

Artesia Live II From Page 5

Fourth, according to the brochure provided by the developer, other revenues to the city include a City Development fee close to \$3 million, estimated one-time payment of \$1.5 million to upgrade City Public Utilities and an estimated one-time payment of \$500,000 to the ABC School District.

Fifth, according to Artesia Live 11 building architect Tom Lau and Community Outreach liaison Karina Cervantes, 331 parking spaces are allocated to the structure.

Artesia is only 1.62 square miles. It is slightly bigger than the tiny Principality of Monaco, a sovereign city-state located on the French Riviera in Western Europe, which has only 0.78 sq. miles or 2.02 sq. kilometers. In fact, Monaco bordered by Italy on the south and France on the north and

nestled on a cliff facing Mediterranean Sea is a thriving and economically prosperous country.

It is considered a haven for tourists and playground for the rich and the famous. It solved its parking problem on a subterranean layers of parking spaces. It also has tall buildings, but it did not pose some problems to its people, tourists or visitors. I know whereof I speak. I was there eight years ago. Monaco has a population of 38,000 according to the last census in 2016. compared to Artesia's estimated 17,000.

I'm not the spokesman for the developer but its mantra. I believe that "Live Artesia, Love Artesia and Dine Artesia" might bode well for the prosperity of Artesia, which has been the long dream of its officialdom and people.
-denino1951@gmail.com

NEW LOCATION

OUR STORY: Falling in Love with the Food We Love

Poke & More Opens Restaurant in Artesia



Poke & More owner Adelle Gutierrez receives a commendation from Lynda Johnson on behalf of LA County Supervisor Janice Hahn on the Grand Opening of her Hawaiian Restaurant, located at 11826 Artesia Blvd. Artesia, CA 90701 Artesia. It is open daily from 11 a.m. to 8 p.m.

You are like the food you eat. In that case, we are like fresh & healthy looking people. We serve traditional Hawaiian poke, which consists of fish such as tuna or salmon. It is served with traditional condiments such as sea salt, seaweed, and limu.

A blend Hawaiian, Japanese, Mexican and Filipino influences makes our menu simply unique and delicious.

Locally sourced produce, fish and the freshest ingredients means food that is exceptional in taste.

Our passion from the very start is to serve the food we like and we love Poke. Since then, we listened to our thousands of customers and from what we came up with is our masterpiece, our pride and joy.

So come on in and enjoy our fusion of Hawaiian, Japanese, Mexican and Filipino inspired dishes. Don't forget to check out our weekly specials too! xoxox - Poke&More

Choose from limu, oyster sauce, basic spicy, spicy mayo, sweet & spicy, fresh ginger, wasabi, kimchee, creamy cilantro, crunchy garlic and sushi eel sauce.

Poke by the Pound

Choose from limu, oyster sauce, basic spicy, spicy mayo, sweet & spicy, fresh ginger, wasabi, kimchee, creamy cilantro, crunchy garlic and sushi eel sauce.

AT&T 7:22 PM 24%

Lakewood Sheriff's Station is at Lakewood Sheriff's Station.
4 hrs · Lakewood, CA

Lakewood Station will be having a "Drug take-back" event on Thursday January 25, 2018, between the hours of 09:00 am - 12:00 pm. Please contact the front lobby at the station for assistance. This is a safe, convenient, and responsible means of disposing of prescription drugs.



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Family-Friendly Day Trips

Frontierland is a Disneyland Throwback

By: Leah Nass - Mommy Blogger at Swellmommy.com

Frontierland, not originally themed after any Disney movie or characters, is an ode to the love of the Old West characteristic of the time that Disneyland was built.

Originally, Frontierland did not have any rides. In fact, it was just a wide expanse of land until Big Thunder Mountain was built. Recently, it was closed, some of the key areas were co-opted into the new Star Wars land, but when reopened stayed true to its original theme.

It's best to get a meal in before heading onto any rides. Turns out, a funnel cake is a completely acceptable breakfast. It's almost a waffle and conveniently located at the Stage Door Café.

Another acceptable brunch option is the corndog which some claim to rival the Main Street Little Red Wagon corndog.

