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~Erma Bombeck

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**LCCN EXCLUSIVE:**

## Whittier Union High School District Trustees Hold Illegal Meeting in Attempt to Intimidate Union

A complaint has been filed with the Los Angeles County District Attorney’s Office of Public Integrity.

By Brian Hews

Allegations of violations of the Ralph M. Brown Act [Brown Act] are being leveled against Whittier Union High School District Trustees for holding a meeting without proper notice to the public.

Trustee Gary Mendez has filed a complaint with the Los Angeles County District Attorney’s Public Integrity Office outlining the illegal meeting while California School Employees Association [CSEA] representatives, who were asked to attend, allege intimidation by the Trustees during the meeting.

The Zoom meeting occurred on October 10, 2024, at approximately 1:00 pm, attended by a majority of WHUSD Trustees, including Area 3 Trustee Josefina Canchola, Area 4 Trustee Irma Rodriguez Moisa, and Area 1 Trustee Russe Castaneda Calleiros.

Also present at the meeting was CSEA President Art Siegrist, CSEA Vice President Lori Zaragoza, and Dallas Emerlé, CSEA Labor Relations Representative. The Brown Act defines three situations that are not considered “meetings” that a majority of a public agency body can attend, including conferences, community meetings, and other legislative

[ See WHITTIER, page 6 ]



## PICO RIVERA’S NEW WATER FACILITY COMBATS PFAS

**TREATMENT:** Pico Rivera Mayor Andrew Lara, City Council and City Manager joined Congresswoman Linda Sánchez at the unveiling of the city’s PFAS water treatment facility. Picture courtesy Pico Rivera.

By Brian Hews

Pico Rivera announced the completion of a new water treatment facility dedicated to mitigating the risks of per- and Polyfluoroalkyl Substances (PFAS) in the local water supply.

This \$15 million Groundwater Treatment Project marks a significant milestone in the city’s commitment to water quality and public health.

“This new water treatment facility represents the latest step in Pico Rivera’s decades-long commitment to providing safe, high-quality water to our residents,” said Mayor Andrew Lara. “This underscores Pico Rivera’s obligation to safeguard water quality for future generations and prioritize our community’s well-being through strategic investment and inter-agency collaboration.”

PFAS stands for Per- and Polyfluoroalkyl Substances, a large group of man-made chemicals that have been widely used in industry and consumer products since the 1940s. These chemicals are known for their water- and oil-repellent properties, and they are often referred to as “forever chemicals” due to their persistence in the environment and the human body. PFAS

[ See WATER, page 6 ]

## Local Elections:

### All Measures Pass, Incumbent City Councils Hold Steady, ABCUSD Will Have Two New Trustees

By Brian Hews

The following is a breakdown of local elections and measures affecting LCCN cities. Unofficial results as of Nov. 13 at 5 p.m.

**Artesia Measure AAA**-Yes to pass- Yes 3,499 68.17%; No 1,634 31.83%.

**Artesia Measure I**-No to defeat- Yes 2,191 44.00%; No 2,788 56.00%.

**Artesia City Council**, vote for 2- Zeel Ahir 2,105; Monica Manalo 2,059; Dan Rocha 1,954; William Morante Sr. 1,653.

**ABC Unified School District** Trustee Area No. 1- Leticia Mendoza 2,913 67.74%; Lauren M. Lyon 1,387 32.26%.

**ABC Unified School District**, Trustee Area No. 4- Tatiana Yokoyama Bui 3,628 55.80%; Anu Gupta 2,874.

**Bellflower City Council** 2nd District- Dan Koops (unopposed) 3,394

**Bellflower 4th District** Victor Sanchez (unopp.) 3,106

**Bellflower Measure B**-Establish Bellflower as Charter City

Yes 17,213 77.69%; No 4,943 22.31%.

**Bellflower 1st District** (2026) Wendi Morse 2,677; 51.46% ; Aaron K. Drake 2,525 48.54%

**Cerritos Community College** Trustee Area No. 1 Mariana Pacheco; 13,388 71.46%; Martha Camacho Rodriguez 5,346 28.54%.

**Santa Fe Springs- Measure SFS** Yes 5,200 76.73%; No 1,577 23.27%.

**Santa Fe Springs City Council**, vote for 2 John Mora 3,598 34.84%; Joe Angel Zamora 3,108 30.10%; Gabriel Jimenez 2,893 28.02% Victor Salcedo 727 7.04%.

**Commerce City Council**, vote for 2 Oralia Rebollo 2,442 39.55%; Hugo Argumedo 2,089 33.84%; Leonard Mendoza 1,125 8.22%;

**Hawaiian Gardens City Council**, vote for 2 Victor Farfan 1,368 26.93%; Ernie Vargas 1,328 26.14%; Jesus Mendoza 1,203 23.68%; Jesse Alvarado (N) 1,181 23.25%

[ See ELECTIONS, page 15 ]

## Cerritos High Teacher Exits Classroom After Student Wears MAGA Shirt, Then Sends Email Rant

The teacher wrote, “MAGA clothes are meant to intimidate both students and teachers” and called Trump a “fascist.”

By Brian Hews

A Spanish teacher at Cerritos High suddenly stormed out of her classroom last week after seeing a student wearing a Make America Great Again tee shirt.

The Spanish teacher, identifying herself as Profe. O. then went a step further, sending students a lengthy email in which she argued that MAGA clothes are “meant to intimidate both students and teachers” and called President-elect Donald Trump a “fascist.”

She also argued that it is unfair that students can wear political

clothes - but teachers cannot - saying that she is speaking to ABCUSD officials about the policy and is ‘in talks with my union representative and attorneys.’

Courts have previously upheld students’ right to free speech inside a school. At a public school in Des Moines, Iowa, students planned to wear black armbands at school as a silent protest against the Vietnam War; the fight went to the U.S. Supreme Court.

In *Tinker v. Des Moines* in 1969, in a 7-2 decision, the Supreme Court’s majority ruled that neither students nor teachers “shed their constitutional rights to freedom of speech or expression at the school-house gate.” The Court held that school officials could not prohibit only on the suspicion that the speech might disrupt the learn-

[ See TEACHER, page 15 ]



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## Southeast Gateway Light-Rail Line Utility Groundbreaking in Artesia a First Step Toward Major Construction



CONGRESSMAN Robert Garcia, Whittier Councilman Fernando Dutra, Sen. Bob Archuleta, Sen. Blanca Pacheco, LA County Supervisor, Janice Hahn, Artesia Mayor Tony Lima, Artesia Mayor pro tem Ali Taj at the advance utility groundbreaking of the Southeast Gateway Line project. Metro’s new light rail line will include nine stations extending from the Slauson A Line station located in the City of Los Angeles/Florence-Firestone unincorporated area of Los Angeles County to its southern terminus at the Pioneer Station located in the City of Artesia.

### LCCN Staff Report

Local, state elected officials and Metro leaders celebrated the advance utility groundbreaking in Artesia Oct. 30.

It was an essential first step in constructing the new light rail transit line that will transform southeast LA County.

The Southeast Gateway Line will include nine stations extending from the Slauson A Line station located in the City of Los Angeles/Florence-Firestone unincorporated area of Los Angeles

County to its southern terminus at the Pioneer Station located in the City of Artesia, passing through the cities of Bell, Bellflower, Cerritos, Cudahy, Downey, Florence-Firestone, Huntington Park, Los Angeles, Paramount, South Gate and Vernon.

The line will also include a new C Line station at the I-105 freeway.

Following the utility work, other early-stage activities will proceed.

That will lead to the future official major construction groundbreaking ceremony at a date to be announced later.

## Fiddler on the Roof at the La Mirada Theatre



JASON ALEXANDER and Ron Orbach star in the La Mirada Theatre for the Performing Arts “Fiddler on the Roof,” directed by Lonny Price. Photo by Jason Niedle/TETHOS.

By Stepheny Gehrig

With much anticipation, “Fiddler on the Roof” has arrived at the La Mirada Theatre for the Performing Arts with Jason Alexander starring as Tevye. A phenomenal opening night graced the theater with almost every seat filled — and with limited tickets currently available, this musical is set to be booked for every show.

Upon entering the venue, attendees were greeted with a photo-op in the lobby, and beautiful acoustics by a violinist in the courtyard in preparation for the show’s start. Offered at the bars were themed food and drinks ranging from \$4 hummus, to \$14 cocktails.

With an exciting performance by Jason Alexander, the audience immediately erupted in cheers and applause. Greeting the audience in song, it was quick to note that the “Fiddler on the Roof” would be an exceptional show. There becomes no difference between Tevye and Alexander — as he fully molds himself into his character — which provides for a holistically authentic show.

Appearing by Alexander’s side was Valerie Perri, who performed as Golde. Accompanying Alexander on stage for “Do You Love Me”, Perri beautifully counter Alexander’s presence and provide a larger scope for the audience to understand the dynamic between the two. Struggling with love, parenting and tradition, Perri allows for an exploration of Golde to be genuine and careful which provides audiences with a comforting understanding of the character while also demonstrating the struggle to provide and

keep her family whole.

Emerson Glick, who played Chava, Tevye’s daughter, gave an authentically gut wrenching performance as Glick demonstrated, to its full capacity, the pain of familial strife. Glick’s performance as Chava truly encapsulated a phenomenally authentic view of the hurt that can come with moving beyond tradition, and Glick accomplishes such by toeing the line of thematic tradition and modernity.

Interestingly, most of the story relies on the intimacy of dancing, meaning that through dance the filial relationships and dynamics are revealed. Although communication through dialogue and song are used throughout the musical, dance does provide a large form of assistance in divulging the roles of tradition, the family, and relationships.

“Fiddler on the Roof” is a beautifully crafted story about family, tradition and love, and strives to push the boundaries of tradition through hardship. It details both familial and political strife, and does not lean on overly saturated happiness or downplay the struggles that are essential to the reality of the story.

The La Mirada Theatre for the Performing Arts will host showings throughout November, however the show for the week of Thanksgiving will be on Wednesday Nov. 27 at 7:30, rather than on the holiday. The show runs about 2 hours and 45 minutes, with an intermission at the 1 hour 45 minute mark. Tickets range from \$51 to \$147 with limited tickets available from now until the final show. A \$20 valet service is also available — which could be of great use due to the attention this show has drawn so parking fills quickly.



