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~Carl Rove

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CERRITOS HIGH WRESTLING TEAM WINS CRUCIAL MATCH

CHAMPS! The Cerritos High Boys Varsity Wrestling team won its first league title since 2001 via a 38-30 win against a very tough John Glenn team. The contest actually came down to the last match of the evening. The team competed against Calvary Chapel Downey last night after the publication of HMG-CN. It is looking good; John Glenn defeated Calvary 62-9. If CHS beats Calvary, it will seal the league title, putting the team in contention for a CIF championship.

Gas Stove Debate Heating Up or on Back Burner?

By Brian Hews

The chatter recently about gas stoves has turned up a notch: bad for your health? The planet? Maybe banned in California?

There's growing recognition from studies that gas stoves contribute to global warming, release hazardous chemicals into homes, and produce emissions that may be linked to rates of childhood asthma.

But a ban ain't happening in Washington just yet because of the private money funding political campaigns from the gas industry and its political allies. But what about California?

According to a 2020 Energy Information Administration analysis, California has the highest percentage of households using natural gas for cooking at over 70 percent.

And a lot of the research on gas stoves is actually conducted in California; a recent study

[See **GAS STOVES** page 7]

La Mirada Resident Signs With New Team in NASCAR Craftsman Truck Series

By Andrew Kim

22-year-old La Mirada resident Ryan Vargas is living the dream, making his inaugural

drive for On Point Motorsports for the 2023 NASCAR Craftsman Truck Series season.

He will go on to compete at Darlington Raceway on May

he will be piloting the No. 30 On Point Motorsports Toyota Tundra TRD Pro.



LA MIRADA Resident Ryan Vargas signed with On-Point Motorsports for the 2023 NASCAR Truck Series.

drive for On Point Motorsports for the 2023 NASCAR Craftsman Truck Series season.

His first stop will be in the Truck circuit at Atlanta Motor Speedway on March 18, where

12, Nashville Superspeedway on June 23, Mid-Ohio Sports Car Course on July 8, Richmond Raceway on July 29, Talladega Superspeedway on

[See **VARGAS** page 7]

CERRITOS FILES LAWSUIT TO DELAY CONSTRUCTION OF RAIL LINE FROM ARTESIA TO UNION STATION

Cerritos is alleging the Metro Board is playing games to get their preferred station but Cerritos' station cost \$150 million more.

By Brian Hews

Hews Media Group-Community News has learned, through a public records request, that Cerritos mayor pro tem Bruce Barrows, who was appointed and not elected, is behind a lawsuit filed by Cerritos against Metro that will delay the construction of the popular West Santa Ana Branch Light Rail line (WSAB).

Barrows and Cerritos allege a California Public Records Act violation due to Metro's non-response to the city's demand for documents related to the construction cost of the city's underground "cut and cover" station.

Metro's WSAB will extend light rail service from Los Angeles' Union Station to the Orange County line terminating in Artesia using a former Southern Pacific rail line.

It is yet another contemptible maneuver by Barrows directed at the WSAB; when he was mayor of Cerritos a few

years ago, he suddenly pulled the city from the Eco-Rapid Transit Joint Powers Authority, a twelve-city member joint powers authority that works in concert with Metro to build the WSAB, with all twelve cities on the proposed rail line. Barrows also told the JPA they could not build a station in Cerritos.

When Barrows, who has never owned a business, was told years later of the economic impact of the WSAB, he requested - and was granted - re-entry to the JPA, with the organization magnanimously forfeiting over \$60,000 in annual fees.

But local politicians who know Bruce Barrows and the flush-with-cash city of Cerritos understand that if Cerritos does not get its way, the city will sue, no matter the collateral damage to other cities or residents.

So when the City Council learned they could not have an underground station, they trumped-up a California Public Records Act lawsuit and told its Pasadena-based law firm of Colantuono, Highsmith, and Whatley to sue Metro.

In the lawsuit, the city alleges that Metro is withholding public documents that will

[See **CERRITOS** page 7]

College Board Awards Whitney High for Diversity

Highlighting Female Engagement in Computer Science Courses

ABC News Service

Whitney High School has earned the College Board AP® Computer Science Female Diversity Award for achieving high female representation in AP Computer Science Principles. Schools honored with the AP Computer Science Female Diversity Award have expanded girls' access to AP computer science courses.

Whitney High School is one of only 832 recognized in the AP Computer Science Principles (CSP) category. Schools earn this recognition for either achieving 50% or higher female representation in one of the two AP computer science courses or a percentage of the female computer science exam takers meeting or exceeding that of the school's female population during the 2021-2022 school year.

"I wholeheartedly congratulate Whitney High School for

[See **WHITNEY** page 10]

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Actor Josh Peck Donates to MemorialCare



JOSH PECK and Tamera Mowry-Housley presented at LEGOLAND California a check for \$10,000 to support MemorialCare Miller Children's & Women's Hospital Long Beach and \$10,000 to support the Make-a-Wish foundation.

Staff Report

Josh Peck, best known for his role as "Josh" in the popular Nickelodeon show, Drake and Josh, and his role in the Fox comedy Grandfathered, where he starred alongside John Stamos, and his role in How I Met Your Father on Hulu has been a long-time supporter of Miller Children's & Women's, making donations in the past as well as visiting patients alongside his co-star, John Stamos.

These two celebrities have used their voices and influence to make a difference for MemorialCare and give back for what they have received.

Recently, LEGOLAND California Resort helped out, donating \$10,000 on actor Josh Peck's behalf to the Child Life Program at MemorialCare Miller Children's & Women's Hospital Long Beach.

The Child Life Program will use these funds to ensure access to medical play – where a patient can learn and see things about a procedure before it happens to them – and special visits and events to lift their spirits.

"We are so grateful for the support of our friends of Miller Children's & Women's Hospital such as Josh Peck, John Stamos, and countless others, who use their influence to bring our patients so much joy and hope," says Rita Goshert, director, Child Life Program, Miller Children's & Women's Hospital Long Beach.

"We appreciate the kindness and generosity – and every little bit counts for these patients and families that we often see at their most vulnerable time."

MemorialCare Miller Children's & Women's Hospital Long Beach treats more than 8,000 children each year, delivers more than 5,500 babies and has become a regional pediatric destination for more than 84,000 children who need specialized care in outpatient specialty and satellite centers.

Cerritos Resident Talent Showcase

Cerritos is asking resident performers to participate in the annual city-wide Talent Showcase. Performances may include dancing, singing, musical instrument performances and variety for performers ages 4 to adult. No stand up comedy.

Beginning Friday, Feb. 17 through Monday, Mar. 6, residents can complete and submit the digital entry form on the city's website at cerritos.us; the number of acts will be limited.

Qualifying acts must be able to record their performances on Tues., Apr. 4 or Wednesday, Apr. 5 by appointment only. Group performances are allowed and may have a maximum of six members of which fifty percent or more of each group must be Cerritos residents; acts are limited to 4 minutes max. All recorded accompaniment music must be in mp3 format and qualifying acts will be notified by e-mail. The Talent Showcase will be on Cerritos TV3 on Friday, April 28 at 7 p.m., Saturday, April 29 at 7 p.m. and Sunday, April 30 at 7 p.m. For more information, please call Cerritos Park East at (562) 407-2611.

City Budget Cerritos City Council to Hold Special Meeting Sat. Jan. 28

By Brian Hews

The Cerritos City Council will conduct a special public meeting Saturday, January 28, 2023 at 10:00 a.m. "to establish the priority goals to guide the preparation of the City's Fiscal Year 2023-2024 Budget and Strategic Financial Plan following the Strategic Financial Plan and Budget Preparation Policy No. 2.04."

The meeting will be conducted in the Sierra Room at the Cerritos Center for the Performing Arts, 18000 Park Plaza Drive in Cerritos.

Public comments can be provided during the meeting or via email to city_clerk@cerritos.us or by hard copy to the Office of the City Clerk by 3:00 p.m. on Friday, January 27, 2023.

Commenters must identify the agenda item number in the subject line of the email or hard copy document. The document will be retained with the public record of the meeting. A copy of the agenda report will be available from the website Wednesday before the public meeting.

Grants Available for Home Repair in Lakewood

Using special federal funds, the City of Lakewood administers a Fix-Up, Paint-Up program utilizing grant funds to paint the exterior of single-family homes as well as interest-free, deferred-payment loans of up to \$18,000 for low-income residents to repair and rehabilitate their homes. To qualify, your home must be a single-family, owner-occupied dwelling in Lakewood.

The family must meet the income limits set by the federal government, which are \$66,750 for a resident living alone, and \$95,300 for a household of four. (Income limits adjust based on household size.) Other restrictions apply.

Grant funds for approved Fix-Up, Paint-Up program projects never need to be paid back by homeowners. The interest-free, deferred payment loans only need to be paid back when the house is sold or refinanced or the title is transferred.

For information on the type of improvements covered by the program and how to qualify, call City Hall at 562-866-9771, ext. 2320 or go to www.lakewoodcity.org/HomeRehabProgram.

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The Centre at Sycamore Plaza
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Theme: "Return to Paradise"

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Early Bird tickets \$95 or \$125 per person after Jan. 22 and available through all members of Soroptimist International of Artesia-Cerritos.

Proceeds go to local charities and awards for women and girls in our own communities through Soroptimist educational and mentoring programs.

Questions or to Purchase Tickets:
call Monte Carlo Co-Chairs,
Sandy Fikse (562) 618-8731 or
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Whitney High School Mock Trial Team Honored



THE MOCK TRIAL PROGRAM is an academic competition in which student teams study a hypothetical case, research, and trial prep. Out of 82 high school teams competing in the Senior Division, Whitney placed third.

Staff Report

The Cerritos City Council recently recognized Whitney High School for placing third in the 45th Mock Trial Competition.

The Los Angeles County Mock Trial Program is an academic competition in which student teams study a hypothetical case, conduct legal research and receive guidance from volunteer attorneys in courtroom procedures and trial preparation.

In a simulation of a criminal case, students portray attorneys, witnesses, court clerks and bailiffs, allowing them to gain a working knowledge of the U.S. judicial system.

Only the top three teams are recognized in each division. Out of 82 high school teams competing in the Senior Division, Whitney placed third. It was the first time any team from the high school placed in the competition.

Led by teacher Sunny Yun and attorney coaches Pam Lee and David Miyamoto, the Whitney High School mock trial team consists of: Kyle Phong, Aaron Park, Zoe Hoksbergen, Charlotte Woodruff, Krystal Lin, Ellie Ta, Anisha Kumar, Sydney Chen, Saamarth Sethi, Vedansh Sinha, Dineth Senanayake, Austin Alves, Katelyn Le, Audrey Park, Katie Kim, Emi Toyama, Ansh Makkar, Dong Ju Koh, Nikki Aoe, Dana Choung, Brayden Lee and Melissa Meng.

Register Now for Lakewood Run

Staff Report

The 32nd annual Lakewood Run, "Warriors Building a Healthier Community," returns on Saturday, March 4, 2023. Deputy Sheriffs, recreational runners, families and kids will gather at the starting line in front of the Lakewood Sheriff's Station to walk, roll, ruck or run the event's 5K Run/Walk/Ruck or the 10K Run course for time.

All participants will be supporting Soroptimist International of Lakewood/Long Beach and Lakewood Sheriff's Station charity efforts while they pursue their personal best in the 5K/10K event for time or just for fun in this family-friendly event.

