialogue. For a list of books, please visit the Reception Desk. It is required to read at least one-third of the book to attend the class. All participants will receive group guidelines on the first day of class.

Drop-in Free, Mon., May 23, 1 to 3 p.m.

#### Information and Referral

The Senior Center offers referrals for a variety of resources, some of which include senior housing, adult day care, in-home care and support groups. Call (562) 916-8550 to schedule an appointment or drop in during Cerritos Senior Center operating hours for more information.

See **CERRITOS** page 7

## City of La Mirada Recognizes May as Older Americans Month

The La Mirada City Council proclaimed May 2016 as Older Americans Month at the May 10 meeting.

Older Americans Month was established to heighten awareness of services and programs offered to Older Americans and to encourage participation in healthy, active lifestyles with Americans of all ages.

The La Mirada Activity Center offers a wide variety of programs for seniors in the community that provide opportunities for socialization, informational

See **LA MIRADA** page 12

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GEGA 000280, 000570, 001182, 001462, 001465, 001477, 002889

## FUNDRAISER: WIENERSCHNITZEL WIENER NATIONALS JULY 16 AT LOS ALAMITOS

The 21st running of the Wienerschnitzel Wiener Nationals will be held at Los Alamitos Race Course on Saturday, July 16, 2016, with proceeds to benefit the Seal Beach Animal Care Center. The Care Center is a non-profit group dedicated to finding home for stray animals in the Orange County area.

The Wienerschnitzel Wiener National festivities will get underway at approximately 6:30 p.m. and will also include a live horse racing program featuring Los Alamitos' top race horses. The Wiener Nationals Championship race will be held at approximately 9:15 p.m. With 100 dachshunds strutting their stuff in front of a packed house at Los Alamitos, a total of 10 trial heats will be contested at 50 yards with the winning wieners advancing to the championship race.

From the bugler's call to the post, to an official starting gate and colorful owners

and trainers racing their doxies in numbered silks, the Wiener Nationals features heart pounding excitement from beginning to end. Los Alamitos Race Course is still looking for dachshunds to participate in this year's event.

For info on how to enter your wiener dog please visit losalamitos.com or email larace@losalamitos.com. The participants will be selected from among the entries received. Entries must be submitted by June 6. On the night of the event, dog lovers can meet the stars of the night - the mighty wiener dogs - and their trainers/owners on the grandstand area throughout this fun family night.

The purpose of this fun event is to raise funds for the Seal Beach Animal Care Center, a non-profit group dedicated to finding homes for stray animals in the Orange County area. Since 1996, the Wienerschnitzel Wiener Nationals has helped

raised over \$240,000 for the Care Center. The Seal Beach Animal Care Center will sell tickets to the event with all proceeds from these sales going directly to the Seal Beach Animal Care Center. The SBACC will also sell t-shirt on the day of the event to raise additional funds. For more information on the Care Center please call (562) 430-4993.

In addition, tickets can also be purchased on the day of the event at Los Alamitos Race Course on a first come first seat basis. Admission at the track is \$3 for adults; Children 17 and under are free. General parking is free. VIP packages in the Vessels Club, the track's gourmet restaurant, are also available. Los Alamitos Race Course is located at 4961 Katella Avenue in Los Alamitos. For more info call 714-820-2800.



**WIENER RUNNING:** The event raises funds for the Seal Beach Animal Care Center, a non-profit group dedicated to finding homes for stray animals in the Orange County area. Since 1996, the Wienerschnitzel Wiener Nationals has helped raised over \$240,000 for the Care Center. For more information on the Care Center please call (562) 430-4993.

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**NORWALK from page 5**  
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For more information, call (562) 929-5580.

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Event is open to seniors 50 and older. Norwalk resident tickets are currently on sale, with a maximum of two reservations per person. Bus leaves City Hall at 9:00 a.m. and returns at 5:00 p.m.

For more information, call (562) 929-5580.