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## Artesia Cemetery District Recognizes Veterans Day



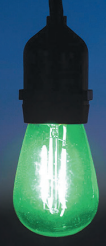
**HONORING:** pictured from (l-r) is ACD Trustee Linda Gonzalez, Trustee Mike Wada, Vice Chair Allison Stewart, Chair Mike Laughlin, and Trustee Aurelia Palhinha.

## Artesia Joins Operation Green Light in Support of Veterans

LCCN Staff Report

In recognition of the service and sacrifice of the nation's veterans, Artesia announced its participation in Operation Green Light for Veterans. Starting this past weekend, the City's water tower will be illuminated with green lights to demonstrate appreciation for their service.

**Shine a light of hope and support for veterans.**



#OperationGreenLight | [nysac.org/OperationGreenLight](http://nysac.org/OperationGreenLight)

## Cerritos Holds Veterans Day Event



**CERRITOS MAYOR** Naresh Solanki and Councilmembers Lynda Johnson and Frank Yokoyama with Meritorious Marine Cpl Nicholas Cervera and LtCol (1st CEB) Barrion.

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Operation Green Light for Veterans is a national initiative led by the National Association of Counties (NACo) and the National Association of County Veterans Service Officers.

The campaign aims to raise awareness of the unique challenges faced by veterans and to highlight the resources available to them at the county, state, and federal levels.

During Operation Green Light landmarks across the country, including Artesia's water tower, will glow green to show support for veterans and their families.

"Here in the City of Artesia, we have deep respect and gratitude for all veterans," said Mayor Tony Lima. "By lighting our water tower green, we join communities nationwide in supporting local veterans. Over the past two years, we've made significant strides in ensuring that veterans in Artesia have better access to the services they deserve."

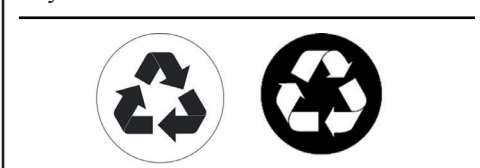
In addition to participating in Operation Green Light, the City has introduced several initiatives to honor and support veterans:

- In partnership with the Veterans Peer Access Network (VPAN), the City hosts weekly office hours every Wednesday from 9:00 a.m. to 3:00 p.m. at the Artesia Community Center, providing veterans with assistance for benefits and connecting them to essential support services.
- The Veterans Memorial Brick Program allows Artesia residents who have served in the military to be honored with a commemorative brick installed as a lasting tribute to their service.
- The Veteran Banner Program recognizes both active duty and retired military personnel from Artesia, with banners featuring their names and official photos displayed along Pioneer Boulevard during November in celebration of Veterans Day.

These programs are just a few ways the City is committed to honoring veterans and ensuring they receive the recognition and support they deserve.

For details on veteran services and programs in Artesia, please contact the City's Recreation Department at (562) 860-3361 or via email at [recreation@cityofartesia.us](mailto:recreation@cityofartesia.us).

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| <p><b>AAA</b><br/>18642 S. Gridley</p> <p><b>ABC Adult School</b><br/>12254 Cuesta Dr.</p> <p><b>ABC District Office</b><br/>17215 Studebaker Road Suite 290 Cerritos, CA 90703</p> <p><b>ABCFT</b><br/>19444 Norwalk Blvd.</p> <p><b>Aikan Sushi</b><br/>12155 South St</p> <p><b>All Cerritos Parks</b></p> <p><b>Amor Y Tacos</b><br/>13333 South St</p> <p><b>IHOP</b><br/>12741 Towne Ctr. Dr.</p> <p><b>Artesia City Hall</b><br/>18747 Clarkdale Ave.</p> <p><b>Artesia Library</b><br/>18722 Clarkdale</p> <p><b>Artesia Cemetery</b><br/>11142 Artesia Blvd.</p> <p><b>Artesia Christian Home</b><br/>11614 183rd St, Artesia</p> <p><b>Artesia Senior Apts</b><br/>10427 Artesia, Bellflower Ave. 3</p> <p>12612 South Street</p> <p><b>Bellflower City Hall</b></p> <p><b>Bellflower Terrace Apts.</b><br/>9920 Flora Vista</p> <p><b>Belmont Place Apts.</b><br/>9830 Belmont St., Bellflower</p> <p><b>Ramona Senior Ctr.</b><br/>9843 Ramona St. Bellflower</p> <p><b>Bellflower Friendship Manor</b><br/>9550 Oak St.</p> <p><b>Cassidy's Cafe</b><br/>15010 La Mirada Blvd</p> <p><b>Cerritos Chamber</b><br/>13259 South St.</p> <p><b>Cerritos College</b></p> <p><b>Cerritos City Hall</b></p> <p><b>Sheriff's/Community Center</b></p> <p><b>Cerritos Library</b></p> <p><b>Cerritos Park East</b><br/>18125 Bloomfield Ave</p> <p><b>Cerritos Medical Center</b><br/>11911 Artesia Blvd.</p> | <p><b>Cerritos Senior Center</b><br/>12340 South St.</p> <p><b>Cevitas Coffee</b><br/>14218 Rosecrans Ave</p> <p><b>CTA Travel</b><br/>12750 Center Ct Dr S.</p> <p><b>ContunEM</b><br/>6430 South St</p> <p><b>Don Knabe Park</b><br/>At the Tennis Center</p> <p><b>El Tepeyac</b><br/>13926 Imperial Hwy</p> <p><b>Foggia Deli</b><br/>5522 Del Amo Blvd.</p> <p><b>Grocery Outket</b><br/>15745 Imperial Hwy,</p> <p><b>Grove at Cerritos</b><br/>11000 New Falcon Way</p> <p><b>Goodyear Auto</b><br/>19404 Norwalk Blvd.</p> <p><b>Gardens Casino</b><br/>11871 E Carson St.</p> <p><b>Hawaiian Gardens City Hall, Rec. Center, Library</b><br/>21815 Pioneer</p> <p><b>Holy Family Church, Artesia</b></p> <p><b>IHop</b><br/>15140 La Mirada Blvd</p> <p><b>Imperial Healthcare Center</b><br/>11926 La Mirada Blvd</p> <p><b>It's A Grind</b><br/>13295 South St.</p> <p><b>Kindred Hospital</b><br/>14900 Imperial Hwy.</p> <p><b>Knabe Park</b></p> <p><b>Kristens Beauty Salon</b><br/>13952 Valley View Ave</p> <p><b>La Casa de Concinera</b><br/>15711 Imperial Hwy,</p> <p><b>Lakewood Regional</b><br/>3700 South St.</p> <p><b>La Mirada City Hall, Library, Resource Center, Sheriff's</b></p> <p><b>LA Nails</b><br/>13239 South St</p> <p><b>La Palma City Hall</b></p> <p><b>La Palma Community Center</b></p> <p><b>La Palma Intercomm.</b></p> | <p><b>Hospital Liberty Park</b><br/>9211 Studebaker Rd,</p> <p><b>Long Beach Memorial</b><br/>2801 Atlantic Ave.</p> <p><b>Manila Sunset</b><br/>13347 South St</p> <p><b>Massage &amp; Stone</b><br/>13247 South St.</p> <p><b>Medipost</b><br/>13299 E South Street</p> <p><b>Norwalk Arts/Sports</b><br/>13000 Clarkdale</p> <p><b>Norwalk SR. Center</b><br/>14040 San Antonio Dr.</p> <p><b>Norwalk City Hall</b></p> <p><b>Offstreet Café</b><br/>11020 Artesia Blvd.</p> <p><b>Olive Lawn</b><br/>13926 La Mirada Blvd</p> <p>11832 E Carson St</p> <p><b>Pico Rivera Chamber</b><br/>5016 Passons Blvd</p> <p><b>Pico River City Hall and Sheriffs</b><br/>6615 Passons Blvd</p> <p><b>Rosewoods</b><br/>10769 South St.</p> <p><b>State Farm</b><br/>12616 South St</p> <p><b>LAFD Station 30</b></p> <p><b>Silverlake Ramen</b><br/>11103 183rd St</p> <p><b>Sophia Hair Salon</b><br/>13243 South St.</p> <p><b>Splash! La Mirada</b></p> <p><b>Sukos Sushi</b><br/>14156 Rosecrans Ave</p> <p><b>Tacos San Pedro</b><br/>11832 E Carson St</p> <p><b>Tour Le Jour</b><br/>13359 South St</p> <p><b>VI Pharmacy</b><br/>12610 South Street</p> <p><b>WRD</b><br/>4040 Paramount</p> |
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## Gahr High Students Celebrate the Military

A group of Gahr High School Theatre Arts students decided to celebrate Veterans Day by honoring their family members who served or are serving in the armed forces.

The group also paid tribute to all the branches of the U.S. Military during an event called United We Serve.

The students created a gallery showcasing photos and memorabilia and held a veteran's forum where they heard from past and present members of the military.

They even donated the proceeds from ticket sales to the Wounded Warrior Project.





## Help Lakewood 'Thank a Servicemember'

LCCN Staff Report

Lakewood's 11th annual 'Thank a Servicemember' campaign is in full swing, collecting cards and letters of appreciation to send to our U.S. military servicemembers stationed far from home. The deadline to deliver the cards to City Hall is Thursday, Dec. 5 (or on Friday, Dec. 6 at the annual Tree Lighting event), so there's plenty of time to get creative.

The city will send the collected cards and letters to the nonprofit organization Operation Gratitude for delivery with care packages sent to U.S. servicemembers overseas.

Area residents can pick up a free Lakewood-themed postcard, write a message and drop it off at the check-in table in the lobby at City Hall.

Residents can also get creative and make their own card or write a letter and bring it in, no envelope or stamp needed.

Visit [www.lakewoodcity.org/TAS](http://www.lakewoodcity.org/TAS) to learn more about Thank a Servicemember and how you can get involved. You'll find a list of program partners as well as additional card drop off locations and alternative ways to submit your message online.