Early bird registration fees are in effect through Jan. 31. The fee is \$45 for the 5K Run/Walk, \$50 for the 5K Ruck, or \$50 for the 10K Run.

Professional timing will be used. Medals will be awarded to 1st, 2nd and 3rd place finishers in each category of the 5K and 10K running events. All finishers for the 5K/10K will receive finisher medals.

For participants and spectators, the day includes a fitness expo and displays of public safety equipment and programs. There is also live entertainment and special giveaways from Lakewood-area businesses.

To inquire about group rate entries or to get more event information, email info@lakewoodrun.com.

Register online now at www.lakewoodrun.com/registration

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Dorothy Eggink
Mar. 11, 1922 - Dec. 20, 2022

Dorothy Mae Hauge Eggink, age 100, was born and raised on a family farm in South Dakota as one of 12 children by Malvin and Ella Hauge. She attended school in Bryant, South Dakota and completed Nursing school in 1942 in Wyoming. She was a nurse at Memorial Hospital in Wyoming during WWII, and then married her loving husband, Staff Sgt. Leroy Eggink from Bellflower, CA on October 27, 1945 in Cheyenne, Wyoming. Dorothy & Roy were married for 74 years and raised a family of 3 children in the cities of Bellflower, Lakewood, and Cerritos, CA. Dorothy had a very caring heart and healing touch, and was a charge nurse at Los Alamitos hospital for many years. She loved God and attended Bellflower Presbyterian Church, was active in P.E.O. and Y's wives, and enjoyed several card playing groups and time with family and her sisters. Dorothy is survived by 2 children, Robert (Bob) Eggink and Coni (Eggink) Cox Burrison, as well as 3 grandchildren, Lori Roelofs, Casey Cox, and Robert Jon Burrison, and 6 great-grandchildren. She was laid to rest on Dec. 27th, 2022 at Forest Lawn, Cypress, with beautiful pink roses, next to her family that preceded her in death; her husband Roy, her son Mark, and her grandson Robby. The family invites all who knew her to attend a Celebration of Life Service to honor her life with a heartfelt tribute of singing and sharing at New Life Community Church Chapel, on Sat. Jan. 28th, 2023 at 3pm in Artesia, CA

Please sign the guestbook at www.legacy.com/obituaries/fbpresstelegram



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Cars, Coffee and Culture in Anaheim



By Brian Hews

If you are heading to Disney with the family on a Saturday, you might want to stop by Disney Way; specifically the parking lot garage on Disney Way.

The lighting isn't always the best, and that's by design; event organizers envisioned a spot where various car meet attendees could gather and stay the entire show.

Organizers say that many people come to their event after having previously been at another car and coffee event, and they love the shade.

The event is every Saturday morning at 400 West Disney Way in Anaheim starting at 8 a.m. ending at 1 p.m. Admission and vehicle registration are free.

Should you get an over-the-counter hearing aid?

By Matthew Solan, Harvard Health

A change in FDA regulations has cleared the way for over-the-counter (OTC) hearing aids. What does this mean for you if you have some degree of loss?

Hearing aids versus amplification aids

There are various types of hearing aids that largely work in the same way. Whether the style is behind the ear or in the ear canal, they amplify sounds.

Don't confuse prescription or OTC hearing aids with personal sound amplification products (PSAPs) sold at most drug stores. Such products merely amplify nearby sounds. They're not tailored to an individual's hearing loss.

Will I need a hearing test to get an OTC hearing aid?

Traditionally, people have their hearing tested by a certified audiologist like getting prescription glasses.

Hearing tests measure how loud a sound needs to be for you to hear it clearly. People with normal hearing can identify sounds less than 25 decibels (dB). Mild to moderate hearing loss is in the 26 dB to 55 dB range.

OTC hearing aids don't require a hearing test by an audiologist. However, these devices can only treat mild to moderate hearing loss. If you have severe or profound hearing loss, you still need to see an audiologist for a full exam.

Will costs for hearing aids be lower?

Most likely yes. While Medicare doesn't cover any hearing aids, some Medicare Advantage plans and other commercial health insurance plans do.

The new FDA regulations mean many people with mild to moderate hearing loss needn't pay for a hearing exam and fitting. But the most significant savings will be the cost of hearing aids. While costs for brands and types of hearing aids vary, a single prescription hearing aid averages about \$2,000 — that's \$4,000 if you need one for each ear, as many people do.

The new OTC hearing devices should increase competition among manufacturers and lower average prices over time. Some early estimates suggest the average price could drop to about \$1,600 or lower.

Will OTC hearing aids be the same quality as prescription hearing aids?

OTC hearing aids will be regulated by the FDA for product quality, just like prescription hearing aids. Appearance, styles, and features may differ.

What else to consider

By self-prescribing an OTC hearing device some might not get a proper diagnosis of their hearing loss. Their hearing loss could be a symptom of an underlying condition. The safest bet is to get a hearing test to confirm your type of hearing loss, to ensure that OTC hearing aids are an option.

Hahn Attends Inaugural MLK Pre-Parade Event



TO HONOR Dr. King's Ministry work and the power of prayer, an inaugural pre-parade event was hosted by Long Beach Councilwoman Suely Saro and Grace Memorial Baptist Church at Dr. Martin Luther King, Jr. Park Auditorium. This year's event honored Long Beach's newly elected Mayor, Rex Richardson. The theme was "Igniting Our Lights - A Prayer for the Mayor". Speakers included Supervisor Janice Hahn (center), Councilwoman Saro, and Mayor Richardson.

MLK Contest Winners Honored by Cerritos City Council



WINNERS: In honor of Dr. Martin Luther King, Jr., Cerritos organized a writing contest open to students in grades 7-12. Contest winners above, were recognized at the City's Dr. Martin Luther King, Jr. Day ceremony this past Monday, Jan. 16.

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Cerritos Weekly Crime Summary Jan 2-8, 2023



week, up from 306 the week before; YTD 2023 average is 324, 2022 YTD average is 322, negligible increase.

Family of 6-Year-Old Who Shot Teacher Says 'Gun Was Secured'

By Brian Hews

The family of the 6-year-old boy accused of shooting a teacher at his Virginia elementary school spoke out for the first time and it was a verbal tap-dance in an attempt to avoid prosecution and civil lawsuits.

The family said the "firearm our son accessed was secured."

Really? Wondering if they said that with straight faces.

The 6-year-old, who has not been named publicly, took the 'secure' handgun from his home on Jan. 6, put it in his backpack and brought it to Richneck Elementary School in Newport News.

He shot and wounded 25-year-old teacher Abigail Zwerner in a first grade classroom in an "intentional" act, according to police.

The 6-year-old's family released a laughable statement saying, "Our family has always been committed to responsible gun ownership and keeping firearms out of the reach of children."

Except for their son. "We have been cooperating with local and federal law enforcement to understand how this could have happened," the family said.

Well of course you have, are you not going to cooperate?

About 16 to 20 students were in the room at the time of the shooting and luckily none of them were injured.

After Zwerner was shot, she heroically ushered all of her students out of the classroom, according to police.

La Mirada Crime Summary

January 9-15, 2023

Notable Arrests

- Six suspects were arrested throughout La Mirada for various warrants and narcotics violations.
- Two suspects were arrested for grand theft auto.
- Two suspects were arrested for grand theft.
- One suspect was arrested for a residential burglary.

Residential Burglary

- Cash was reported stolen during a residential burglary on the 14700 block of Firestone Blvd.

Other Structure Burglary

- A burglary was reported on the 13500 block of Adelfa Dr. The exact loss is yet to be determined.

Grand Theft

- Copper wire was reported stolen on the 14400 block of Industry Cir.
- An overnight catalytic converter theft was reported on the 14800 block of Mercado Ave.

Grand Theft Auto

- A sedan was reported stolen on the 12300 block of La Mirada Blvd.
- A SUV was stolen on the 16100 block of Rosecrans Ave.
- An early morning theft of a trailer occurred on the 14400 block of Industry Cir.
- A trailer was reported stolen on the 15200 block of Canary Ave.
- A theft of a trailer was reported on the 14700 block of Industry Cir.

Sign Up for Lakewood's Survive for Seven Workshop

Emergencies and natural disasters can happen anytime, anywhere. Do you have your emergency supplies stocked and ready, just in case?

Join Lakewood's Emergency Managers Chuck Martucci and Kaitlin Osborn for Survive for 7, a free seminar on emergency preparedness open to all ages.

Attendees will learn about the types of regional emergencies and disasters

that can impact Lakewood, and what you can do now to prepare yourself and your family to survive in the seven days following a disaster when help may not be available.

The next Survive for 7 session will be held Tuesday, Feb. 21 at 6 p.m. at the Burns Community Center, 5510 Clark Avenue, Lakewood.

The session runs about 90 minutes and concludes with a free raffle for all in attendance at the end of the seminar.

Registration is free, but required. You can register for the Feb. 21 session or a future session, July 11 or Oct. 10. Go to the city's website for more information.

Cerritos Crime Stats

Part 1 crimes were 52 for the week, up from 45 the week before; YTD 2023 average is 48.5, 2022 YTD average is 37.6, an increase of over 30%.

Miscellaneous crimes were 12 for the week, up from 11 the week before; YTD 2023 average is 11.5, 2022 YTD average is 11.1, negligible increase.

Alarm calls were 57 for the week, up from 45 the week before; YTD 2023 average is 51, 2022 YTD average is 45.4, an increase of nearly 15%.

Calls for service were 342 for the

Su Casa - Ending Domestic Violence

Su Casa is a nonprofit community-based organization dedicated to the philosophy that every individual has the right to live free from violence or the threat of violence.

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What Seniors Need to Know About Taking Paxlovid

Paxlovid must be started no later than five days after the onset of symptoms.

Editor's note: I got COVID in Oct. 2022 and took Paxlovid, it was akin to having a mild head cold. ~BH

(KAISER) A new coronavirus variant is circulating, the most transmissible one yet. Hospitalizations of infected patients are rising. And older adults represent nearly 90% of US deaths from Covid-19 in recent months, the largest portion since the start of the pandemic.

What does that mean for people 65 and older catching Covid for the first time or those experiencing a repeat infection? The message from infectious disease experts and geriatricians is clear: seek treatment with antiviral therapy, which remains effective against new Covid variants.

The therapy of first choice, experts said, is Paxlovid, an antiviral treatment for people with mild to moderate Covid at high risk of becoming seriously ill from the virus. All adults 65 and up fall in that category. If people can't tolerate the medication — potential complications with other drugs need to be carefully evaluated by a medical provider — two alternatives are available.

“There's lots of evidence that Paxlovid

can reduce the risk of catastrophic events that can follow infection with Covid in older individuals,” said Dr. Harlan Krumholz, a professor of medicine at Yale University.

Meanwhile, develop a plan for what you'll do if you get Covid. Where will you seek care? What if you can't get in quickly to see your doctor, a common problem? You need to act fast since Paxlovid must be started no later than five days after the onset of symptoms. Will you need to adjust your medication regimen to guard against potentially dangerous drug interactions?

“The time to be figuring all this out is before you get Covid,” said Dr. Allison Weinmann, an infectious-disease expert at Henry Ford Hospital in Detroit.

Being prepared proved essential when I caught Covid in mid-December and went to urgent care for a prescription. Because I'm 67, with blood cancer and autoimmune illness, I'm at elevated risk of getting severely ill from the virus. But I take a blood thinner that can have life-threatening interactions with Paxlovid.