After filling those bellies, head over to the Mark Twain Riverboat. It's a nice ride around the picturesque Rivers of America. If the steam paddle boat isn't too crowded, consider asking a Cast Member if you and the little can ride up in the wheel house. If blessed with this opportunity, make sure to get that souvenir certificate and take a pull on the horn exhaust.

More interested in an open

air ride? Head over to the the Sailing Ship Columbia, based on a real 18th-century schooner, which features replicas of flags from the American revolution.

The big thrill of Frontierland is Big Thunder Mountain. This beloved attraction is one of the longer lines in the land but worth experienc-



of the Café: Sundaes. Then hop on a raft over to Tom Sawyer's Island. It has been rethemed as Pirate's Lair but still features the same open ended play that the original island was known for. There is very little by way of pirate themes on the island other than some treasure chests and one or two references to the Pirates of the Caribbean, and it closes by sunset or 5 p.m.

After hopping off the island, the shooting gallery next to Silver Spur Supplies is a nostalgic way to start wrapping up the day. This is sadly one of the more neglected parts of the area. Step into Silver Spur Supplies for some trading post action; pin trading that is. Or if your littles happened to really enjoy the shooting gallery, pick up a

now orange and green toy gun at Pioneer Merchantile.

Lastly, round the night out with a Riverbelle Terrace and Fantasmic dinner package. One of only two restaurants that offers special seating for Fantasmic, with a reservation and the cost of \$45 per adult and \$25 per child between 3 and 9, a 3-course dinner and specialty reserved seat viewing is included.

Vistor Information

Frontierland
1313 S Disneyland Dr.
Anaheim, CA 92802
Phone: (714) 781-4636

ing the rugged Gold Rush era. Experts riders may consider staring at the billy goat on the peak during the big turns as it's supposed to make the ride more thrilling.

After working up a bit of an appetite, stop into the Golden Horseshoe Café. Walt and Lillian Disney actually celebrated their 30th anniversary here. It now features a humorous country music and comedy act.

Tuck into some Fish and Chips or Chili Cheese Fries in a bread bowl here but make sure to save room for the star

gotquestions.org

What Is False Doctrine?

Doctrine is “a set of ideas or beliefs that are taught or believed to be true.” Biblical doctrine refers to teachings that align with the revealed Word of God, the Bible.

False doctrine is any idea that adds to, takes away from, contradicts, or nullifies the doctrine given in God’s Word. For example, any teaching about Jesus that denies His virgin birth is a false doctrine, because it contradicts the clear teaching of Scripture (Matthew 1:18).

As early as the first century AD, false doctrine was already infiltrating the church, and many of the letters in the New Testament were written to address those errors (Galatians 1:6-9; Colossians 2:20-23; Titus 1:10-11).

Paul exhorted his protégé Timothy to guard against those who were peddling heresies and confusing the flock: “If anyone advocates a different doctrine and does not agree with sound words, those of our Lord Jesus Christ, and with the doctrine conforming to godliness, he is conceited and understands nothing” (1 Timothy 6:3-4).

As followers of Christ, we have no excuse for remaining ignorant of theology because we have the “whole counsel of God” (Acts 20:27) available to us—the Bible is complete. As we “study to show ourselves

approved unto God” (2 Timothy 2:15), we are less likely to be taken in by smooth talkers and false prophets. When we know God’s Word, “we are no longer to be children, tossed here and there by waves and carried about by every wind of doctrine, by the trickery of men, by craftiness in deceitful scheming” (Ephesians 4:14).

It is important to point out the difference between false doctrine and denominational disagreements. Different congregational groups see secondary issues in Scripture differently. These differences are not always due to false doctrine on anyone’s part.

Church policies, governmental decisions, style of worship, etc., are all open for discussion, since they are not directly addressed in Scripture. Even those issues that are addressed in Scripture are often debated by equally sincere disciples of Christ.

Differences in interpretation or practice do not necessarily qualify as false doctrine, nor should they divide the Body of Christ (1 Corinthians 1:10).

False doctrine is that which opposes some fundamental truth or that which is necessary for salvation.