*For more information, call the city's Community Relations office at 562-866-9771, ext. 3123.*

## 'SkyZone' Coming to Pico Rivera

A bouncy business is coming soon to Pico Rivera. SkyZone has submitted plans to build a trampoline park at the vacant DD's Discount store next to the Chuck E. Cheese at Mines & Rosemead Blvd.

During a recent Planning Commission Meeting, the Commission approved the Conditional Use Permit submitted by Sky Zone. The proposed SkyZone amenities will include a trampoline field, dunk basketball hoops, ninja course, toddler area, sport courts, arcades and a concession stand.

While the vacant location will need substantial renovations to accommodate the trampoline park, the plans also call for the expansion into the existing business units adjacent to the existing property to create larger space so the trampoline park can properly fit and operate.

Exterior improvements to the shopping center will take place in the coming months. They include re-painting the existing block wall, slurry seal of the parking lot, repairing damaged landscape, tree trimming, and light pole upgrades to LED standards. The improvements will be completed before the opening, which will occur later next year.

## La Mirada Resident is Pittsburgh Steelers Fan of the Year

LCCN Staff Report

La Mirada resident Taylor Sinnott has been named Pittsburgh Steeler's Fan of the Year. Only one person in the entire U.S. can earn this distinction for each team.

The NFL Fan of the Year "celebrates extraordinary fans who spice up the game through their love of football and have a positive influence and rallying force across their family, friends, and community."

Each team will be represented by a Fan of the Year at Super Bowl LIX in New Orleans. The Ultimate Fan of the Year will be named during Super Bowl week in New Orleans. All 32 nominees will receive prizes and exclusive experiences, unlocking an adventure of a lifetime.

Taylor is a Certified Child Life Specialist at Memorial Care Miller Children's and Women's Hospital in Long Beach.

She selflessly uses her love and knowledge of football, especially the Steelers, to help kids through their treatments and bond with them on a deeper level.

Her dedication has not gone unnoticed, as she has talked many of her young patients through chemotherapy treatments with long conversations about defensive plays and players, game outcomes, and current events in the league.

She has brought joy to the hospital unit by setting up a Madden game in the playroom, where she will spend free time throughout the day playing against the children to give them a break from their hospital beds.

She tells her close family and friends that football teaches resilience, and the community built behind the Steelers has helped her and her patients through some of their most challenging times.

Taylor lives in La Mirada, but her familial legacy began in Western Pennsylvania.



**LA MIRADA** resident Taylor Sinnott works at Memorial Care Miller Children's and Women's Hospital in Long Beach as a Certified Child Life Specialist.

Taylor's father, Garth, was a Steelers fan since the 1970s, like many others, and she followed in his shadow her entire childhood. Her biggest bond with her father came from football; their rituals evolved as she got older.

The two drank from identical cups, ate the same meals each gameday, turning the temperature of the house to match the weather the Steelers were playing in.

Garth even took his daughters across the country to see games in many stadiums and back in Pittsburgh, making a 'Yinzer weekend' a new tradition as he showed them his favorite parts of Pittsburgh.

In 2023, Taylor's father unfortunately and suddenly passed away from a major heart attack. In a fashion that she felt would honor her father most, Taylor gave a eulogy to her father that touched on their relationship and how football was a significant part of that. Taylor told her loved ones, "He taught us to be tough, hardworking, and the ins and outs of every defensive football play," before talking about her fond moments at games and on trips with Garth.

## Pico Rivera Thrift Store Open

Residents looking for that one of a kind piece for a reasonable price can visit the Pico Rivera Christmas Basket Thrift Store.

The store located at 5018 Passons Boulevard, is open on Tuesday and Thursday from 9:00 a.m. to 3:00 p.m. The store has a variety of items to choose from including; clothing, shoes, purses, and many other unique items.

The store is managed and operated by the Pico Rivera Christmas Baskets Committee, a non-profit organization comprised of Senior Citizens whose mission is to raise funds to host their annual Christmas Baskets Food Distribution.

Donations to the store are always welcomed. Due to space available, bulky item donations such as furniture and refrigerators are not accepted.

*For questions about the store or donating, contact the store at 562.948.1257.*

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**WATER** from page 1

do not break down easily, which means they can accumulate over time in soil, water, air, and living organisms, including humans.

Pico Rivera City Manager Steve Carmona told LCCN, "I am proud of the strides we've made with the completion of our new water treatment facility. This \$15 million project is a pivotal step toward securing a safe and clean water supply for our residents, addressing the critical issue of PFAS contamination that concerns our community the most. This facility not only exemplifies our city councils commitment to public health and environmental stewardship but also sets a benchmark for other communities grappling with similar challenges. We thank our local, state, and federal partners for their invaluable support in turning this

essential vision into reality."

The project involved the construction of advanced water treatment facilities featuring fourteen Water Treatment Vessels. These vessels are designed to filter PFAS from groundwater using a specialized ion exchange process, enhancing the safety and purity of Pico Rivera's drinking water.

The establishment of this facility follows the adoption of Pico Rivera's Water Master Plan in July 2020. Recognizing the evolving water quality and treatment needs, the city identified and addressed PFAS as a priority, initiating steps toward this essential project later that year with a dedicated design contract. This proactive approach reflects the city's responsiveness to advancing testing methodologies and commitment to protecting its residents' water supply.

Significant financial backing for this project has come from a variety of sources, reflecting collaborative efforts among local, state, and federal partners:

- \$5.8 million grant from the Water Replenishment District of Southern California
- \$2.5 million allocation from the House Appropriations Committee's 2022 energy and water funding bill, sponsored by Congresswoman Linda T. Sánchez
- \$7 million allocation from PRWA, funded by the Pico Rivera Water Authority ratepayers

Regulatory efforts by the Environmental Protection Agency (EPA) and California's State Water Resources Control Board (SWRCB) have guided Pico Rivera's approach to addressing PFAS, ensuring compliance with the highest safety standards. Even with PFAS detection in the local water supply, levels have remained within the state-defined safety standards, and the City of Pico Rivera has maintained active operation of its wells.

**Norwalk Celebrates Veterans Day**



**NORWALK MAYOR** Margarita Rios (first row center) with members of the City Council at the city's Veterans Day event. At Mayor Rios' right is State Senator Bob Archuleta, a Veteran himself who served with the 82nd Airborne Division.

**WHITTIER** from page 1

bodies.

None of the exceptions applied to the October 10 WUHSD meeting.

Under the Brown Act, the meeting should have been held within WHUSD's boundaries, given a 72-hour notice with an agenda, and open to the public, but the Trustees did not follow the Act.

The illegal meeting centered around an email sent out on CSEA's action network endorsing Francis Carbajal. Trustee Gary Mendez wrote the email; the action network is a separate email system from the District's email system.

Castañeda Calleros, Canchola, and Rodríguez Moisa saw the email, set up the meeting without proper notice to the public or media, and called in Siegrist, Zaragoza, Emerlé to, according to sources, admonish and intimidate the three for posting the message on the CSEA action network.

Mendez subsequently asked CSEA Representative Dallas Emerlé for an email detailing the meeting; Emerlé wrote, "Regarding the October 10 meeting which you asked about, which took place at 1pm over Zoom, myself, Art Siegrist, and Lori Zaragoza were present for CSEA. Meeting with us were Board Members Russell Castañeda Calleros, Josefina Canchola, and Irma Rodríguez Moisa. The topics discussed were the message sent by CSEA via action network, drafted by yourself [Mendez], the process by which CSEA determines which messages to send through that medium."

Emerlé subsequently alleged that Castañeda Calleros, Canchola, and Rodríguez Moisa then tried to force Siegrist to send out another letter on the action network system to "clarify inaccuracies."

Emerlé's email continued, "...and the proposed message to be sent by CSEA to our membership requested and to be drafted by the three board members present. The

stated intent of their suggested message was to clarify inaccuracies which they perceived in the message you [Mendez] drafted."

LCCN asked for comment on the illegal meeting, with the three Trustees writing they "cannot comment on ongoing matters, avoiding the fact the meeting was illegal and meant to intimidate the CSEA representatives."

Castañeda Calleros wrote, "Thank you for reaching out. I am aware that a complaint has been filed by a member of our Board. While I cannot speculate on the motives of the author-or provide comment on this matter-I can assure you that I will follow the guidance of legal counsel and remain committed to serving our students and community members. I am hopeful that the facts learned from this inquiry will lead to a resolution of the issue raised."

General Counsel for the WUHSD is Ric Olivarez of El Monte-based Olivarez Madruga Law Organization, LLP.

Trustee Conchola wrote, "I, along with my fellow WUHSD Trustees, are aware that a letter of complaint has been filed. We are complying fully with all directives from legal counsel regarding this matter. As board members, we cannot offer further comment on ongoing matters involving legal counsel."

Rodríguez Moisa wrote, "Since I am not aware of the CSEA regional representative's comment, I cannot respond to it. It is my understanding that a letter of complaint has been filed by a board member and I intend to fully comply with all directives from legal counsel regarding their inquiry. As a board member, I cannot offer further comment regarding this ongoing legal counsel matter."

However, the intimidation did not end at the meeting; according to sources, the Trustees have placed President Siegrist on leave, alleging he released confidential information about students.

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# 'Angklung Day' at the Cerritos Senior Center

By Edna Ethington

Members of Hedy Anduha's Hula Class, members of Da' Hawaii Seniors Club, and guests, gathered at the Cerritos Senior Center on Thursday, November 7, 2024, from 10:00 a.m. to 12:00 p.m. to celebrate Angklung Day with Director Ann Kho's Angklung Group.

The Angklung is a traditional Indonesian musical instrument made from bamboo. The word Angklung comes

from the Sudanese words angka and lung, which means "tone" and "broken" respectively. Angklung then means, "broken tone."

The Angklung instrument originated in the West Java and Banten provinces of Indonesia and has been played by the Sudanese people for centuries. The instrument is made up of a bamboo frame with varying number of bamboo tubes attached to it and is played by group members shaking it simultaneously to create a melody. Each person in the group has an instrument that has a number of a single note in a scale of eight, or more notes, and plays that note following the director's pointing to it on a board with the complete melody.