Fortunately, the urgent care center could see my electronic medical record, and a physician's note there said it was safe for me to stop the blood thinner and get the treatment. So, I walked away with a Paxlovid prescription, and within a day my headaches and chills had disappeared.

Just before getting Covid, I'd read an important study of nearly 45,000 patients 50 and older treated for Covid between January and July 2022 at Mass General Brigham, a large Massachusetts health system. Twenty-eight percent of the patients were prescribed Paxlovid, which had received an emergency use authorization for mild to moderate Covid from the FDA in December 2021; 72% were not. All were outpatients.

Unlike in other studies, most of the patients in this one had been vaccinated. Still, Paxlovid conferred a notable advantage: Those who took it were 44% less likely to be hospitalized with severe Covid-related



PAXLOVID has proven to work, but patients must make certain there are no drug interactions, over 180 exist.

illnesses or die. Among those who'd gotten fewer than three vaccine doses, those risks were reduced by 81%.

A few months earlier, a study out of Israel had confirmed the efficacy of Paxlovid — the brand name for a combination of nirmatrelvir and ritonavir — in seniors infected with Covid's omicron strain, which arose in late 2021. (The original study establishing Paxlovid's effectiveness had been conducted while the delta strain was prevalent and included only unvaccinated patients.) In patients 65 and older, most of whom had been vaccinated or previously had Covid, hospitalizations were reduced by 73% and deaths by 79%.

Still, several factors have obstructed Paxlovid's use among older adults, including doctors' concerns about drug interactions and patients' concerns about possible “rebound” infections and side effects.

Dr. Christina Mangurian, vice dean for faculty and academic affairs at the University of California-San Francisco School of Medicine, encountered several of these issues when both her parents caught Covid in July, an episode she chronicled in a recent JAMA article.

First, her father, 84, was told in a virtual medical appointment by a doctor he didn't know that he couldn't take Paxlovid because he's on a blood thinner — a decision later reversed by his primary care physician. Then, her mother, 78, was told, in a separate virtual appointment, to take an antibiotic, steroids, and over-the-counter medications instead of Paxlovid. Once again, her primary care doctor intervened and offered a prescription.

In both cases, Mangurian said, the doctors her parents first saw appeared to misunderstand who should get Paxlovid, and under what conditions. “This points to a major deficit in terms of how information about this therapy is being disseminated to front-line medical providers,” she said in a phone conversation.

The potential for drug interactions with Paxlovid is a significant concern, especially in older patients with multiple medical conditions. More than 120 medications have been flagged for interactions, and each case needs to be evaluated, taking into

account an individual's conditions, as well as kidney and liver function.

The good news, experts say, is that most potential interactions can be managed, either by temporarily stopping a medication while taking Paxlovid or reducing the dose.

“It takes a little extra work, but there are resources and systems in place that can help practitioners figure out what they should do,” said Brian Isetts, a professor at the University of Minnesota College of Pharmacy.

In nursing homes, patients and families should ask to speak to consultant pharmacists if they're told antiviral therapy isn't recommended, Isetts suggested.

About 10% of patients can't take Paxlovid because of potential drug interactions, according to Dr. Scott Dryden-Peterson, medical director of Covid outpatient therapy for Mass General Brigham. For them, Veklury (remdesivir), an antiviral infusion therapy delivered on three consecutive days, is a good option, although sometimes difficult to arrange. Also, Lagevrio (molnupiravir), another antiviral pill, can help shorten the duration of symptoms.

Many older adults fear that after taking Paxlovid they'll get a rebound infection — a sudden resurgence of symptoms after the virus seems to have run its course. But in the vast majority of cases “rebound is very mild and symptoms — usually runny nose, nasal congestion, and sore throat — go away in a few days,” said Dr. Rajesh Gandhi, an infectious-disease physician and professor of medicine at Harvard Medical School.

Gandhi and other physicians I spoke with said the risk of not treating Covid in older adults is far greater than the risk of rebound illness.

Side effects from Paxlovid include a metallic taste in the mouth, diarrhea, nausea, and muscle aches, among others, but serious complications are uncommon. “Consistently, people are tolerating the drug really well,” said Dr. Caroline Harada, associate professor of geriatrics at the University of Alabama-Birmingham Heersink School of Medicine, “and feeling better very quickly.”



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CERRITOS from page 1

somehow show the underground option "is not cost-prohibitive" compared to the above-ground option despite Metro's study completed by its consultants.

That study estimated the preferred above-ground option would cost a minimum of \$246 million, with the underground option tabbed at a minimum of \$398 million, or \$152 million in additional taxpayer dollars.

That study also estimated maximum costs at \$687 million for above-ground and \$1.1 billion for the underground option, a difference of \$413 million dollars.... just for one Cerritos station.

The lawsuit stated, "Cerritos is skeptical of Metro's cost estimates [who] agreed to perform a cost analysis of the two alternatives." The summons then accused Metro's Board of malfeasance, "Cerritos believes Metro's Board instructed its staff to determine whether Cerritos' proposed underground alternative was 'feasible.' Metro sought no input from Cerritos, allowing a consultant hired by Metro to conclude the underground alternative was too costly and 'infeasible.'

"By doing so, the Metro staff purposefully 'put a thumb on the scale' of the analysis to weigh in favor of the above-ground construction, avoiding an honest evaluation of Cerritos' underground proposal."

Inside sources are telling HMG-CN that Cerritos wanted Barrows, who is best known for selling printing-press jobs, to act as a consultant and estimate the cost of the underground station, but Metro declined; Cerritos used the declination to manufacture the questionable CPRA lawsuit.

"Cerritos believes Metro based its analysis on implausible assumptions to protect its preferred aerial bridge option from informed scrutiny. However, because Metro has refused to timely disclose public records to Cerritos as required by law, the Metro Board and the Federal Transportation Administration are now poised to approve a final project alignment before Cerritos has had the opportunity to evaluate."

The proposed stop for the station is at 183rd and Gridley, on the opposite corner of two of the largest tax revenue generators in the city, the Los Cerritos Center Mall and the Plaza 183 open shopping mall.

In their lawsuit, Colantuano stretches the truth calling the intersection "one of the busiest in Cerritos" which is patently false; he also stated that the intersection "will alter the main entrance to the Los Cerritos Center," which is again

false; the main entrance is nearly a mile and four street lights away on South Street.

Finally, Colantuano stated that the station will alter the entrance to the Cerritos Auto Square, once again false. The Auto Square is nearly one mile from the station, with the main entrance for most people in the South Street offramp of the 605 Freeway, which is 1.5 miles from the station.

The city also alleged "adverse impacts" in the area, "the above-ground station will cause trains to pass through every five minutes during peak commuting hours at a height likely allowing riders, among other things, to peer into second-story bedroom windows of residences along the line in both Cerritos and Artesia, they will also be noisy."

That statement was made right around the time Barrows, at a City Council meeting, proposed to move a truck route in Cerritos back to its original location. On the original location, the noisy trucks were causing havoc with residents. Cerritos' own survey by a consultant-costing \$70,000- substantiated the resident's claims, so the city went through the rigorous process of moving the route.

And in a revelation that will anger WSAB-JPA members, sources have told HMG-CN that Barrows is actively lobbying officials to terminate the train at Bellflower, bypassing both Cerritos and Artesia if the city is not granted the costly underground station.

In reality, Cerritos cannot stop the light rail construction, nor can they dictate station locations, but they can unnecessarily delay the line costing an untold amount of money and causing scheduling difficulties.

Despite that, Cerritos is spending thousands alleging Metro is violating the California Public Records Act. The lawsuit demands declaratory relief, meaning Metro must turn over the requested documents, but that is likely another delay tactic because of the deliberative process.

The deliberative process privilege protects certain pre-decisional, internal agency information, such as recommendations and analysis, from disclosure during litigation. The documents Cerritos is demanding clearly fall under the deliberative process.

Colantuano and Cerritos refused to comment; a trail setting conference is scheduled for March 14, 2023 at the Stanley Mosk Courthouse in downtown Los Angeles.

Supervisor Hahn Grand Marshal at Long Beach MLK Parade



LIQUID SUNSHINE: Rain did not deter parade attendees nor did it deter Supervisor Janice Hahn, seen here with former Long Beach Mayor now Rep. Robert Garcia, at Long Beach's MLK Day Parade.

VARGAS from page 1

September 30 and Homestead-Miami Speedway on October 21.

The news comes as Vargas is coming off his fourth part-time campaign in the Xfinity Series, where he notched a career-best sixth-place result at Daytona International Speedway in August. Competing in 26 of 33-scheduled Xfinity events.

In 67 career starts in the Xfinity Series, Vargas has accumulated a total of two top-10 results, four laps led and an average-finishing result of 25.7. Prior to the Xfinity Series, he competed in the 2018 ARCA Menards Series East season with Rev Racing, where he notched six top-10 results before finishing in sixth place in the final standings. The Californian is also a two-time recipient of the Wendell Scott Trailblazer Award.

"I'm beyond thrilled to join On-Point Motorsports for the 2023 Season," Vargas said. "I told myself heading into this offseason that it was time

for a change. I knew that I was ready to take on a new challenge. Having never made a truck series start, I really felt that this year was the perfect time for me to make the move into a competitive Truck Series entry. There's no denying what Bones and his team have done are nothing short of impressive. With a bunch of top-10 finishes and opportunities to make it to victory lane, I knew I had found myself a fantastic new home."

"Although I won't be running the full schedule, I'm excited to engrain myself within the organization and work hands on with the development of my teammates and the truck's on-track performance," Vargas added, "Thank you to all my fans and followers for continuing to believe in me. I'm truly blessed and I really look forward to competing in the NASCAR Craftsman Truck Series in 2023!"

Vargas' first Truck Series career start of the season is set to occur at Atlanta Motor Speedway on March 18. The event's coverage is scheduled to occur at 2 p.m. ET on FS1.

GAS STOVES from page 1

found that the stoves leak benzene, a carcinogen, and methane, a potent greenhouse gas, even when they're turned off.

Researchers say that it's essential to understand and mitigate the dangers of gas stoves, which are used in about 40 million homes nationwide.

The average person should use caution with gas stoves using a few simple ways to mitigate potential health risks.

Ventilation

Open the windows, crack open a door, put on a fan — try to ventilate your kitchen as much as possible when you're using your stove. Experts say fresh air can really dilute the concentration of air pollutants.

Use the exhaust hood when cooking

Even if you're just boiling water, turn on the exhaust hood. The fan will be most effective if it blows the air outside, but you can still use it even if it doesn't. If your exhaust hood doesn't vent the air outside, or if you're not sure, open a window.

Cook less often

Exposure can have a direct impact: research shows that when a stove is used for cooking dinner, more children tend to use their inhalers that night.

Instead of using your stove as the default for all cooking and food-heating, think about using an alternative like a

microwave or toaster oven or a portable induction burner.

There's no statewide regulation to prohibit gas stoves here, but California and cities are pushing forward with other ways to limit use of natural gas.

In 2019, Berkeley was the first in the nation to ban gas hookups in new residences and commercial buildings; since then, over 50 California cities and counties, including San Francisco, Sacramento and Los Angeles, have adopted similar bans.

Alternatives to gas

Induction cooktops use magnetic waves for heating, but not all pans can be used. Only cast iron and stainless steel can be used on induction ranges. Though they tend to be more expensive than other options, induction cooktops can be portable, and they heat and cool down quickly.

According to Energy Star, an energy efficiency certification program run by the EPA, induction cooking transfers heat far more efficiently than cooking with gas; the cookware is the source of heat, heating from within, which means induction surfaces are cooler to the touch and safer for use by both adults and children.

