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Serving Cerritos and ten other surrounding communities • November 24, 2023 • Vol. 38, No. 3 • LOSCERRITOSNEWS.NET

“The turkey. The sweet potatoes. The stuffing. The pumpkin pie. Is there anything else we can agree so vehemently about? I don’t think so.”
~ Nora Ephron



PROVIDING PRODUCE: SunTerra Produce employees are proud of their work providing nutritious produce and food to those in need as part of Project FoodBox. The program, which started during COVID-19, now supplies food banks and is partnering with Medi-Cal throughout California including Los Angeles and Orange County.

Project FoodBox Provides Fresh ‘Produce as Medicine’ for Those in Need

The project partners with the Los Angeles Regional Food Bank and others; to date, they have delivered 100 million pounds of food.

By Laurie Hanson

With more people realizing that food is medicine, one Orange County program is serving up fresh produce and other nutritious staples to those in need in the community.

Project FoodBox, which serves Los Angeles, San Diego, Riverside, San Bernardino, and Imperial counties, accomplishes this by bringing fresh produce directly from the farm to the doorstep working with local family farms throughout California and the Pacific Northwest.

“Our goal is to serve all 58 counties in California and expand throughout the U.S.,” Steve Brazeel, founder and CEO of SunTerra Produce said

Project FoodBox got started during the pandemic, and is thriving today providing “food as medi-

cine” to those in need.

SunTerra is a family-owned minority grower and produce distribution company that operates Project Foodbox.

“Born out of the food bank box program, we execute prescriptive, fresh fruit/veg-based food-as-medicine programs for healthcare providers throughout California,” he said.

When Project FoodBox was launched to respond to the COVID-19 pandemic, SunTerra Produce was chosen as a contractor under USDA’s Farmers to Families Food Box Program in May of 2020.

SunTerra Produce working ladies are proud of their work providing nutritious produce and food to those in need as part of Project FoodBox. The program, which started during COVID-19, now supplies food banks and is partnering with Medi-Cal plans throughout California including in Orange County.

“When that program ended, we forged part-

[See FOOD, page 5]

Unknown Respiratory Illness Hitting Canines

Dogs in seven states have been infected; ten now in L.A. Symptoms include coughing, fever, and lethargy.

By Brian Hews

A unknown respiratory illness is sickening dogs across the United States and continues to spread while veterinarians try to determine its causes and the best methods for treating it.

According to veterinarians, the symptoms are similar to kennel cough, an upper respiratory infection, but can last much longer and, in some cases, prove fatal.

What are the symptoms?

The infected dogs

[See DOGS, page 4]

Norwalk’s #ParkConnect Opt-In Wi-Fi Ribbon Cutting



#PARKCONNECT: The project will create opt-in, no-cost Wi-Fi Zones across the city of Norwalk. At the ribbon cutting ceremony last week was (l-r) Norwalk Councilmember Jennifer Perez, Rep. Linda Sánchez, who secured \$1.7 million for the project, Norwalk Mayor Ana Valencia and Norwalk City Manager Jesus Gomez.

By Brian Hews

Congresswoman Linda T. Sánchez (D-CA) joined city of Norwalk Mayor Ana Valencia and other community leaders for a ribbon cutting ceremony to launch #ParkConnect, a project that will create

opt-in, no-cost Wi-Fi Zones across the city.

In partnership with city officials, Sánchez secured \$1.7 million for the project. The ribbon cutting at Hermosillo Park marks the first of many no-cost Wi-Fi Zones to be installed in parks across Norwalk.

“I am honored to be here in Norwalk today to celebrate the #ParkConnect project coming to fruition,” said Congresswoman Linda Sánchez. “Today, internet access is needed for almost everything, from connecting

[See PROJECT, page 5]

Oversight Unit Wants Removal From Harassment Suit Against Sen. Archuleta

By Brian Hews

The state unit that investigates discrimination, harassment and retaliation complaints involving members of the Legislature is seeking to be dismissed as a defendant in a woman’s lawsuit that also alleges 78-year-old state Sen. Bob Archuleta sexually harassed her when she worked for him as a district director.



State Sen. Bob Archuleta

The woman is identified only as Jane Doe in the Los Angeles Superior Court lawsuit, which also

[See LAWSUIT, page 6]

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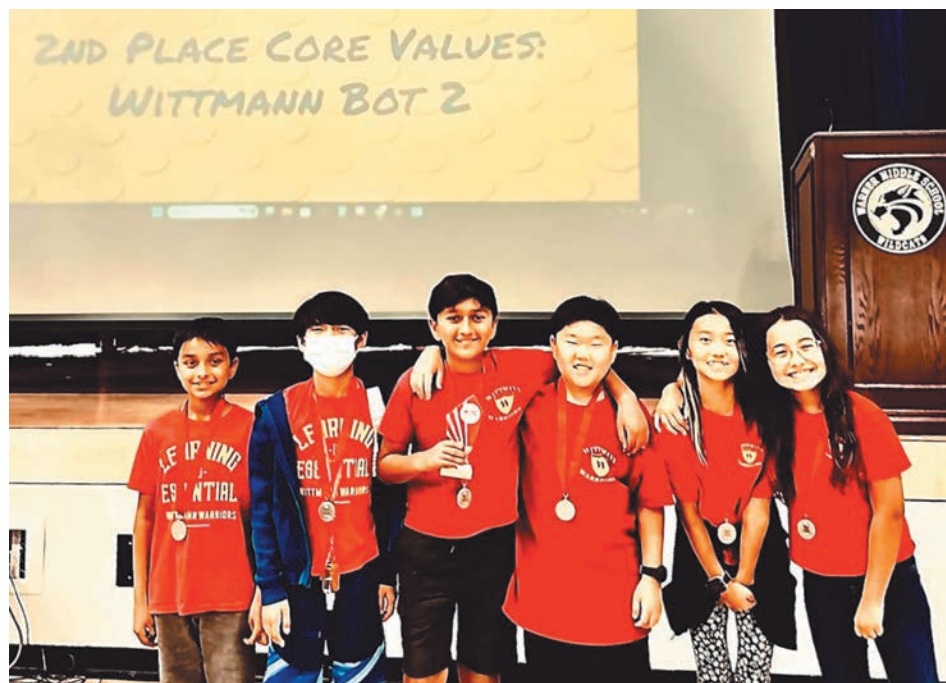
Photo by Marty Sohl.

Dec 8-17

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Wittmann ES Robotics Teams Advance to LEGO League Regionals



ADVANCING: Last weekend, the two robotics teams from Wittmann Elementary School advanced to the First LEGO League Regional Semi-Finals. One of the school's teams earned a "Core Values" award for embracing the League's team spirit. Linh Cao coached the team and Aakash Kondaka was the assistant coach.

La Mirada Accepting Applications for Vector Control Representative

La Mirada is seeking residents interested in serving on the Greater L.A. County Vector Control District (GLACVCD) for a term beginning in January. Applications are due Friday, December 15. The selected applicant would represent the La Mirada on the GLACVCD Board and provide information to the City Council about GLACVCD activities and programs. GLACVCD is a public health

agency that is a result of legislation incorporated in the California State Health and Safety Code. The GLACVCD provides ongoing mosquito and vector control for its residents.

The Trustees serve a minimum of two or four year terms without compensation, but do receive an in lieu travel expense of \$100 for attending each regularly scheduled board meeting. The regularly scheduled board meetings are held on the second Thursday of each month, starting at 7 p.m. at District headquarters in Santa Fe Springs.

For more information, call the La Mirada City Clerk's Office at (562) 943-0131 or visit cityoflamirada.org.

Memorializing Relatives By Shining a Light

Ted Cecil contacted Pathways after his mother died. He was concerned that her death would affect his six-year-old son Chris, who grew extremely close with his grandmother because she took care of him when his parents were at work.

After hearing Ted's concern, we scheduled his family to attend the next CHANGES session here at Pathways to help them work through and process their grief.

After completing the program, Ted shared how CHANGES helped him "climb out of a deep hole". Ironically, he needed CHANGES as much if not more than his son. The sadness and everyday struggle to cope shifted to smiles and support for one another. You could physically see the difference in his demeanor as he went through the program.

When asked about the CHANGES program, Ted stated, "It has helped pull me out of the darkest place in my life during the hardest thing I have ever had to deal with. I'm not sure where I would find myself and my family without this program and the hard work and heartfelt care that Pathways gave."

On December 11th, hear stories like

Ted's as we gather to honor and memorialize our loved ones at Pathways Light Up A Life Tree Lighting Ceremony. The ceremony takes place at 7PM at The Centre, 5050 Clark Ave. in Lakewood, CA.

For each \$25 gift you make, a light will shine In Memory or In Honor of a loved one in your life. Additionally, all names will be listed on scrolls surrounding the Light Up A Life tree at the ceremony, in the ceremony program, and on our website. Those in attendance can fill out a card to have their names read out loud during the ceremony. The deadline for printed materials is December 6th, 2023.

To purchase a light, scan the QR code or go to pathwayschb.org/light-up-a-life

Pathways has been serving the Greater Lakewood/Long Beach area for nearly 40 years providing Care Navigation, Hospice, and Bereavement services to families living with illness and loss - all at no cost.



Cerritos Christmas Tree Lighting Ceremony

Cerritos will hold its annual Christmas Tree Lighting Ceremony on Mon., Nov. 27 from 5-7 p.m. at the Cerritos Civic Center.

Get a jump on the holiday spirit at this special night for Cerritos families. The evening features holiday music, entertain-

ment, crafts and fun for all ages. Santa will be available for visits following the lighting. Remember to bring a camera.

