

LOCAL NEWS

New Year's Resolutions Are Bound To Fail; Try This Instead

www.huffingtonpost.com

When it comes to setting New Year's resolutions, most people shoot for the moon. We tell ourselves that this will be the year we'll give up carbs, go running every morning, become a vegan or quit drinking.

Inevitably, three weeks later, we find ourselves right back where we started. When it comes to health goals in particular, all-or-nothing goals, which are usually based on unrealistic expectations and don't leave any wiggle room, are a setup for failure.

Setting overly ambitious and restrictive goals, like quitting sugar when you haven't already been making small changes to improve your diet, is one major cause of failure. While you might initially feel inspired and energized by setting blowout goals for 2018, the luster of these resolutions fades quickly when we realize how difficult they are to keep.

Small, incremental lifestyle changes have a much greater chance of creating real change. When resolutions are too ambitious, we struggle to change our habits, become discouraged when we fail and ultimately give up altogether. So instead of making hard-line resolutions this year, increase your chances for long-term success by approaching your health goals as a "reset."

January 1 signifies a new beginning. However, each day allows for a new beginning, and hence it is a reset. What's the difference? While a resolution represents a firm decision to do or not do something, a reset is an opportunity to "set again," or set your habits differently.

With a reset, you commit to moderate, realistic goals and making small changes every day, not just on Jan. 1. A reset also allows for flexibility as you progress and figure out what does and doesn't work for you.

Resolving not to eat something anymore, such as pasta, may not be the most practical goal. A reset allows for a plan B, and the thought is that you

set goals that are doable for you, your family and your circumstances.

Say you're thinking about giving up red meat as your resolution for 2018. You might decide to only indulge in a burger once a week, or cut your meat portion sizes in half and add more vegetables to your plate instead. You can have a favorite food, but the portion size is the key. It allows for social situations, eating out with your boss and family parties.

Another disadvantage of resolutions is that they typically have a clear start date, like Jan. 1, which tricks your brain into thinking that they have an end date, too. A reset, on the other hand, is about creating healthy habits for the long term.

If your goal is eating more fruits and vegetables, you can reset this goal every day. If you didn't achieve this goal, you can re-evaluate every day.

But being realistic doesn't have to mean compromising on your goals. If your "resets" are successful, you can work up to eliminating a certain food completely or making a new habit an everyday one.

Whatever you decide to commit to, the important thing is to use the energy of the new year as an opportunity to make important changes for your

New Year's Resolutions? How many keep them? For how long?

40 to 45% of American adults make one or more resolutions each year.

By far, the top 3 new year's resolutions are:

- weight loss
- exercise program
- stop smoking

Also popular are resolutions dealing with better money management & debt reduction.

The following shows how many of these resolutions are maintained as time goes on:

- past the first week: 75%
- past 2 weeks: 71%
- after one month: 64%
- after 6 months: 46%



At Sunrise Assisted Living in La Palma on Dec. 12, are sixth grade students from St. Irenaeus School in Cypress with their teachers, Ms. Carmen Castaneda (left) and Mrs. Jennifer Razo (right) with Santa Ken Francis (center). The students came to bring their Christmas gifts for the residents and sing Christmas songs for them.

St. Irenaeus Giving Tree Gifts Reach Care Center Residents and Homebound

By Edna Ethington

In November, St. Irenaeus Health Care Ministry members worked with the teachers and students of St. Irenaeus School to prepare and decorate over 400 large paper bags for their Annual Giving Tree Outreach Project.

After the bags were colorfully decorated by the students, parishioners were asked to help share their Christmas spirit by filling the bags with gifts for the residents of five Care Centers within the St. Irenaeus parish boundaries. Gift bags were also needed for homebound parishioners of St. Irenaeus. Parishioners responded generously and returned bags filled with gifts over two weekends.

On Dec. 11-15, teams of

Health Care Ministry members brought bags filled with gifts to five Care Centers. They were joined by Adult Choir members and parishioners who came to help Santa deliver gifts and sing Christmas songs and carols.

Residents of two Care Centers had extra special visitors when the Cub Scouts from Troop 660 and two sixth grade classes from St. Irenaeus came on two different days.

The Cub Scouts and their leaders sang Christmas songs and helped Santa Troy Kissell deliver their gift bags and gift bags from parishioners to residents at Harvest Care Center.

At Sunrise Assisted Living, Mrs. Jennifer Razo and Ms. Carmen Castaneda's sixth graders worked together to make special blankets for the

residents. They helped Santa Ken Francis deliver gifts to residents.

At the Carlton Residential Center, one resident, Rosalie Ricci, was the life of the party as she sang "Jingle Bells" and moved around the Activity Room shaking bells as she kept time with the music.

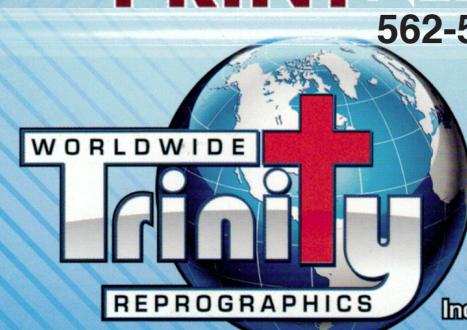
At the Health Care Center of Orange County, Santa Tom Nagle was assisted by St. Irenaeus Adult Choir and members of St. Irenaeus Health Care Ministry and a few parishioners.