Despite discussions of a possible set of new federal restrictions and debates about the merits of cooking with gas alternatives, federal action ain't coming soon, but will it come soon enough?



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Expert Tips for Welcoming a Kitten Into Your Home

(Family Features) ~ Fostering kittens and cats has risen in popularity during these unprecedented times, and many pet lovers are becoming fosters to help overcrowded animal shelters. Fostering a kitten can be a fun and exciting time, but it may also come with a learning curve.

Among the 43% of respondents to a Royal Canin survey, who have fostered a pet, 6 in 10 have “foster failed” and permanently adopted the pet they were fostering. Most pet owners who responded also agree the first year of pet ownership is the most important, but 64% believe it is the most difficult, as well.

Whether you’re fostering or adopting a kitten, learn how to give your kitten proper care during her first weeks and months with you with this advice from the experts at Royal Canin.

Arriving Home

The new sights, sounds and smells in your home, and the separation from her mother, may make your kitten feel stressed. Keeping the environment calm and quiet can ease the transition.

When you arrive home, put the cat carrier in the room you’ve prepared for the kitten with the kitten still inside, allowing her to get acclimated before opening the door. Then allow the kitten to explore a closed-off area. Resist the urge to cuddle your kitten right away.

As your kitten gains confidence in its new surroundings, she will want to explore more. Make sure the environment is prepared with electrical wires and outlets covered; windows, balconies and stairs secured; and small or sharp objects put away so she can safely explore with your supervision. If there are possible



PET OWNERS who responded said the first year of pet ownership is the most important, but 64% believe it is the most difficult, as well.

hazards, a designated room with windows and plenty of social contact for the first few weeks may be better.

Creating a Safe Place

Kittens can tire easily. After a little exploration time, give your kitten access to a bed in a cozy, quiet place with access to water, food and a litter box. Turning out the light helps establish sleep patterns, but on the first night you might want to leave a night light on to help with the adjustment.

Provide somewhere quiet to eat. This should be somewhere your kitten feels secure, away from where you and any other pets eat. Cats don’t like to eat too near their litter boxes and should always have fresh water available.

As kittens grow rapidly, their digestive and immune systems develop slowly and they have specific nutritional needs that are different from adult cats. Any sudden changes in your kitten’s diet can cause digestive trouble, so for the first few days, keep the same feeding routine as the previous caretaker. You can slowly switch to a different routine, if

you choose, and transition to kitten food suitable for the appropriate growth stage. For example, Royal Canin Kitten formulas are tailor-made with optimal vitamins and minerals to support healthy development.

Ongoing Care

Your kitten should see a veterinarian as soon as possible. In addition to a general health check, your vet can help you create a vaccination schedule and give advice on deworming, nutrition and more. Always use a carrier to transport your kitten safely while in the car and into the vet’s office.

Gradually introducing your kitten to new experiences can help with socialization. New sounds can startle a kitten, so be ready to offer plenty of reassurance. You may also need to introduce new terrain like stairs or unfamiliar surfaces. Gentle play and careful handling can help your kitten become more comfortable with being touched.

Learn more about proper cat nutrition and how to create a welcoming home at royalcanin.com.

Distinguished Young Women of Cerritos-Artesia 2024

Distinguished Young Women of Cerritos-Artesia (DYW) is offering high school juniors the opportunity to participate in a national scholarship program that promotes and rewards academics, leadership and talent in young women. The program is entitled with the year of high school graduation, thus these junior girls will graduate high school in the spring 2024.

Cash scholarships are awarded at the local level and millions in college-granted scholarships are available. Local winners will advance to the state summer program in Bakersfield, California, where more than \$30,000 in scholarships is available.

Young women interested in participating should complete the initial application on-line at the DYW website: Cerritos-Artesia@DistinguishedYW.org. A mandatory parent meeting is scheduled for January 22, 2023 at the Cerritos Senior Center from 1:00-2:00 p.m.

Last year over \$9,500 was awarded to participants in nine separate categories.

Distinguished Young Women is a national scholarship program that inspires high school girls to develop their full potential through a fun, engaging experience that culminates in a celebratory showcase of their accomplishments. It is open to high school juniors residing in Cerritos and Artesia. This year’s program will take place on Sunday, March 26 at Cerritos College Student Center.

Participants must be an American citizen and meet program criteria.


For more information, please contact Rhonda Burd @ (562)843-2468 or visit the local website: Cerritos-Artesia@DistinguishedYW.org

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ID Fraud Among Veterans Runs Rampant

(BPT) - While identity theft and similar scams are a problem for many Americans, U.S. veterans face a higher-than-average risk of falling victim to that kind of fraud.

Statistics back that up. For example, of the 200,000 reports of fraud the FTC received from military members in 2021, 78% came from military retirees and veterans. And an AARP survey shows that a whopping one-third of vets targeted by service-related scams have lost money in those scams.

Unfortunately, vets and their families are prime targets for fraudsters, in part because they receive special benefits and in part because while enlisted, they frequently changed residences. Past data breaches have also led to leaks of their personal information that make the problem worse.

The good news is that vets can follow these 11 suggestions for protecting themselves and their families from fraud.

1. Practice skepticism. Be suspicious of unexpected calls, emails or text messages that demand action from you. Fraudsters often masquerade as legitimate organizations by creating authentic-seeming caller IDs, email addresses and websites; for example, their email addresses may be similar to those you know and trust, but they'll be off by one letter - or they'll end with .net instead of .com, .gov or .org. When in doubt, don't click on the provided link or attachments or follow their directions; instead, end communications and contact the real organizations directly via the number listed on your latest bill or their official website to check communications are legitimate.

2. Protect your private data. Be wary

about sharing or allowing others to overhear your family's Social Security numbers (SSNs), birth dates or other personal info. Provide the data only when necessary, then confirm how it will be secured. Black-out personal info on any forms you wish to use to access discounts.

3. Create a family code word. Provide that word to the legitimate banks, insurance providers and organizations with which you work so they can easily prove they're not fraudulent.

4. Review account statements and credit reports. Regularly look over financial, medical and other statements. Every four months, request and read one of the free credit reports offered by Equifax, Experian and TransUnion. Follow up on any questionable charges.

5. Set up free fraud alerts. Any of the three credit bureaus can arrange for you to be automatically contacted in the event of suspicious charges.

6. Doubts? Freeze your credit. If you're experiencing identity theft or other possible fraud, a freeze will keep criminals from further accessing your credit.

7. Protect sensitive documents. Shred or keep safe papers containing personal info, including tax forms, birth certificates, Social Security cards, bank account statements and military benefit forms.

8. Be strategic about passwords. Use complex and different passwords, or even "pass-phrases" for each online account, incorporating multiple digits, upper- and lower-case letters and special characters. Stay away from obvious words like pets' names, your hometown or your favorite sports team. Never write them down. A password manager tool can help you keep them all straight.

9. Forward your mail. Have all mail forwarded when you move or relocate so credit card offers and other documents with potentially private data don't fall into the wrong hands.

A VETERAN ID CARD is a digital photo ID Veterans can use to get discounts at many businesses. Vets do not need to carry around military discharge papers or share sensitive personal information to get discounts.



10. Set up an active-duty credit alert. For active-duty service members, ask one of the three credit bureaus to mark your file with this free, one-year alert. It encourages lenders and creditors to take extra steps to verify your identity before approving new or additional credit. Your name will also be removed from pre-screened credit card or insurance offers for two years.

11. Know the signs of identity theft. Indicators may include a lost ID; unfamiliar charges on your bank or credit card statements; credit score issues, calls trying to verify unfamiliar purchases; unfamiliar medical bills; mail theft; suspicious logins to your social media accounts; unrecognized account authentication messages; the arrival of unfamiliar bills or packages; or even warrants for your arrest.

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605 LEAGUE BOYS BASKETBALL

Cerritos Puts Game Away in Second Quarter as Injuries Continue to Mount for Wildcats

By Loren Kopff
@LorenKopff on Twitter

The Whitney High boys basketball team, enjoying one of the better seasons in the history of the program, took a big hit on Jan. 10 when senior Ethan Wong injured his left ankle in the first quarter against Oxford Academy. With Wong sidelined against visiting Cerritos High last Friday night, the homecoming king was relegated to being a spectator as the Dons outscored the Wildcats by 20 points and ran away with a 63-45 win.

Wong, who was slated to see a doctor this past Tuesday, is the latest starter to be sidelined, joining sophomore Morgan Marks, who has missed the last 10 games. Junior Sakeef Sekender, who had missed six straight games with an injury, returned to the lineup against Oxford Academy. But without Marks and Wong, Whitney's game is completely different. Instead, the Wildcats (15-5 overall, 2-2 in league) had to go elsewhere for their scoring.

Whitney was leading 14-11 a minute into the second quarter before the wheels came off as the Dons (8-14, 3-1) went on a 23-5 run to put the game away by halftime. Whitney would trail by double digits for the final 17:20 of the game.

"We're shorthanded right now," said Whitney head coach Joseph Webber. "David [Song], our senior guard, is a total leader. He rounded up the troops, got them up as much as he could and yeah, they made a little stand and played as strong as they could. I'm just really proud of the kids."

"The sophomores are all stepping up," he continued. "But it's also becoming a point where we're bringing up a couple of freshmen for this week's games."

"Our hats off to Whitney, because they're playing and they're young," said Cerritos head coach Jonathan Watanabe. "So, they're going to be there for a while. But they're missing two of their best guys; they're missing Ethan and Morgan. Those are two All-League players. I think Ethan may be the league M.V.P. So, they played without him and they're still battling."

Whitney got out to a strong start in the opening quarter, building a 12-6 lead with seven points coming from Sekender. Two free throws from sophomore Peter Poitras left Whitney clinging to a 14-11 lead. After that, it was all Cerritos, which outscored the Wildcats 27-7 in the second quarter and got 14 points in the stanza from four bench players-senior Chase Rambaran and sophomores Benson Cho, Nathan Ju and Jaden Ribac.

Cerritos entered the fourth quarter up

50-33 but the 'Cats tried to make one last run and began the fourth quarter on a 6-0 run. With 6:36 left in the game, and the Dons having turned the ball over four times in the stanza, Watanabe called a timeout. Cerritos responded and got its lead back up to 21 points following an 11-1 run over the next three minutes.

Part of Cerritos' success was getting five Whitney players into foul trouble. Song, Sekender and sophomore Christian Carreon all had three fouls before halftime with junior Justin Wahyudi and Poitras each collecting their third foul before the end of the third quarter. Song would foul out with 5:40 left in the game after Cho had a steal and finished off a three-point play.

"If you have anything to say, don't say it," chuckled Webber. "And I don't have anything to say. I asked the officials to look out for a couple of things, and they decided not to. It is what it is. Cerritos is a Division 3 team for a reason and they have a lot of talent over there. [Junior] Osi [Agaranna] and [junior] Tobe [Ozoagu] are difference makers. I can see why they play the schedule they play, which is way above ours."

"It definitely took away from their aggressive edge," said Watanabe. "In the beginning, they definitely had the advantage in aggressiveness, and when the fouls started happening, they had to back off and it gave our guys some freedom. Our guys need to play tougher. We didn't do a very good job to start the game. I think we were kind of taking back of how hard they were playing. Our guys can match that, but we need to do a better job of starting that way the next time we play them."