For more information, call the Community Participation Division at (562) 865-8101.

The ABC Unified School District
wishes our students, families and staff a
Happy Thanksgiving and restful Fall Break

*We look forward to seeing you back at school
when classes resume on November 27th.*

Bellflower City Manager Retires, City Council Appoints New City Manager

BELLFLOWER, CA — After 12 years of dedicated service as the City Manager of Bellflower, Jeffrey L. Stewart has announced his retirement from the city, effective January 2, 2024. Stewart’s leadership has been instrumental in shaping the city’s growth and development during his tenure.



Jeff Stewart

The Bellflower City Council, during its Regular Meeting on November 13, 2023, officially named Ryan Smoot as the successor to Jeffrey Stewart. This decision comes after careful consideration of Mr. Smoot’s qualifications and experience in municipal management.



Ryan Smoot will take over as City Manager.

Ryan Smoot has a longstanding history with the City of Bellflower, having first joined as a Management Assistant in 2009. After a brief hiatus, during which he contributed his skills to the City of Villa Park as the Assistant to the City Manager, Mr. Smoot returned to Bellflower in 2013. Over the years, he demonstrated exceptional dedication and leadership, serving as the Assistant to the City Manager from 2013 to 2016 and concurrently as the Acting Economic Development Manager from 2015 to 2016.

In 2016, Mr. Smoot took on the role of City Manager for the City of Lomita. However, with the impending retirement of City Manager Jeff Stewart in Bellflower, the City Council identified Mr. Smoot as a strong candidate for the position. Following a thorough interview and negotiation, Mr. Smoot has accepted the responsibility of becoming the 14th City Manager of Bellflower.

The transition in leadership marks a

new chapter for the City of Bellflower, and the City Council is confident that Ryan Smoot’s experience and dedication will continue the legacy of effective governance and community development.

“The city extends its heartfelt thanks to Jeff Stewart for his outstanding dedication to our community, and we wholeheartedly wish him the very best in his next chapter of life. Additionally, we are thrilled to warmly welcome Ryan Smoot to his new position as the City Manager of Bellflower,” said Bellflower Mayor Sonny Santa Ines.

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Happy Thanksgiving

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Crime Summary in and Around Cerritos

November 12-20, 2023

BURGLARY
BURGLARY, OTHER STRUCTURE:
Night, Attempt
923-04862-2316
17100 BLK NORWALK BLVD,
CERRITOS
11/20/2023 @ 2:15 AM
Cerritos (Los Angeles Sheriff)

BURGLARY
BURGLARY, OTHER STRUCTURE:
Night, Entry By Force
15900 BLK PIONEER BLVD,
NORWALK
11/20/2023 @ 2:10 AM
Norwalk (Los Angeles Sheriff)

THEFT / LARCENY
GRAND THEFT: Shoplifting (From Dept Store, Mkt Gas Sta)
400 BLK LOS CERRITOS CTR,
CERRITOS
11/19/2023 @ 4:45 PM
Cerritos (Los Angeles Sheriff)

MOTOR VEHICLE THEFT
GRAND THEFT VEHICLE (GTA):
Automobile/Passenger Van
18500 BLK CASANDRA AVE,
CERRITOS
11/19/2023 @ 2:56 AM
Cerritos (Los Angeles Sheriff)

THEFT / LARCENY
THEFT, PETTY: Shoplifting (From Dept Store, Mkt, Etc)
400 BLK LOS CERRITOS CTR,
CERRITOS
11/18/2023 @ 8:55 PM
Cerritos (Los Angeles Sheriff)

BURGLARY
BURGLARY, OTHER STRUCTURE:
Night, Entry By Force
17900 BLK SYBRANDY AVE,
CERRITOS
11/18/2023 @ 5:10 PM

Cerritos (Los Angeles Sheriff)
THEFT / LARCENY
THEFT, PETTY: Shoplifting (From Dept Store, Mkt, Etc)
11300 BLK 183RD ST, CERRITOS
11/18/2023 @ 4:30 PM
Cerritos (Los Angeles Sheriff)

MOTOR VEHICLE THEFT
GRAND THEFT VEHICLE (GTA):
Automobile/Passenger Van
200 BLK LOS CERRITOS CTR,
CERRITOS
11/18/2023 @ 1:40 PM
Cerritos (Los Angeles Sheriff)

THEFT / LARCENY
GRAND THEFT: Auto Parts And Accessories
19200 BLK KAY AVE, CERRITOS
11/18/2023 @ 12:00 PM
Cerritos (Los Angeles Sheriff)

THEFT / LARCENY
GRAND THEFT: Other (From Boat, Plane, Prvt Res, Yard, Etc)
13100 BLK BRIARWOOD ST,
CERRITOS
11/18/2023 @ 4:13 AM
Cerritos (Los Angeles Sheriff)

MOTOR VEHICLE THEFT
GRAND THEFT VEHICLE (GTA):
Automobile/Passenger Van
600 BLK LOS CERRITOS CTR,
CERRITOS
11/18/2023 @ 1:00 AM
Cerritos (Los Angeles Sheriff)

MOTOR VEHICLE THEFT
GRAND THEFT VEHICLE (GTA):
Automobile/Passenger Van
600 BLK LOS CERRITOS CTR,
CERRITOS
11/18/2023 @ 1:00 AM
Cerritos (Los Angeles Sheriff)

THEFT / LARCENY
GRAND THEFT: Auto Parts And Accessories
13500 BLK ROSE ST, CERRITOS
11/18/2023 @ 12:00 AM
Cerritos (Los Angeles Sheriff)

THEFT / LARCENY
GRAND THEFT: Auto Parts And Accessories
13500 BLK DARVALLE AVE,
CERRITOS
11/17/2023 @ 10:00 PM
Cerritos (Los Angeles Sheriff)

MOTOR VEHICLE THEFT
GRAND THEFT VEHICLE (GTA):
Automobile/Passenger Van
12800 BLK TOWNE CENTER DR,
CERRITOS
11/17/2023 @ 8:10 PM
Cerritos (Los Angeles Sheriff)

BURGLARY
BURGLARY, OTHER STRUCTURE:
Night, Entry By Force
17800 BLK HARVEST AVE,
CERRITOS
11/17/2023 @ 7:30 PM
Cerritos (Los Angeles Sheriff)

MOTOR VEHICLE THEFT
GRAND THEFT VEHICLE (GTA):
Automobile/Passenger Van
17100 BLK STARK AVE, CERRITOS
11/17/2023 @ 6:18 PM
Cerritos (Los Angeles Sheriff)

THEFT / LARCENY
GRAND THEFT: Shoplifting (From Dept Store, Mkt Gas Sta)
100 BLK LOS CERRITOS CTR,
CERRITOS
11/17/2023 @ 12:10 PM
Cerritos (Los Angeles Sheriff)

THEFT / LARCENY
GRAND THEFT: Shoplifting (From Dept Store, Mkt Gas Sta)
20200 BLK BLOOMFIELD AVE,
CERRITOS
11/17/2023 @ 11:06 AM
Cerritos (Los Angeles Sheriff)

BURGLARY
BURGLARY, OTHER STRUCTURE:
Night, Entry By Force
18300 BLK PIONEER BLVD, ARTESIA
11/17/2023 @ 4:44 AM
Artesia (Los Angeles Sheriff)

ASSAULT
ASSAULT, NON-AGGRAVATED:
DOMESTIC VIOLENCE
12200 BLK ALONDRA BLVD,
NORWALK
11/16/2023 @ 10:41 PM
Norwalk (Los Angeles Sheriff)

THEFT / LARCENY
THEFT, PETTY: Shoplifting (From Dept Store, Mkt, Etc)
18700 BLK PIONEER BLVD, ARTESIA
11/16/2023 @ 8:22 PM
Artesia (Los Angeles Sheriff)

THEFT / LARCENY
THEFT, PETTY: Shoplifting (From Dept Store, Mkt, Etc)
11500 BLK 186TH ST, ARTESIA
11/16/2023 @ 2:00 PM
Artesia (Los Angeles Sheriff)

ASSAULT
ASSAULT, AGGRAVATED:
DOMESTIC VIOLENCE
12500 BLK ELVINS AVE, LAKEWOOD
90715
11/16/2023 @ 8:00 AM
Lakewood (Los Angeles Sheriff)

THEFT / LARCENY
THEFT, PETTY: Shoplifting (From Dept Store, Mkt, Etc)
11100 BLK 183RD ST, CERRITOS
11/15/2023 @ 2:30 PM
Cerritos (Los Angeles Sheriff)

ASSAULT
ASSAULT, AGGRAVATED:
DOMESTIC VIOLENCE
17600 BLK ALBURTIS AVE, ARTESIA
11/14/2023 @ 9:30 PM
Artesia (Los Angeles Sheriff)

THEFT / LARCENY
GRAND THEFT: Auto Parts And Accessories
11800 BLK ARTESIA BLVD, ARTESIA
11/14/2023 @ 3:00 PM
Artesia (Los Angeles Sheriff)

DOGS from page 1
develop a cough, fever, lethargy and loss of appetite. Some dogs will develop pneumonia. and some veterinarians have reported seeing blue and purple gums in those cases.

Dogs with kennel cough may show some of these symptoms, such as coughing, lack of appetite, fever and lethargy. If it is kennel cough, the symptoms usually clear up in one to three weeks. With the latest respiratory illness, however, veterinarians are reporting that dogs can have symptoms for six weeks or more.

Where has this been reported?
The illness has been found in at least seven states: Colorado, Massachusetts, Oregon, Rhode Island, Illinois, Maryland and Wyoming.

