

Income Tax Season Is Upon Us Again

From Page 5

first home, childcare, adopting a child, caring for elderly parents, energy-efficiency projects like solar panels, mortgage interests, investment expenses, business or job-related equipment, office expenses, etc. Please note that you may choose to itemize your deductions if the amount is greater than the standard deductions. You need all documents though for your deductions, just in case you are audited.

What are expedient ways to prepare and file our income taxes? Do you want to do it on your own or hire a professional tax practitioner? Do you want to use a software or prepare a hard copy? What are the better ways to organize your tax documents?

Before hiring a pro, you have to organize your documents and provide a myriad of information. The advantage of hiring professional tax preparers is they use a software, and it reduces the amount of time

doing your taxes. Hiring a pro is helpful especially if you have complex and complicated financial situations. They are trained, and to stay up to date on the latest tax codes and regulations, tax preparers are required a Preparer Tax Identification Number (PTIN) from the IRS.

You will need your W-2, 1099 forms, business income, rental income, social security income if you are retired, etc.

If your financial situation is fairly simple and straightforward, you can do it yourself if you are confident enough. You can also go to the old-style route and file a paper tax return.

E-filing via tax softwares automatically calculate the math right away, and you will know your tax refunds or taxes owed. It will also flag potential errors. I know whereof I speak; I'm also a tax preparer. Call me at 562-508-8099 or e-mail at denino1951@gmail.com

Dr. Moskowitz

From Page 1

part of the street is in the city of Lakewood. Estimated cost is \$11,500.

In his report to the council, Colombo said Dr. Moskowitz was a major supporter of the City of Hawaiian Gardens for close to 50 years beginning in 1958 when he created the Dr. Irving Moskowitz Foundation.

Based in Hawaiian Gardens. The Foundation largely focuses on helping the community, including the Hawaiian Gardens Food Bank, Cinco De Mayo Carnival, and Hawaiian Gardens Public Safety and Police Foundation.

In other business plans for the city's 54th Birthday Celebration, scheduled for Saturday, April 14 at Furgeson Elementary School, were approved. It will consist of a three-day carnival including live entertainment, food, games and carnival rides beginning April 13 through April 15. Revenue from ticket sales is estimated at \$13,500.

The council also approved an agreement with Pageantry Production to coordinate the

2018 city Anniversary Parade. Steven Gomez, Director of Recreation and Community Services, said the parade cost of \$11,500 and was budgeted in the current fiscal year budget.

Councilmember Mariana Rios expressed concern about the lack of parking at Furgeson Elementary and suggested Fedde Middle School might be a more convenient site to hold future carnivals. However, Mayor Rodriguez said Furgeson was centrally located in the city and there was sufficient parking there. However, he said he would let the city's residents decide for next year.

In other business, the council extended contract services to HDR Construction to provide services for the city's Community Development Department Residential Beautification Program for one year. Responding to questions concerning rehabilitation of mobile homes in the city, Mayor Rodriguez said the city has a mobile home program in place to help rehabilitate them.

Anna Titus Celebrates Birthday



On Jan. 21, the pastor and members of Bible Believers Missionary Baptist Church helped Anna Titus celebrate her birthday during their morning worship service. She was excited that so many friends, family members and her church family came together to show their love for her. She proudly shared that this was her 77th birthday, and she doesn't feel a day over 30. Pictured are her youngest daughter, Shelbi Walker, son-in-law Byron Walker and grandchildren Bethany, Olivia and Kesha Walker. Also shown are Pastor Lester and Rev. Trinette Barre, Peggy McCarty, Anita Jones, Mary Thomas from Atlanta, Georgia, Joy Rodgers, and Jane Williams.

Family-Friendly Day Trips

Lunar New Year Celebration at Disney's California Adventure

By Leah Nass – Mommy Blogger at Swellmommy.com

Southern California has no shortage of ways to celebrate the Lunar New Year. Between the Huntington Gardens Chinese New Year Celebration and the OC Fairground Tet Festival, this holiday is finally getting the coverage so many Asian communities in the southland are looking for to preserve a sense of culture for their American-raised children.