Of the 13 players who suited up for the Dons, all but two scored, led by Ozoagu (11 points, six rebounds, two steals), junior Shay Pema (10 points, three rebounds) and Cho (10 points). The Wildcats were paced by Poitras, who had a career-high 15 points and Carreon, who scored a dozen points for the second straight game.

"They are part of my super sophomores," said Webber. "Peter has been injured half the season, or he would have already been getting more minutes. We're just very cautious with him. But man, he is quick, he is cagey, and he can hit the three. I'm really proud that he's able to show what he can do every now and then. And Christian has been doing it all season. Christian comes off the bench, but he may have played, or at least been tied with the top player for most minutes this season."

"We have every single player on our scouting report, because they have a lot of guys who can play," said Watanabe.



WHITNEY HIGH senior Ethan Wong, a fixture in the boys basketball program the past several seasons, was crowned Homecoming king last Friday in between the two varsity basketball games against Cerritos High. Senior Layla Lacorte (right) of the girls team was one of the princesses and had played minutes before the homecoming festivities. Wong injured his ankle on Jan. 10 against Oxford Academy and did not play against Cerritos, a 63-45 loss to the Dons.

"All of our guys were familiar with every single player down the line. We weren't really surprised by anybody, but we knew we were in for a battle tonight."

"They have a lot of quick guards, and they use them well," he later said of Carreon and Poitras. "They've done a great job [with their personnel]. They're tough and when they get those guys back, they're going to be tougher. I'm not looking forward to the game at our place."

The win vaulted the young Cerritos team to second place in league, a game behind Artesia High while the surging Wildcats fell to this place, and still in a great position to advance to the CIF-Southern Section playoffs for the first time since 2015.

"They've had some good years," said Watanabe. "This is up there with them. We're in a very similar position. We have a lot of young guys, and they have the edge in experience. I think that was the biggest key that a lot of these guys that are sophomores and juniors played varsity last year. We only have three returning varsity players."

The first half of league concluded this past Wednesday with Cerritos going to Oxford Academy and Whitney visiting Pioneer High, which is tied for fourth place with Oxford Academy and John Glenn High. On Friday with Cerritos hosting Artesia while Whitney entertains Glenn. On Wednesday, Cerritos goes to Pioneer while Whitney is home to Artesia.

"Our goal is to get Whitney back in the playoffs," said Webber. "We are

working as hard as we can, and so are the kids; the kids share the same goal. Pioneer, in one of the rankings, is number [four] in Division 5A, and they are not to be taken lightly. There's no way we that we want to sneak in or take a chance on being an at-large in CIF. For some reason, they haven't been taking many in the past years, and we don't know why. Not counting Artesia and Cerritos, if we can take care of our business and stamp our way into the playoffs, I think that's what the entire team, parents, coaches and players would like to happen."

Just like the girls game, which came before the boys game, the Cerritos-Whitney rivalry for the boys figures to be more competitive than it did when the league began. Of the combined 29 players on the two teams, six are seniors, nine are juniors and 13 are sophomores.

"We're coaching our guys," said Watanabe. "That's what they're doing at Whitney; they're coaching their guys. We have no transfers on either school. We have to develop our talent, and so that's what we do. As freshmen, we teach them how to play. As sophomores, we have to do that. As juniors, we have to do that. As seniors, we have to do that."

"We're developing players and that's why our players and our teams always improve," he continued. "We're coaching our guys every single day, and Pioneer does it, John Glenn is doing it, Whitney is doing it [and] Oxford [Academy] is doing it. We don't bring guys in. There's only one school that's bringing guys in."

WHITNEY from page 1

this remarkable achievement," said Mr. Toan Nguyen, Interim Superintendent of the ABC Unified School District. "This honor shows the significant steps the school and ABCUSD are taking to ensure parity and equity in advanced courses and subjects, like computer science."

Providing female students with access to computer science courses is critical to ensuring gender parity in the industry's high-paying jobs and driving innovation, creativity, and representation. The median annual wage for computer and information technology occupations was \$97,430 in May 2021. However, women represent just 24% of the five million people in computing oc-

cupations.

According to research conducted by College Board, female students who take AP CSP in high school are more than five times as likely to major in computer science in college compared to female students of similar background and academic preparation who did not take CSP. The study also finds AP CSP serves as a stepping stone to other advanced AP

STEM coursework.

"What an honor for Whitney High School to earn this award," said ABCUSD Board President Mr. Brad Beach. "Computer science impacts us all each and every day, and the courses we offer at Whitney High School and across the District give our students the strong foundation they need to continue their education at a college or university."

NEWS AND NOTES from page 16

three and a half minutes while trying to make the final score more respectable.

“Playing this hard game right here just refocused our girls and understanding that if you don’t play hard, you just don’t win,” said Jacobs. “I think this game is a good practice. We’ll go back and watch film and see what we can do to make the adjustments and move forward.”

Sophomore Haylie Wang led Whitney with 14 points, making all five of her shots from the field. Kylie Wang added 13 points, six rebounds, four assists, four steals and two blocks. As a team, Whitney was 16 of 49 from the field but got just two points from its bench. Whitney, which has yet to lose a league game entering this past Wednesday’s game at Pioneer High and was 11-11 overall, will host John Glenn High on Friday and Artesia High on Wednesday, the bottom two teams in the league.

“I think I have a great group of athletes that want to win and have the right team to do it,” said Jacobs. “Sometimes we have brain [lapses] and we forget that we have to keep our emotions in check. And if the referees don’t call a foul, that doesn’t mean stop playing. Right now, this is new to us. I think we have a solid team; we have the support. I think we have to figure out what identity we want to be, and that’s what we’re struggling with right now.”

Following the Irvine High-Villa Park High game, Cerritos was paired with Esperanza High and was no match for the Aztecs, losing 82-34. The score is a little misleading as the Dons trailed 13-10 with 1:05 left in the first quarter and was down by 14 points at the half.

“That was great, and that’s the thing that I think our girls have to see moving forward when we play later with the rest of our league and then going into playoffs,” said Cerritos head coach Marcus Chinen of the competition. “We’re going to come across teams that are going to shoot the ball just like what [Esperanza] did.”

But throughout the game, Esperanza was shooting three-pointers all over the place. The Aztecs had 17 perimeter shots and 11 two-pointers in the contest. Six of the 10 players for the Aztecs had at least one downtown basket, but it was Lacie Miyatake who drew the most attention from Chinen. The 5’5” sophomore guard hit three of them in the fourth quarter to finish with 12 points while Kaiya Mack and Charlotte

Muller each had 18 points with Muller connecting on six three-pointers.

“[Miyatake] was the one that stuck out because she was the one that sometimes when we went under their screen, she shot the ball right over us,” said Chinen. “That’s something that they don’t see in our league. They do see it in other single games or even in tournaments.”

Esperanza went on a 19-0 run in the second half and the Dons (8-12 overall) scored seven points in the third and fourth quarters each. Seniors Francine Carrillo and Kaitlyn Sugita each had eight points with the former grabbing five rebounds. Sophomore Ambar Multani would also have five boards coming off the bench as the Dons, who would then lose to Santa Margarita High 62-47 this past Tuesday, will host Artesia on Friday and visit Pioneer High on Wednesday.

“We’re going to be battle-tested, but when you look at our Division 2AA, that’s a pretty tough division,” said Chinen. “When you look at it, they have some really, really good teams. Hopefully we can get in and steal a couple of games here and there and see what happens from there.”

In other girls basketball action, Artesia visits Glenn on Friday in a battle of winless teams in the 605 League. Artesia is 2-17 overall while Glenn, which will also host Oxford Academy on Wednesday, has yet to score in double digits in its four league games and is 5-12 overall.

Gahr High, which has been a pleasant surprise and is in a hunt for a CIF-Southern Section playoff spot, ended the first round of Mid-Cities League play against Bellflower High this past Wednesday. The Gladiators (15-6, 3-1) will visit Norwalk High on Friday and Dominguez High on Wednesday. Those two teams are battling Gahr for the top spot.

La Mirada High, which won five of its first seven games of the season, visited last place Firebaugh High this past Wednesday. The Matadores (7-9, 1-3) host Bellflower on Friday before their tilt with Norwalk.

Norwalk was involved in a first-place battle with Dominguez this past Wednesday and fell to the Dons 40-34, dropping to 13-9 overall and 3-2 in the Mid-Cities League. Junior Keilani Gananial led the Lancers with 25 points.

Valley Christian High has not played since Jan. 13 but will host Maranatha High on Friday before going to Heritage Christian High on Tuesday. The Defenders are 6-15 overall and 1-3 in the Olympic League.

BOYS BASKETBALL

First place in the 605 League will be on the line when Artesia visits Cerritos on Friday. Artesia enters the contest at 14-7 overall and 5-0 in the circuit while Cerritos is 9-14, 4-1. Artesia will go to Whitney on Wednesday while Cerritos travels to Pioneer.

Gahr went to Norwalk this past Wednesday in the first meeting between the two programs in at least 26 years and came away with a 55-37 victory, leaving the Gladiators with a record of 11-11 overall and 3-2 in the Mid-Cities League. Gahr was in total control after the first quarter and put the game away with a 9-3 run to begin the second half and leading 30-17 at that point. Junior Dayvon Gates led everyone with 21 points and had eight rebounds along with two assists while junior Evan Spurlin-Renfroe added 10 points. The Gladiators, who took sole possession of third place, will host Warren High on Friday and Firebaugh on Wednesday.

The Lancers, who fell to 9-14, 2-3, got a game-high seven points from senior Vincent Hernandez and six from junior Jakahari Ramey. Norwalk hosts Firebaugh on Friday before going to Lynwood High on Wednesday and needs to win its last five games of the regular season to advance to the playoffs.

The hottest team in the area is La Mirada, winners of four straight games to improve to 17-6 overall. The Matadores, ranked second in Division 2A and is on the Open Division watch list, took its 4-0 Gateway League mark into its home game with Downey High this past Wednesday in a battle for the top spot. La Mirada will entertain Paramount High on Friday.

V.C., coming off an 84-65 win over Arrowhead Christian High this past Tuesday, is 14-9 overall but 1-3 in the Olympic League. The Defenders will host Maranatha on Friday before going to Heritage Christian on Tuesday.

BOYS SOCCER

Artesia (10-4-2, 5-0-0) surrendered its first goal in league play in a 4-1 win at Glenn this past Tuesday as the Pioneers go to Cerritos on Friday, host Animo Leadership on Monday and visit Whitney on Tuesday.

Cerritos (4-7-2, 3-2-0), which has been shutout in all seven losses, is in a tie for second place through the first round of league play. The Dons visit Pioneer on Tuesday, which defeated Cerritos 1-0 on Jan. 6.

The new Mid-Cities League has been paying big dividends for Gahr, which ended the first half at 3-1-1 after a 5-2 win against Dominguez this past

Tuesday. The Gladiators (6-5-1 overall) visited Bellflower on Jan. 19 and will go to Firebaugh on Tuesday.

Glenn is 5-7-2 overall, 1-4-0 in league as it goes to Whitney (0-12-1, 0-5-0) on Friday and Oxford Academy on Tuesday while La Mirada ended the first half of Mid-Cities League action at 4-1-0 as it hosted Mayfair High on Jan. 18. The Matadores (6-3-2 overall) will host Dominguez on Tuesday while Norwalk, once the kings of the Suburban League, have struggled in the Gateway League, falling to 3-6-3 overall and 0-3-1 in the circuit. The Lancers hosted Paramount on Jan. 19 and will visit Lynwood on Tuesday.