The final Giving Tree Party that was held at the Genesis Care Center where all the residents were in wheelchairs. Santa Tom Nagle and his elves (parishioners) helped to deliver gift bags to residents who were bedridden.



At Genesis Care Center on Dec. 15, is Santa Tom Nagle in the center, with his elves, St. Irenaeus parishioners, who delivered gift bags to residents at their Giving Tree Party or in their rooms.

**SERVICING ALL
OF YOUR COPY &
PRINT NEEDS!**
562-567-2050



WWW.TRINITY3IN1.COM

For more information about the St. Irenaeus Health Care Ministry's Giving Tree Project contact Health Care Ministry Director, Sr. Rita O'Connell, at 714-826-0760, or Health Care Ministry Facilitator, Monica Kovach, at 310-490-6113.

**SAINT IRENAEUS
CATHOLIC CHURCH
Cypress**

Been looking for a way to nurture your faith, reconnect, get more involved, or simply a place to pray? We welcome you with open arms!

WORLD FAMOUS

Ave 3

Est. 1971

PIZZA, SUBS & CATERING

12612 South Street
Cerritos • 562-865-9215
(Corner of South & Bloomfield)
www.ave3pizza.com

12612 South Street
Cerritos • 562-865-9215
(Corner of South & Bloomfield)

gotquestions.org

What New Year's Resolutions Should Christians Make?

The practice of making New Year's resolutions goes back over 3,000 years to the ancient Babylonians. There is just something about the start of a new year that gives us the feeling of a fresh start and a new beginning.

The Bible does not speak for or against the concept of New Year's resolutions. However, if a Christian determines to make a New Year's resolution, what kind of resolution should he or she make?

Common New Year's resolutions are commitments to quit smoking, to stop drinking, to manage money more wisely, and to spend more time with family. By far, the most common New Year's resolution is to lose weight, in conjunction with exercising more and eating more healthily.

These are all good goals to set. However, 1 Timothy 4:8 instructs us to keep exercise in perspective: "For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come." The vast majority of New Year's resolutions, even among Christians, are in relation to physical things. This should not be.

Many Christians make New Year's resolutions to pray more, to read the Bible every day, and to attend church more regularly. These are fantastic goals. However, these New Year's resolutions fail just as often as the non-spiritual resolutions, because there is no power in a New Year's resolution. Resolving to start or stop doing a certain activity has no value unless you have the proper motivation for stopping or starting that activity.

For example, why do you want to read the Bible every day? Is it to honor God and grow spiritually, or is it because you have just heard that it is a good thing to do? Why do you want to lose weight? Is it to honor God with your body, or is it for vanity, to honor yourself?

Philippians 4:13 tells us, "I can do everything through Him who gives me strength." John 15:5 declares, "I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing." If God is the center of your New Year's resolution, it has chance for success, depending on your commitment to it. If it

See New Year's Resolutions Page 11

CHURCHES IN ARTESIA



Artesia Cerritos United Methodist Church
18523 Arline Ave
Artesia, CA 90701

Artesia Christian Church
11625 178th St
Artesia, CA 90701

Cerritos First Assembly
18400 Pioneer Blvd
Artesia, CA 90701

Cerritos Presbyterian Church
11841 178th St
Artesia, CA 90701

Church in Cerritos
11428 187th St
Artesia, CA 90701

Cornerstone Community Church
18411 Albritus Ave
Artesia, CA 90701

First Baptist Church of Artesia
18400 Grayland Ave
Artesia, CA 90701

First Christian Reformed Church of Artesia
18411 Albritus Ave
Artesia, CA 90701

Holy Family Catholic Church
18626 Clarkdale Ave
Artesia, CA 90701
Kingdon Hall of Jehovahs Witness
11972 178th St
Artesia, CA 90701

Kingdon Hall of Jehovahs Witness
11976 178th St
Artesia, CA 90701

Korean Independent Presbyterian Church
18116 Arline Ave
Artesia, CA 90701

New Life Community Church
18800 Norwalk Blvd
Artesia, CA 90701

Pentecostal Church of God
18510 Corby Ave
Artesia, CA 90701

River Shore Korean Chuch
18718 Grayland Ave
Artesia, CA 90701

Seam International Christian Training Center
18021 Norwalk Blvd
Artesia, CA 90701

St Paul Evangelical Community Church
11428 Artesia Blvd
Artesia, CA 90701

Trinity Christian Reformed Church
18718 Grayland Ave
Artesia, CA 90701

World Full Gospel Church
18021 Norwalk Blvd Ste 204
Artesia, CA 90701

FAITH/FEATURE

New California Laws You Should Know About

California state lawmakers in 2017 passed nearly 900 bills that Gov. Jerry Brown then signed into law. Most of them took effect on Jan. 1. The new laws cover topics ranging from the Trump administration's immigration crackdown, to the state's new recreational cannabis market, to the price of a college education.