It's unclear how many dogs in total have been infected, because there is no official count of the cases.

The cause is not clear.
It's unclear what causes the illness. Researchers are still running tests to learn more about the illness. There is some disagreement on whether the illness is caused by a virus or by bacteria.

Some veterinarians in Oregon hypothesize that it could be viral, because the dogs they have treated have not responded to antibiotics.

"I'm open to it being either, and I'm open to it being something we're not even thinking about," said Dr. Kurt Williams, director of the Oregon Veterinary Diagnostic Laboratory at Oregon State University's Carlson College of Veterinary Medicine.

Senior veterinary pathologists at the New Hampshire Veterinary Diagnostic Laboratory of the University of New Hampshire believe the illness is being caused by a bacteria, based on what they had seen in his area.

Researchers strongly agree that dogs are most likely to develop the illness when they have been around other dogs.

Veterinarians in Colorado are saying that all of the dogs they have treated for the illness have spent time in places with high concentrations of dogs, such as boarding facilities, doggy day care centers or dog parks, meaning there could be an increase in cases as more owners board their dogs or send them to day care during the holidays.

"We're really hoping just with getting the word out there that people are less inclined to do that," she said. "The veterinary community as a whole is kind of scared," said Williams.

What should owners do?
Don't panic, and isolate your dog if it is showing symptoms.

Dr. Stephen Kochis, the chief medical officer for the Oregon Humane Society, said he did not want people to be alarmed by the new illness, because the overall number of dogs with respiratory illnesses had not increased. If dogs are showing symptoms, there are steps owners can take to be proactive, he said.

"All of us have gone through Covid," he said. "I would say if your dog is showing signs of respiratory disease, isolate them in the home, call your vet, get them seen."

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New Option for Senior Drivers' License Renewals

By Linda J. Hernández

I recently received a most unwelcome "birthday" card from the California DMV informing me that I would need to renew my driver's license by my birthday.

Any driver age 70+ must select a testing option. The good news is that the DMV is now offering an interactive eLearning Course to meet this requirement instead of in-office or remote knowledge test.

After filling out the online application and paying the \$41 fee, if eligible you are prompted to select the remote exam or the eLearning Course. I strongly recommend the latter, which is what I did.

The newly offered eLearning Course has seven interactive modules to complete on your computer, tablet or mobile device.

Each module has a quiz, which is not a pass/fail test, and is available 24/7. It takes approximately 45 minutes to complete, although there is no time limit. I found it very user-friendly and even fun with interactive features like moving an on-screen car with your finger to make a correct turn from its little on-screen lane.

After completing the course, you must still go in to a DMV office, provide required identity and residency documents, have a photo and thumb print taken, complete a vision screening and then be issued your temporary license to use until your permanent one arrives by mail.

The DMV's website states: "The course is the ideal option for people who have trouble with renewal exams." This time I found my trip into the DMV stress-free without having to worry about taking a test there. I definitely recommend you select this option the next time you receive a birthday renewal notice from them.

FOOD from page 1

nerships with the California Association of Food Banks, OC Food Bank, Second Harvest Food Bank of Orange County, Los Angeles Regional Food Bank, and others to continue to deliver farm-fresh fruits and vegetables directly to food banks and community organizations every week," explained Brazeel.

"To date, we have delivered 5 million (100 million pounds)," he said.

With two main focuses, Project Foodbox partners with food banks directly – sourcing and delivering farm-fresh fruits and vegetables to dozens of food banks across the western U.S.

"On sourcing, we partner with farmers to reduce farm-level food loss by utilizing sizes/grades not popular with retailers," he added. "[We do this by] finding market inefficiencies/temporary over-production, removing additional upstream costs, eliminating redundant packaging, lowering food miles, etc.," Brazeel explained. "It's a true win-win solution," he said.

SunTerra Produce partners with Elevated Foods, establishing additional grower partnerships based on environmental sustainability, which help reduce waste and make more produce available to those in need.

Recently, Elevated Foods was awarded \$32 million in funding to help transition growers to this more sustainable and regenerative practice as defined by both the USDA and NRCS, according to Brazeel.

As part of a 5-year plan to reimagine Medi-Cal, California recently launched CalAIM, creating the opportunity to improve care and outcomes for millions of Medi-Cal enrollees.

One of these community supports is

medically-tailored-meal (food-is-medicine) programs.

"As a community support provider, we work within the guidelines and programs outlined by our healthcare partners. Food-is-Medicine interventions are relatively new, and we expect programs to adapt and update over time," he said.

"Project FoodBox strongly supports food-is-medicine programs to improve health and address diet-related chronic health conditions," Brazeel said. "Studies like this show the opportunities in utilizing fresh, healthy food paired with nutrition education has a tremendous impact on community health and health-care costs."

In addition to their food bank relationships, SunTerra Produce is partnering with Medi-Cal plans throughout California to deliver prescriptive "Food-is-Medicine" fresh fruit & vegetables.

To find out more about SunTerra Produce, please visit online at <https://sunterraproduce.com/> To find out more about Project FoodBox, please visit online at www.projectfoodbox.org or call 949-673-0783.

PROJECT from page 1

with family to e-learning and applying for jobs. It needs to be accessible for everyone, and this project is a big step in bridging the digital divide."

"The investment of no-cost Wi-Fi in our Norwalk city parks will create an inclusive, safe, and accessible environment for our community," said Mayor Ana Valencia.

"Norwalk Councilmembers and I are grateful to Congresswoman Linda Sánchez' contribution to the progress and well-being of Norwalk students, families, neighbors, and park visitors."

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A 'Joeyful' Christmas Night of Music With Joey Albert Dec. 1 at Norwalk's St. John of God Church

By Dan E. Nino, Contributor

In a bid to upgrade the existing College Seminary and House of Formation for theology students of the Marian Missionaries of the Holy Cross (MMHC) in Marikina and Silay City, Holy Family Church in Artesia and St. John of God in Norwalk are presenting "A Joeyful Christmas," a night of music with renowned recording artist, Joey Albert on Friday Dec. 1 at 6:30 p.m. at St. John of God Church at 13819 Pioneer Blvd. in Norwalk.

Miss Albert, a songwriter and recording artist who is now based in Vancouver, Canada, will be backed up by Filipino American Symphony Orchestra with luminary conductor and musical director Bob Shroeder. She was an original mainstay of the iconic New Minstrels Band.

Guest Fil-Am singers Jane Provideo, hailed as most outstanding and versatile vocalist in 2023 and Marilyn Batino, an accomplished singer will also be on hand to warm up the audience.

Ms. Joey Albert is the daughter of the foundress of MMHC, the late educator Leticia Tordesillas Albert.

Although a laywoman, Mrs. Albert was regarded as God's instrument in giving birth to this new religious congregation in the Catholic church in 1997 in the Diocese of Bacolod which started as a Catholic youth group in known as Youth Marian Crusade in 1976.

Rev. Fr. John Roxas Ma. Cordero, MMHC, Regional Superior and Pastor of Holy Family Catholic Artesia said that 2023 is the 14th year that the congregation had established its religious communities to serve the Archdiocese of Los Angeles

Joey Albert



starting with Holy Family in Artesia in 2010 and then expanding to St. John of God in Norwalk in 2016.

"We have dedicated ourselves to faithfully serve the churches we were entrusted as well as the greater people of God, especially those in the Federal prisons within the Archdiocese.

"As missionary priests, we have been sent by our religious congregation which is based in the Philippines to help in the training of more missionary priests. We have discerned that we need to upgrade our existing seminaries; to help in raising awareness as well as the initial funds to begin these essential projects, we are organizing this benefit concert," he emphasized.

Both Rev., Fr. Raymund Decipeda, the pastor of St. John of God Church and Fr. John Ernesto Ma. Cordero of the Holy Family Church are busily preparing for this musical concert.

Ticket prices range from \$30 to \$100. Interested parties may reach out to Veekee Eugenio, 949-395-7536; Lita Vicente 562-402-4496; Lucille Parisho @ 562-331-4012; and Mary Sanchez @ 562-822-1289.

LAWSUIT from page 1

names as defendants the state Workplace Conduct Unit, the Senate Rules Committee and Don Wilcox, Archuleta's chief of staff. The original lawsuit was filed March 2021

Shortly after the lawsuit was filed, LCCN learned from several sources that the Jane Doe in the Archuleta harassment lawsuit was the senator's former District Director Friné Medrano.

LCCN attempted to contact Medrano several times in 2021 without response; since the 2021 article, Medrano has not contacted LCCN to refute the sources' identification.

Medrano alleged whistleblower retaliation, intentional infliction of emotional distress and various state Labor Code violations.

In a statement Archuleta said that the allegations are "completely and categorically false."

"My entire career, I have supported the right of every Californian to feel safe, valued and protected in the workplace," the statement read. "While I would never knowingly mistreat or disrespect a female employee, I believe in their absolute right to come forward and be heard if and when they believe that standard has been violated.

Every voice has value. That's why, from the beginning, I fully and wholeheartedly cooperated with the Senate's independent investigation into the events in question and was prepared to stand by the outcome. It's unfortunate for everyone involved that those independent proceedings were interrupted by this lawsuit."

One source told HMG-CN that Medrano could be seen at several public

events attempting to grab Archuleta's arm and hand, with Archuleta immediately admonishing and brushing her off.

I told Bob she [Medrano] was trouble," said one source, a close friend who who attended several Archuleta public events.

Another source told LCCN that the "Rubio sisters are mad that Archuleta did not endorse a family candidate, and now they want to take his seat."