V.C. has not played since Jan. 12 as the Defenders will take its 7-6-4 overall record, 3-0-1 in the Olympic League into its game at Maranatha on Friday before hosting Heritage Christian on Tuesday while Whitney is sitting at 0-12-1 after a 4-1 loss to Pioneer this past Tuesday.

GIRLS SOCCER

Artesia is clinging onto the third place in league as the Pioneers blanked Glenn 3-0 this past Tuesday. The Pioneers (6-5-4, 1-1-2) host first place Cerritos on Friday, which is ranked #5 in the CIF-SS Division 4 poll. The Dons (13-1-0, 3-0-0) have blanked nine opponents this season as they will host Pioneer on Tuesday.

Just like the boys, the Gahr girls are enjoying life at the top of the Mid-Cities League. After beginning the season with eight straight non-league losses, scoring three goals in that time, the Gladiators have outscored their five league opponents 15-0 as they hosted Dominguez on Jan. 19 and will travel to Norwalk on Tuesday.

Glenn is the only area team not to have scored in any game, which includes 12 losses and a scoreless tie. The Eagles host Oxford Academy on Tuesday while La Mirada (9-3-3, 4-0-0) got past Warren 2-1 this past Tuesday for first place in the Gateway League. The Matadores visited Paramount on Jan. 19 and will go to Downey on Tuesday.

Norwalk is another team benefiting from life in the Mid-Cities League as the Lancers shutout Firebaugh 1-0 this past Tuesday to move to 7-7-1 overall and 4-1-0 in league. Norwalk visited Bellflower on Jan. 19 while V.C. is boasting a 12-4-1 overall mark, 4-0-0 in the Olympic League as it is home to Maranatha on Friday before making the trek to Heritage Christian on Tuesday. The Defenders have 10 shutouts this season.

WILDCATS from page 16

and three steals while Macaraeg, who is the next up and coming star for the program, finished with six rebounds and five points.

“I thought Cerritos did a great job coming out and playing hard against us,” said Jacobs. “They outrebounded us in the first half. I thought that their intensity was higher than ours. I thought their effort was more than ours. I think that Marcus got them ready to play us.”

“Haylie had a bad game and there’s no excuse on her end,” he later said. “I’m pretty sure she’ll have a better game [next time]. She didn’t do well. We didn’t have her shooting.”

“She’s good; she’s really good,” said Chinen. “She did what she was supposed to do. She grabbed the rebounds and got

the putbacks. When she went one on one, she was able to score on us.”

Another freshman to keep an eye on in the future is Cameron Lacorte, who led the Dons with nine points. Dizon had eight points and five rebounds while senior Francine Carrillo had seven rebounds and six each from Sugita and junior Mia Rivera. But foul trouble plagued Cerritos in the second half with Lacorte picking up her third and fourth fouls in the fourth quarter and Carrillo her third foul late in the game.

“Sometimes, with those players, it gets in the back of their minds,” said Chinen. “I know a couple of times, when we had to go to a certain type of defense, they kind of backed off a little bit. But all in all, we let them know, especially Cameron. We said when it comes down to [then end of] the game, if you do happen to foul out, you have to foul them to stop

the clock. Whatever it is, we do have girls that are coming off the bench that they can fill [her] spot.”

Since the league was formed, Whitney now owns a 6-3 record against Cerritos with five of those wins coming by a combined 22 points. Last season, the two, and Pioneer, were tri-champs in the league.

“It’s a good rivalry,” said Chinen. “I don’t know what it is. When we get over there at Whitney, I don’t know if it’s a different look of the gym or whatever it is.”

Whitney, which ended the first round of league play this past Wednesday at Pioneer High, will host John Glenn High on Friday and Artesia High on Wednesday while the Dons, who finished the first half of league action at Oxford Academy, will host Artesia on Friday and go to Pioneer on Wednesday.



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NOTICE AND SUMMARY OF ORDINANCE NO. 22-938

AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF ARTESIA AMENDING SECTIONS 3-2.802 and 3-2.803 OF THE ARTESIA MUNICIPAL CODE REGARDING THE ADULT CANNABIS BUSINESSES PERMIT AND APPLICATION CRITERIA

Notice is hereby given that on January 17, 2023, the City Council of the City of Artesia adopted Ordinance No. 22-938 making certain amendments and additions to the Artesia Municipal Code related to the adult cannabis business permit and application criteria. The following is a summary of the proposed Ordinance:

Ordinance No. 22-938 amends the application criteria for an Adult Cannabis Business Permit to remove the requirement of an executed lease agreement for the intended business location in the application packet, and instead requires a notarized Letter of Intent for the intended business location to be included in the application packet. The amendment includes a requirement that an executed Lease Agreement for the intended location is to be provided to the City within 30 days of an applicant receiving a permit to operate an Adult Cannabis Business.

The Ordinance was adopted by the City Council by the following vote:

Ayes: Ramoso, Trevino, Taj, Lima, Manalo
Noes: None
Absent: None
Abstain: None

Please note that the above is a simply a summary of the Ordinance. To obtain a full understanding of the Ordinance it should be read in its entirety. A copy of the full text of the Ordinance is posted in the City Clerk's office at 18747 Clarkdale Avenue, Artesia, California 90701.

Date: January 20, 2023
Jennifer Alderete
Acting City Clerk

Published at Los Cerritos Community Newspaper 1/20/23

NOTICE AND SUMMARY OF ORDINANCE NO. 22-937

AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF ARTESIA DECLARING A 25 MPH PRIMA FACIE SPEED LIMIT ON PIONEER BOULEVARD FROM 183RD STREET TO 188TH STREET; AND A 40 MPH PRIMA FACIE SPEED LIMIT ON 166TH STREET FROM THE WEST CITY LIMIT TO THE EAST CITY LIMIT IN THE CITY OF ARTESIA

Notice is hereby given that on January 17, 2023, the City Council of the City of Artesia adopted Ordinance No. 22-937, updating speed limits to streets in Artesia. The following is a summary of the proposed Ordinance:

The ordinance declares a 25 mph prima facie speed limit on Pioneer Boulevard from 183rd Street to 188th Street; and a 40 mph prima facie speed limit on 166th Street from the west City limit to the east City limit in the City of Artesia.

The Ordinance was adopted by the City Council by the following vote:

Ayes: Ramoso, Trevino, Taj, Lima, Manalo
Noes: None
Absent: None
Abstain: None

Please note that the above is a simply a summary of the Ordinance. To obtain a full understanding of the Ordinance it should be read in its entirety. A copy of the full text of the Ordinance is posted in the City Clerk's office at 18747 Clarkdale Avenue, Artesia, California 90701.

Date: January 20, 2023
Jennifer Alderete
Acting City Clerk

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**CITY OF HAWAIIAN GARDENS
NOTICE OF PUBLICATION OF ORDINANCE SUMMARY
ORDINANCE NO. 2022-607**

AN ORDINANCE OF THE CITY COUNCIL OF HAWAIIAN GARDENS, AMENDING TITLE 18 (ZONING), CHAPTER 18.90 (SUPPLEMENTAL REGULATIONS), SECTION 18.90.080 (ACCESSORY DWELLING UNITS AND JUNIOR ACCESSORY DWELLING UNITS) OF THE HAWAIIAN GARDENS MUNICIPAL CODE REGARDING ADUs AND JADUs AND DETERMINING THE PROJECT IS EXEMPT UNDER THE CALIFORNIA ENVIRONMENTAL QUALITY ACT (CEQA) PURSUANT TO SECTION 21080.17 OF THE CALIFORNIA PUBLIC RESOURCES CODE

On January 10, 2023, the City Council of the City of Hawaiian Gardens (“City”) adopted Ordinance No. 2022-607, amending the City’s local regulatory scheme for the construction of ADUs and JADUs to comply with recently amended provisions of Government Code sections 65852.2 and 65852.22.

An identical Urgency Ordinance No. 2022-606U, was adopted by the City Council on December 13, 2023, because the timeline for adoption (two readings) and then the effective date of a regularly adopted ordinance would extend past January 1, 2023, an urgency ordinance was required so that the same ADU and JADU standards would apply during the time between January 1, 2023, and when the new ordinance goes into effect.

Failure to comply with Government Code sections 65852.2 and 65852.22 (as amended) by January 1, 2023, renders the City’s ADU ordinance null and void, thereby limiting the City to the application of the few default state standards provided in Government Code sections 65852.2 and 65852.22. The approval of ADUs and JADUs based solely on these default statutory standards, without local regulations governing height, setback, landscape, and architectural review, among other things, would threaten the character of existing neighborhoods, and negatively impact property values, personal privacy, and fire safety.

The Ordinance was introduced for first reading by the Hawaiian Gardens City Council at its regular meeting held on December 13, 2022.

The City Council of the City of Hawaiian Gardens passed and adopted Ordinance No. 2022-607 at a regular meeting held on the 10th day of January 2023, by the following roll call vote:

AYES: DE PAULA, VARGAS, DEL RIO
NOES: NONE
ABSENT: NONE
ABSTAIN: NONE
RECUSAL(S): ROA, FARFAN

Any interested person may obtain a copy of the ordinance at the City Clerk’s Office, cityclerk@hgcity.org or by calling City Hall at (562) 420-2641. Also, a copy of the full text of the Ordinance is available on the City’s website at www.hgcity.org.

Pablo Rubio, City Clerk

Posted: January 17, 2023
Published: January 20, 2023
Los Cerritos Community News

Published at Hawaiian Gardens Community News 1/20/23

NOTICE OF PETITION TO ADMINISTER ESTATE

OF Phuong Quyen Luong
CASE NO. 23STPB00143
To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of:
Phuong Quyen Luong
A PETITION FOR PROBATE has been filed by Kieu Lu in the Superior Court of California, County of Los Angeles.
THE PETITION FOR PROBATE requests that Kieu Lu be appointed as personal representative to administer the estate of the decedent.
THE PETITION requests the decedent’s WILL and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.
THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act with full authority. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.
A HEARING on the petition will be held on 02/10/2023 at 8:30 AM in Dept. 9 located at 111 N. HILL ST. LOS ANGELES CA 90012 STANLEY MOSK COURTHOUSE.
IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.
IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.
Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.
YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.
Attorney for Petitioner: Kevin Ganser
8787 E. Pinnacle Peak Ste. 220
Scottsdale, AZ 85255
CA Bar #289994, Telephone: (480) 930-5859
1/20, 1/27, 2/3/23
CNS-3661545#
LOS CERRITOS COMMUNITY NEWS

Extra Space Storage will hold a public auction to sell personal property described below belonging to those individuals listed below at location indicated:
10753 Artesia Blvd., Cerritos, CA 90703 on 02/07/23 at 11:00 am

Nichole Zellmer- Furniture, boxes and fabric
Juan Prieto - 2 King size mattresses, bed frames, love seat 3 flat screen tvs, boxes, 2 bookcases, desk
Anthony Clores- boxes, clothing, shoes, household items, antique dishes Christine Williams - clothes, blankets, tv, etc
Natasha Castillo Madrid -bikes
Sarafina Ortega- furniture, boxes, and clothes
Debra Empleo-Perez- China, bed set, table and chairs, and household items Donald Brown, Brown Donald - Household goods
Aaron Scruggs - Boxes and clothing Anthony Kollar- House items
Smith Damion- Smith Damion- household goods Nichole Weston- Tv, furniture, totes
Kim Bradley- Household items
The auction will be listed and advertised on www.storage treasures.com. Purchases must be made with cash only and paid at the above referenced facility in order to complete the transaction. Extra Space Storage may refuse any bid and may rescind any purchase up until the winning bidder takes possession of the personal property.