Here are some of the laws taking effect with the new year, according to <http://fox40.com/>:

IMMIGRATION

Police will no longer be able to ask people about their immigration status or participate in federal immigration enforcement actions under a law making California a sanctuary state. The law also allows jail officials to transfer inmates to federal immigration authorities only if they have been convicted of certain crimes.

Also starting Monday, immigration officials will need a warrant to access workplaces or employee records and landlords will be barred from disclosing tenants' citizenship. Another new law will prohibit university officials from cooperating with immigration officers.

CANNABIS

Sales of recreational marijuana will be legal under a 2016 voter initiative that created the nation's biggest legal drug market.

But it will be illegal to smoke and drive under a bill

taking effect Jan. 1 that outlaws smoking and ingesting marijuana, just as it's already unlawful for drivers or passengers to drink alcohol while driving. A separate law that took effect in June bars the possession of open containers of cannabis while driving.

ON THE JOB

The state minimum wage will increase to \$10.50 per hour for businesses with 25 or fewer employees and to \$11 per hour for those with 26 or more employees.

Small businesses with between 20 and 49 people will have to offer 12 weeks of unpaid maternity and paternity leave to employees.

HEALTH-RELATED

Pharmaceutical companies must give advance notice before big price increases, although a drugmakers' trade group is suing to block the measure.

It will be illegal to deny admission to long-term care facilities based on gender identity or sexual orientation or to repeatedly fail to use a resident's preferred name or pronoun.

CLIMATE CHANGE

Old-fashioned incandescent light bulbs will start disappearing from shelves because they can no longer meet energy efficiency standards under a 2007 federal law. That leaves compact fluorescent

lights or light-emitting diode bulbs under the regulations, which take effect nationwide in 2020.

EDUCATION

The first year of community college may be free for full-time, in-state students under a law that waives the \$46 per unit fee for one academic year for first-time students. Lawmakers still must provide the money in the next budget.

Students in grades 7-12 must be taught about sexual abuse and human trafficking prevention.

Public schools serving low-income students in grades 6 to 12 must provide free tampons and menstrual products in half of restrooms.

FIREARMS

Ammunition purchased in another state, online or through a catalog can't be brought into California except through a licensed ammunition dealer under Proposition 63, approved by voters in 2016. The initiative also sets a new process and deadlines for gun owners to give up their weapons if they are convicted of a felony or certain violent misdemeanors.

Superintendents can no longer allow people with permits to carry concealed guns on school grounds under a separate new law. Only about five school districts previously had such policies.

DIRECTORY: CHURCHES IN CERRITOS



BAPTIST CHURCHES

Cerritos Baptist Church
11947 Del Amo Blvd, Cerritos, CA, 90703

St. Paul Evangelical Community Church
12500 183rd St, Cerritos, CA, 90703

PRESBYTERIAN CHURCHES

Korean Hope Presbyterian Church

19319 Carmenita Rd, Cerritos, CA, 90703

Sa-Rang Presbyterian Church

19200 Pioneer Blvd, Cerritos, CA, 90703

LUTHERAN CHURCHES

Concordia Lutheran Church

13633 183rd St, Cerritos, CA, 90703

St John Lutheran Church

18422 Bloomfield Ave, Cerritos, CA, 90703

MORMON CHURCH

The Church of Jesus Christ of Latter-day Saints

17909 Bloomfield Ave, Cerritos, CA, 90703

REFORMED CHURCH

Heaven Bound Ministry

18100 Dumont Ave, Cerritos, CA, 90703

SPIRIT-FILLED CHURCHES

America Full Gospel Church

13079 Artesia Blvd, Cerritos, CA, 90703

CHRISTIAN -OTHER CHURCHES

Berean Chapel

12051 Del Amo Blvd, Cerritos, CA, 90703

Calvary Cross Chapel

16705 Gridley Rd, Cerritos, CA, 90703

Cerritos Institute Of Religion

16025 Studebaker Rd, Cerritos, CA, 90703

Cerritos Korean

12229 Del Amo Blvd, Cerritos, CA, 90703

Chinese Church Of Christ

12429 195th St, Cerritos, CA, 90703

First Evangelical Church

11330 166th St, Cerritos, CA, 90703

Living Water Mission Church

19104 Pioneer Blvd, Cerritos, CA, 90703

New Jerusalem Christian Fellowship

12702 Cuesta St, Cerritos, CA, 90703

Oriental Mission Church Of Orange

12413 195th St, Cerritos, CA, 90703

Timothy Bible Ministries

17150 Norwalk Blvd, Cerritos, CA, 90703

World Missions Far Corners

10945 South St Ste 306, Cerritos, CA, 90703

Assemblymember Garcia Commends PB-USA During Its Christmas Fete



Assemblymember Cristina Garcia and Christopher Craig



By Dan E. Nino

Assemblymember Cristina Garcia of the 58th Assembly District commended Pangasinan Brotherhood-USA during its recent "Holiday Interlude" at the Cerritos Performing Arts - Sierra Room "for its grassroots efforts to serve the community and its commitment to raising funds for scholarships and needed assistance both here and in the Philippines." She also thanked PB-USA "for its leadership, as well as its commitment and dedication to our local community."