Ann Kho is the Director of the Angklung Group of Cerritos. She said she moved to the United States in 1971 and became a citizen of the United States in 2000. She had purchased an Angklung set of 2 ½ octaves about eight or nine years ago, for which she paid \$2,000. She started her Angklung Group in 2021 during the Covid 19 Pandemic, virtually on Zoom. She was able to receive four free sets of instruments, each with one octave of notes, from the Indonesian

**THE ANGKLUNG** instrument originated in the West Java and Banten provinces of Indonesia and has been played by the Sudanese people for centuries. The instrument is made up of a bamboo



**JOY TO THE WORLD:** pictured at the Angklung Day at Cerritos Senior Center on November 7, 2024, is Ann Kho directing audience members as they played their Angklungs to the melody of "Joy to the World."



Embassy in Washington D.C.

On November 16, 2010, UNESCO (United Nations Educational Scientific Cultural Organization) recognized the Angklung as a Masterpiece of Oral and Intangible Heritage of Humanity. It encouraged the Indonesian government and people to promote the Angklung's craftsmanship and performances. Ann said they did do just that by giving her the free instruments that she uses each week with her Angklung Group.

On November 7, 2024, Ann pre-

sented a video that showed how bamboo was selected and prepared every year in Indonesia, and how craftsmen carefully made bamboo into Angklung instruments. It also showed Indonesians celebrating a harvest by playing their Angklungs, and students of different ages playing their Angklungs. Playing the Angklung seemed to promote teamwork, mutual respect, and harmony among participants.

As part of her Power Point Presentation, Ann showed some of the benefits of playing the Angklung. Some of the benefits she listed were an increase in oxytocin hormone, visual and auditory stimuli, improved emotional and cognitive functions. Ann said that group members enjoyed playing the Angklungs. Group member Aida Kull verified her statement saying that she enjoyed learning how to play the Angklung and having a group of friends to share events with and support each other when needed. Members were happy when they played melodies following Ann's direction.

After the video presentation, Ann led the Angklung Group in playing two Indonesian songs, Rayuan Pulau Kelapa and Bubuy Bulan. She then invited members of the audience to come and learn how to play songs using the Angklungs. The stage was filled with volunteers who took turns playing the notes on Angklungs to the melody of "Joy to the World." People seemed happy and proud that they had learned to play their Angklungs.

Mahalo to Ann and Benny Kho for their generosity in sharing of all the information about the benefits of playing the Angklung, for all the Indonesian refreshments, gift bags, and all the surprise raffle gifts!



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**Cerritos**

Nov. 04 - Nov. 10, 2024

**Robbery**

A female was assaulted at the Los Cerritos Center. Her jewelry was taken with the male suspect fleeing on foot. Another female was assaulted at the LCC by a male while inside her BMW. The man took her jewelry and fled on foot.

**Residential Burglary**

A residential burglary occurred near 183rd and Carmenots at the 18300 block of Heather; the person shattered the glass of a rear sliding door, and the resident is still assessing what was taken. Another burglary occurred near South and Bloomfield at the 12900 block of Cantrice. Jewelry was taken. A burglary occurred near Gridley and 195 at the 11300 block of Agnes Street. It was an attempt, but nothing was taken. Finally, near Frontier Park at the 12600 block of Park Street, a burglar went through the rear sliding door and took some jewelry.

**Burglary Other**

Near the Cerritos Corporate Yard at the 13900 block of Cerritos Corporate Drive, the burglar went through a gate and took some apparel. A glass window shattered at the 17300 block of Norwalk Boulevard near Artesia and Norwalk; the business is still assessing what was taken. At the 12700 block of Alondra, a burglar went through a metal rollup gate; businesses are still assessing what was take

**Grand Theft**

Near 183rd and Pioneer at the 14000 block of Artesia Boulevard optic cables were stolen from a business. A catalytic converter was stolen at the 16000 block of Arthur Street near Alondra and



Bloomfield. A catalytic converter was stolen very close to the Arthur burglary at the 16200 block of Bloomfield Avenue. A purse was stolen at the 12800 block of Towne Center inside the Towne Center.

**Grand Theft Auto**

11300 block of Yearling, off of Gridaly and Bertha, a Ford was stolen and not recovered

**Vehicle burglary**

Near the 605 north at the 10800 block of Alondra, a window was shattered, and a purse was taken. Near Frontier Park, a car door was pried open at the 12600 block of Park Street, and mail was taken. Again at the 10800 block of Alondra a Honda Accord was broken into a backpack was taken. A Ford was broken into at the 19400 block of Erin Circle near 195th and Gridley, and tools were taken. In the Town Center, a Civic was broken into and sunglasses were taken. Near Marquardt and Artesia behind Fire Station 35 at 13700 Aclare, a Grumman LLV was broken into, and packages were taken.

**La Mirada**

**Notable Arrests**

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

- One suspect was arrested for battery.
- Residential Burglary**
- A residential burglary occurred on the 16700 block of Obispo Dr.
- A residential burglary was reported on the 15400 block of Golden Lantern
- Other Structure Burglary**
- A burglary was reported on the 15300 block of Valley View Ave.
- A daytime burglary occurred on the 16800 block of Valley View Ave.
- A late-night burglary was reported on the 14200 block of Gannet St.
- An early morning burglary occurred on the 13900 block of Valley View Ave.
- Vehicle Burglary**
- An overnight window smash vehicle burglary occurred on the 15400 block of La Mirada Blvd.
- An afternoon vehicle burglary occurred on the 12200 block of La Mirada Blvd.
- An early morning vehicle burglary was reported on the 14000 block of Whiterock Dr.
- Grand Theft**
- A wallet was reported stolen from an unlocked vehicle on the 15000 block of Imperial Hwy.
- A catalytic converter theft occurred on the 14500 block of Artesia Blvd.
- A catalytic converter was reported stolen on the 15200 block of Canary Ave.

**Grand Theft Auto**

• A van was reported stolen on the 12100 block of Singleton Dr.

**Beware of Porch Pirates**

The holidays are approaching and so is the busy online shopping season. As many residents will use online shopping for convenience, the Los Angeles County Sheriff's Department reminds online shoppers to be mindful that there will be thieves standing by to steal those wonderful gifts that you purchased online.

Thieves are casing the neighborhoods looking for the perfect opportunity to snatch your packages away from your porch.

*The Los Angeles County Sheriff's Department has some package theft prevention tips for you. Visit their website at [lasd.org/victims/#package](http://lasd.org/victims/#package)*

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## Holiday Cacti Add Weeks of Color and Enjoyment



**THE THANKSGIVING** cactus has toothed or jagged segments and typically blooms earlier than the Christmas cactus.

**By Melinda Myers**

Add weeks of colorful flowers and years of enjoyment to your indoor plant collection with holiday cacti. You'll find a variety for sale at your local garden center.

The plant sold as a Christmas cactus may in fact be a Thanksgiving cactus.

Fortunately, their growing requirements and care are essentially the same so the plants will do fine no matter the name on the label. Keep your flowering holiday cactus in a cool bright location to extend its bloom time for as long as four to eight weeks. Avoid hot and cold air drafts, and moisture stress.

They all prefer bright indirect light, high humidity, and thorough watering when the top few inches of soil begin to dry. Don't overwater but don't let the soil dry completely. Water a bit more often when the plant is in bloom.

Grow them in an organic well-drained potting mix for best results.

Fertilize with a dilute solution of flowering houseplant fertilizer once it finishes blooming and throughout spring and summer as needed. Grow your cactus in a north-facing window or back from an east- or west-facing window where it receives bright indirect light throughout the year.

Encourage a new flush of flowers with cooler night temperatures around 55 to 60 degrees and slightly drier soil. An uninterrupted dark period will also help promote flowering.

Next fall, start the dark treatment in early October to get holiday flowers. Cover the plants or move them to a location free of artificial light, indoors or outside, each night for 14 hours and provide bright, indirect sunlight each day. Any interruption in the dark period from outdoor, street, or reading lights can delay or prevent flowering.

## Relieve Holiday Stress at St. I's Thanksgiving Labyrinth Walk



**THE LABYRINTH** is a full-body prayer in which you quietly walk following a set path. It takes only about 20-30 minutes and is a valuable tool to begin your holiday.

**By Rosemary Lewallen**

If you want to discover a meditative way to relieve stress, come to the St. Irenaeus Thanksgiving Labyrinth Walk.

The walk will occur on Monday, November 25th from 6:30 – 8:30 p.m. at St. I's Parish Hall, located at 5201 Evergreen Ave., Cypress, CA 90630.

The labyrinth is a full-body prayer in which you quietly walk following a set path. It takes only about 20-30 minutes.

Give yourself a gift by experiencing this unique form of prayer. It's free. All are welcome, no matter your faith.

The Thanksgiving Labyrinth is a valuable tool to begin your spiritual journey before the hectic holiday season. It will refresh your mind and spirit.

There is no set way to walk and pray the labyrinth. Begin by quieting your

mind, walking at your own pace, and enjoying prayerful reflection.

Perhaps you have a special intention or concern that you want to pray about.

The reasons for walking the labyrinth are uniquely personal. It's also a great way to give thanks for your blessings.

St. Irenaeus Health Ministry invites you to find peace at the Thanksgiving Labyrinth.

As written by Isaiah the prophet, "A voice of one that cries in the desert: Prepare a way for the Lord, make his paths straight!"

Let the labyrinth help you prepare for the birth of Jesus at Christmas.

If you have any questions, please contact Monica Kovach, Chair of Labyrinth Ministry, at 310-490-6113.



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**CIF-SOUTHERN SECTION DIVISION 13 PLAYOFFS**

**Top-Seeded Gahr Takes Advantage of Shorthanded La Puente In First Round Rout**

**By Loren Kopff**  
@LorenKopff on X

Gahr High may have been without injured senior Markell Slaughter, the team's leader in offensive yards this season. But La Puente High entered Dr. Hanford Rants Stadium last Friday night in a worse situation as their starting quarterback and leading rusher were sidelined with injuries.