In 2018, Medrano ran for the 58th Assembly district but lost to perennial candidate Cristina Garcia; she also ran for Downey City Council in 2016 and lost.

Of interest is that Medrano was selected as a delegate by Archuleta in January 2019, included on a slate that beat Cristina Garcia's slate.

Also on her LinkedIn account, Medrano listed herself as an employee at Archuleta's office.

Archuleta said, "the lawsuit manufactures a whole new layer of gratuitous allegations, which were not raised until litigation was chosen as the way to go — and which are completely and categorically false. I look forward now to disproving those allegations in court."

In court papers filed Tuesday with Judge Joseph Lipner, WCU attorneys maintain the unit is not liable for the lone cause of action filed against it alleging failure to prevent discrimination.

The WCU is a division of the Legislative Counsel Bureau and was created to provide advice and investigation services to the Legislature related to workplace misconduct.

A hearing is scheduled for Jan. 30, 2024.

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La Mirada Recognizes 90th Birthday Milestone



LA MIRADA MAYOR Steve De Ruse pictured with Janice Murphy along with her two sons in honor of her 90th birthday.

Staff Report

The La Mirada City Council recognized resident Janice Murphy at its City Council meeting on Nov. 14 for her 90th birthday.

Janice Murphay was born in Huron, South Dakota on Nov. 28, 1933. Her family moved to Southern California in the late 1930s where Janice grew up and graduated from Huntington Park High School in 1952.

At the age of 23, Janice was a single mother of two girls and worked as a secretary at Byron Jackson Pumps, where she met Navy veteran and future husband, Donald Murphy. Janice and Donald were married on July 2, 1957, and together had two sons shortly after.

In January 1961, Janice and Donald moved to La Mirada and became one of the City's original homeowners. All four of their children attended Charlotte Anthony Elementary School, Los Coyotes Junior High School, and William Neff High

School. Janice returned to the workforce as a secretary after her youngest started school. She retired in 1995 from Bechtel Engineering Corporation.

Since the mid-1970s, the Murphy family has attended the La Mirada Church of the Nazarene, where Janice continues to be an active member.

Janice and Donald were married for 54 years before his passing in 2012. Janice enjoys playing cards and bingo with her friends, attends sporting events for her six grandchildren and 19 great grandchildren.

The City of La Mirada Birthday Recognition program recognizes La Mirada residents on their milestone anniversaries and birthdays. The City's Recognition Program includes 80th, 90th, and 100th birthdays and 50th, 60th, and 70th wedding anniversaries.

To sign up for the recognition program, contact the La Mirada Community Services Department at (562) 943-7277

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2023-2024 GIRLS BASKETBALL PREVIEW

605 LEAGUE TO BE LOADED AT THE TOP AGAIN WHILE GAHR SEEKS ENCORE PERFORMANCE IN NEW LEAGUE

By **Loren Kopff**
@LorenKopff on Twitter

Gahr High's successful 2022-2023 season has earned the Gladiators a promotion to the Gateway League where they face new challenges with a younger team. Whitney High, another team that is building for the future, aims to hold off Cerritos High and Pioneer High for an outright 605 League crown while Norwalk High must find scoring from new players.



ARTESIA PIONEERS
4-21 overall last season, 2-8 in the 605 League, 5th place
Head coach: Mollie Williams (third season, 17-32)
Team's record previous five seasons: 58-68
Last time made the playoffs: 2022

Division 5AA
STARTERS LOST: SO Kaelah Daniels, SO Kendall Savage
STARTERS RETURNING: SR Arianne Delgado, SR Mya Reamer, JR Ashlee Chung
OTHERS RETURNING: SR Leyda Lira-Sanchez
TOP NEWCOMERS: FR Jasmine Ramirez, JR Ashlee Luna
Since former Artesia High standout Mollie Williams took over as head coach, it's been a slow, rebuilding process and that is going to be expected again this season. While the Pioneers have improved during the offseason, Williams said rebuilding a team takes time, but "these young ladies are buying into our program".

"We have been blessed with some new faces," she added. "With their hunger and the leadership of our vets, it will only continue to help us improve and produce results."

The Pioneers had eight players on varsity last season and Williams said the numbers will be about the same for this season. She is banking on seniors Arianne Delgado and Mya Reamer and junior Ashlee Chung to carry most of the load, even though scoring was an issue last season. Artesia's highest scoring output was 43 points, and it was held to under 30 points 19 times. Chung was able to score in double figures in seven games and Delgado had a 16-point game. But no other returning player scored more than nine points.

"We do have some promising junior varsity players who could possibly help us in the future," said Williams. "We just want to make sure our players get the reps and experience they need."

Freshman Jasmine Ramirez, who is projected to be a start-

er, and junior Ashlee Luna are new players to keep an eye on. Williams said Ramirez is an eager player who has a great attitude and can shoot from the outside while Luna will help the Pioneers down low. Also expected to be in the starting lineup are Chung, Delgado, Reamer and senior Leyda Lira-Sanchez.

All the Pioneers can do is continue to learn, grow, give effort and do the things they have trained for, according to Williams. If they do all that, she believes the Pioneers can surprise some people.



CERRITOS DONS
12-16 overall last season, 6-4 in the 605 League, third place, lost to San Clemente High 60-32 in the Division 2AA first round playoffs.
Head coach: Marcus Chinen (10th season, 144-91)
Team's record previous five seasons: 76-57
Last time missed the playoffs: 2011

Division 3AA
STARTERS LOST: Kaitlyn Sugita (7.3 points per game last season)
STARTERS RETURNING: SR Mailee Dizon (6.0 ppg.), SR Mia Rivera (7.7 ppg.), JR Amber Multani (3.9 ppg.), SO Cameron Lacorte (5.4 ppg.)
OTHERS RETURNING: SR Faith Lacorte, SR Denise Hizon, SR Onyekachi Nwanze, JR Kishan Saberon, JR Sophie Watanabe

TOP NEWCOMERS: SR Chloe Bronilla, JR Ava Loo, JR Lauren Sakamoto, JR Miya Scammahorn, JR Megan Wallace, FR Kalana Nguyen, FR Jordyn Pulley

Despite having a lot of experience from the previous season that saw Cerritos advance to the CIF-Southern Section Division 3AA finals, the Dons took a step back last season with the program's second losing campaign since the 2011-2012 season. They were also bounced out in the first round for the third time in the last four seasons.

"Last year was very challenging," said Cerritos head coach Marcus Chinen. "Losing five players to season-ending injuries was very tough. I was proud of last year's team for never giving up and playing hard in every single game."
Chinen said the team had a great offseason and the only changes made from last season are simply finding what's best for the team. With the return of seniors Faith Lacorte and Onyekachi Nwanze from injuries, four starters from last season and three others, the Dons are

primed to challenge for a league title. Seniors Mailee Dizon and Mia Rivera, the latter a member of the 605 League first team, figure to provide a lot of points and with the return of Nwanze and her presence on the glass, the sky's the limit for the Dons.

"All of the returning players have improved during the offseason," said Chinen. "It's not about an individual player or players. It's about the team and how this team can improve together and throughout the season."

Cerritos will have four juniors, three freshmen and one senior new to the team whom Chinen says will "help us out this year", and as far as a projected starting lineup, that won't come until January when league action begins.

"We will definitely have to play tough defense and take care of the ball on offense to move closer to the top spots in this league," said Chinen.



GAHR GLADIATORS
26-8 overall last season, 9-1 in the Mid-Cities League, tied for first place, lost to St. Margaret's High 44-33 in the Division 5AA championship game, lost to Marina High 49-33 in the quarterfinals of the Southern California Division V Regional playoffs.
Head coach: Alfred Howard (second season, 26-8)
Team's record previous five seasons: 44-85
Last time missed the playoffs: 2022

Division 4AA
STARTERS LOST: Kameryn Mitchell (10.1 points per game last season), Alyssa Miyake (3.6 ppg.), Lauren Teramoto (7.1 ppg.), Amanda Ulloa
STARTERS RETURNING: JR Christine Ho (7.5 ppg.)
OTHERS RETURNING: SR Munveer Sogi, JR Jody Colbert (5.9 ppg.), JR Simarpreet Sogi (2.8 ppg.)

TOP NEWCOMERS: FR Ella Mims
Not much was expected coming into last season as Gahr had won a combined 18 games the previous four seasons. But the Gladiators silenced the critics and advanced to the Division 5AA championship game with an experienced group had been through more bad times than good times. At one point, Gahr was 5-5, then ended the regular season winning 16 of its past 17 games.

"Last year was a magical season," said Gahr head coach Alfred Howard. "I was truly

blessed to inherit a team with senior experience and leadership with Lauryn Teramoto, Kameryn Mitchell, Alyssa Miyake and Amanda Ulloa. Teramoto was a one in every four years type of player. To have her finish out her career at Gahr as the assist leader, a league champion and an opportunity to play in a CIF championship game and the state tournament was a rewarding feeling. She will truly be missed, along with the other eight seniors that helped turn last year's team around."

Gahr's offseason has been challenged with ongoing construction to its gymnasium. But that hasn't stopped the Gladiators in what they needed to do to have another successful season. Howard said the players have gutted through intense workouts in the heat on the track and that the team is better conditioned now than last season's team.

Junior Christine Ho is the lone returner but will get a ton of support from senior Munveer Sogi and juniors Jody Colbert and Simarpreet Sogi, the only other returning players. Colbert and Ho were members of the Mid-Cities League first team last season.