When we make it our goal to follow the lead of the first church, we will go far in avoiding the pitfalls of false doctrine.

St. Irenaeus Health Ministry Invites You to Start the New Year on a Path of Peace



As Lisa Moriarty, former director of the International Labyrinth Society explains, “Like the prayer beads and shawls, the labyrinth is yet another prayer practice that is available to Christians today, where quiet reflection can draw our heart closer to God, and silent steps along the peaceful paths can deepen the prayer experience.”

Please join us on Monday, Jan. 22 in the St. Irenaeus Parish Hall, at 5201 Evergreen Avenue in Cypress, to experience the serenity and comfort of praying the labyrinth.

It will only take about 20-30 minutes so feel free to drop by anytime between 6:30 and 8 p.m. This is a proven way to encourage health of body, mind and spirit through simple, rhythmic walking in a meditative environment where you can feel His Presence.

Coffee Is A Multi-Billion Dollar Industry Yet Most Coffee Growers Live In Poverty

Wednesday, Jan. 24, 7 p.m.
Ed. Bldg. at St. Irenaeus Church

All are welcome to view a screening of this timely movie about Fair/Ethical Trade in the coffee industry and how our individual choices as consumers can make a difference.

We will also be hosting a Fair Trade table and discussing details of our Feb. 8th Solidarity Walk to honor victims.

For more information, call 714-995-2819.



New Developments in Cerritos

From Page 3

features innovative signature modern Asian cuisine dishes.

It was recently revealed that HomeGoods Inc. will open at the Cerritos Towne Center, in the 24,000-square-foot space that was formerly Golfsmith. HomeGoods offers kitchen essentials, lighting, bedding, bath and other home furnishings at discounted prices.

Continuing its mission to upgrade all of its parks, the city

will use a grant from the CPRS State-wide Healthy Play Initiative to make improvements to Loma Park. The park will receive new climbers, slides and swings designed for children ages 5 to 12. Six key elements of play will be incorporated into the play equipment design, including balancing, spinning, brachiating (arm-swinging), sliding, climbing and swinging.

The Cerritos Sports Complex is currently undergoing field renovation to restore turf and work on other areas of the facility. It is expected to re-open at the end of the month.

The City of Cerritos looks forward to the completion of all of these upcoming developments and more.

I wish all of the members of our community a Happy New Year.



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 Alburdis Ave
Artesia, CA 90701

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

First Christian Reformed Church of Artesia
18411 Alburdis 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 Church
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



Westbound SR-91 Improvement Project

Metro and Caltrans District 7 are proposing to make improvements along westbound SR-91, between Shoemaker Av and the I-605/SR-91 Interchange, and at the I-605 northbound exit to Alondra Bl.

Technical studies for the project are still underway. We invite you to join us for a project update.

Agenda and presentation materials will be the same for both meetings. Please attend the community meeting that is most convenient for you.

Join Us!

Tuesday, January 30, 2018
6 - 8pm

Cerritos High School
Theatre Building
12500 183rd St
Cerritos, CA 90703

Wednesday, January 31, 2018
6 - 8pm

AJ Padelford Park
11870 169th St
Artesia, CA 90701

Free parking is available at all locations.

All Metro meetings are held in ADA accessible facilities and are accessible by transit. ADA accommodations and translations are available by calling 213.922.3012 at least 72 hours in advance.

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Cristina Garcia Calls on Congress to Preserve DACA

Assemblywoman Cristina Garcia (D-Bell Gardens) recently issued the following statement calling on Congress to pass a clean DACA bill:

“Immigration built this nation. Our Dreamers represent the best and the brightest future for a United States

rooted in hope, faith and perseverance.”

“These kids are no less American than you and I. It is time for a clean Dream Act; time for Congress to come together to preserve the absolute essence of the American dream.”