The legislator presented a proclamation to PB-USA President Lino F. Caringal, Jr.

The PB-USA's guest of honor and keynote speaker has served in the State Assembly since being first elected in 2012 representing California's 58th Assembly District which includes the cities of Artesia, Bellflower, Cerritos, Commerce, Downey, Montebello, Pico Rivera and Downey. Assemblymember Cristina Gar-

cia also mentioned community leader Doris Iglesias as past #Pride 58 award winner from Cerritos recognizing her unnoticed community involvement at the beginning of her speech.

Other highlights of Pangasinan Brotherhood's December Christmas Affair was the presentation of its incoming members of the Board for 2018 namely: Jackie Ferrer (Chairperson), Nieves Coquia, Roger Cabal, Lina Cabal, Neil Estrada, Rhenee M. Ferrer, Dean Mandapat, Mellie Soriano, Ferdinand "Bong" Soriano and Eliza Urbano, Bong Soriano was also elected as concurrent president. Incoming Chairperson Jackie Ferrer succeeded Nieves Coquia.

Miss Pangasinan Alyssa Veloria Soto of Mangatarem Association was also presented and promenaded around the dancing hall. This was followed by singing performances of Sheila Tejada and Sabrina Oxciano also of Mangatarem and an exhibition line

dance from Bayambang Association.

As outgoing President for 2016-2017 term, Lino F. Caringal, Jr. narrated the accomplishments of his two-year administration like the publication of PALARIS Quarterly Newsletter, Musical Journey Fund-raising Concert, awarding of the Gawad Kalinga low cost housing units in Villasis, Pangasinan, outreach network to other community organizations in Greater Los Angeles and Trade Seminar to promote products of Pangasinan province to the U.S., which was initiated by his predecessor, Eddie C. Ferrer.

Incoming President Bong Soriano also briefly spelled out his platform of governance when he addressed the Pangasinenses and guests of about 230. He said, "PB-USA-USA is an amazing 501 ©(3)non profit organization that continues to provide value to the province of Pangasinan, Philippines.

"Our mission for my upcoming term is to build on the foundation of giving, friendship, being a positive agent of change and the continuous promotion and preservation of its unique culture, tradition and practices.

For PB-USA to stay relevant and provide value not only to the province of Pangasinan, it needs to stay focused on empowering the members on their personal development and create an environment for the youth who want discover their culture. "Let us become an organization that embraces our community, collaboration and culture," he added.

Another youthful incoming Board Chairman Jackie Ferrer also briefly talked about her ideas on what to bring to the Board. She said, "We will continue to work together and keep alive the legacy of PB-USA. We will do so by honoring the past while being open to the NextGen's ideas/movement." – denino1951@gmail.com

AAUW Presents: Human Trafficking

From Page 3

ficking generating billions of dollars.

Another misconception about human trafficking is that it is an international issue, when in fact, it is a national issue taking place in many cities right in our backyard. The National Center for Missing & Exploited Children estimated that 1 in 6 of the 18,500 endangered runaways reported to them were likely sex trafficking victims, and that 86% of these likely sex trafficking victims were in the care of social services or foster care

when they went missing.

Victims of sex trafficking vary with many victims becoming romantically involved with someone who then forces, coerces, or manipulates them into prostitution. Others are lured by modeling, or a better job. Victims can be women, men, children, U.S. citizens, and foreign nationals, with many coming from vulnerable populations including foster youth, runaways, victims of sexual assault and domestic violence to name a few.

AAUW members belong

to a community that breaks through educational and economic barriers so that all women and girls have a fair chance. AAUW empowers all women and girls to reach their highest potential. There are also opportunities to meet members who enjoy International Cuisine, Great Decisions Groups, Public Policy Committee and Cultural Adventures. AAUW Membership is open to those with an AA degree or higher. To learn more about membership in AAUW, please go to www.aauw-longbeach.org.

LA COUNTY SUPERVISOR
JANICE HAHN
representing the 4th district



This past Tuesday, the Board of Supervisors approved my proposal to create a new penalty-free library card for students.

Students (ages 17 and younger) can now take full advantage of the wide array of resources at their local LA

County Library without worrying about racking up late fees. Students can now check out up to three books, take their time reading them, and then return them to check out three more!

A fine-free student library card? Sounds like the perfect stocking stuffer to me!

Perks of Retirement

From Page 5

ing, guest singing in a band and as a motivational speaker.

Aside from the L.A. Times, reading books is also a pastime that occupies my time. I'm always catching up. I have three books in my bed headboard that I'm trying to finish. They include *How To Be Rich* by J. Paul Getty, *What Happened?* by former First Lady Hilary Rodham Clinton and *Giant In The Senate* by Al Franken.

There are so many things to accomplish but time flies by so quickly. If only I could possess the power to put the time in a cage and let it linger there eternally, I'd do it.

We all know that our time on earth is borrowed time. It will expire eventually – sooner or later. Let's make the most out of it. God is our light and savior. It's in Him that we repose our time on earth. We only need an hour every Sunday to visit him in a Liturgical Mass and thank him for all our blessings.