"She was told early that she would need to bring another dimension to this year's team and she has stepped up like the captain she is and has worked harder than anyone on the team," Howard said of Ho. "Along with Jody and Simar, those three ladies have been named captains and have been out in front in everything we've done this off-season. We are expecting good things from Christine and those ladies."

Howard plans to insert freshmen Rachel Fredenburg and Ella Sims into the starting lineup with Colbert, Ho and Simar Sogi and says Fredenburg wowed the coaches with her strength, toughness, hustle, and attention to detail while Mims is "physically what you want to see in a basketball player" and is developing skills to have some big games this season. Look for sophomore Chloe Beard, a high-level guard who can score from anywhere on the court to also make a big impact this season.

The rise to the top of the Mid-Cities League last season allowed Gahr to move to the more competitive Gateway League this season. Howard has received high praise from Lynwood High head coach Ellis Barfield and Paramount High head coach Leon Polk, both of whom have said Gahr needs to play against the better teams. The Gateway League is stacked with a pair of Division 1 teams and Downey High is a Division 2AA team while the Gladiators moved up to 4AA.

"Our team is young, and we will take our bumps and bruises, learn from them and continue to compete," said Howard. "This team's goals are very different than last years.'"



JOHN GLENN EAGLES
5-18, overall last season, 0-10 in the 605 League, sixth place

Head coach: Eric Peterson (third season, 5-39)
Team's record previous five seasons: 24-85
Last time made the playoffs: 2011

Division 5A
STARTERS LOST: SR Janessa Leal (29 points scored last season)

STARTERS RETURNING: SR Rose Felix (76 points), SR Emily Garcia (29 points), JR Maritza Corona (29 points), JR Aaliyah Ramirez (70 points)

OTHERS RETURNING: SR Destiny Aguilar, SR Gianna Morales

TOP NEWCOMERS: N/A
At time of press, John Glenn High head coach Eric Peterson did not provide information on this season's team. The Eagles ended two straight winless seasons with a five-victory campaign, but the program has gone through 12 straight losing seasons.



LA MIRADA MATADORES
10-12 overall last season, 4-6 in the Mid-Cities League, fourth place

Head coach: Victoria Luong (fourth season, 12-31)
Team's record previous five seasons: 30-63

Division 5AA
STARTERS LOST: Mira Ghadban

STARTERS RETURNING: SR Jirah Domingo, JR Jael Arreguin, JR Emily Gonzalez, JR Nayeli Tamayo
OTHERS RETURNING: JR Marissa Nhem, JR Francella Ortiz, JR Annabell Pedroza, JR Simran Sahota, JR Aleeya Willie
TOP NEWCOMERS: FR Jordyn Shaw

La Mirada is making baby steps in its program, going 3-12 two seasons ago to a 10-win campaign last season. For the Matadores to have better success this season, they will have to bank on their experienced players who have been on varsity for two to three seasons.

"They are making drastic improvements and they have come

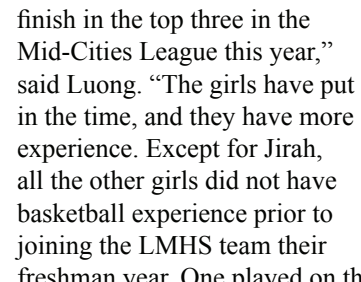
a long way," said head coach Victoria Luong. "It isn't where we wanted to be at the end of [last] season, but it was a drastic improvement in comparison to the previous year."

Heading into the Mid-Cities League portion of its schedule last season, most of La Mirada's scoring came from senior Jirah Domingo and junior Jael Arreguin, combining to reach double figures 17 out of a possible 25 times as the Matadores were 6-6. But scoring remained a problem, failing to reach 50 points 15 times in 22 outings. Luong says the team still doesn't have much height at the post position, but she has high hopes for the players that they will score more points this season. Look for Arreguin and Domingo to shine again this year with juniors Emily Gonzalez, Simran Sahota and Nayeli Tamayo joining them in a projected starting lineup. Freshman Jordyn Shaw is one to look for, if not this season, then next season. Luong says she brings some basketball knowledge with her and while not up to par with Arreguin or Domingo, she is still a great addition to the team.

The Matadores couldn't play in too many summer and fall league games as players had other commitments. But Luong says they put in a lot of effort and have been making changes in the right direction.

"I am confident that we will finish in the top three in the Mid-Cities League this year," said Luong. "The girls have put in the time, and they have more experience. Except for Jirah, all the other girls did not have basketball experience prior to joining the LMHS team their freshman year. One played on the city team, but that is not comparable to varsity level. A majority of the girls now have two years of experience under their belt and are coming out on the court with much more confidence.

They also know what to expect and have been working on their game throughout the offseason."



NORWALK LANCERS
16-12 overall last season, 6-4 in the Mid-Cities League, third place, lost to Anaheim High 85-25 in the Division 3A first round playoffs

Head coach: Ashley Baclaan (eighth season, 89-77)
Team's record previous five seasons: 65-55
Last time missed the playoffs: 2017

Division 4AA
STARTERS LOST: Julieta Castellanos (5.5 points per game last season), Areli Gonzalez (5.4 ppg.), Rizzelle Pasqual (5.1 ppg.), Amanda Rangel (7.8 ppg.)

STARTERS RETURNING: SR Keilani Ganancial (18.2 ppg.)

OTHERS RETURNING: JR Justine Abat, JR Janii McGarrah, JR Celine Zavala
TOP NEWCOMERS: SR Rhean Pascual

For the fifth time in the last eight seasons, Norwalk posted a winning record and for the sixth time during that span, the Lancers reached double digits in victories. However, Norwalk has exited the playoffs in the first round seven times since the 2013-2014 season, leaving head coach Ashley Baclaan wondering what it takes to move farther in the postseason. In fact, going back to the 2007-2008 season, the Lancers program has reached the second round three times.

"It's always a tough one to exit out of the playoffs," said Baclaan, who needs four more victories to pass Richard Drake (2007-2013) in that category. "I think the girls tried their best, but unfortunately, we got rattled and couldn't execute as we wanted. Anaheim was a great team and played awesome."

While the Lancers graduated four starters last season, the one who is back was their leading scorer. Senior Keilani Ganancial was a Mid-Cities League first team member and has the potential to be the league's most valuable player this season if she puts up the same, or better numbers. She may have to because Norwalk doesn't return much after her.

The offseason was rough for Norwalk because of the graduation of eight players off a team of 14 and its gymnasium was torn down with a new one already under construction. Baclaan said the offseason training was minimal to none.

"Keilani will bring her game as it comes," said Baclaan. "She's a constant presence for us and I just look forward to seeing her excel in her final season. I know she'll bring a leadership that will have all the new and young players coming up ready to compete to their best abilities."

Justine Abat, who scored 15 players, and varsity rookie Rhean Pascual are the only other seniors while juniors Janii McGarrah and Celine Zavala join Abat as the only returning players. The Lancers will field two new juniors and five new sophomores as Norwalk will field one of its youngest teams in recent years and because of that, Baclaan says, "everyone is just working and building together".

Norwalk will have a full schedule of 14 non-league games, its annual Glenn/Norwalk Tournament and 10 Mid-Cities League contests, all of which will be on the road with some of its league games being played at Glenn.

"We're approaching the season as it is," said Baclaan. "With months of working around no true home facility, I think the girls have adjusted well and are just moving forward day by day. Plus, they usually like the early

bus rides to get out of class and be together."

Baclaan concluded by saying that the expectations are always for growth and that every year will have their road blocks and surprises.

"We just try and have the girls play within the moments and keep moving forward with any outcome and lessons," she added.



VALLEY CHRISTIAN DEFENDERS
6-19 overall last season, 1-7 in the Olympic League, fifth place
Head coach: Dan Lefler (second season, second stint, 8-19)

Team's record previous five seasons: 45-83
Last time made the playoffs: 2022

Division 4A
STARTERS LOST: Molly Fortney (5.0 points per game last season), Carissa Kamstra (8.1 ppg.), Meghan Patterson (2.9 ppg.)

STARTERS RETURNING: JR Chayse Chambers (2.4 ppg.), SO Jocelyn Tani (8.8 ppg. in 18 games)

OTHERS RETURNING: SR Jada Thompson, SO Liana Lopez, SO Jiselle Park, SO Aniyah Peoples, SO Grace Verhoff

TOP NEWCOMERS: FR Hannah Burgoyne, FR Jenna Vankampen

For the seventh straight season, V.C. will have a new head coach and for the second time in three seasons, Dan Lefler assumes that role with last season's head coach, Ariel Sanchez, remaining as an assistant. When Lefler took over two seasons ago, it was because the head coach at that time had left a week before the season started. Lefler was also the athletic director and admitted he had no intentions of coaching. But he says this time is much different.

"I stepped down in the AD position in June," he said. "My youngest daughter graduated from Valley in May and plays college soccer in Boston. My wife and I have been travelling to the East Coast this fall to watch her play. The girls basketball program at Valley Christian has a rich tradition and I plan to devote the time and dedication needed to make our program relevant again."

V.C., which lost 14 of its last 15 games last season, has one returning senior, and its Jada Thompson. Lefler says she brings leadership to the team, is the team captain and will start in the post. Sophomore Jocelyn Tani, who is the leading scorer of

the returning players, is also projected to be in the starting lineup joined by sophomores Aniyah Peoples and Gracie Verhoef and freshman Hannah Burgoyne.

The Defenders will be young with six sophomores, three freshmen and two juniors, along with Thompson but Peoples, Tani and Verhoef played a lot of minutes as freshmen last season while Burgoyne and freshmen Jenna Vankampen are two potential stars for the future.