Women’s Caucus Releases Statement On Governor’s Proposed Budget

Assemblywoman Cristina Garcia (D-Bell Gardens), Chair of the Legislative Women’s Caucus and Senator Connie M. Leyva (D-Chino), Vice Chair of the Legislative Women’s Caucus released the following statement regarding Governor Brown’s proposed budget:

“We are happy to see that Governor Brown gave a modest increase in funding for the only priority of our caucus, as he previously committed: early

childhood education. Nonetheless, we have a long way to go given that we are currently serving less than 15 percent of the kids who need childcare, as well as still \$500 million short of pre-recession funding levels.

“We will continue to advocate for California’s women, children and families, and seek a final budget that demonstrates we value our future leaders and workforce. Children learning keeps parents working.”

HG Council Approves Funds for Clarkdale Skate Park

By Jerry Bernstein

At its Jan. 9 meeting, the Hawaiian Gardens City Council approved a low bid of \$479,000 from Line Tech of Los Alamitos for the refurbishing of Clarkdale Skate Park and playground resurfacing improvements. Playground improvements at Lee Ware Park and Pioneer Park were included in the bid.

Community Development Director Joe Colombo said the scope of work should take 3-4 months to complete and includes the removal and replacing the existing metal skate ramps, plus the installation of porous rubberized playground surfacing at the three parks along with landscaping and irrigation renovations. He said the project’s budget for the fiscal year 2017-18 was \$753,848.

Mayor Reynaldo Rodriguez ask if the showers at Clarkdale Park were included in the renovations. Colombo said they would be under a separate bid. The Mayor responded that he would like to see the showers working in time for the summer so the kids could cool off.

Councilman Hank Trimble asked how long the work would take to complete. Co-

lombo said three to four months.

In other business, the council approved the completion of the installation of 20 catch basis inserts at various locations in the city. The project was undertaken in order for the city to comply with the State Water Resources Control Board regulations by which cities are required to install CPs devices in 10 percent of city owned catch basins every year for a period of 10 years.

On Aug. 27, 2017, the council approved an agreement with G2 construction of Santa Ana for the installation of 20 original catch basis inserts in the amount of \$15,400,000 along with \$3,000 in construction contingencies .

The council also approved a second amendment between the city and Commercial Waste Services for disposal services for the Community Development Block Grant Neighborhood Clean Up Program.

City Manager Ernie Hernandez said CDBG funds were available for the 2017-18 program year for the cost of Neighborhood Clean-up Program. He said the available funds will cover one or two cleanups depending on the size of the activity.

Mobile Stroke Unit

From Page 1

the same Mobile Stroke Unit in Santa Monica. The Mobile Stroke Unit will operate for two weeks in Santa Monica and two weeks in the new region on an ongoing basis for the duration of the 30 month pilot program.

Dr. May Nour, who heads the Mobile Stroke Unit program at UCLA Health, is optimistic. “To be able to take care of stroke patients in the very first minutes after onset, when there is the most brain to save, is our ultimate goal,” she said. “Recovery and quality of life for stroke survivors is of utmost importance. By providing treatment in the most efficient timing, we offer patients the greatest possibility of improved clinical recovery.”

Region of Operation

The region where the Mobile Stroke Unit will operate has one of the county’s highest levels of stroke-related incidents. In the past year, Los Angeles County Fire has responded to 818 stroke-related calls in the nine cities where the unit will operate, with 221 of those calls coming from Cerritos alone.

While the Mobile Stroke Unit operates in the region, it will be parked nightly at Long Beach Medical Center, one of the Comprehensive Stroke Centers in LA County, where it will be able to restock on life-saving medicine and supplies.

“We’re proud to partner with Supervisor Janice Hahn and UCLA to bring this life-saving initiative to the communities we serve,” says John Bishop, CEO, Long Beach Medical Center. “As one of LA County’s Joint Commission Certified Comprehensive Stroke Centers, we treat hundreds of the most complex stroke cases each year.

By combining the Mobile Stroke Unit’s rapid delivery of brain-saving medications with our expert care, we can achieve outstanding outcomes for those affected by stroke in our community, together.”

While speculating about the potential success of this pilot program, many speakers at today’s launch expressed hope that the program could be expanded. “Today marks an exciting first step and I am hopeful that this is just the beginning,” said Supervisor Hahn. “I hope there comes a day when anyone can be treated by a Mobile Stroke Unit—no matter where they live in LA County.”