The patchwork job La Puente had to do was too much to overcome as the Gladiators, the top-seeded team in the CIF-Southern Section Division 13 playoffs, received a banner night from senior running back Dylan Richburg and a pair of defensive touchdowns in a 41-14 win that was put away midway through the second quarter.

"After going up to [Quartz Hill] last year, and losing in the first round, that really changed this team's mindset," said Richburg. "Going 5-5 in the regular season is crazy, but we were able to flip it around and dominate and do what we needed to do."

This was Gahr's first playoff win since 2007 when that team advanced to the semifinals. Since then, the Gladiators had lost five straight playoff games, including last season's 28-7 contest to Quartz Hill High in a Division 11 contest.

La Puente starting quarterback Ezekeil Zamora (broken collarbone) had passed for 1,818 yards and 25 touchdowns and rushed for 516 yards with another six touchdowns while Aaron Silva (broken ankle) had gained 986 yards with 16 touchdowns. Without those two, the

Warriors were limited to 195 yards with half a dozen players gaining at least a yard either on the ground or receiving.

"I thought we were pretty comfortable whether they had their guys or not to run the football," said Gahr head coach Greg Marshall. "So, we wanted to go out, establish the run game because the last couple of weeks, we kind of went away from it."

With the Warriors missing their top playmakers on offense, Marshall said the game plan was to come out and control the line of scrimmage. And that's what the Gladiators did immediately as Richburg gained 62 yards on the first seven plays of the game before junior wide receiver Jai'Dyn Backus scored from a yard out four minutes into the game. After a quick three and out, Gahr (6-5) went back to work and ran 10 plays, gaining 99 yards and using another 4:10 to go up 13-0 as Richburg scored on a four-yard run.

"That was a nice surprise, right," commented Marshall. "We have a little depth. The nice thing is all those guys play defense, and they all take turns running the football, which really helps us."

"With me running the ball and Jai'Dyn running the ball, I trust that we could set the tone and keep pushing," said Richburg.

La Puente, which ends its season on a two-game losing streak, the only two losses of the season, thought it had

something going when quarterback Diego Sandoval, who had thrown for 76 yards in the regular season as a backup, connected with Ivan Lopez for an eight-yard pass on fourth down. But three plays later,

Sandoval was picked off by senior defensive back Adrien Ramirez who went 79 yards the other way for a touchdown and a 20-0 lead.

Both teams traded punts, but with 5:41 left in the first half, senior safety Ja'Shon Wallace forced a fumble that was scooped up by senior safety Isaac Gutierrez and 25 yards later, he was in the endzone. Sandoval was able to score from two yards out with 1:19 left in the half, but by now, the hosts clearly had the momentum, which carried into the second half.

La Puente had driven to the Gahr 22-yard line after its 11th play of the drive. But on fourth and seven, Sandoval was intercepted by junior cornerback Alexander Gutierrez. That would be parlayed into Richburg's second touchdown of the night, a four-yard run with just under a minute remaining in the third quarter.

For added measure, he would score on a six-yard run with 5:53 left in the game, making it 41-6 and ending a seven-play, 49-yard drive. It was the only possession the Gladiators had in the stanza.

Richburg had a season-high 143

yards on 21 carries; his previous high was 125 yards on a dozen carries against Firebaugh High on Oct. 25 while Backus picked up 58 yards on seven rushes. Junior quarterback Roman Acosta was seven of eight passing for 89 yards.

"I never expected that, but I definitely thought we would run the ball well, because that was probably the weakness of their team," said Marshall of Richburg's performance. "The strength of their team is when they have their [starting] quarterback, their [leading] running back and their tight end. They were missing three guys; I know what that's like. It's hard to perform."

"Honestly, I did it before, but Markell is a huge part of the team," said Richburg. "We hope to get him back next week and continue our domination and keep it going. But honestly, it's all props to the [offensive] line and my guys."

Gahr's defense did not allow many big plays by the Warriors, who had three of their 31 rushes go for more than 10 yards and Sandoval completed five passes for 62 yards. Senior linebacker Isaiah Portillo led the way with six tackles while Richburg added four and half tackles.

"Defense just dominated today," said Richburg. "It comes down to intensity, concentration and execution, like our coach always says. And we executed our job, had the intensity and did what we needed to do to get the win."

Gahr will visit Artesia High on Friday, the first meeting between the ABC Unified School District schools since 2017. Artesia rallied to defeat Desert Hot Springs High 31-27 last Friday on the road.

[ See **GAHR**, page 12 ]



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**NEWS AND NOTES FROM PRESS ROW**

**Cerritos' Field, Valenzuela Grab First Place Cross Country Finishes in 605 League Finals**

**By Loren Kopff**  
@LorenKopff on X

In the first two 605 League cross country meets, nothing changed with the top three team finishes. It was Whitney High, Cerritos High and Oxford Academy for the boys and Cerritos, Whitney and Oxford Academy for the girls.

That did not change during the league finals last Wednesday at Ralph B. Clark Park in Buena Park as the Cerritos girls cruised past Whitney 24-68 with Oxford Academy gaining 73 points while the Whitney boys defeated the Dons 26-38 with Oxford Academy getting 67 points.

Not much changed at the top with the individuals as well as Cerritos senior Anna Field led wire to wire, finishing with a time of 19:04 and winning the

and after that, the next runner for the Wildcats would be junior Alyson Kang, who came in 16<sup>th</sup> place at 24:04.

Not known for cross country for the most part, Artesia High had a full complement of runners and came in fourth place, three points behind Oxford Academy. Sophomore Nya Crespin finished in ninth place with a time of 21:59 and sophomore Genesis Flores was 42 seconds behind her in 10<sup>th</sup> place.

Also not known for cross country was John Glenn High, which had the necessary five harriers to get points as it finished in fifth place. Junior Melanie Patino was the school's top runner (15<sup>th</sup> place, 23:51). There were 35 runners out of a possible 42 that could run the race as Oxford Academy had six runners and Pioneer High had just three runners.

For the boys, Cerritos freshman Vincent Valenzuela, who had finished in



**CERRITOS HIGH** senior Anna Field starts fast out of the gate at the 605 League finals last Wednesday and never looks back, winning the race with a time of 19:04. The next runner to cross the finish line, Whitney sophomore Katherine Low, came in 62 seconds after Field. **Photo by Jason Watanabe.**



**WINNERS:** The top 10 finishers for the boys following the 605 League Championships last Wednesday at Ralph B. Clark Park in Buena Park. **Photo by Jason Watanabe.**



**WINNERS:** The top 10 finishers for the girls following the 605 League Championships last Wednesday at Ralph B. Clark Park in Buena Park. **Photo by Jason Watanabe.**

league's most valuable player award, winning all three league meets. After Whitney sophomore Katherine Low came in second place for the third time, at 20:06, the next three spots were occupied by Cerritos runners-junior Dani Romero (20:11) and sophomores Daisy Lee (21:14) and Kalana Nguyen (21:24).

The last three Cerritos runners all claimed the 11<sup>th</sup>, 12<sup>th</sup> and 13<sup>th</sup> spots as senior Zilian Liu had a time of 22:56, then sophomores Maye Zarate (22:59) and Nandini Panchal (23:18). Whitney freshman Madison Lee finished in seventh place with a time of 21:52

fifth place and second place in the first two league meets, took home the top prize in the finals with a time of 16:37 while Whitney junior Christian Ishiki, who was named the league's MVP, was 19 seconds behind Valenzuela. It was Ishiki who took the early lead before Valenzuela passed him midway through the race and never looked back.

Cerritos sophomore Allan Woolley came in third place (17:01) before Whitney seized the next three spots-seniors Ethan Choi (17:03) and Matthew Low (17:13) and junior Avery Chen (17:39). Cerritos senior Howard Lee finished in seventh place at 17:40 while

a pair of Whitney juniors, Brendan Perry and Caiden Cortes rounded out the top 10 with times of 17:59 and 18:00, respectively.

Cerritos junior Nicholas Melendrez came in 11<sup>th</sup> place at 18:08 and five spots later, it was senior Alton Chan at 18:35 to complete the official scoring for the Dons.

Glenn would come in fifth place with senior Jacob Enriquez (23<sup>rd</sup>, 19:23) the team's top runner while Artesia sent the necessary five runners, led by senior Maverick Crawford (29<sup>th</sup>, 20:45). Artesia was the only school that did not have the full complement of seven runners.

Cerritos, Oxford Academy and Whitney all have qualified for the CIF-Southern Section preliminaries, to be held on Friday and Saturday at Mt. San Antonio College. In one Division 2 heat, the Cerritos girls will race at approximately 11:13 Saturday morning while the boys will go at approximately 11:57. The Whitney girls will race in a Division 4 heat at approximately 8:13 Saturday morning while the boys will compete approximately 44 minutes later.

Individually, Crespin and Flores will race in Division 4 action at approximately 7:45 Saturday morning.

In other cross country news, both Valley Christian High teams will be in the CIF-SS Division 5 preliminaries with the girls racing at approximately 8:58 Friday morning while the boys will go at approximately 9:32. The La Mirada High girls will race in one Division 3 heat at approximately 9:23 Saturday morning while the Gahr High boys (Division 3) and Norwalk High boys (Division 2) will race in their respective heats at approximately 10:21 and 11:45 on Saturday morning.

**FOOTBALL  
GAME OF THE WEEK  
DIVISION 13**

**#1 Gahr (6-5) @ #9 Artesia (9-2)**-There will be no shortage of storylines in the lone remaining area postseason game, starting with the fact that these two longtime ABC Unified School District rivals will be renewing acquaintances for the first time since 2017.

Gahr is coming off a 41-14 rout over La Puente High last Friday as senior running back Dylan Richburg had a season-high 143 yards on 21 carries and scored three touchdowns. junior wide receiver Jai'Dyn Backus added

58 yards on seven carries and scored once while junior quarterback Roman Acosta completed seven of eight passes for 89 yards. The defense also scored on an interception return and a fumble recovery as the Gladiators surpassed 40 points for the fourth time, three in the last four games.