"Jenna brings a ton of athleticism to our squad," said Lefler. "Hannah is a sharp-shooting guard that has played a lot of basketball. Hannah is a fierce competitor, has an incredible work ethic and loves to be in the gym working on her game."

In eight Olympic League games last season, V.C. reached 40 points once, and that was a 41-40 win at Maranatha High. Lefler says the expectations for this season are to crack the top three in league and make the playoffs. He's also hoping to finish at least 13-13, which would be the most victories for the program since going 22-10 during the 2016-2017 season.



WHITNEY WILDCATS
17-13 overall last season, 9-1 in the 605 League, tied for first place, lost to El Dorado High 53-44 in the Division 3AA second round playoffs.

Head coach: Myron Jacobs (fifth season, 59-39)
Team's record previous five seasons: 79-49
Last time missed the playoffs: 2010

Division 2A
STARTERS LOST: Layla Lacorte (9.3 points per game last season in 19 games), Rachel Song (2.3 ppg.)

STARTERS RETURNING: SR Kylie Wang (12.4 ppg.), JR Haylie Wang (11.5 ppg.), SO Maddie Macaraeg (12.6 ppg.)

OTHERS RETURNING: SR Alyssa Troung, JR Rachel Moyher, JR Allie Yamaguchi

TOP NEWCOMERS: FR Cheyanne Cheung, FR Alyssa So
Since the 2010-2011 season, Whitney has produced one star player after another, or one solid team after another. The result has been 11 winning seasons out of the past 13, and one that wasn't ended up a 14-14 campaign. Over the past 13 seasons, the Wildcats have finished in the top three in either the Academy League or the 605 League and the prospects of the program's third straight league crown and seventh in the past 14 seasons are there.

"The offseason was a lot of work," said head coach Myron Jacobs. "I choose to focus more on the younger girls and the girls

who return from last season who didn't play much. I thought me and my coaching staff did a great job in the offseason setting expectations and making my girls a little bit tougher and physical."

This is a fun team to watch and be around with, and it starts with the big three-senior Kylie Wang, junior Haylie Wang and sophomore Mady Macaraeg. Kylie Wang was the 605 League's Most Valuable Player and was the HMG-Community News All-Area Player of the Year while Haylie Wang and Macaraeg were first team All-League members.

If their statistics were solid last season, expect those numbers to grow this season. The sisters didn't play with the team that much over the summer because Jacobs wanted them to play 17-Under AAU basketball. That move paid off as Jacobs said it was like looking at two different players, improving their game "big time".

"The two girls will be ready to put on a show when it's time to come," said Jacobs. "Mady has gotten better [also], improving on her jump shot and on the defense. Mady is a kid that can give you a double-double every night as a guard and make it look easy."

He is quick to say that the Wildcats have more weapons than the sisters and Macaraeg. Senior Alyssa Troung and juniors Rachel Moyher and Allie Yamaguchi are the other returning players with Troung and Yamaguchi expected to be in the starting lineup with the big three. Jacobs says the non-big three have improved on both sides of the ball and will be ready before the season opener.

Freshmen Cheyanne Cheung and Alyssa So are the next wave of potential Whitney greats. Jacobs says So is a "walking bucket" who can hurt opponents from the three-point arc and attack the rim with confidence. Cheung is a "very athletic forward" who can rebound, block shots and play really good defense.

Unlike last season, Jacobs didn't go too crazy when putting his schedule together. But the Wildcats will be ready for the league competition they will get from Cerritos and Pioneer High by playing Crean Lutheran High, Orangewood High, Sonora High and Troy High. The "Cats will also participate in the prestigious Nike Tournament of Champions in Phoenix just before Christmas.

"I think we are coming off a good fall league winning 13 games and only losing three, and the games we lost were good opponents," said Jacobs. "Fairmont Prep, who we lost to by 14, and Brentwood, who we lost to by 10, are Division 1 schools who have really good athletes and talent. We are right there; we just need to get over the hump."

Jacobs says his expectations are the same every year-to-develop players win the 605 League and go deep in the playoffs.

~Loren Kopff

CIF-SOUTHERN SECTION DIVISION 12 FOOTBALL PLAYOFFS

ANOTHER FIRST QUARTER SURGE SENDS CERRITOS TO ITS FIRST TRIP TO DIVISIONAL FINALS

By Loren Kopff
@LorenKopff on Twitter

For the third straight game in the CIF-Southern Section Division 12 playoffs, Cerritos High blanked its opponent in the opening quarter, then watched first half leads of 14-0, 35-6 and 28-0 evaporate before holding onto a victory. Fortunately for the Dons, they never trailed in any of those games, thanks to a constant offensive push and stellar defensive plays.

Cerritos built a 28-0 lead over Coachella Valley High last Friday night, then saw it dwindle to a one-possession contest before putting the Thermal-based team away in a 42-28 win at Dr. Hanford Rants Stadium, earning the program's first trip to the divisional finals. The Dons, who have won six in a row and improved to 8-5, scoring over 35 points in four of those wins,

will host second-seeded Yucca Valley High on Saturday at Artesia High.

"I'm extremely excited," said senior linebacker Jeremiah Bagaygay. "I can't wait to come out next week. We should all be proud of my teammates right now. We weren't expecting to win this game, but we came out and showed the [number one] team what's up."

"This game means a lot," he later added. "There were a lot of unfortunate events happening around school and this means a lot for the school and the community. I just really wanted to go out there and play my heart out."

He was just one of several key players who would have a big hand in the outcome, and it started in the second quarter. With the Dons up 14-0 on the strength of senior running back Josh Park, who scored a 15-yard

touchdown run late in the first quarter and a four-yard touchdown scamper in the middle of the second quarter, Bagaygay picked off Derek Calderon on the next play after Park's second touchdown and returned the rock 25 yards for a 21-0 lead. Later in the stanza, he recovered a fumble, setting up a nine-yard touchdown run from senior quarterback Julian Morales. Just in the first quarter alone, Bagaygay had four tackles, a fumble recovery, an interception, and a sack. He ended the game with half a dozen tackles.

"My brother said we needed to get Bagaygay going," said Cerritos first-year head coach Demel Franklin. "So, we put him on kickoff returns and we had a package for him on offense. We didn't get to that, and I made him a captain. I was just trying to do anything I can to motivate him, and it paid off."

The lead seemed to be what the Dons needed as they were facing their third straight challenge in the postseason. A 14-0 halftime over fourth-seeded Fillmore High in the first round was soon a 14-12 advantage entering the fourth quarter. A 28-0 first quarter lead and 35-6 halftime lead over Western Christian High a week later ended up being a 55-44 victory.

Against the Fighting Arabs, the 605 League champions had 168 yards in the first half while containing their Aaron Ramirez, who entered the game with over 2,000 yards on the ground, to 45 yards on 11 carries. On top of that, Calderon had five straight plays of negative yardage.

"I thought it would go more back and forth," said Franklin. "I knew we could score on them because we had some advantages. I knew we could score; I didn't count on them scoring that quick. That was not fun."



CERRITOS HIGH SENIOR linebacker Jeremiah Bagaygay picks off Derek Calderon of Coachella Valley High in the second quarter of last Friday night's CIF-SS Div. 12 semifinal game and returns it 25 yards for a touchdown. The Dons would hold off a late rally to defeat the Fighting Arabs and will play for the school's first football championship on Saturday against Yucca Valley High. **Photo by J.B. Quibrantar.**

"It happened to us against Yucca Valley on Oct. 6," said Coachella Valley head coach Bill Johnson on the early deficit. "We actually got down really heavy in the first quarter. We rallied to be down by 11, then had a shot to get it down to four. We've gotten ourselves into holes and rallied back and in these playoffs, we've been down in both games and rallied back to win."

"There were three lead changes in our first round [win], there were three lead changes in our quarterfinal [win]," he continued. "We just got behind and [our] offense put [our] defense in some holes here and made it easier for Cerritos to get out by as much as they did."

But limiting a team that had scored over 500 points this season for the second straight

week was not going to be easy. Miguel Rodriguez returned the second half kickoff 92 yards for a score and after Cerritos was forced to punt after a three and out, Ramirez got his groove going and scored from seven yards out. Later in the stanza, Calderon connected Rodriguez for 25 yards and just like that, it was 28-21.

The Dons would score on the ensuing possession, going 57 yards on nine plays, ending with sophomore quarterback Justin Sagun finding junior wide receiver John Lim for 17 yards and entering the fourth quarter, the Dons were up 35-21.

On Coachella Valley's first drive of the final stanza, a Calderon 41-yard touchdown pass to Ramirez ended a nine-play drive that

[See CERRITOS, page 11]

CIF-SOUTHERN SECTION DIVISION 12 CHAMPIONSHIP PREVIEW

CERRITOS UP FOR FOURTH STRAIGHT CHALLENGE AS DONS PLAY FOR SCHOOL'S FIRST FOOTBALL CHAMPIONSHIP

By Loren Kopff
@LorenKopff on Twitter

LONG BEACH-In a season of firsts, it would only be fitting that Cerritos High would enjoy another first before the hardest week of practice in school history. The Dons advanced to the semifinals for the first time when they defeated Western Christian High in the quarterfinals, then advanced to the CIF-Southern Section Division 12 title game for the first time last week with a two-touchdown win over top-seeded Coachella Valley.