Cerritos City Council

From Page 1

sure that existing retail regional centers remain relevant and competitive, taking advantage of new business opportunities and to retain existing regional commuters spending.

The council also approved an agreement with Caltrans to receive federal funding (grant) in the amount of \$360,000 for traffic signal improvements at Bloomfield Avenue and 166th Street. The project will provide for the modification of the existing traffic signal from a protective permissive signal to a fully protected signal for drivers making left turns.

At its Nov. 20 meeting the council had authorized the utilization of a block grant (CDBG) in the amount of \$148,703 to approve the accessibility to playground equip-

Another joy, perk and blessing that I treasure in my retirement is travelling in other countries after the end of the Tax Season. Although stressful at times, there are more benefits than harm. I read somewhere that travelling enhances longevity.

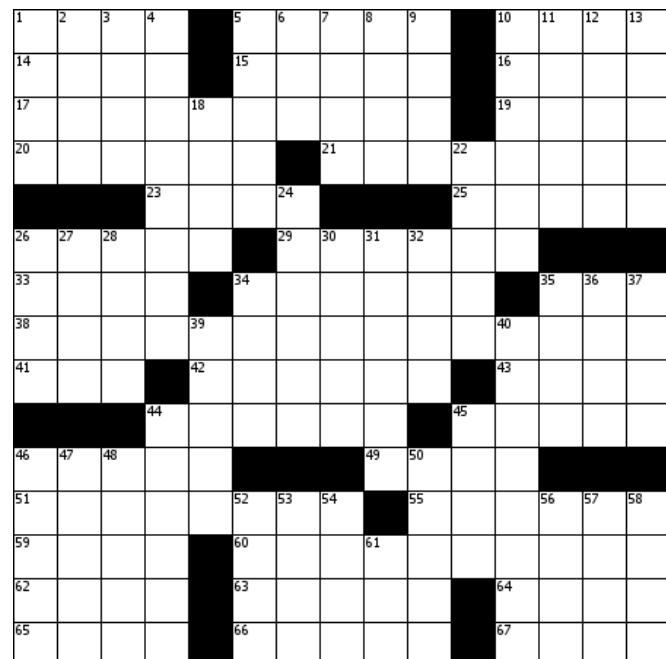
As we age, we learn many lessons in life. We gain more nuggets of wisdom on how to cope with our daily grind. We are wiser, more confident, more stable, more mature, more experienced to enjoy the full promise of our human potential and existence, yet we maintain a healthful and quality of life.

As the saying goes, life is too short. Let's not dwell on our past failures and mistakes but rejoice in the positive side of life. Let's enjoy our loved ones, value the friendship of people who treasure us in return. For lasting peace of mind, let's be humble and be forgiving. – denino1951@gmail.com

HAPPY NEW YEAR

Across

- Matched pieces
- Archaeological treasure
- Ensures victory
- Sanction in wrongdoing
- Ancient marketplace
- Genesis mariner
- Restyled Dr. Seuss title?
- Seasoned advisor?
- Main course
- Patron of Columbus
- Word with bed or head
- Kind of printer
- One way to think
- Hindu retreat
- Something to pitch
- Director's call
- It's right under your nose
- Restyled job-hunters ploy?
- Item for confession
- Most docile
- Is under the weather
- Mexican shawl
- Liability offset
- Send spirits soaring
- Exhale wistfully
- Hanukkah candelabras
- Braved the rapids
- "Your turn," in communications
- Restyled Rex Harrison classic?
- Wood for decking
- False gods
- Dustbowl victim
- Goes astray
- Downward measurement
- Prohibitionists' foes

**Down**

- Opposite of out
- Black, poetically
- School book
- Saddle features
- Respiratory noises
- Type of trip
- Central spots
- Ruffles feathers
- Home for la familia
- Pants measure
- Barbecue materials
- 2 on a par 4
- Pilot's wind problem
- Basic requirement
- Mel of cartoon voices
- Washington city
- New Testament book
- 100th part of a rupee
- Seer's sign
- Throat malady
- Greets the villain
- Defeat soundly
- Way over there
- Grass skirt accessories
- Speck of land
- Attention getter
- Provide guidance
- Business owner's concern
- Baby birds?
- Seaweed product
- Overplay
- Simple machine
- Something to lend?
- Coffee type
- In the center of
- London park name
- Scour for bargains
- Money in the till
- Make the final cut?
- They may provide highlights
- Computer key

Crossword Puzzle #70



CHECK OUT OUR WEBSITE:
www.gatewayguardiannews.com

READ THE PAPER ONLINE!

TRIVIA CHALLENGE

- Which Disney's cartoon character's love interest is named Esmeralda?
- In the TV show "Leave It To Beaver," what was Wally's best friend's name?
- In the card game Bridge, what is considered the highest of the four suits?
- The Shenandoah Valley is located in which U.S. state?
- What contestant-based reality television series aired in the United States originated in Holland?