**CERRITOS from page 5**

**Tips & Options for Hiring In-Home Care Services**

Join presenter Paul Intal from Comfort Keepers and learn tips and payment options before hiring a caregiver agency. This session will cover Private Pay, Long Term Care Insurance, IHSS, Worker's Comp and agencies in Los Angeles County offering free respite care. Free, Tues., May 24, 10 a.m.

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## CIF-SOUTHERN SECTION DIVISION VI SOFTBALL PLAYOFFS

### WHITNEY STUNG BY DESERT AS DEFENSE STRUGGLES WITH UNEXPECTED LINEUP CHANGE

By Loren Kopff  
@LorenKopff on Twitter

When you last experienced life in the California Interscholastic Federation-Southern Section playoffs in 2012, you should be excited to be playing for a chance of a softball championship. But in the case of the Whitney High Lady Wildcats, some of that excitement was deflated when their only two seniors, both of whom have been on varsity for four years, opted to go on a senior retreat.

Without catcher Jenna Llamas and third baseman Melissa Babiera, Whitney floundered on offense and defense as it fell to Desert High 8-2 this past Tuesday in the lone Division VI wild card game. Whitney, who got third place in the Academy League by virtue of Crean Lutheran High forfeiting its May 11 game with the Lady Wildcats, concludes the season at 11-13.

"It feels good [to get to the playoffs] but it was disappointing that my other two girls weren't here," said Whitney head coach Luis Lavayen. "But I think next year

will be a little better. I think we'll be more prepared.

"One player doesn't make a team," he added. "But with [Jenna], it helps. It helps to have her here. She's a key hitter. We missed her, but we can do nothing about it now. It's too late."

Llamas, who was second on the team with a .639 batting average and led the team with 39 runs, would have been the leadoff hitter and played behind the plate. Instead, junior Karen Kaur assumed the catching duties and sophomore left fielder Mary Kim batted first.

After the Scorpions, the fourth place representatives from the Desert Mountain League, scored an unearned run in the top of the first inning, Whitney scored its only two runs in the second. Emily Jackson walked sophomore second baseman Megan Babiera, hit sophomore right fielder Katerin Joachin and walked sophomore center fielder Janessa Alderete to load the bases with none out. Two pitches later, freshman third baseman Hailey Acosta, who batted ninth, singled to right field to

bring in the two runs. Acosta entered the game with just three hits the entire season and no runs batted in.

"It's unpredictable with them sometimes," Lavayen said. "But it happens a lot and a lot of our games were decided by the bottom of the lineup. I think a lot of times it puts stress on the good hitters that they want to hit and they end up failing like today."

Later in the inning with two outs, Jackson walked junior shortstop Ashley Iseri to load the bases for a second time. But a strikeout ended a golden opportunity to set the tone for the rest of the game. Whitney would load the bases again in the sixth as Jackson walked three more batters. But she escaped further damage with a pair of strikeouts. In all the Lady Wildcats, who were walked seven times and had four batters hit, left 11 runners in base.

"It's very frustrating because I was hoping for the key hitters to hit," Lavayen said. "A lot of times I can't even ask for a bunt because they can't bunt. But they'll come around. A lot of them are nervous; a

lot of them are young. So they're scared."

The Scorpions, whose high school is located on Edwards Air Force Base, tied the game in the third on a groundout from Raven Moore and scored the final six runs over the last three frames. Whitney was held to three hits and made eight errors. Freshman pitcher Taylor Genera, who has been a complete workhorse this season, allowed three earned runs and struck out six batters. She ends her first season with 165 strikeouts, a school record for a freshman as well as a single season.

Despite the season ending the way it did, Lavayen is hopeful that Whitney will have a better 2017 campaign and return to the playoffs.

"I'm hoping to work with Karen as our catcher, for one," Lavayen said. "I need to get a third baseman because we're losing Karen at third. And I'm hoping to pick up a couple of new girls because a couple of them are probably going to leave. They're not too thrilled about softball."