As Cerritos prepares for its next task, squaring off against second-ranked Yucca Valley High at 7:00 p.m. on Saturday at Artesia High, the team added one more first to its resume. This past Monday, the Dons attended the 47th CIF-SS Press Conference and Luncheon at The Grand in Long Beach, an event for the coaches, some players and school personnel of the 32 teams participating in the 11-man and 8-man football finals. Cerritos was represented by first-year head coach Demel Franklin, senior linebacker Jeremiah Bagaygay, senior linebacker and safety Gabe Gaudi, senior running back Josh Park, junior cornerback wide receiver Ruben Castro, junior linebacker Nathaniel Crawford, principal Dr. Patrick Walker and athletic director Todd Denhart.

The Dons, who have been on an emotional roller coaster over the past quarter of a century that has included 11 head coaches, five trips to the playoffs since 2000, four winning seasons (not including the 3-1 Covid spring season of 2021) and three winless seasons, including the 2012 campaign in which Cerritos cancelled all six league games. Now, it is one win away from a CIF championship and a nine-win season, which would tie the 2001 season for most wins in a season.

"I had heard whisperings of the program being shut down and my son wanted to go there," Franklin remembered. "I [asked], 'are you sure'? He said, 'yeah, I like the environment; I want to play there'. When I started coaching there [at the lower levels], you started to kind of see they are really heavy on academics and my coaching style is in your face and I didn't know if that was going to work."

The Dons are riding a six-game winning streak into their meeting with Yucca Valley. The three-time defending 605 League champions have scored 244 points during the streak after putting up 105 in their first seven games. The offense is centered around the Mount Rushmore of Cerritos running backs. They are senior Dikshanta Adhikari (144 carries, 804 yards, five touchdowns), Park (97 carries, 668 yards, 13 touchdowns), junior Josiah Ungos (115 carries, 527 yards, four touchdowns) and sophomore Justin Sagun (48 carries, 305 yards, two touchdowns). The rest of the team has combined for 305 yards and seven touchdowns.

Sagun is also the quarterback, though he has thrown for 544 yards and nine touchdowns while the other signal caller, senior Julian Morales, has passed for 452 yards and five scores. Cerritos took a major hit a few weeks ago when junior wide receiver Ruben Castro injured his collarbone. He is done for the season, but leads the team with 45 receptions, 570 yards and five touchdowns. Adhikari and Park are targets to catch the ball, as is junior John Lim, who has caught nine passes for 143 yards and a pair of touchdowns.

"We all want yards, so we're always determined to get the ball and make sure we get the most yardage we can," said Park.

The Cerritos defense has come on strong as of late, dismissing the fact that it has

faced two straight teams that scored over 475 points and will see another one in Yucca Valley. The Dons have held six opponents to under 20 points this season. Leading the charge on this side of the ball are Crawford (107 tackles, two sacks), sophomore linebacker Tyler Ky (97 tackles), Bagaygay and Gaudi (81 tackles each) and sophomore linebacker Jacob Hoosac (63 tackles). Bagaygay also leads the team with half a dozen sacks while senior linebacker and lineman Moises Mendoza has three sacks.

The path to the finals includes defeating Fillmore High, the fourth-ranked team, Western Christian, which had upset fifth-seeded Victor Valley High in the first round and Coachella Valley. The combined record of Cerritos' playoff victims is 24-12.

"I've been realizing every game we've been having season-ending injuries," said Franklin. "Dislocated elbow, broken this, broken that. So, we're missing guys. We missed Ruben Castro this past weekend and he is so dynamic on offense and defense and having to try to replace him on both sides, also as well as special teams...you lose three starters. Just plugging the holes and getting through it, I'm just so proud of these kids."

"I think it was teamwork," said Park of the win over Coachella Valley. "We all wanted to make sure we go to the finals; we were all determined."

Yucca Valley enters the contest at 10-3 and won all seven of its Desert Valley League games. The Trojans, who have scored 553 points, defeated Hacienda Heights Wilson High 49-21 in the first round, Buena Park High 35-0 in the quarterfinals and Santa Fe High 35-13 last Friday. Yucca Valley enters the contest on a 10-game winning streak after falling to Rancho Christian High 40-13, Valley View High 35-33 and Granite Hills High 63-21 to begin the season. This will

be the farthest west the Trojans have travelled this season, having previously gone to Banning, Cathedral City, Desert Mirage and Temecula for road games. This will be their first road game since Oct. 20. Yucca Valley has reached the finals before, but not since 1996 when it got past Cathedral High 22-19 in the Division XI championship game.

Quarterback Michael Ramos Jr. has passed for 1,483 yards and nine touchdowns opposite five interceptions. But the offense lies in the running game where Yucca Valley has gained 3,165 yards and scored 51 touchdowns. Myles Harper is the one to slow down, or stop, as he has rushed for 1,704 yards and scored 27 times. Next would be Malachi Harper (82 carries, 633 yards, five touchdowns) and Stephon Rogers (61 carries, 357 yards, five touchdowns).

The leading receiver is Javin Hudson, with 57 catches for 946 yards and 11 scores while on defense, Myles Harper leads the way with 146 tackles while Brody Herrera has 108 tackles and four and a half sacks. Hudson also has six interceptions and Joseph Natzel another five sacks to the team's total.

"We just have to trust what we see with our eyes," said Franklin. "We study a lot, we go over stuff a lot and as far as scoring 500 points, we don't look at that. We just know they've never played us. I know what my boys can do, and we've been waiting for this moment. We've worked since the spring for this moment."

"I think we can run through them, just like we did the past three games," said Park. "Our defense is pretty good, and I think our defense will stop them."

Prediction: Cerritos 38 Yucca Valley 31
Last week's predictions: 0-2
Season to date: 52-18

Cerritos from page 10

included Calderon being sacked by sophomore linebacker Bailey Crawford for a 13-yard loss. But the home team answered back on the next possession with five straight runs from Park and junior running backs Dikshanta Adhikari and Josiah Ungos totaling 46 yards, a 12-yard reception to Adhikari, then two more Park runs of three and 19 yards, the last being the final touchdown.

“What I saw was we kicked it off and they ran it in, which gave them juice, and then my team got deflated,” said Franklin of the second half adjustments. “If we give up a touchdown, that’s what we need to work on. We get deflated and then they kept the foot on the gas and the next thing you know, it’s 28-14.”

“We were just not playing well, and we just talked to the guys about it’s going to come within,” said Johnson. “It’s not going to come from a schematic change. We got the opening kickoff return and took it to the house and that just electrified the guys. We were able to make some changes and start to exploit the back end.”

The Fighting Arabs, who finished in second place in the Desert Valley League and had won five straight games since falling to league champion Yucca Valley, would have two more chances to make the game closer. However, Calderon would be intercepted by sophomore Jayden Bagaygay and Lim on consecutive possessions.

While Calderon finished the contest completing 20 of 30 passes for 221 yards, including seven straight to begin the second half, he was hurt by the three interceptions. Ramirez, who was Cerritos’ 100 percent focus, according to Jeremiah Bagaygay, finished with 150 yards on 24 carries. No other Coachella Valley rusher gained more than six yards on any carry.

“He’s fast and very shifty,” said Bagaygay. “But I just had more faith in our guys than theirs and I knew we could get the job done.”

“You see, they have a running back,” said Franklin. “I saw him on film, and I thought he was small. I saw him before the game, and he wasn’t that big. But man, he’s electric; he breaks tackles, he’s quick and he’s way bigger than I thought. The first half looked good. The second half, they must have had a great speech and some adjustments because they gave us all we could handle.”

While the defense slowed down Ramirez to 150 yards, Park posted a career-high 146 yards on 22 carries while Adhikari had 86 yards on 20 touches. Defensively, junior linebacker Nathaniel Crawford led everyone with 13 tackles and a sack while sophomore linebacker Tyler Ky had 10 tackles, Lim had nine and the interception and junior linebacker Devyn Chantha added seven tackles.

“Hey, he’s so emotional and last year, he had to wait,” said Franklin of Park. “Remember, he was behind another guy who was really, really good. So, he has been waiting for this moment, and I’ve been telling him there will be a time when we need [him]. This is when we needed him.”

“We knew they had a strong run defense, and we like to run the football,” said Johnson. “I can look at the previous games and see that they really didn’t give up very many 100-yard rushers. They were very successful in stopping the run and without having to add extra bodies to the box. We thought we could have done better than what we did.”

CITY OF HAWAIIAN GARDENS

SUMMARY OF ADOPTED ORDINANCE NO. 2023-613

AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF HAWAIIAN GARDENS, CALIFORNIA, ADDING CHAPTER 5.97 TO TITLE 5 OF THE HAWAIIAN GARDENS MUNICIPAL CODE, IMPOSING REGULATIONS ON MOBILE FOOD VENDING

On November 14, 2023, the City Council of the City of Hawaiian Gardens adopted Ordinance No. 2023-613, setting parameters for the operation of mobile food vending operations (also called food trucks) within the City by adding Chapter 5.97 of Title 5 of the HGMC. The Ordinance provides responsible companies and individuals who engage in the operation of mobile food vending with clear and concise regulations to prevent safety, traffic, and health hazard, as well as to preserve the peace. A business license will be required to operate a mobile food vending business in Hawaiian Gardens, as well as any and all permits for mobile food vending required from the Los Angeles County Health Department. The operation of a food truck will be allowed Monday through Sunday between the hours of 8:00 am and 9:00 pm. A food truck may not park in one spot in the public right-of-way for more than two (2) hours. Similarly, a food truck cannot remain in the same place for more than one (1) hour unless the food truck is located within two hundred (200) feet of a restroom to ensure that these facilities are available to an operator and its employees.