The big story for the Gladiators is the uncertainty of senior offensive utility person and cornerback Markell Slaughter, who has missed four games because of an injury. Slaughter leads the team with 606 yards on the ground and nine touchdowns but has also completed 26 of 43 passes for 345 yards and three touchdowns and caught 17 of Acosta's passes for 247 yards and another touchdown. On defense, he has the team's lone interception.

Gahr head coach Greg Marshall said that it's a possibility that Slaughter could play against Artesia but might be able to run only straight. In fact, Marshall has classified his status as a 'maybe' for next week.

Artesia is coming off a narrow 31-27 win at Desert Hot Springs High last week as junior running back Josue Flores scored the game-winner late in the game, a 10-yard run for his third touchdown of the night. He would gain 134 yards on 26 carries while senior quarterback Charlie Lopez scored on a 25-yard run to begin the game's scoring. He had 178 yards on 21 carries and completed six of 11 passes

[ See NEWS AND NOTES, page 12 ]

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**GAHR** from page 10

"It's been a long time," said Marshall of getting to the quarterfinals. "We think we're going to get there every year, but no. But it feels good. I like this team; I think we're solid. We're getting better and we look better executing and stuff at the right time."

"We've been wanting it for a while," said Richburg. "They've been ducking us for a little bit, but...it's going to be a good game."

**NEWS AND NOTES** from page 11

for 52 yards.

The Pioneers had leads of 7-0 and 14-7 before owning a 24-14 lead heading into the fourth quarter against the second place team from the Sun Valley League.

"It was a long day for our guys," said Artesia head coach Connor Crook. "We left [at 11:00 a.m.] so we could beat the traffic. I knew it was going to be tough; we've really never [travelled far] this year with our guys. But they made a good day out of it."

"They were similar to us," he continued, talking about Desert Hot Springs. "We were in the semis last year for D. 14 and just fell short of reaching our goal and they were the same as well, but in D. 13. So, we both had a lot to play for. They played hard and it was a good game."

For the season, Lopez has 53 completions in 95 attempts for 929 yards and seven touchdowns while adding another 1,176 yards and 19 touchdowns on the ground. Senior running back Julius Padilla has rushed for 375 yards and a pair of touchdowns while Flores

is next with 293 yards and seven touchdowns.

"Josue runs really hard," said Crook. "He's not super flashy or anything like that. He just runs really hard and will run right into guys and keep moving his feet. This year, he really hasn't had a lot of games where he gets this many carries. But I know we can do that if it comes down to it because he does have that experience from last year."

Junior lineman Maximus Garcia leads the Pioneers with four sacks while seven players have combined for 13 interceptions, led by sophomore linebacker Robert Garcia, who has three picks.

"I don't know much about them," said Marshall. "I just know they are vastly improved, just like Cerritos. I know they have a good running back because his grandmother works at Gahr. I hear every week how good he is. I don't know how well they throw the ball, but I know, obviously, they can run it."

Crook says he thinks Gahr is athletic and has some athletes that do a lot of things on the offensive side, especially with a lot of formations and different things that the Pioneers will have to prepare for. He also added that defensively, the Gladiators keep it simple, but will be ready to stop Artesia's running game, which has gained over 2,500 yards and scored 39 touchdowns.

Last November was the first time that all three ABCUSD schools that have a football program advanced to the postseason in the same season with Cerritos winning the Division 12 championship game and the Pioneers advancing to the semifinals. This season will mark the second straight in which a district school will have advanced to the semifinals.

This rivalry began in 1973 with Gahr holding a 22-15 advantage in games in which a score was reported. There are five years in the 1980s and two more in the 1990s in which no score was reported, or the game was not played. Artesia and Gahr did have its 2001 contest cancelled because it was days after the terrorist attacks on America.

When last they met, Gahr was on the positive side of a 47-7 contest and has won the last four in the series. Gahr's biggest win in the series came in 1998 and 2016, both 56-7 scores. However, the Gladiators won the 2007 meeting 62-42. Artesia's biggest win was a 49-7 conquest in 1991 but scored 50 points in a 15-point win in 2008.

Crook is no stranger to seeing Gahr this season as the two teams defeated Ocean View High with the Gladiators winning 43-35 on Sept. 6 and Artesia beating the Seahawks the following week 14-13. Both have also lost to Cerritos with Gahr getting whitewashed 37-0 on Aug. 30 while Artesia fell to the Dons 36-7 on the last game of the season.

"We were really watching the film to scout Ocean View, but we saw some Gahr film," he said. "Obviously, we played Cerritos, and they played Gahr way early [in the season] and we were watching some of that film as well. So, we've seen bits and pieces of them. We threw with them over the summer; we did seven on seven against their guys."

This is the third time the Pioneers have reached the quarterfinals with 2018 and last season being the other two seasons while Gahr has not gotten out of the first round since 2007.

An Artesia win means it will host either fourth-seeded Anaheim High or Arrowhead Christian High in the semifinals while a Gahr win will keep the Gladiators at home against Anaheim or see them travel to Redlands to face Arrowhead Christian.

"It's a big game for the area," said Crook. "I'm sure we're going to have people from the district office come. It will be a big game for the area, especially since we haven't played them since 2017. So, I'm expecting that; a good turnout this Friday."

**BOYS BASKETBALL**

The 2024-2025 season beings on Monday as Cerritos hosts Cypress High, Gahr will face Palm Desert High in the

Cantwell Sacred Heart of Mary Tip-Off Classic, Glenn will travel to Lennox Academy, La Mirada will face South Torrance High in a first round game of the 7<sup>th</sup> Annual "Rumble On The Hill" Tournament while Valley Christian will entertain St. Francis High in pool play action of the V.C. Tournament.

On Tuesday, Artesia hosts Calvary Christian High, La Mirada will face either Fullerton High or San Clemente High and Norwalk goes to La Quinta High while on Wednesday, Cerritos takes a road trip to Sierra Canyon High, Gahr will face Linfield Christian High in the CSHM Tip-off Classic, Glenn entertains Eastside Christian High while La Mirada and V.C. continue its respective tournament play.

On Thursday, Gahr hosts Centennial High and Norwalk travels to Anaheim High.

**GIRLS BASKETBALL**

In season openers on Monday, Glenn will be home to Bolsa Grande High, La Mirada faces Pacifica High in pool play action in the inaugural La Mirada Tournament, Norwalk goes to Kennedy High, V.C. will face Fairmont Prep in the first round of the Oxford Academy Tournament and Whitney hosts Covina High.

On Tuesday, Gahr hosts Garfield High, La Mirada faces Loara High and Norwalk goes to Laguna Beach while V.C. continues the Oxford Tournament, which goes all week. Glenn visits Workman High on Wednesday while Gahr is home to Venice High, Norwalk travels to Los Amigos High and Whitney visits Schurr High the next day.

**BOYS SOCCER**

V.C. hosts Crean Lutheran High on Monday and will visit Gahr on Tuesday while Glenn is home to The Seed School of Los Angeles County and Whitney travels to the California Academy of Math and Science, also on Tuesday. Two days later, Glenn goes to Norwalk, La Mirada is home to Bellflower High and Whitney welcomes Tarbut V'Torah High.

**GIRLS SOCCER**

Only three games will take place through Thursday as Glenn visits Calvary Chapel Downey High on Tuesday and Long Beach Cabrillo High on Thursday while Gahr goes to V.C. on Thursday.

**WONDERWORD**

By **DAVID OUELLET**

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

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S	T	P	H	B	S	T	E	P	O	P	Y	T	C	
E	A	R	D	E	T	C	E	P	S	E	R	E	A	O
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Solution on page 15

Solution: 8 letters



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# In Search of Healthy Aging and Ever Illusive Fountain of Youth

Three doctors talk about healthy aging and things to do and eat to avoid rapid aging.

By Laurie Hanson

Have you ever wondered about the secrets of the Fountain of Youth, the mythical spring that supposedly restores youthful vitality to anyone who drinks or bathes in it?

While tales of it have been recounted for thousands of years worldwide, what we know about how to achieve healthy aging comes from today's medical experts. Three such experts address everything about mind and body for older adults.

Michelle Feng, Ph.D., is a geropsychologist who earned an M.A. and Ph.D. in Clinical Science from the University of Southern California, widely considered one of the foremost gerontology programs in the United States. In 2023, she was named Future Leaders by Aging Media Group for Behavioral Health, and she has won other awards for outstanding work in the skilled nursing field. As the Chief Clinical Officer of the behavioral health-care team of Executive Mental Health in California, she specializes in working with older adults, including those with chronic health conditions.

Dr. Feng has presented on a range of topics, including, but not limited to, geriatric care, chronic pain, behavioral and psychological symptoms of dementia, and evidence-based therapy techniques to treat individuals across the lifespan. She also provided clinical supervision to graduate-level psychology students at the University of Southern California and serves as an Assistant Clinical Professor at the University of California, Los Angeles.

Her five ways to stay mentally healthy as people age include:

- Keeping socially active, dietary needs
- Exercising regularly
- Keeping up with regular medical appointments

Asking for help."

Socialization is an integral part of aging and has been shown to help avoid memory loss," said Dr. Feng. "It's easy to blame age as a reason to stop engaging with others, but isolation can be extremely damaging to the aging process. Keeping up with family and friends, as well as community involvement, can help reduce the risk of dementia."

Equally important is adjusting diet to one's age and physical needs. "Our metabolism and ability to process foods changes as we age, and it is important to make healthy food choices to provide our bodies with the nutrients they need to thrive," she explained. "Eating like you used to in your 20s might not be good for your body or brain."

According to Dr. Feng, exercise is another essential component of healthy aging; even simple walks or basic routines can help improve joint mobility and keep one's mind healthier. She added that keeping up on annual screenings while continuing to see healthcare providers to do tests and catch health conditions early is equally important to healthy aging.

Being one's advocate and asking for help is also a key to healthy aging.

"As we age, it is important not to overwhelm yourself," she said. Continue to be aware of any limitations and avoid risky behaviors [while asking] for help if you need it," Dr. Feng advised. "Don't carry heavy boxes if you can't make it, or don't drive long distances if you will feel tired on the drive! In turn, you'll ensure your own safety and build your personal network of support."