#### NEWS AND NOTES FROM PRESS ROW

### Valley Christian boys volleyball sweeps top-ranked Quartz Hill, advances to divisional finals

By Loren Kopff  
@LorenKopff on Twitter

The Quartz Hill High boys volleyball team was 30 minutes late arriving to Valley Christian High and its visit inside a jam packed gymnasium was very short-lived. Behind 13 kills from senior right side hitter Spencer Fredrick, the Crusaders did something that no other team had done against the top-ranked Rebels.

Valley Christian posted a 25-22, 25-17, 25-23 victory this past Wednesday night to earn a berth in the California In-

terscholastic Federation-Southern Section Division III championship finals. Quartz Hill had entered the match with a 25-2 record and winners of 16 straight matches. But the Rebels had not been swept in three sets all season long and in fact, had dropped just nine sets before the semifinal match.

"This was a welcome surprise," said V.C. head coach Jason Kwak. "They're a number one team, they were last year's finalists, they're coached very well and they played awesome. I've been telling the guys, in the quarterfinals and semis,

we have to expect a five-setter. We're playing two of the top teams in our division and do not expect this to be a short night. For the guys to come up pumped and ready...it was a great job."

V.C., the fifth-ranked team which had knocked off fourth-ranked El Segundo High in five sets in the quarterfinals last Saturday night, will face Cathedral High, the division's No. 2 team, in the finals on Saturday at 2:00 at Cerritos College.

The Crusaders (26-2) went wire to wire in the opening set and led by as

See NEWS AND NOTES page 14

## LOCAL SERVICE DIRECTORY

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## ABC ADULT SCHOOL HOLDS OUTSTANDING AWARDS CEREMONY



Students from ABC Adult School's Erhu (Chinese Violin) class performed at the Outstanding Student Awards ceremony.

There was standing room only for the families and friends who attended the ABC Adult School Outstanding Student Awards Ceremony Apr. 28 at the Cerritos Library Skyline Room where 27 outstanding students received awards for their talents and scholastic achievements.

ABC Adult School Principal Dr. PaoLing Guo congratulated the students and their families for supporting them while they attended various adult school programs offered at ABC.

Assemblywoman Cristina Garcia also praised them for working so hard under difficult circumstances in order to achieve their goals "and to help make your dreams come true."

Career Technical Education Students George Chalagonian and Reynaldo Garcia also received Special Recognition as U.S. Veterans at the Outstanding Student Awards Ceremony.



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## Do you have knee or hip pain?

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The MemorialCare Joint Replacement Center at Long Beach Memorial now offers **NEW MAKOplasty®** robotic-assisted surgery technology bringing a new level of precision to our patients with knee and hip pain.



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## Long Beach Memorial **FREE** Physician Seminar Series



### Are You Living With Hip Pain? Stop Hurting and Start Moving

Thursday, May 19 | 5:30 – 7 p.m.  
Rios Room at the Old Ranch Country Club  
3901 Lampson Ave., Seal Beach, CA 90740

**Andrew J. Wassef, M.D.**  
Medical School: Howard University

A Long Beach native, Dr. Wassef is a board-certified joint replacement specialist, and fellowship trained in hip, knee and shoulder replacement surgery. Dr. Wassef also has special focus on joint replacements in the younger population and is trained in hip resurfacing, minimally invasive surgery and robotic assisted surgery.



### Advances in Knee Replacement

Saturday, May 21 | 10:00 – 11:30 a.m.  
Lagos Room at the Old Ranch Country Club  
3901 Lampson Ave., Seal Beach, CA 90740

**Albert M. Tsai, M.D.**  
Medical School: University of Pennsylvania School of Medicine

A Huntington Beach native, Dr. Tsai is board certified by the American Board of Orthopedic Surgeons and is a Fellow of the American Academy of Orthopedic Surgery. Dr. Tsai obtained additional fellowship training in sports medicine and arthroscopic surgery at the University of California, Los Angeles, where his duties included team coverage of the UCLA Bruins.