Attention Norwalk: Bloomfield Ave. is Open for Business!

In 1954, the construction of the I-5 transformed bustling Bloomfield Avenue into a dead-end street. The freeway split a neighborhood into two and slowed down local traffic for residents of Norwalk, Cerritos, and Whittier.

Those days are over. This

week we cut the ribbon on a 5-year-long I-5 project that not only added two new lanes to the freeway but also opened up a new underpass, finally connecting North and South Bloomfield Ave.

Check it out next time you’re in the neighborhood!



While the sale of cannabis is now legal in California, laws regulating the licensing of cannabis shops vary from community to community. In the coming weeks, my colleagues and I on the Board of Supervisors will be considering new regulations for the sale of recreational cannabis in Unincorporated LA County.

To ensure that residents have an opportunity to learn

more about potential new regulations and voice any questions or concerns they may have, I am working in partnership with the LA County Office of Cannabis Management to organize a series of information sessions open to the public. All are welcome.

Visit the Office of Cannabis Management’s website to read the draft regulation and learn more.



Mobile Stroke Unit Now Operating!

- County officials on Monday unveiled a new mobile stroke unit which will respond to emergencies in several southeastern Los Angeles County cities.
- Firefighters have responded to 818 stroke calls in this area in the past year, with 221 of those calls coming from Cerritos alone, officials said.
- The unit is a specialized ambulance equipped with a portable

CT scanner that allows medical professionals to diagnose and treat strokes in the field, officials said in a written statement. The unit is staffed by a specialty care team comprised of a stroke neurologist, critical care transport nurse, CT technician and paramedic.

- The county Board of Supervisors agreed to fund a pilot program for the unit roughly six months ago.



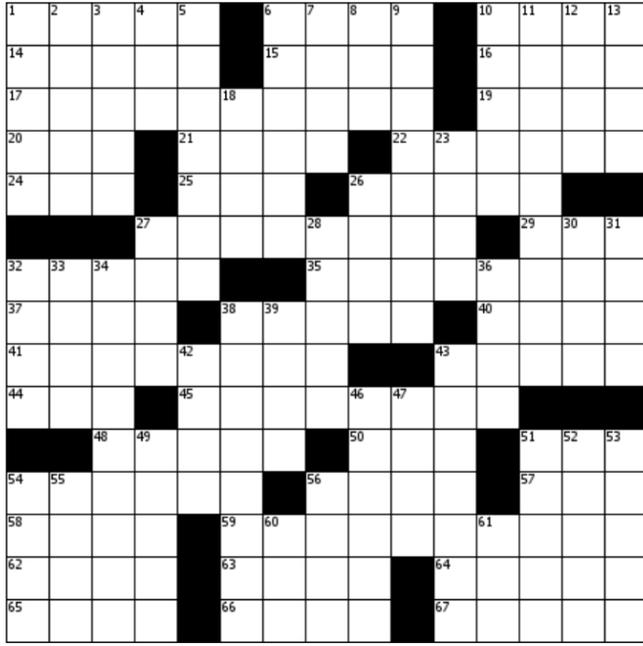
Cerritos Mayor Grace Hu and Councilmembers Naresh Solanki and Jim Edwards present Supervisor Janice Hahn with a proclamation.

CHECK OUT OUR WEBSITE:
www.gatewayguardiannews.com

READ THE PAPER ONLINE!

Across

- 1. Says goodbye without saying it
- 6. Passion Sunday period
- 10. Some PCs
- 14. The Little Mermaid
- 15. New York canal
- 16. "Say, Say, Say" say
- 17. Street-sweeper's bane
- 19. Online auction site
- 20. Gen. Lee's gp.
- 21. Port side if sailing south
- 22. Maintaining equilibrium
- 24. That WNBA player
- 25. UPS delivery
- 26. Con artist's accomplice
- 27. Require a designated driver
- 29. Comic Philips
- 32. Worst case of burning desire?
- 35. It's usually not covered
- 37. QB Flutie
- 38. Certain speed units
- 40. Act the siren
- 41. Variety store
- 43. Cupolas
- 44. Formerly called
- 45. Finishing
- 48. Singer's asset
- 50. Goddess of the morning
- 51. Pick, pick, pick
- 54. "Taps" necessities
- 56. Dramatis personae
- 57. Kin of bravo
- 58. Be all leers
- 59. Dentifrice
- 62. Speak like a tosspot
- 63. Twice halved
- 64. Parting word, somewhere
- 65. No, somewhere
- 66. Time many chose to draw?
- 67. Odin's mythology