Regarding families and helping your



older adult loved ones, Dr. Feng advises striking up a conversation on healthy aging, though this can be difficult.

"When looking for some simple ways, consider sending them this article or any article related to healthy aging as a conversation starter," she said. "Open the conversation with, 'I just read this article in Los Cerritos Community Newspaper about how to make the most out of later life. There are so many options! I've been thinking about it and would love to hear what you're thinking to support you.'"

She also says it's positive to let your aging parents know that you love them and want them around as long as possible, and desire to understand how to make the most out of these years. She advised adult children to discover what's important to them, both now and when they get older. Knowing more about what they care about will also help adult children from regretting never having asked their parents about this.

For tactics about engaging and talking about healthy aging without scaring parents, Dr. Feng suggests reassuring them that you are bringing this up out of caring and that you wish to reinforce the good health that they have now.

"Remember, your parents have thought about aging," Dr. Feng said. "Everyone has, and talking about it will not make it come any faster. Knowing more about each other's wishes can help you enjoy your time with each other."

"Once you start the conversation, make sure to listen," she added. "You may not always like or initially understand their thoughts and choices, but listen to them and see what comes of it. Try to understand why they have the wishes they do."

"Once your parents know that you are genuinely interested and important to you, you may be surprised by how much they can open up," Dr. Feng said. "[And] don't feel like you need to have every question answered in one sitting. This is a process, just like life is. The important part is to start the conversation and keep it going."

A second medical expert is Gerda Maisel, M.D., a board-certified Physical Medicine and Rehabilitation physician and board-certified patient advocate from the mid-Hudson Valley in Pleasant Valley, N.Y. As President of My MD Advisor, she founded her private patient advocacy business to help people with complex medical issues receive the best care possible. She attended medical school at SUNY Syracuse (now called Upstate Medical University).

"Healthy aging starts with the basics of regular exercise, a healthy diet, and plenty of sleep," she explained. "We all know we should do these things, and there is no one age to start."

She said that most people wait until they are in their 50s or older when they feel their bodies changing before they change their lifestyle.

"Some people change when they become pre-diabetic, diabetic, or have a heart attack," she said.

Fitness for older adults should include strength training to reduce fall risk and to improve overall health, she said.

"As we age, we naturally lose muscle strength and mass (sarcopenia)," Dr. Maisel explained. "That is why we associate round backsides with youth and flat ones with old age."

She also added that the correction of hearing loss is more important than people realize.

"Not only is uncorrected hearing loss associated with dementia, if you wait too long to correct hearing, you lose the neurologic ability to discriminate words," she said. "Think of the old people you've met who still don't understand speech despite their new hearing aids. They waited too long."

Adult children can advise their aging parents to surround themselves with people. "The adage of making new friends and keeping the old is important," Dr. Maisel said. "We need people around us to age well. Most people's circles naturally get smaller, not bigger, with age. You have to deliberately connect with people."

"Also, unless a person passes suddenly, most people have a period of functional decline before they pass away," she added. "It can be hard to imagine it, but it happens. Making plans for what to do when this happens, including where to live."

Dr. Maisel said that many people first notice the effects of aging through the impact of gravity sometime in their 40s. It's usually when hairlines start to push back; body parts are lower, eyes need glasses, and menopause sets in. She said by the mid to late 50s, people notice a change in their overall energy levels and resiliency. For this reason and more, she said sleep is essential.

"People who don't sleep as much as they should overeat and underexercise," Dr. Maisel said. "Recognizing stress and employing healthy coping strategies is key, too."

Reducing her stress, Dr. Maisel became a private patient advocate and left corporate medicine partly because she found the job too time-consuming to stay healthy. She said she didn't have the energy to exercise and gained weight. Now, she has a more flexible work life, exercises daily, and has learned to grow vegetables.

"My friends tease me and say I'm aging backward," she said.

"It is never too late to adopt healthy eating and exercise and stop smoking," Dr. Maisel explained. "Seniors experience different benefits than younger people. For example, they won't put on as much muscle or gain strength as quickly. However, they may see quick improvements in joint mobility if the loss was caused by disuse."

A third medical expert, Will Poe, M.D., is the founder and CEO of Remo Health,

an organization dedicated to providing virtual, comprehensive care to people with dementia and their family caregivers. As a virtual dementia care company, their world-class neurologists diagnose and manage all types of dementia.

The organization provides peer support, comprehensive and personalized care plans, and 24/7 access to experts for people with dementia and those who care for them.

Dr. Poe is a board-certified internal medicine physician with a Doctor of Medicine and Master of Public Health degree from the University of North Carolina at Chapel Hill. He completed his medical training at the University of California, San Francisco.

Based in San Francisco, Dr. Poe is an expert in virtual clinical care delivery, mainly focusing on managing and supporting people with dementia. His insights are instrumental in shaping the future of healthcare, especially in leveraging technology to enhance equitable access and quality of care for vulnerable populations.

His top ideas for healthy aging include lowering the chances of getting dementia at all stages of life. He notes that in a study in *The Lancet* that 4 in 10 dementia cases are preventable. ([https://www.thelancet.com/article/S0140-6736\(20\)30367-6/full-text](https://www.thelancet.com/article/S0140-6736(20)30367-6/full-text)).

"One way to start is to focus on managing chronic conditions like diabetes, high cholesterol, or high blood pressure," he explained. "This is because your brain has a vast network of blood vessels that act like tiny pipes, delivering essential oxygen and nutrients to your brain cells. Imagine if those pipes got clogged—blood flow would slow or even stop, much like a clogged pipe at home. Chronic health conditions can cause this kind of wear and tear on your blood vessels, increasing the risk of dementia."

Dr. Poe advised that checking your blood pressure is the first vital step to healthy aging. If it's high, consider reducing stress and salt, exercising more, and managing your blood pressure with medications. For those in middle age, aim for a systolic blood pressure of 130 mm Hg or lower.

"If you have pre-diabetes or diabetes, work with your doctor to create a plan to control your blood sugar," he said. "Start with lifestyle changes before considering medications."

According to Dr. Poe, movement and physical activity matter.

"If you're eager to enhance your brain health and overall well-being, especially as you approach midlife, here's my number one piece of advice: get physically active," he said. "Exercise isn't just beneficial for your body, it's also neuroprotective, which means it helps make your brain stronger and helps reduce the risk of dementia as you age."

Dr. Poe also stressed quitting all nicotine, including cigarettes, vaping, or other products.

"These substances can lead to inflammation and clogged arteries in both your heart and brain," he explained. "We understand that quitting can be challenging, but you don't have to go it alone. Don't hesitate to contact your doctor for assistance and lean on your friends and family for support."

He also said that research shows the Mediterranean diet supports brain health and correlates with reduced cognitive decline.

"The basic foundations of the Mediterranean diet encourage people to eat more fish, vegetables, nuts, and olive oil, while cutting back on red meat, butter, and processed foods," he added. (Source: <https://remo.health/learn/articles/20/kickstarting-the-mediterranean-diet>).



**ELECTIONS** from page 1

**La Mirada City Council** 2nd District  
Michelle Velasquez Bean (N) 2,002  
48.11%; Chris Pflanzner (N) 1,162  
27.93%; John Sarega (N) 569  
13.67%; Dan Siwak (N) 428  
10.29%

**Norwalk City Council**, vote for 3  
Margarita L. Rios (N) 17,562  
28.52%; Ana Valencia (N) 15,259  
24.78%; Rick Ramirez (N) 12,812  
20.80%; Nicholas Garcia (N) 8,670  
14.08%; Bryan A. Lopez (N) 7,279  
11.82%

**Norwalk-La Mirada Unified School District** Governing Board Member, Trustee Area No. 1  
Esperanza "Espie" Free (N) 2,801  
54.18%; Miguel Rivera (N) 2,369  
45.82%  
Trustee Area No. 3  
Jose M. Rios (N) 2,899 63.78%;  
Christopher Joe Garcia (N) 1,646  
36.22%  
Trustee Area No. 7  
Becky Langenwalter (N) 3,871  
54.17%; David Constantine (N) 3,275  
45.83%

**Pico Rivera City Council**, vote for 3  
Monica Sanchez (N) 13,214  
31.66%; Andrew C. Lara (N) 12,475  
29.89%; Erik Lutz (N) 8,812  
21.11%; Genaro Moreno (N) 7,233  
17.33%

**Whittier Union High School District**  
-Trustee Area No. 2  
Jaime Lopez (N) 9,494 69.60%; Mag-  
dalena Maggie Barragnon Moe (N) 4,147  
30.40%  
Trustee Area No. 3  
Josefina Elizabeth Canchola (N) 9,081  
65.39%; Francis Carbajal (N) 4,807  
34.61%

**Central Basin Municipal Water Division 1**  
Leticia Vasquez Wilson (N) 34,353  
39.94%; Martha Camacho Rodriguez (N)  
24,639 28.65%; Jose R. Gonzalez (N)  
15,709 18.26%; Jose De Leon (N) 7,383  
8.58%  
Lemeika Rhashaan Pope (N) 3,929  
4.57%

**Central Basin, Division 2**  
Gary Mendez (N) 37,150 37.37%; Max  
A. Ordonez (N) 27,180 27.34%  
Lisbeth M. Flores-Franco (N) 16,666  
16.76%; Josue Alvarado (N) 9,498  
9.55%  
Fernando Islas (N) 8,928 8.98%

**Central Basin, Division 4**  
Juan Garza (N) 74,806 63.21%; Dora  
Sandoval (N) 43,548 36.79%  
**Water Replenishment District, Division 2**  
Robert "Rob" Katherman (N)  
159,268 65.69%; Elizabeth Peterson (N)  
83,168 34.31%

**Water Replenishment District, Division 5**  
Vera Robles Dewitt (N) 130,122  
63.73%; John Paul Drayer (N) 74,042  
36.27%

**TEACHER** from page 1

ing environment. This case set a significant legal precedent for free speech in schools.

The dissent argued that the First Amendment does not grant the right to express any opinion at any time. Students attend school to learn, not teach. The arm-bands were a distraction.