Register today, space is limited.  
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**CITY OF CERRITOS  
STATE OF CALIFORNIA  
NOTICE TO BIDDERS OF THE  
CERRITOS ANNUAL MECHANICAL EQUIPMENT MAINTENANCE  
BID NO. 1247-16**

Notice is hereby given that the City Council of the City of Cerritos, County of Los Angeles, State of California, hereby invites sealed bids for the following project:

**Project Identification:** CERRITOS ANNUAL MECHANICAL EQUIPMENT MAINTENANCE, BID NO. 1247-16

**Project Description:** The work or improvement to be performed consists of all labor, services, tools, equipment, materials, appurtenances and incidentals necessary for performing all annual mechanical equipment maintenance for the City of Cerritos. Typical tasks to be completed include, but are not limited to, preventive monthly maintenance of all mechanical equipment in multiple City facilities, and other similar tasks (the "Work"). Contractor shall have a minimum of 5 years licensed experience performing similar tasks.

**Bids must be received:** June 8, 2016 at 11:00 a.m.

**Bids will be opened on:** June 8, 2016 at 11:00 a.m.

Place of bid receipt: Office of the City Clerk, City Hall  
18125 Bloomfield Avenue, First Floor  
Cerritos, California 90703  
Bids must be marked "CERRITOS ANNUAL MECHANICAL EQUIPMENT MAINTENANCE, BID NO. 1247-16, DO NOT OPEN"

All bids shall be made on the form furnished by the City and shall be opened and publicly read aloud at the above-stated time in the Office of the City Clerk of the City of Cerritos, City Hall.

The City will hold a mandatory pre-bid conference for the CERRITOS ANNUAL MECHANICAL EQUIPMENT MAINTENANCE, BID NO. 1247-16 **on June 1, 2016 at 10:00 a.m.** at Cerritos City Hall, Department of Public Works, 18125 Bloomfield Ave, California 90703.

**Obtaining Contract Documents:** A set of Contract Documents, including the plans and specifications, may be purchased at the Engineering Division of the City of Cerritos for \$25.00 (\$30.00 if mailing is requested). There will be no refund for return of the Contract Documents. Return of such documents is not required.

Each bid shall be accompanied by bid security referred to in the Contract Documents and by a list of proposed subcontractors. Evidence of insurance, a performance bond, and a labor and materials bond as specified in the Contract Documents will be required prior to execution of the contract. In accordance with Public Contract Code section 22300, the bidder who is awarded the contract may substitute securities for retention moneys withheld by a public agency to ensure performance under the contract. The procedure and requirements for substituting said securities is set forth in Public Contract Code section 22300, which is incorporated by this reference as set forth herein.

The City reserves the right to reject any and all bids, or portions thereof, or to waive any informality or irregularity in a bid to the extent allowed by law.

No bid will be accepted from a contractor who has not been licensed in accordance with the provisions of Chapter 9, Division III of the California Business and Professions Code. The contractor must possess a license of the following classification at the time the contract is awarded (and must maintain this license classification through completion of the project): "C4 and C20". The bidder's attention is also directed to Section 7028.15 of the Business and Professions Code for further reference. Only a contractor registered with the California Department of Industrial Relations ("DIR") to bid on public works contracts in California shall be permitted to submit a bid. Furthermore, only subcontractors registered with the DIR to bid on public works contracts in California shall be permitted to perform work or labor or render service under subcontract to the subject contractor.

Pursuant to the provisions of Section 1770, et seq., of the California Labor Code, the DIR has determined the general prevailing rate of wages and employer payments for health and welfare, vacations, pensions and similar purposes applicable to the work to be done. These rates shall be the minimum rates for this project. Copies of the prevailing wage rates are on file at City Hall, located at 18125 Bloomfield Avenue, Cerritos, California, 90703, and shall be available to any interested party upon request. In addition, rates may be obtained by visiting <http://www.dir.ca.gov/OPRL/pwd/>, calling the DIR, Division of Labor Statistics and Research's Prevailing Wage Unit at (415) 703-4774, faxing the Prevailing Wage Unit at (415) 703-4771, or writing to: DIR, Division of Labor Statistics and Research, Prevailing Wage Unit, P.O. Box 420603, San Francisco, CA, 94142. The contractor to whom the contract is awarded, and the subcontractors under him, must pay not less than these rates for this area to all workers employed in the execution of the contract.