Down

- 1. Ascertain
- 2. Questions do it
- 3. "The --- of Wakefield"
- 4. "A mouse!"
- 5. Turn off the alarm
- 6. "What are we waiting for?"
- 7. The "E" in QED
- 8. Tuck's partner
- 9. Drives
- 10. Just right
- 11. Penny purchase, once
- 12. Lunch or brunch
- 13. Eye sore
- 18. Profligate
- 23. Baseball's Martinez
- 26. Religious splinter group
- 27. For takeout
- 28. Ruth's mother-in-law
- 30. What a hog wants
- 31. Keats creations
- 32. Mideast's Gulf of ---
- 33. Site of the 1960 Olympics
- 34. Powerful adhesive
- 36. Big failure
- 38. Jamaica's capital
- 39. Hosiery shade
- 42. Mr. Descartes
- 43. Household tool
- 46. Tidy
- 47. Gee's kin
- 49. Qui vive
- 51. Private reply, maybe
- 52. Some choir members
- 53. They travel in formation
- 54. Petty officer, for short
- 55. Far from fair
- 56. Designer Chanel
- 60. Lennon's widow
- 61. Fuss

Crossword Puzzle #71



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TRIVIA
CHALLENGE

- 1. What type of pasta's name means "little tongues" in Italian?
- 2. What country has the highest consumption of chocolate per capita?
- 3. Which word, taken from the French, translates literally as "rotten pot"?
- 4. What round-bottomed cooking vessel did China introduce to the world?
- 5. What birds were traditionally used to detect dangerous gases in a coal mine?

Answers: 1. Linguini 2. Switzerland 3. Potpourri 4. The Wok 5. Canaries

HOROSCOPE
Aquarius

Jan. 20 - Feb. 18



Strengths: Progressive, original, independent, humanitarian

Weaknesses: Runs from emotional expression, temperamental, uncompromising, aloof

Aquarius Likes: Fun with friends, helping others, fighting for causes, intellectual conversation, a good listener

Aquarius Dislikes: Limitations, broken promises, being lonely, dull or boring situations, people who disagree with them

Aquarius-born are shy and quiet, but on the other hand they can be eccentric and energetic. However, in both cases, they are deep thinkers and highly intellectual people who love helping others. They are able to see without prejudice, on both sides, which makes them people who can easily solve problems. Although they can easily adapt to the energy that surrounds them, Aquarius-born have a deep need to be some time alone and away from everything, in order to restore power.



National Winnie
the Pooh Day
January 18

Crossword Answers



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A New Year - Time to Get Organized



January has been named Get Organized (GO) Month by the National Association of Professional Organizers (NAPO). The mission of GO Month is to focus national attention on how getting organized empowers people to regain control over their time, possessions, inboxes, and surroundings.

I can't think of a better time of year to start fresh with organized spaces! Here are some tips from *logisticsbylindsey.com*

Kitchen

Label the insides of cabinets and drawers to make it easy for everyone in the household to put things back where they go.

Bedroom

Designate one spot for "clirty" clothes, the ones you want to wear again before washing. A hook on the closet

door or a section on a shelf work well.

Bathroom

If you like to keep things out in the open, limit yourself to things you use daily or more on the counter. Using a bowl for jewelry, a tray or bag for daily cosmetics, and a basket for hair products means less things sit directly on the counter. This gives a less cluttered look and makes cleaning the counter less daunting.

Living Room

Do one 5-10 minute quick clean up daily to deal with clutter, throw away trash, and straighten anything else up. First thing in the morning or right before bed are times that work best for most people.