The ACLU states on its website, "But there are limitations to teacher's free speech. Generally, the First Amendment protects your speech if you speak as a private citizen on a matter of public concern."

The teacher wrote, "Given the current political climate and ABCUSD policy of neutrality not being neutral in the sense that students are allowed to express their political views by wearing their preferred political party attire and teachers are not allowed to express their political opinions by wearing their preferred political party attire, I am having a disagreement with administration regarding the double standards.

"I believe that if the school districts are going to encourage neutrality as it claims to do, then no one should be allowed to wear political party attire. It is not a neutral stance when one group is allowed to express their political views even if those views are racist, misogynistic, antisemite, and homophobic, and the other side is silenced under threat of losing their job and/or being seriously reprimanded.

"As a Latina woman who is agnostic at best but leans towards atheism and a mother of an LGBTQ+ daughter and supporter of ALL my LGBTQ+ students, I do not feel safe at work, and I fear for the safety of my daughter and my students when administration allows students to wear clothing that expresses their utter disdain and hatred of women, minorities, non-Christian religions, and the LGBTQ+ community.

"Trump is a fascist put into office by people who fear the changing demographics of a country, never mind that this country was founded by people immigrating to this great country as they fled dictators and tyrants (my dad from Cuba) or impoverished countries (my grandmother from Mexico) and have come to this country to give their children a better life and opportunity at an education."

Profe. O then encouraged her students to "keep the politics at home, not in the classroom."

In a statement to LCCN, ABCUSD officials wrote, "At the ABC Unified School District, we encourage students to exercise their freedom of speech within the policies set by our Board of Education and California Education Code. We are aware of the situation at Cerritos High School with a teacher and are actively working on an investigation of this personnel matter. As always, we encourage our amazing educators to use real-life issues, like the recent elections, to have meaningful and age-appropriate classroom discussions with students."

NOTICE TO CREDITORS OF BULK SALE  
(Division 6 of the Commercial Code)  
Escrow No. 019481-MK  
(1) Notice is hereby given to creditors of the within named Seller(s) that a bulk sale is about to be made on personal property hereinafter described.  
(2) The name and business addresses of the seller are: BELLFLOWER TEA INC., A CALIFORNIA CORPORATION, 14220 BELLFLOWER BLVD., BELLFLOWER, CA 90706  
(3) The location in California of the chief executive office of the Seller is: SAME  
(4) The names and business address of the Buyer(s) are: SYOLOS, A CALI-FORNIA CORPORATION, 140 S. RENO ST., APT. 333, LOS ANGELES, CA 90057  
(5) The location and general description of the assets to be sold are: FURNITURE, FIXTURES, EQUIPMENT, GOOD-WILL, LEASE, LEASEHOLD INTEREST AND IMPROVEMENTS, COVENANT NOT TO COMPETE, TRADENAME, INVENTORY OF STOCK IN TRADE of that certain business located at: 14220 BELLFLOWER BLVD., BELLFLOWER, CA 90706  
(6) The business name used by the seller(s) at said location is: SKY BOBA CAFE  
(7) The anticipated date of the bulk sale is DECEMBER 5, 2024 at the office of: HANA ESCROW COMPANY, INC., 6281 BEACH BLVD., SUITE 333, BUENA PARK, CA 90621  
(8) Claims may be filed with Same as "7" above  
(9) The last date for filing claims is: DECEMBER 4, 2024.  
(10) This Bulk Sale is subject to Section 6106.2 of the Uniform Commercial Code.  
(11) As listed by the Seller, all other business names and addresses used by the Seller within three years before the date such list was sent or delivered to the Buyer are: NONE.  
Dated: NOVEMBER 5, 2024  
TRANSFEREES: SYOLOS, A CALI-FORNIA CORPORATION  
2944821-PP LOS CERRITOS COMMUNITY NEWS 11/15/24

**CITY OF SANTA FE SPRINGS  
NOTICE OF PUBLIC HEARING  
ALCOHOL SALES CONDITIONAL USE PERMIT CASE NO. 90**

**NOTICE IS HEREBY GIVEN** that the Planning Commission of the City of Santa Fe Springs will hold a Public Hearing to consider the following:

**ALCOHOLIC SALES CONDITIONAL USE PERMIT CASE NO. 90** – To allow the operation and maintenance of an alcoholic beverage use involving the warehousing of liquor, wine, and ready-to-drink (RTD) canned cocktails, within the M-2 (Heavy Manufacturing) Zone.

**PROJECT LOCATION/APPLICANT:** 13905 Maryton Avenue (APN: 8059-030-009) / Network Logistics / Attention: Gabriel Fleming Jr.

**THE HEARING** will be held before the Planning Commission of the City of Santa Fe Springs in the Council Chambers of the City Hall, 11710 Telegraph Road, Santa Fe Springs, on **Monday, December 9, 2024 at 6:00 p.m.**

**CEQA STATUS:** The Planning Commission will consider a determination that the project is categorically exempt from the California Environmental Quality Act (CEQA) pursuant to Section 15301 of the CEQA Guidelines – Class 1 (Existing Facilities). If the Planning Commission determines that the project is exempt from CEQA, a Notice of Exemption will be filed for this project.

**ALL INTERESTED PERSONS** are invited to participate in the Public Hearing and express their opinion on the items listed above. Please note that if you challenge the aforementioned items in court, you may be limited to raising only those issues raised at the Public Hearing, or in written correspondence to the office of the Commission at, or prior to the Public Hearing.

**PUBLIC COMMENTS** may be submitted in writing to the Community Development Department at City Hall, 11710 Telegraph Road, Santa Fe Springs CA 90670 or, otherwise, e-mail the Planning Commission Secretary, Esmeralda Elise, at: [esmeraldaelise@santafesprings.org](mailto:esmeraldaelise@santafesprings.org). Please submit your written comments by 12:00 p.m. on the day of the Planning Commission meeting. You may also contact the Community Development Department at (562) 868-0511 ext. 7550.

**FURTHER INFORMATION** on this item may be obtained from Claudia L. Jimenez, Associate Planner, via e-mail at: [claudiajimenez@santafesprings.org](mailto:claudiajimenez@santafesprings.org) or otherwise by phone at: (562) 868-0511 ext. 7356

Published at Los Cerritos Community News 11/15/24

**CITY OF SANTA FE SPRINGS  
NOTICE OF PUBLIC HEARING  
AMENDMENT TO ALCOHOL SALES CONDITIONAL USE PERMIT CASE NO. 83**

**NOTICE IS HEREBY GIVEN** that the Planning Commission of the City of Santa Fe Springs will hold a Public Hearing to consider the following:

**AMENDMENT TO ALCOHOL SALES CONDITIONAL USE PERMIT CASE NO. 83** – To amend the previously approved Alcohol Sales Conditional Use Permit (ASCUP) Case No. 83 and Conditions of Approval (COA) No. 5 to include three additional ABC license types 9, 12, and 18 unintentionally omitted from the current ASCUP and COA, to include in total ABC license types 9, 12, 17, and 18.

**PROJECT LOCATION/APPLICANT:** 9526 Ann Street / OB USA, Inc. DBA: BWS Group Co.

**THE HEARING** will be held before the Planning Commission of the City of Santa Fe Springs in the Council Chambers of the City Hall, 11710 Telegraph Road, Santa Fe Springs, on **Monday, December 9, 2024 at 6:00 p.m.**

**CEQA STATUS:** The Planning Commission will consider a determination that the project is categorically exempt from the California Environmental Quality Act (CEQA) pursuant to Section 15301 - Class 1 (Existing Facilities) of the CEQA guideline, the project is Categorically Exempt.

**ALL INTERESTED PERSONS** are invited to participate in the Public Hearing and express their opinion on the items listed above. Please note that if you challenge the aforementioned items in court, you may be limited to raising only those issues raised at the Public Hearing, or in written correspondence to the office of the Commission at, or prior to the Public Hearing.

**PUBLIC COMMENTS** may be submitted in writing to the Community Development Department at City Hall, 11710 Telegraph Road, Santa Fe Springs, CA 90670 or, otherwise, e-mail the Planning Commission Secretary, Esmeralda Elise, at: [esmeraldaelise@santafesprings.org](mailto:esmeraldaelise@santafesprings.org). Please submit your written comments by 12:00 p.m. on the day of the Planning Commission meeting. You may also contact the Community Development Department at (562) 868-0511 ext. 7550.

**FURTHER INFORMATION** on this item may be obtained from Kristen Haining, Code Enforcement Supervisor, via e-mail at: [KristenHaining@santafesprings.org](mailto:KristenHaining@santafesprings.org) or otherwise by phone at: (562) 409-1850 ext. 3302.

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NOTICE OF PETITION TO ADMINISTER ESTATE OF DANIEL THOMAS ROMO  
Case No. 24STPB12137  
To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of DANIEL THOMAS ROMO  
A PETITION FOR PROBATE has been filed by Katherine Marie Romo in the Superior Court of California, County of LOS ANGELES.  
THE PETITION FOR PROBATE requests that Katherine Marie Romo be appointed as Special Administrator with General Powers 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 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 Dec. 6, 2024 at 8:30 AM in Dept. No. 29 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 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 (form 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:  
HAROUN R NABHAN ESQ  
SBN272273  
NABHAN LAW  
500 MOUND AVE  
SOUTH PASADENA CA 91030  
CN111610 ROMO Nov 8, 15, 22, 2024

**PUZZLE SOLUTION: THANKYOU**





Join us for a tour of upgraded and new school facilities completed through Measure BB, the facilities improvement bond passed by voters in 2018.

The tour will visit three schools, showcasing the improved facilities, giving you a chance to see the investments made thanks to the voters of ABCUSD.

Tour begins at the ABC District Office:  
16700 Norwalk Blvd., Cerritos, CA 90703



**TUESDAY, NOVEMBER 19, 2024**  
**2:30 TO 6:00 PM**

- Bragg Elementary School
- Fedde Middle School
- Gahr High School
- Playground & Solar Shade
- Classroom Finishes & Technology
- Science Labs, Student Centers,
- Music & Performance Spaces