By order of the City of Cerritos. /s/ Vida Barone, City Clerk

Dated/posted/published: May 20, 2016

Published at Los Cerritos Community Newspaper 5/20/16

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**NEWS AND NOTES**

*Continued from page 10*

many as seven points after an ace from outside hitter junior Miller Davis. The Rebels got to within two points at 17-15 and then a point at 20-19 following a block from Julian Green.

But down the stretch, Fredrick had his fourth kill and a block and senior middle blocker Giovanni Morandini and junior outside hitter Kyle Anema each added their third kills. It also was the second time this season that the Rebels had lost the opening set in a non-tournament match.

“We just told our guys, ‘don’t worry about what any other team is doing, we just need to focus on our game’,” Kwak said. “If we just limit our errors and we just focus on what we have control of, good things will happen for us. They’re a great team and we just couldn’t separate. They were right there. But even when they’re down they play composed and they brought it right back up.”

Quartz Hill led in the opening moments of the second but when Fredrick collected his fourth kill, it was the beginning of six straight points and the Crusaders never looked back in the set. Fredrick would have two aces and freshman middle blocker Camden Winter added a kill and a block in the rally as V.C. led 9-6. When the Crusaders regained possession, Anema placed two beautiful serves at the back line for two of his four aces in the match as V.C. opened up a 12-7 advantage.

The Crusaders, who have 23 sweeps this season, led 7-5 in the third set before the Rebels reeled off five consecutive points, is longest stretch in the match. They would maintain a lead all the way until it was 23-19. That’s when the Cru-

saders began to send the Golden League champions on their way.

A back row violation gave the Olympic League champions the serve and Anema quickly had a pair of kills. A net violation would tie the set and Fredrick blasted his final kill before Davis sent the crowd in a frenzy with an ace in the back corner.

“Spencer Fredrick has been one of my captains, one of my go-to guys,” Kwak said. “He’s one of the best players that I have coached in a very long time. He will do whatever it takes to win. He’ll make the ultimate sacrifice.”

Anema added nine kills and Davis another seven kills as V.C. will face a Cathedral team that won three straight Division IV championships from 2012-2014. This will be the third trip to the finals for the Crusaders, who won the Division III crown in 2007 with Mark Overduin as the head coach and in 2011 under the tutelage of Rob Samuelson.

**SWIMMING**

Cerritos High continued its dominance in Division IV as both the boys and girls teams captured another divisional championship. For the girls, it’s the fourth straight divisional championship as they picked up 369 points, 139 more than second place Rowland High.

Out of 11 events, the girls won the 200 yard medley relay with a time of 1:50.57, good enough to qualify for the state consolation meet, and the 400 yard freestyle relay (3:38.62). Junior Maya Valdoria, who was a part of those relay teams, had a big day with a pair of second place finishes in the 100 yard butterfly (59.16) and in the 100 yard breaststroke (1:06.79). Sophomore Breanna Rigor, who was also part of those two relay teams, finished in third place in the 200 yard freestyle (1:57.17) and fourth in the 100 yard freestyle (53.57).

Sophomore Megan Ma, who had earlier placed sixth in the 50 yard freestyle (25.48), came in second in the 100 yard backstroke with a time of 1:00.45. Right behind her in third place was junior Arina Yu (1:02.52).

The boys won their third straight title and fifth overall by picking up 237.50 points and easily distancing themselves from second place Quartz Hill High (201 points). The boys also won divisional titles in 2001 and 2002.