Answers: 1. Quasimodo's 2. Eddie Haskell 3. Spades 4. Virginia 5. "The Voice"

HOROSCOPE

Capricorn

Dec. 22 - Jan. 19

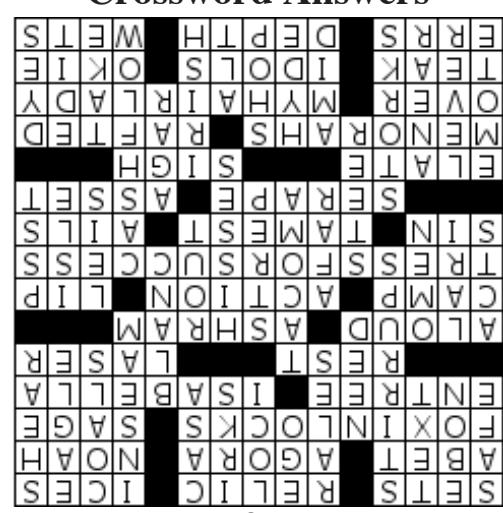


Strengths: Responsible, disciplined, self-control, good managers
Weaknesses: Know-it-all, unforgiving, condescending, expecting the worst
Capricorn Likes: Family, tradition, music, understated status, quality craftsmanship
Capricorn Dislikes: Almost everything at some point Capricorn is a sign that represents time and responsibility, and its representatives are traditional and often very serious by nature. These individuals possess an inner state of independence that enables significant progress both in their personal and professional lives. They are masters of self-control and have the ability to lead the way, make solid and realistic plans, and manage many people who work for them at any time. They will learn from their mistakes and get to the top based solely on their experience and expertise.

January is national
HOBBY month

Let us help you learn something new!

Crossword Answers



\$25 Off Minimum \$100 Repair

Honesty • Integrity • Quality

VROOMAN'S AUTOMOTIVE
Mercedes & BMW Service Center

We Are The Best & We Will Prove It!
11750 187th St., Artesia Hours of Operation: Mon-Fri 8 am-6pm

Palma Liquor
New Location - 5466 La Palma Ave.



HOURS:
Mon.-Sat.
7 a.m. - 9 p.m.
Sun. 8 a.m. - 8 p.m.

OWNERS:
Ganpat S. Patel
& Minaxi G. Patel

714-821-4450

"Smaller in size
but not in service."

**Beer, Wine, Liquor
& Novelty Items**

One of the 100
top retailers in the
Sale of California
State Lottery



calottery

10 Ways to Control High Blood Pressure

If you've unexpectedly been diagnosed with high blood pressure, it's not the end of the world. High blood pressure is present when a systolic pressure (of 140 or above) or a diastolic pressure (of 90 or above) is diagnosed by your doctor. Sure, you should take the medication the doctor prescribes. However, there are additional lifestyle changes that you can make to help bring those numbers down to a healthy level.

Here are 10 lifestyle changes you can make to successfully control your blood pressure.

1. Exercise

The best thing you can do for a soaring blood pressure is to get physical active—at least 30 minutes per day, every day. That could include walking, running, biking, swimming, or yoga. It could also include a favorite sport. Whatever physical activity you choose, you'll be rewarded by seeing those numbers lower within just a few weeks, and hopefully avoiding a full-blown hypertension diagnosis.

2. Healthy Eating

Eating a balanced diet that focuses around fresh fruits and veggies, complex carbohydrates like whole grains, lean protein, and low-fat dairy while banishing refined sugar, excess salt, and saturated fat and cholesterol will help keep blood pressure levels safe.

3. Butt Out

If you smoke, you're already doing your part to in-

crease those blood pressure levels by a dangerous 10 mm Hg or greater following every cigarette. And if you smoke frequently throughout the day, that means you're constantly accelerating your levels to dangerous heights.

4. Cut Salt

Reducing the sodium in your diet will instantly lower your blood pressure. So start reading food labels, shunning

processed for whole foods where you can, and keeping those sodium levels less than 2,300 milligrams per day.

5. Shed Pounds

Blood pressure raises with weight, which means you can reduce your numbers by simply losing a few excess pounds—particularly around your middle, near your heart.

6. De-stress

Taking a breather from stressful work, family, social obligations, or financial obligations will also help lower blood pressure. And if you can't eliminate stress completely, learn to cope with de-stressing methods—like exercise, massage, meditation, or yoga.

7. Cut Caffeine

Studies show that caffeine makes blood pressure levels spike temporary and similarly to cigarette smoking. If you already suffer high blood pressure, cutting out caffeinated substances—like soda and coffee—can keep your within healthy levels and help you lose weight by cutting excess sugar and calories too.

8. Drink Moderately

Studies show that drinking alcohol, red wine in particular, in small amounts, can actually help lower blood pressure. However, the adverse affect occurs if you imbibe too much, which is why it's important for women to keep alcohol intake to one drink per day and men to stick to a maximum of two drinks a day.

9. Self-Monitoring

If you've been diagnosed with high blood pressure, it's within your interests to learn how to self-monitor your blood pressure at home. This is done using an upper arm blood pressure monitor to keep tabs on your blood pressure to ensure it stays within healthy levels between doctor's visits.

10. Ask for Help

Staying healthy and sticking to a new diet and exercise plan is always easier if you have the support of your family and friends. This way, if you slip off track, you'll be encouraged by the people who love you to invest in your health and give you the physical and emotional boost to help you do so.