Not surprisingly, one of the best shows of the multicultural aspect of the Lunar New Year is found at the Disneyland resort. Chinese, Vietnamese and Korean communities are represented by food, performances and education. Cerritos even plays a special role in this celebration as the Cerritos Chinese School has teachers participating in different areas of the celebration in the park.

Start the day by heading over to the Vietnamese food options for a Banh Chung (rice tamale), Café Sua Da (iced coffee with condensed milk) and a Banh Khoai Lang Tim (taro macaron). Classic Vietnamese flavors in appetizing forms perfect for breakfast for even the pickiest of palates.

Then head over to the Wishing Wall where Disney provides the tags, and guests provide their wishes for the New Year. Traditionally, Chinese families write their wishes and resolutions and attach them to trees in the Temples. In more recent times in the Beijing Mall, a beautiful Wishing Wall was created and this nod to that traditional is delightfully authentic.

What sets the Disney event apart from the multitude of



other celebrations in Southern California is the big name acts that perform. Dat Nguyen of Vietnam, Luna Lee of Korea, and the GuGu Drum Group from Shanghai all have regularly scheduled performances during the celebration.

By the afternoon, it's probably a good time to head over to lunch on the Chinese food options. Xiao Long Bao, the magical soup dumplings that somehow manage to deliver a mouthful of broth and dumpling in one bite, are available. These are hard to get perfectly even by the best Chinese restaurants but worth trying to see the Disney interpretation. Dan Ta, also known as an egg tart originally adopted from Portuguese cuisine is also available. Tsingtao is the featured beer for the Chinese food booth.

Cerritos Chinese School, along with others, help run the arts and culture section of the celebration. Guests are able to give their names to Chinese calligraphers who will beautifully write out each name in a very special complimentary souvenir. There are also crafts for kids, like lantern making, and face painting.

No Disney celebration is complete without a parade and Disney characters. Appropri-

ately, Mulan and Mushu have a New Year's Procession featuring music from Mulan and a sea of performers to evoke the crowds and celebration in the streets of so many Asian cities during this holiday. Mickey and Minnie also walk around in red Asian themed costumes.

Lunar New Year merchandise kiosks feature Year of the Dog t-shirts, pins and even red envelopes. Definitely pick up some of those Hong Baos if you have Disney loving little ones you are giving Lai See to this year. Annual Passholders also have a special area where they have special photo opportunities, commemorative pins and exclusive merchandise.

Round out the night with story of a little Chinese lantern. Hurry Home is a small show highlighting the musical score of the opening of the Shanghai resort by renowned composer Tan Dun played shortly before and in conjugation with World of Color. Make sure to get a fast pass to secure a seat as the area gets crowded and the show starts at 9 p.m.

Visitor Information
Disney California Adventure
1313 Disneyland Dr.
Anaheim, CA 92802
Phone: (714) 781-4565

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What Happens After Death?

Within the Christian faith, there is a significant amount of confusion regarding what happens after death. Some hold that after death, everyone “sleeps” until the final judgment, after which everyone will be sent to heaven or hell. Others believe that at the moment of death, people are instantly judged and sent to their eternal destinations.

Still others claim that when people die, their souls/spirits are sent to a “temporary” heaven or hell, to await the final resurrection, the final judgment, and then the finality of their eternal destination. So, what exactly does the Bible say happens after death?

First, for the believer in Jesus Christ, the Bible tells us that after death believers’ souls/spirits are taken to heaven, because their sins are forgiven by having received Christ as Savior (John 3:16, 18, 36). For believers, death is to be “away from the body and at home with the Lord” (2 Corinthians 5:6-8; Philippians 1:23).

However, some passages describe believers being resurrected and given glorified bodies. If believers go to be with Christ immediately after death, what is the purpose of this resurrection?

At the resurrection of believers, the physical body is resurrected, glorified, and then reunited with the soul/spirit. This reunited and glorified body-soul-spirit will be the possession of believers for

eternity in the new heavens and new earth (Revelation 21-22).