The highest finish for the Dons in any event came in the 200 yard medley relay where the quartet of senior Eric Working, juniors Jarod Liu and Anthony Touazani and freshman Vighnesh Muley, came in second place with a time of 1:61.07. Working also came in third place in the 100 yard backstroke (54.82) while Liu took eighth place in the 100 yard breaststroke (1:04.18).

Senior Joseph Gomez qualified for the state consolation meet with a time of 47.66 in the 100 yard freestyle, good enough for third place. He had previously finished in fifth place in the 50 yard freestyle with a time of 22.16. Also having a good day was freshman Alex Rodriguez, a fourth place finisher in the 500 yard freestyle (4:53.11) and an eighth place finisher in the 200 yard freestyle (1:49.43).

Elsewhere in Division IV action, Artesia High sophomore Michelle Cisceneros finished in fourth place in the 50 yard freestyle (25.31) and in fifth in the 100 yard freestyle (55.75) while Valley Christian High senior Jeremy Yang was fourth in the 200 yard IM (2:01.45) and placed ninth in the 100 yard butterfly (55.39).


In Division II action, Whitney High sophomore Alyson Tam was fifth in the diving competition with a score of 445.20. Sophomore Adriane Tam came in 12th place with a score of 383.05.

**Free Household Hazardous Waste Roundup in La Mirada**


La Mirada residents may safely dispose of household hazardous waste items free of charge on Saturday, May 21 from 9 a.m. to 3 p.m. at La Mirada Regional Park in the tennis court parking lot, with access from Adelfa Drive.

Materials such as motor oil, paint, turpentine, cleaners containing acids or lye, household and car batteries, pesticides, and garden herbicides can be brought to the free Countywide Hazardous Waste Roundup.

For more information, call the Sanitation Districts of Los Angeles County at (800) 238-0172 or the City’s Public Works Department at (562) 902-2385.



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# METRO EASES TRAFFIC.





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Metro's highway program is tackling bottlenecks with 340 roadway improvements in the pipeline.

## Makeover Takeover at Los Cerritos Center



It was a full weekend of glamour and pampering for women at the Mother's Day weekend at Los Cerritos Center. Photo by Tammye McDuff.

By Tammye McDuff

Los Cerritos Center invited the community to celebrate Mother's Day and explore the Center's transformation Friday, May 6th and Saturday, May 7th. This special was created to highlight the newest stores at the Center and invite shoppers to celebrate mom with beauty activations, classes and makeovers.

Many local shopping centers had great sales going on for Mother's Day weekend. The Los Cerritos Shopping Center went a step above and beyond by turning the shopping mall into a massive Mothers Day Makeover Event.

Vito Bello, Senior Manager of Marketing stated, "We thought this would be a fun event to spotlight the Center's renovation and honor our Mother's at the same time, we called it a Makeover Takeover."

Makeover Takeover showcased all

that is new at Los Cerritos Center. Shoppers were invited to relax in lounges with beauty demonstrations and makeover stations, experience the latest in spring styles and celebrate being a Mom with giveaways and shopping incentives.

"Bananas for Beauty" was held Friday, May 6th with an evening of makeovers, nail polish changes and beauty consultations. Attendees received a spring makeup "touch-up" from MAC Cosmetic artists while learning about personality traits with a 'lip print'. Those chocolate urges were satisfied by Hannah's Bananas frozen treats, GODIVA Chocolate and Makeover Magic Mocktail from the cotton candy soda bar.

Proceeds from Makeover Takeover benefit Girls on the Run, a transformational learning program for girls ages 8-13.



# Protect Our Children's Future 2016

## Vote YES on GS June 7



**"State Superintendent of Public Instruction Endorses Local Montebello Unified School Bond Measure GS"**

*"The real winners in passing of this bond are the children and students of Montebello Unified School District. With the passing of the bond, the district will also qualify for matching funds from the state. I am proud to support Montebello School Bond Measure GS," said Tom Torlakson, State Superintendent of Public Instruction.*

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