Artesia Offers 3 Baseball Options for Residents

A new partnership between the City of Artesia and the Frontier Baseball League will now allow the city to offer a traditional recreation level baseball league, to be known as the Frontier League, in addition to Artesia Advanced Baseball.

Within the last five to 10 years, at least four new baseball leagues have opened up, vying for the same area youth to play in their league. This saturation of baseball leagues has reduced the number of players in Artesia's leagues, resulting in fewer teams overall.

In addition, the saturation has made interleague play more difficult because each league has different rules, making booking a full season of games challenging.

Frontier Baseball League is a large organization with a wide reach in various surrounding areas, and the city's partnership with the League means that our youth will have the opportunity to play intra

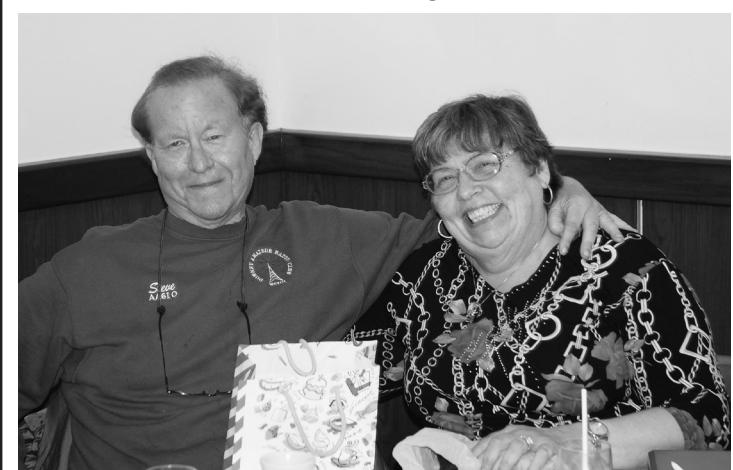
league games in Cerritos and Artesia. The new recreation league will allow all youth to sign up and be placed onto a team, regardless of skill level.

The city is aware that registration costs will slightly increase in the Frontier League. In an effort to ensure that as many of our youth as possible have the opportunity to participate in the new baseball league, the city has committed to subsidizing this increase for Artesia residents for the first year.

Artesia Advanced Baseball will continue to allow players to try out for advanced teams, with opportunities to compete against highly skilled teams throughout the area. Further, the city will continue to offer pee-wee level baseball for our youth ages four to six, and will also continue to offer girls softball.

This new approach offers the best of both worlds to the city's youth. For more information, visit us at Artesia Park or call 562-860-3361.

Rotarians Attend Club Member's Birthday Celebration



Members of the Artesia-Cerritos Rotary Club gathered together recently to join Dr. Stephen Sherman and wife Mary in celebrating her birthday at Sam Wu Restaurant in Cerritos. Those attending the festive affairs included Artesia Councilmember Tony Lima, Club President Maha Rayan, Sug Kitahara, Sharun Carlson, Yasyko Takata, Lata Ahir and Pete Ochoa.



CHECK OUT OUR WEBSITE:

www.gatewayguardiannews.com

READ THE PAPER ONLINE!

New Year's Resolutions for Christians

From Page 8

is God's will for something to be fulfilled, He will enable you to fulfill it. If a resolution is not God honoring and/or is not in agreement in God's Word, we will not receive God's help in fulfilling the resolution.

So, what sort of New Year's resolution should a Christian make? Here are some suggestions: (1) pray to

the Lord for wisdom (James 1:5) in regards to what resolutions, if any, He would have you make; (2) pray for wisdom as to how to fulfill the goals God gives you; (3) rely on God's strength to help you; (4) find an accountability partner who will help you and encourage you; (5) don't become discouraged with occa-

sional failures; instead, allow them to motivate you further; (6) don't become proud or vain, but give God the glory. Psalm 37:5-6 says, "Commit your way to the LORD; trust in him and he will do this: He will make your righteousness shine like the dawn, the justice of your cause like the noonday sun."

got trees?



the original
George's
Tree Trimmer
Service

Trimming • Topping
Removing • Stump Grinding
Serving the Community Since 1960
State Licensed and Fully Insured

Any Tree Service

Min. \$200
Present Coupon
after quote.

**Call for
a FREE
Estimate**

Residential • Commercial
Apartments • Condominiums

(800) 695-5237
(562) 923-8911



FOR MORE INFORMATION,
CALL THE CITY OF CERRITOS COMMUNITY
PARTICIPATION DIVISION AT (562) 865-8101.

DR. MARTIN LUTHER KING, JR. DAY CEREMONY

Monday, January 15, 2018, 10 A.M.
Sierra Room at the Cerritos Center
for the Performing Arts
12700 CENTER COURT DRIVE
CERRITOS, CA 90703

Participate in a celebration of the American civil rights leader and 1964 Nobel Peace Prize winner. The ceremony will include comments by the Cerritos City Council and musical performances. Light refreshments will be served.



LIFE'S A GIFT. GIVE MORE OF IT. DONATE BLOOD.