Published at Los Cerritos Community Newspaper 1/20 and 1/27/2023

**CITY OF LA MIRADA
NOTICE OF PUBLIC HEARING**

NOTICE IS HEREBY GIVEN of a public hearing to be held by the City Council of the City of La Mirada on Tuesday, January 24, 2023, at 6:30 p.m. in the City Hall Council Chambers located at 13700 La Mirada Boulevard, La Mirada, California to consider the following:

ZONING ORDINANCE AMENDMENT NO. 55: AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF LA MIRADA ADOPTING AN ORDINANCE ADDING LAND USE REGULATIONS APPLICABLE TO MICRO-BREWERY FACILITIES WITHIN TITLE 21 OF THE LA MIRADA MUNICIPAL CODE AND TABLE 6-1 OF THE IMPERIAL HIGHWAY SPECIFIC PLAN AND APPROVING AN ENVIRONMENTAL FINDING PURSUANT TO SECTION 15061(B)(3) OF THE CEQA GUIDELINES

At the hearing, the City Council will consider the Planning Commission and staff’s recommendation and all other testimony and public input prior to making a final decision. The documents being considered are available for review at the City’s Community Development Department offices located at City Hall, 13700 La Mirada Boulevard, La Mirada, California. You may contact the Community Development Department at (562) 943-0131 should you have any questions concerning this item. These proposed amendments were previously reviewed and recommended for approval by the Planning Commission at a duly notice public hearing held on December 15, 2022.

If you wish to be heard concerning the item identified in this Notice, you may appear in person at the public hearing or you may submit your comments in writing to the City prior to or at the public hearing. Mailed comments should be addressed to the City of La Mirada, Community Development Department, 13700 La Mirada Boulevard, La Mirada, California, 90638.

Please notify the City Clerk’s office at (562) 943-0131 at least four days prior to this hearing should you require a disability-related accommodation (e.g., sign language interpreter).

IF YOU CHALLENGE ANY OF THE FOREGOING ACTIONS IN COURT, YOU MAY BE LIMITED TO RAISING ONLY THOSE ISSUES YOU OR SOMEONE ELSE RAISED AT THE PUBLIC HEARING FOR FINAL ACTION DESCRIBED IN THIS NOTICE, OR IN WRITTEN CORRESPONDENCE DELIVERED TO THE CITY COUNCIL AT OR PRIOR TO THE PUBLIC HEARING.

Noah Cisneros
Planning Technician

Published at La Mirada Lamplighter 1/13/23

NOTICE OF PUBLIC MEETING

NOTICE IS HEREBY GIVEN that the **Cerritos City Council** will review and consider the item described below at a **special meeting on Saturday, January 28, 2023 at 10:00 a.m.: Review and consideration of existing environmental factors and current economic conditions for the Cerritos City Council to establish the priority goals to guide the preparation of the City’s Fiscal Year 2023-2024 Budget and Strategic Financial Plan in accordance with the Strategic Financial Plan and Budget Preparation Policy (Policy No. 2.04).** This public meeting will be conducted in-person in the **Sierra Room at the Cerritos Center for the Performing Arts, 18000 Park Plaza Drive, Cerritos, California, 90703.** To protect public health and safety during the COVID-19 pandemic and in compliance with the current State Department of Public Health and Los Angeles County Health Officer Orders and City of Cerritos COVID-19 Safety Plan, the Sierra Room will be open to the public. As authorized by State of California Executive Orders N-25-20, N-29-20, and N-08-21, and subsequently by Assembly Bill 361 (Chapter 165, Statutes of 2021) and City Council Resolution No. 2022-10 adopted pursuant thereto, this meeting may also be conducted via teleconference, if necessary. Public observation and participation in this meeting will be facilitated through the methods described below. Public comments can be provided during the meeting or via email to city_clerk@cerritos.us or by hard copy to the Office of the City Clerk no later than 3:00 p.m. on Friday, January 27, 2023. Please identify the agenda item number in the subject line of the email or hard copy document. All written correspondence received by the 3:00 p.m. deadline will be distributed to the legislative body prior to the meeting. During the meeting, your name and summary comments will be read into the record. The document will be retained with the public record of the meeting. A copy of the related agenda report will be available for download from the website on the Wednesday prior to the public meeting. If you challenge the above mentioned item and related actions in court, you may be limited to raising only those issues you or someone else raised at the public meeting described in this notice, or in written correspondence emailed to the Office of the City Clerk prior to the public meeting. Any person interested in this matter may contact the Office of the City Clerk at (562) 916-1248 for additional information and/or appear at the meeting in person or by agent and be heard. /s/ Vida Barone, City Clerk/Treasurer

Published at Los Cerritos Community Newspaper 1/20/23

CITY OF CERRITOS, STATE OF CALIFORNIA. NOTICE TO BIDDERS OF THE SOUTH STREET SEWER REPAIRS, PROJECT NO. 23605, BID NO. 1489-23. 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: SOUTH STREET SEWER REPAIRS, PROJECT NO. 23605, BID NO. 1489-23. Project Description:** The work or improvement to be performed generally consists of the removal and replacement of deficient sewer lines, asphalt replacement, and other items identified in the bid schedule. **Bids must be received on or before: 11:00 a.m., Friday, February 10, 2023. Place of bid receipt:** The bid submission must be received in the Office of the City Clerk, First Floor, 18125 Bloomfield Avenue, Cerritos, CA 90703. Bids must be marked: **“SOUTH STREET SEWER REPAIRS, PROJECT NO. 23605, BID NO. 1489-23.”** It is the responsibility of the bidder to ensure that the bid is received in the appropriate location by the deadline. Bids not received in the Office of the City Clerk by the deadline provided will not be considered. 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. **Obtaining Contract Documents:** A set of Contract Documents, including plans and specifications can be obtained by contacting Cerritos Engineering Division at (562) 916-1219. The cost of the bid documents is \$10.00 (\$15.00 if mailing is requested), only if a printed copy of plans and specifications 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 a bid security referred to in the Contract Documents and by a list of proposed subcontractors. Evidence of current City Business License (applies to contractor and all subcontractors), insurance, a Performance Bond, a Labor and Material Payment Bond, and Warranty 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 money withheld by a public agency to ensure performance under the contract. The procedure and requirements for substituting said securities are set forth in Public Contract Code Section 22300, which is incorporated by this reference. 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): **“A” or “C-34.”** The bidder’s attention is also directed to Section 7028.15 of the Business and Professions Code for further reference. Only a contractor or subcontractor who currently is registered with the California Department of Industrial Relations (“DIR”) to bid on public works contracts in California, pursuant to Labor Code Section 1725.5, shall be permitted to submit or be listed on a bid. No bid shall be accepted, nor any contract or subcontract entered into, without proof of the contractor or subcontractor’s current registration to perform public work pursuant to Labor Code Section 1725.5. 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 proposes 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. The bidder’s attention is further directed to Section 9204 of the Public Contract Code regarding the claims resolution process for all public works projects. Any dispute or claim against the City under a public works project shall be processed in accordance with Section 9204 of the Public Contract Code and any other applicable law. Any requests for information regarding opened bids shall be directed to the Office of the City Clerk via a formal Public Records Act request. The City has determined that opened bids are confidential and therefore the negotiations process outweighs the public interest in prematurely disclosing such records. (Gov. Code § 6255). On March 4, 2022, Governor Gavin Newsom issued Executive Order N-6-22 (EO) regarding sanctions in response to Russian aggression in Ukraine. The EO is located at <https://www.gov.ca.gov/wp-content/uploads/2022/03/3.4.22-Russia-Ukraine-Executive-Order.pdf>. All contractors shall comply with economic sanctions imposed in response to Russia’s action’s in Ukraine, per this order and other federal executive orders identified by the U.S. Department of Treasury. Failure to comply with these orders shall result in the termination of contract. By order of the City of Cerritos.

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**NOTICE OF AVAILABILITY OF
DRAFT SUPPLEMENT TO THE CITY OF ARTESIA
2030 GENERAL PLAN PROGRAM EIR**

PROJECT TITLE: Mixed Use Overlay (MU-O) Zone (Implementation of General Plan Community Development and Design Element & Land Use Sub Element Community Planning – Principal LU 1)

LOCATION: The MU-O zone will be applied to parcels located in the City of Artesia (Figure 1), in three areas identified as Overlay Zone Areas 1, 2, and 3 (Figure 2). There are 559 parcels identified to be designated with the MU-O combining zone, totaling approximately 224 acres (Figure 2 and Table 1). The parcels are generally located along the Pioneer Boulevard, Artesia Boulevard, and South Street corridors. The Rezone from LMI to CG will be applied to those parcels located in MU-O Overlay Zone Areas 1 (Table 4), 2 (Table 5), and 3 (Table 6). They are generally located in the areas of Corby Street/188th Street; Artesia Boulevard/Arkansas Street; and Artesia Boulevard/Roseton Street. The CPD-designated parcels proposed to be rezoned to CG are located in MU-O Overlay Zone Area 1, in the vicinity of Pioneer Boulevard/Artesia Boulevard and Pioneer Boulevard/South Street. Specific parcels are identified in Table 3 and Figure 2.

DESCRIPTION: Amend the Artesia Municipal Code, Title 9 Planning and Zoning, Chapter 2 Zoning, Article 5 Establishment of Zones, Section 9-2.501 Established; To establish a Mixed-Use Overlay (MU-O) Zone to Implement City of Artesia General Plan 2030 Community Development and Design Element, Land Use Sub-Element Community Planning Principle LU 1: The Artesia General Plan 2030 will focus on enhancing areas that will allow the development of mixed-use; Rezone parcels located in the Proposed MU-O boundaries from Light Industrial and Manufacturing (LMI) to Commercial General (CG) with the combining MU-O Zone; Rezone Commercial Planned Development (CPD) parcels to the CG zoning designation; and eliminate the CPD zoning designation.

LEAD AGENCY: City of Artesia Community Development Department – Planning

PUBLIC REVIEW PERIOD: The City has made this Draft Supplement to the City of Artesia 2030 General Plan Program EIR available for public review and comment pursuant to California Code of Regulations, Title 14, Section 15082(b). All comments must be submitted in writing to the address noted below. The comment period during which the city will receive comments on the Draft Supplement is:

Starting date: January 20, 2023 **Ending Date:** March 6, 2023

DOCUMENT AVAILABILITY: The Draft Supplement is available for public review during regular business hours at the following locations:

- Artesia City Hall 18747 Clarkdale Avenue, Artesia, CA 90701
- Artesia Public Library 18801 Elaine Avenue, Artesia, CA 90701

The Draft Supplement may also be reviewed on the city’s website at www.cityofartesia.us

COMMENTS: Written Comments must be received no later than 4:30pm on **Monday, March 6, 2023** at Artesia City Hall. Please indicate a contact person for your agency or organization and send your comments to:

Okina Dor, Community Development Director
City of Artesia
18747 Clarkdale Avenue
Artesia, CA 90701

If you should have any further questions regarding the proposed Draft Supplement, and/or the availability of related documents, please contact Okina Dor, Community Development Director at (562) 856-6262, Ext. 227 or odor@cityofartesia.us or planning@cityofartesia.us

Published t Los Cerritos Community Newspaper 1/20/23

NOTICE OF LIEN SALE

NOTICE IS HEREBY GIVEN that the undersigned intends to sell the personal property described below to enforce a lien imposed on said property pursuant to Sections 21700–21716 of the CA Business and Professions Code, Section 2328 of CA Commercial Code, Sections 1812.600 –1812.609, Section 1988 of CA Civil Code and Section 535 of the CA Penal Code.