Office

Go through your filing cabinet once a year and get rid of any papers not needed anymore. After you've filed taxes

for the year is a great time. Move the hanging files with last year's tax documents into a banker's box and keep it in a storage area.

Kid's Room

Clear bins are great for toy storage so kids don't have to dump everything out to find what they need.

Entryway

What door do you use to come and go from your home the most? Consider that surrounding area your entryway, even if your home has a formal foyer that is somewhere else. Choose or create a surface near your entryway to be the "drop zone" you use to set down your purse, store items going out the door later, keys, etc.

Laundry Room

If your laundry area is not completely isolated, mentally carve out a space around it that is just for laundry items like detergent and delicates bags. Don't mix other things from surrounding areas into the laundry zone, and don't put things on top of the machines. The top of a dryer can be a great place for folding.

Storage Areas

Put items used once a year or less in the least accessible areas of your storage places like the attic, garage, or basement.

Stroke Symptoms & Signs

A stroke occurs when the blood supply to an area of the brain is cut off. The symptoms depend upon the region of the brain that is affected by the loss of blood supply and can include changes in sensation or motor control.

Symptoms of a stroke also depend on how much of the brain tissue is deprived of blood supply. For example, someone who had a mild stroke may experience temporary weakness of an arm or leg, but those with a more severe stroke may be permanently paralyzed on one side of their body or be unable to speak.

If the blood supply is not quickly restored, either on its own or via medical treatment, the effects may be permanent.

A transient ischemic attack, or TIA, is sometimes referred to as a "mini-stroke." With a TIA, the stroke symptoms occur but go away on their own.

Some people fully recover completely from strokes, but over 2/3 of stroke survivors are left with some type of disability.

Recognizing stroke symptoms and signs early - FAST

Acting fast is critical if you suspect that someone may be having a stroke. Immediate treatment of a stroke can minimize long-term effects of the stroke and can even help reduce a person's risk of death from stroke.

FAST is an acronym that can help you quickly recognize

the warning signs and symptoms of stroke. You can even download a FAST app from the webpage of the American Stroke Association to help you remember these signs.

What are FAST stroke symptoms and signs?

F: Face drooping. Ask the person to smile, and see if one side is drooping. One side of the face may also be numb, and the smile may appear uneven.

A: Arm weakness. Ask the person to raise both arms. Is there weakness or numbness on one side? One arm drifting downward is a sign of one-sided arm weakness.

S: Speech difficulty. People having a stroke may slur their speech or have trouble speaking at all. Speech may be incomprehensible. Ask the person to repeat a simple sentence and look for any speech abnormality.

T: Time to call 9-1-1! If a person shows any of the symptoms above, even if the symptoms went away, call 9-1-1 and get the person to a hospital immediately.

While these are the hallmark symptoms of stroke, a stroke can cause disruption of any function of the nervous system. Symptoms of stroke typically occur on one side of the body and come on suddenly.

With a transient ischemic attack (sometimes called a mini-stroke) the symptoms appear and may go away. In any case, it is essential to get the person to a hospital as soon as possible to enable prompt treatment.



High School Juniors to Compete for Scholarships

Distinguished Young Women of Cerritos-Artesia (DYW) is offering high school juniors the opportunity to participate in a national scholarship program that promotes and rewards academics, leadership and talent in young women.

Cash scholarships are awarded at the local level and millions in college-granted scholarships are available (\$1.5 billion nationally). And local winners will advance to the state program in Bakersfield, Calif. where they give away more than \$30,000 in cash tuition scholarships.

Young women interested in participating should complete the initial application on-line at the DYW website: www.Cerritos-Artesia@DistinguishedYW.org.

A mandatory parent meeting is scheduled for Jan. 20

from 1 - 2 p.m. at Liberty Park, 19211 Studebaker Rd, Cerritos, CA. A parent or guardian must attend this meeting to hear more about the program and what their daughters will be preparing for in the next few months.

Information regarding registration and forms, deadlines, practice schedules and more will be discussed with the DYW committee members. Participants will be asked to provide information about themselves and past DYW participants will be available to answer questions.