Save A Life Blood Drive

The City of Artesia & Holy Family Catholic Church

Location: Holy Family Parish Hall
18708 S. Clarkdale
Artesia, CA 90701

Sunday, January 7, 2018
8:00 AM to 2:00 PM

To schedule your life-saving appointment, please sign up online at redcrossblood.org and enter Sponsor Code: COA.

Sign ups will also be taken after mass or by emailing Betty at betty.lou4528@yahoo.com.

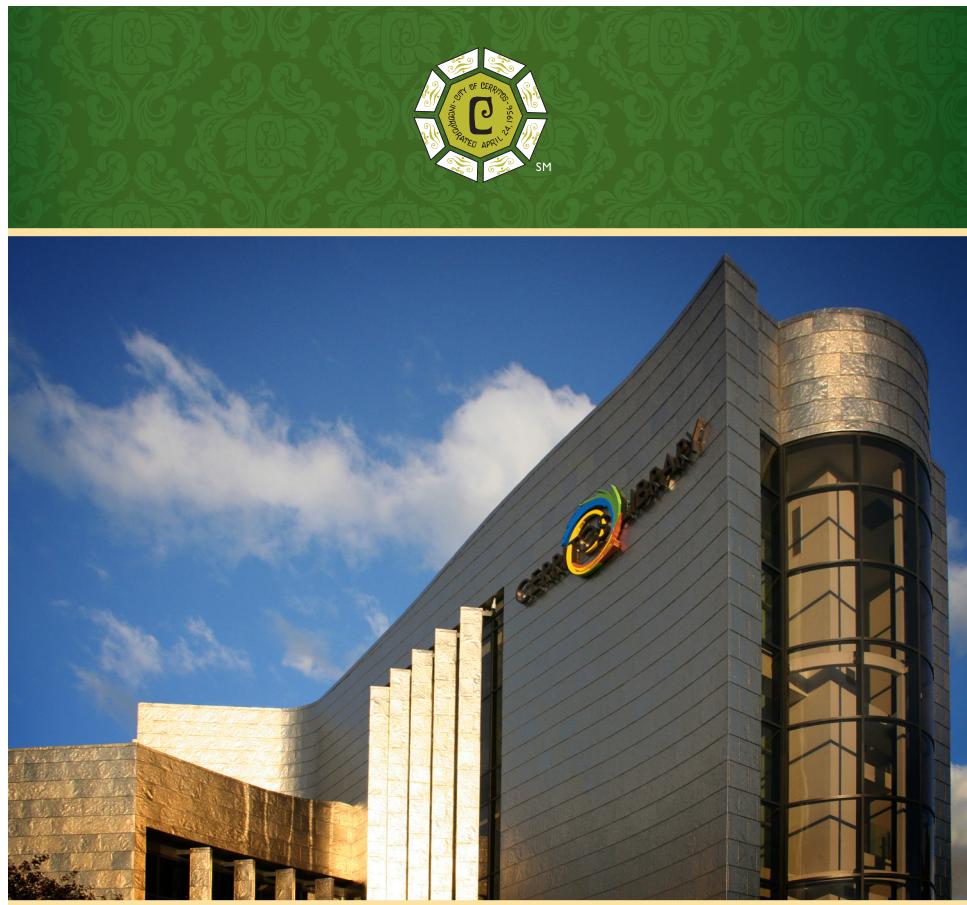
Streamline your donation experience and save up to 15 minutes by visiting RedCrossBlood.org/RapidPass to complete your pre-donation reading and health history questions on the day of your appointment.



Free long-sleeve Red Cross T-shirt when you come to donate Dec. 21-Jan. 7, while supplies last!

Download the Blood Donor App | redcrossblood.org | 1-800-RED CROSS | 1-800-733-2767

© 2017 The American National Red Cross | 2017-APL-0102 | 14B903



HAPPY NEW YEAR

From the Cerritos City Council

COMING TO THE



Cerritos Center
for the Performing ArtsSM

YOUR FAVORITE ENTERTAINERS, YOUR FAVORITE THEATER



Zeppelin USA
SAT, JAN 6



Jay Leno
SAT, JAN 20

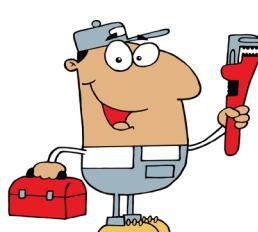
Family Owned
Since 1958

(562) 868-7777

24-Hour Service

NORWALK/LA MIRADA
Plumbing
Heating & Air Conditioning

COMMERCIAL • RESIDENTIAL



Drains and Sewers Cleaned
Copper Repiping • Furnaces
Water Heaters • Air Conditioning
Water Piping • Disposals
Hydrojetting Leak Detecting
Water Softeners

11661 Firestone Blvd., Norwalk, CA 90650
laplumber.com

\$20 off with this ad !



Society of Seven
Featuring
Lhey Bella
FRI, JAN 26

The Best of
Doo-Wop Vol. IV
SAT, JAN 27

562-916-8500
cerritoscenter.com



Orchard
est. 1931
SUPPLY HARDWARE™

13233 South St., Cerritos, CA 90703 562-860-4130

Orchard Supply Hardware in Cerritos has the very best customer service, as well as beautiful flowers, great tool selection and super specials every week.