The undersigned will be sold at public auction conducted on www.storage-treasures.com ending on Tuesday, January 24, 2023 at 10:00am. The personal property including: general household goods, electronics, tools, personal effects, and or miscellaneous items are stored at: Cerritos Self Storage, 16515 Valley View Ave., Cerritos, County of Los Angeles, State of California by the following:

| Name | Unit # |
|------------------|--------|
| Ruth Rodriguez | I06 |
| Jessica Guerrero | A12 |
| Daniel Rivera | M053 |

Purchases must be made in CASH ONLY and paid at the above referenced facility in order to complete the transaction. Sale is subject to cancellation in the event of settlement between owner and obligated party.

Published at Los Cerritos Community Newspaper 1/13 and 1/20/23

NOTICE OF PETITION TO ADMINISTER ES-TATE OF GOPI RAM JINDAL aka GOPI R. JINDAL aka GOPI JINDAL
Case No. 22STPB11726

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be inter-ested in the will or estate, or both, of GOPI RAM JINDAL aka GOPI R. JINDAL aka GOPI JINDAL
A PETITION FOR PROBATE has been filed by Unmaish Jindal in the Superior Court of California, County of LOS ANGELES.

THE PETITION FOR PROBATE requests that Unmaish Jindal be appointed as personal repre-sentative to administer the estate of the decedent.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtain-ing court approval. Before taking certain very im-portant actions, however, the personal representa-tive will be required to give notice to interested persons unless they have waived notice or con-sented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on Feb. 23, 2023 at 8:30 AM in Dept. No. 79 located at 111 N. Hill St., Los Angeles, CA 90012.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal rep-resentative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.

Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in Cali-fornia law.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Re-quest for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as pro-vided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

Attorney for petitioner:
CYNTHIA R COX ESQ
SBN 153298
JORDAN C PARR ESQ
SBN 332114
MYRON A CAMPBELL II ESQ
SBN 333150
COX LAW GROUP INC
23326 HAWTHORNE BLVD
STE 390
TORRANCE CA 90505-3771
CN992594 JINDAL Jan 13, 20, 27, 2023

**CITY OF BELLFLOWER
NOTICE OF PUBLIC HEARING
REGARDING PROPOSED DEVELOPMENT IMPACT FEE UPDATES**

TAKE NOTICE pursuant to Government Code Section 66016 that the Bellflower City Council will hold a Public Hearing on Monday, February 13, 2023, at 7:00 p.m. in the Council Chambers located at 16600 Civic Center Drive, Bellflower, CA 90706 to consider the proposed update to the City’s two existing Development Impact Fees (Park and Public / General Government Facilities Fees) and the addition of two new Development Impact Fees (Public Safety and Transportation Facilities Fees). The report on Development Impact Fees presents an analysis of the cost of park, public / general government, public safety and transportation facilities to accommodate new development in the City of Bellflower and documents the maximum impact fees that may be imposed on new development pursuant to the procedures of the Mitigation Fee Act and Quimby Act contained in Government Code Sections 66000 and 66477. Following the public hearing, the City Council may adopt the proposed fees in accordance with applicable law.

The City of Bellflower invites members of the public to review and comment on this item. At any time before or during the public hearing, any person or organization may file a written state-ment with the City Clerk, of his or her opinions with respect to the development impact fee study and proposed ordinance amendments. Any person or organization desiring to be heard will be given an opportunity to do so. Copies of the Staff Report will be on file and open to public inspection ten days before the meeting in the City Clerk’s Office at Bellflower City Hall, 16600 Civic Center Drive, Bellflower. Arrangements for reviewing this material and/or obtaining copies of the documents may be made by contacting the City Clerk’s Office at (562) 804-1424, extension 2220 or cclerk@bellflower.org. Additionally, the Staff Report will be available on the City’s website at www.bellflower.org.

If you wish to challenge this item in court, you may be limited to raising only those issues you or someone else raised at the Public Hearing described in this notice, or in written correspondence deliv-ered to the City at or before the Public Hearing.

MAYRA OCHIQUI, CITY CLERK

Published at Los Cerritos Community Newspaper 1/13 and 1/20/23

**CITY OF ARTESIA
NOTICE OF PUBLIC HEARING**

NOTICE IS HEREBY GIVEN THAT the City Council of the City of Artesia will hold an Adjourned Regular City Council Meeting at the City Council Chambers located at 18747 Clarkdale Avenue, Artesia, CA, at **6:00 p.m. on Wednesday, February 1, 2023**, to conduct a Public Hearing concerning fees related to retail cannabis permits, including but not limited to application review and processing, background checks, and appeals. The Council will also consider a finding that this project is not subject to CEQA pursuant to State CEQA Guidelines section 15378(b)(4).

Members from the public who would like to address the City Council may appear at the public hearing during the consideration of this item and state their opinion. If you have written comments that you wish to submit, please deliver them the Artesia City Clerk’s Office at 18747 Clarkdale Avenue, Artesia, CA, or by email: jalderete@cityofartesia.us, before 12:00 p.m. on the date of the meeting. If you have questions about this notice or the proposed fees and charges, please contact the Artesia City Clerk’s Office at (562) 865-6262 or by email above.

If you challenge any of these proposals in court, you may be limited to raising only those issues you or someone else raised at the public hearing described in the notice, or in written correspondence delivered at, or prior to, the public hearing.

In compliance with the Americans with Disabilities Act, if you need special assistance to participate in the meeting, please contact Jennifer Alderete, Acting City Clerk. Notification 48 hours prior to the meeting will enable the City to make reasonable arrangements to ensure accessibility to this meeting. (28 CFR 35. 102-35.104 ADA Title II)

PUBLISHED: January 20, 2023

Jennifer Alderete
Acting City Clerk

Published t Los Cerritos Community Newspaper 1/20/23

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605 LEAGUE GIRLS BASKETBALL

Whitney Girls Feel at Home on Homecoming Night With Furious Fourth Quarter Rally, Edges Cerritos

By Loren Kopff
@LorenKopff on Twitter

The theme for Whitney High's homecoming last Friday was 'No Place Like Home' and for the girls basketball team, the Wildcats made the most of their fifth home game of the season. Whitney trailed Cerritos High by 12 points less than a minute into the fourth quarter, then went on a remarkable 14-0 run to end the game, stealing a 34-32 victory that left the hosts all alone in first place in the 605 League.

Whitney had lost its first three home games, then knocked off Oxford Academy 64-23 on Jan. 10 for its first home victory. Even with the comeback win, head coach Myron Jacobs said he is still waiting to see his team at its full potential. Whitney shot six of 33 from the field through the first three quarters, before connecting on five field goals in the final 5:34 of the contest.

"I think we just started off bad and playing against a Glenn or an Artesia right before those types of games doesn't help us as a program because it [puts] the girls in a relaxed situation," said Jacobs. "I really believe that we needed to refocus mentally and understand that as long as we keep them in striking distance, we would be able to come back and win."

On the other side of the court, it was the start that Cerritos head coach Marcus Chinen was looking for. The Dons began the game scoring the first five points and held the lead until Whitney sophomore sensation Haylie Wang scored the game-winner off a pass from her sister, junior Kylie Wang, with 47.8 seconds left in the game. Haylie Wang would add a free throw with 20.3 seconds left for the final point of the game.

"We wanted to put pressure on them, but we just said we have to be pretty much perfect," said Chinen. "Not completely perfect, but we had to be perfect in order for us to get through that game with a win. Unfortunately, we played three quarters and a minute well, then af-

ter that, we kind of didn't do our job. It went the other way."

The fourth quarter rally began with senior Rachel Song scoring her lone basket of the game, then a free throw from freshman Mady Macaraeg and a three-point play from Kylie Wang. Chinen would call a timeout with 3:58 remaining, but after a missed shot, Kylie Wang would tack on two-straight baskets to make it 32-30 with 2:25 left.

Chinen called his last timeout with 9.2 seconds remaining, but freshman Cameron Lacorte's shot from senior Kaitlyn Sugita would not go in at the buzzer, sending the Dons into a third place tie with Oxford Academy.

"I think it came from just believing, seeing that hey, we're not playing our best game, and we still won," said Jacobs. "Our goal was to stay within striking distance, and I think we did a very good job of doing that."

While Whitney (11-10, 4-0) was having its way in the final quarter, the Dons missed their last 14 shots taken after going 14 of 44 before that.

"The ball just didn't fall for us," said Chinen. "We had the looks; we had the shots. But it just didn't fall for us. They made a couple of rebounds and a couple of lay-ups here and there. It just didn't go our way."

The shooting may not have been the best throughout the game, but the Dons (8-10 overall, 2-2) were crashing the glass early on, collecting 20 rebounds in the first half with seven coming on the offensive end. But scoring would be at a premium as junior Mailee Dizon was the team's scoring leader by halftime with four points. That would be the same total for Macaraeg and Kylie Wang through the first half.

It was more of the same in the third quarter, but the Wildcats were showing signs of life when Layla Lacorte scored five straight points to make it 25-20 with 1:58 left in the stanza. The Dons responded with seven straight points to take their



CERRITOS HIGH SENIOR Francine Carrillo (right) is heavily guarded by junior Kylie Wang of Whitney High in last Friday's key 605 League game. Whitney rallied with 14 straight points to end the game and picked up a 34-32 victory, leaving the Wildcats all alone in first place. Wang scored 11 points, had eight rebounds and three steals. PHOTO BY ARMANDO VARGAS, Contributing photographer.

largest lead of the game after Dizon's basket.

Haylie Wang continued to be one of the top 10th graders in Southern California, scoring a game-high 12 points while

grabbing 10 rebounds, blocking three shots and picking up two steals. Kylie Wang added 11 points, eight rebounds

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NEWS AND NOTES FROM PRESS ROW

Cerritos, Whitney Girls Basketball Teams Battered Around by Tougher Orange County Competition

By Loren Kopff
@LorenKopff on Twitter

ORANGE-Fresh off their thrilling 605 League girls basketball game less than 24 hours ago in which Whitney High rallied to edge Cerritos High 34-32, the two rivals went out of league to face two Orange County powers in the 13th annual Matson Classic held on the Orange Lutheran High campus. If anything, it provided stiff competition for the two schools as they trailed by double digits at the half in their respec-



tive games and never recovered.

Whitney faced Brea Olinda High in the first of four games in the tournament and fell 58-47 in a battle of the Wildcats. Whitney head coach Myron

Jacobs, who had seen his team lose three straight to some of the top teams in Idaho in the Timber-Lion Tournament, then begin league play with four straight wins, said he wasn't frustrated with the outcome against Brea Olinda.

"We just played a hard fought game the day before to come right back with a little burst in the first quarter," said Jacobs. "We just have to find someone off the bench to give us a spark of energy. We just couldn't get it, and when we did find it, it was too late."

After shooting five of 14 from the

field in the opening quarter and ending the stanza tied 14-14, Brea Olinda outscored the brown and gold Wildcats 18-6 in the second quarter as Whitney had one field goal, which came at the 5:44 mark from junior Kylie Wang. In fact, Whitney scored consecutive baskets three times in the game, two in the first quarter and the other late in the fourth quarter.

With Whitney trailing 47-30 entering the final quarter, it limited Brea Olinda to six points through the first

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