The City Council passed and adopted Ordinance No. 2023-613, by the following roll call vote:

AYES: DE PAULA, ROA, VARGAS, FARFAN, DEL RIO
NOES: NONE
ABSENT: NONE
ABSTAIN: NONE

Any interested person may obtain a copy of the ordinance from 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: November 20, 2023
 Published: November 24, 2023

Los Cerritos Community News

Published at LCCN 11/24/23

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.storagetreasures.com ending on Wednesday, December 6, 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 #
Deborah Pokipala	A22
Maria Gonzalez	M117

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.

Dated this 24th day of November 2023 and 1st day of December 2023.
 Self Storage Management Company
 Bond #: WL11254152

Publication at LCCN 11/24/2023 AND 12/01/2023

NOTICE OF SALE OF ABANDONED PROPERTY

Notice is given pursuant to sections 21700-21713 of the Business and Professions Code, Section 2328 of the Commercial Code, Section 535 of the Penal Code. 1812.607, that Norwalk Self Storage at 11564 E. Firestone Blvd., Norwalk, CA 90650 intends to sell the personal property described below to enforce a Lien imposed on said property. The undersigned will be sold at public auction conducted on www.storagetreasures.com (bond #63747122) ending on or after Tuesday, December 12th, 2023, at 9:00AM. The personal property belonging to those listed below to be sold as follows: Boxes/totes/bins, hoverboard, kid toys, bedding, mattress, shoes, dresser, bed frame, furniture, storage drawers, pots/pans, Halloween décor, clothes, baskets, car seat, bags, and wrapping paper belonging to the following.

NAME	UNIT
CRUZ, JASELLE	B731

This notice is given in accordance with the provisions of Section 21700 et seq. of the Business and Professions Code of the State of California. Storage Treasures’ Principal Auctioneer and Auctioneer on Record: Auctioneer License Numbers for Christopher Paul Rosa California #3112562
 Sales subject to prior cancellation in the event of settlement between Owner and obligated party.

Publication at LCCN 11/24/2023 AND 12/01/2023

**ABC UNIFIED SCHOOL DISTRICT
 NOTICE CALLING FOR BID**

NOTICE IS HEREBY GIVEN that the ABC Unified School District will receive up to but not later than **9:00 AM on the 23rd day of January 2024** Bids for:

ABC Bid # 1639 HVAC at Artesia High School

All bids shall be made and presented on a form furnished by the District. Bids submitted shall conform to the terms and conditions stated on said form. Bids shall be received in the office of the Purchasing Department at 16700 Norwalk Blvd., Cerritos, CA 90703 and shall be opened and publicly read aloud at the above-stated time and place. Bidders can request bid documents by emailing esthela.perez@abcusd.us. There will be a mandatory jobwalk on December 6, 2023 at 9:00 AM sharp at the Artesia High School front of Administration Building, 12108 E/ Del Amo Blvd. Lakewood. All public works are subject to prevailing wage payments, Valid License valid Class B Contractor’s License and DIR Registration will be required.

Los Cerritos News November 24, 2023
 December 1, 2023

Published at LCCN 11/24 and 12/1/23

**ABC UNIFIED SCHOOL DISTRICT
 NOTICE CALLING FOR BID**

NOTICE IS HEREBY GIVEN that the ABC Unified School District will receive up to but not later than **2:00 PM on the 18th day of December 2023** Bids for:

ABC Bid # 1635 Lead Abatement at Various Schools

All bids shall be made and presented on a form furnished by the District. Bids submitted shall conform to the terms and conditions stated on said form. Bids shall be received in the office of the Purchasing Department at 16700 Norwalk Blvd., Cerritos, CA 90703 and shall be opened and publicly read aloud at the above-stated time and place. Bidders can request bid documents by emailing esthela.perez@abcusd.us. There will be a mandatory jobwalk on December 5, 2023 at 8:30 AM sharp at the Aloha ES front of Administration Building, 11737 E 214th St. Lakewood. All public works are subject to prevailing wage payments, Valid License valid Class HAZ Contractor’s License and DIR Registration will be required.

Los Cerritos News November 24, 2023
 December 1, 2023

Published at LCCN 11/24 and 12/1/23

NOTICE OF SALE OF ABANDONED PROPERTY
 Notice is given that pursuant to sections 21700-21713 of the Business and Professions Code, Section 2328 of the Commercial Code, Section 535 of the Penal Code. 1812.607, that Cherry Carson RV Storage Inc. at 4160 Cherry Ave., Long Beach, CA 90807 intends to sell the personal property described below to enforce a Lien imposed on said property. The undersigned will be sold at public auction conducted on www.storagetreasures.com (bond #63747122) ending on or after Tuesday, December 12th, 2023, at 9:00AM. The personal property belonging to those listed below to be sold as follows: Toolbox, 3 rugs, wall art, boxes/bins, bags, basket, home décor, wrapping paper, pool kickboard, and broom belonging to the following.

NAME	UNIT #
PINEIRO, JOSEPH	B30

This notice is given in accordance with the provisions of Section 21700 et seq. of the Business and Professions Code of the State of California. Storage Treasures’ Principal Auctioneer and Auctioneer on Record: Auctioneer License Numbers for Christopher Paul Rosa-California 3112562

Sales subject to prior cancellation in the event of settlement between Owner and obligated party.

Publication at LCCN 11/24/2023 AND 12/01/2023

NOTICE TO CREDITORS OF BULK SALE

(UCC Sec. 6105)
 Escrow No. 23168-HY
 NOTICE IS HEREBY GIVEN that a bulk sale is about to be made. The name(s), business address(es) to the Seller(s) are: MAGHDID HAMID SALEH, 174 PENFIELD ST. POMONA, CA 91768
 Doing Business as: TAM’S PIZZERIA
 All other business name(s) and address(es) used by the Seller(s) within three years, as stated by the Seller(s), is/are:
 The name(s) and address of the Buyer(s) is/are: JASON M. BERLIN, 183 BRANDYWYNE TER. COSTA MESA, CA 92627
 The assets to be sold are described in general as: FURNITURE, FIXTURES, EQUIPMENT, TRADE NAME, MACHINERY, GOODWILL, LEASE, LEASEHOLD IMPROVEMENTS AND COVENANT NOT TO COMPETE, SUPPLIES, TELEPHONE NUMBERS and are located at: 14214 BELLFLOWER BLVD., BELLFLOWER, CA 90706-2449
 The bulk sale is intended to be consummated at the office of: NEW CENTURY ESCROW, INC, 500 S. KRAEMER BLVD STE 275, BREA CA 92821 and the anticipated sale date is DECEMBER 13, 2023
 The bulk sale is subject to California Uniform Commercial Code Section 6106.2.
 The name and address of the person with whom claims may be filed is: NEW CENTURY ESCROW, INC, 500 S. KRAEMER BLVD STE 275, BREA CA 92821 and the last day for filing claims shall be DECEMBER 12, 2023, which is the business day before the sale date specified above.
 Dated: 11.9.23
 BUYERS: JASON M. BERLIN
 1985572-PP LOS CERRITOS COMMUNITY NEWS 11/24/23

**ABC UNIFIED SCHOOL DISTRICT
 NOTICE CALLING FOR BID**

NOTICE IS HEREBY GIVEN that the ABC Unified School District will receive up to but not later than **9:00 PM on the 30th day of November, 2023** Bids for:

ABC Bid # 1633 Horizontal Wrapper – Food Service

All bids shall be made and presented on a form furnished by the District. Bids submitted shall conform to the terms and conditions stated on said form. Bids shall be received in the office of the Purchasing Department at 16700 Norwalk Blvd., Cerritos, CA 90703 and shall be opened and publicly read aloud at the above-stated time and place. Bidders may obtain bid documents by calling Esthela Perez (562) 926-5566 x 21218.

Los Cerritos Community News November 10, 2023

**ABC UNIFIED SCHOOL DISTRICT
 NOTICE CALLING FOR BID**

NOTICE IS HEREBY GIVEN that the ABC Unified School District will receive up to but not later than **2:00 PM on the 11th day of December 2023** Bids for:

ABC Bid # 1634 Cold Storage Renovation at Whitney High School

All bids shall be made and presented on a form furnished by the District. Bids submitted shall conform to the terms and conditions stated on said form. There will be a mandatory jobwalk at 9:00 AM Sharp on November 20, 2023 at Whitney High School 16800 Shoemaker Ave., Cerritos. ABC Bids shall be received in the office of the Purchasing Department at 16700 Norwalk Blvd., Cerritos, CA 90703 and shall be opened and publicly read aloud at the above-stated time and place. Bidders may obtain Bid Documents by written request to esthela.perez@abcusd.us. All public works are subject to prevailing wage payments. License Class B will be required.

Los Cerritos News November 10, 2023
 November 17, 2023



AURA OPEN HOUSE

ART-SCI WORKSHOP

DEAR PARENTS,

AURA Academy, an IB Candidate High School invites you

WHAT...

- Free **ART-SCIENCE WORKSHOP EXPERIENCE**
- Experience how IB students learn
- An art workshop and science experiment
- Explore your naturalistic talent

HOW...

Join us for science lab, and figurative drawing

- *Age Group: 13-16 years old*

WHEN...

Date: **Saturday, December 09, 2023**

Time: **9:30 AM – 12:30 PM**

WHERE...

AURA ACADEMY HIGH SCHOOL

Location: **1600 E. Hill St., Building 2, Signal Hill, CA 90755**

- Bring your friends to create beautiful art together.
- No prior experience is required.
- All materials provided.

RSVP by scanning the QR code and FILL OUT THE FORM or call 562.800.0249



SCAN QR TO REGISTER