The Distinguished Young Women's competition will be held on April 22 at Cerritos College. Winners will compete in the state program later in the year. The state winner moves on to the national competition.

Last year more than \$10,000 was awarded to participants in nine separate scholarships. The two overall winners were Anna Park of Gahr High School, and Umeesha Dalwis of Cerritos High School.

Distinguished Young Women is a national scholarship program that inspires high school girls to develop their full, individual potential through a fun, engaging experience that culminates in a celebratory showcase of their accomplishments. It is open to high school juniors residing in Cerritos and Artesia.

Participants must be an American citizen and meet certain criteria. For more information, please contact Rhonda Burd @ 562-843-2468 or visit the local DYW website: Cerritos-Artesia@DistinguishedYW.org.

Stroke Facts

Although stroke is the 5th leading cause of death in America and a leading cause of adult disability, many myths surround this disease. Test how much you know about stroke today

MYTH: Stroke cannot be prevented.

FACT: Up to 80 percent of strokes are preventable.

MYTH: There is no treatment for stroke.

FACT: At any sign of stroke call 9-1-1- immediately. Treatment may be available.

MYTH: Stroke only affects the elderly.

FACT: Stroke can happen to anyone at any time.

MYTH: Stroke happens in the heart.

FACT: Stroke is a "brain attack."

MYTH: Stroke recovery only happens for the first few months after a stroke.

FACT: Stroke recovery is a lifelong process.

MYTH: Strokes are rare.

FACT: There are nearly 7 million stroke survivors in the U.S. Stroke is the 5th leading cause of death in the U.S.

MYTH: Strokes are not hereditary.

FACT: Family history of stroke increases your chance for stroke.

MYTH: If stroke symptoms go away, you don't have to see a doctor.

FACT: Temporary stroke symptoms are called transient ischemic attacks (TIA). They are warning signs prior to actual stroke and need to be taken seriously.

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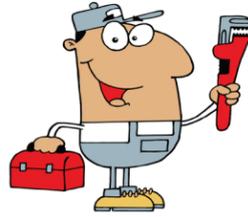


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CITY OF CERRITOS - RECREATION SERVICES DIVISION

FESTIVAL OF FRIENDSHIP

CONNECTING CULTURES THROUGH DANCE AND MUSIC

The City of Cerritos and the Let Freedom Ring Committee, in conjunction with the Los Cerritos Center, invites participants to attend the annual Festival of Friendship. The festival provides the community with a unique opportunity to learn about the City's rich diversity through a variety of cultural acts performed on stages throughout the mall. Performances will include an assortment of cultural songs and dances. Visit each stage to obtain a special commemorative gift.

For more information, please call the Recreation Services Division at (562) 916-1254.

SATURDAY, FEBRUARY 3, 2018
NOON-4 PM
LOS CERRITOS CENTER

FOREVER 21 STAGE		NORDSTROM STAGE	
NOON	DA' HAWAII SENIORS CLUB	NOON	PUNIWAI HULA HALAU
12:30 PM	FILIPINO CULTURAL SCHOOL	12:30 PM	CERRITOS FOLK DANCERS
12:55 PM	CERRITOS CHINESE-AMERICAN SENIOR CITIZENS ASSOCIATION	1:00 PM	FILIPINO SENIORS OF CERRITOS
1:25 PM	SUSANA ELENA: ECOS DE ESPAÑA	1:25 PM	JC CULTURE FOUNDATION
1:55 PM	HI-TOPS DANCE GROUP	1:50 PM	ADAPTIVE RECREATION
2:25 PM	MORNING STAR GROUP	2:05 PM	CERRITOS CHINESE SCHOOL
2:55 PM	SHANKARA DANCE ACADEMY	2:35 PM	NA IPO HULA
3:20 PM	PASO DE ORO DANCE COMPANY	3:05 PM	KOKORO KARA TAIKO DRUMS
3:50 PM	ORIENTAL MOO-DO SCHOOL	3:30 PM	INTERNATIONAL PEACE CHOIR
		3:50 PM	ROYAL SCOTTISH COUNTRY DANCE