Second, for those who do not receive Jesus Christ as Savior, death means everlasting punishment. However, similar to the destiny of believers, unbelievers also seem to be sent immediately to a temporary holding place, to await their final resurrection, judgment, and eternal destiny.

Revelation 20:11-15 describes all the unbelieving dead being resurrected, judged at the great white throne, and then being cast into the lake of fire. Unbelievers, then, are not sent to hell (the lake of fire) immediately after death, but rather are in a temporary realm of judgment and condemnation.

However, even though unbelievers are not instantly sent to the lake of fire, their immediate fate after death is not a pleasant one. The rich man cried out,

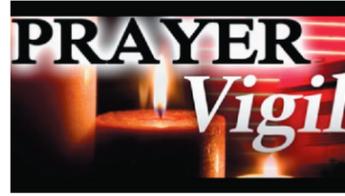
Therefore, after death, a person resides in a “temporary” heaven or hell. After this temporary realm, at the final resurrection, a person’s eternal destiny will not change. The precise “location” of that eternal destiny is what changes. Believers will ultimately be granted entrance into the new heavens and new earth (Revelation 21:1). Unbelievers will ultimately be sent to the lake of fire (Revelation 20:11-15). These are the final, eternal destinations of all people—based entirely on whether or not they had trusted Jesus Christ.

Come to a Prayer Vigil & Solidarity Walk for Victims of Human Trafficking

By Edna Ethington

St Irenaeus Health Ministry’s “Bridge of Light: Human Trafficking to Human Triumph Ministry” is sponsoring a Prayer Vigil and Solidarity Walk to pray for and honor victims of human trafficking on Thursday, Feb. 8, starting at 7 p.m. in the St. Irenaeus Parish Hall at 5201 Evergreen Avenue in Cypress.

February 8 was chosen for the Prayer Vigil and Solidarity Walk because it is the International Day of Prayer and Awareness Against Human Trafficking. It is also the Feast Day of Saint Josephine Bakhita, patron saint of Hu-



man Trafficking victims, a Sudanese-born former slave who became a Canossian Religious Sister in Italy. She was canonized as a saint in 2000 by the Catholic Church.

The Prayer Vigil will start in the Parish Hall and will lead to a Solidarity Walk around the St. Irenaeus School campus with prayers and reflections. During the walk, participants will be enlightened how they as individuals can do their part to help stop human

trafficking.

They will then return to the hall where they will be invited to write to their representatives in Congress to help stop human trafficking by supporting laws such as the Business Supply Chain Transparency on Trafficking and Slavery Act.

The public is invited to come to the Prayer Vigil to pray and participate in the Solidarity Walk support those who are facing the struggles of human trafficking and those who are recovering from their experiences. For more information about the Prayer Vigil and Solidarity Walk, contact Monica Kovach at 310-490-6113.

New Eagle Scout Honored



The Cerritos City Council recognized Micah Bendicion of Boy Scout Troop 72 for achieving the rank of Eagle Scout. Only 6 percent of the organization’s membership holds the distinction, which is the highest award in the Boy Scouts of America. Bendicion organized, planned and painted the backstops at all four baseball diamonds at Artesia Park. The project took 35 volunteers approximately 244 hours to complete.

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Old Fire Station #30
18641 Corby Ave.



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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 Alburto Ave
Artesia, CA 90701

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

First Christian Reformed Church of Artesia
18411 Alburto 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

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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

Cerritos First Assembly Of God

12061 Del Amo Blvd, Cerritos, CA, 90703

New Jerusalem Church

16214 Flat Peak Ln, 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

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World Missions Far Corners

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Sole Gender Specific Tax in California Goes for Round 3

Period Tax Repeal Bill Will Be Reintroduced

A bill to repeal the tax charged on menstrual health products that was introduced and held last year in the Assembly Appropriations Committee, AB 9, recently was held again on suspense by Chairwoman Lorena Gonzalez Fletcher effectively killing last year's measure. Nonetheless, the author will persist and reintroduce a similar measure by the February 16th deadline.

"California is the most progressive state in the nation yet this gender-specific tax – the only gender specific tax – that still exists in our tax code," said Assemblywoman Cristina Garcia (D-Bell Gardens), who is also chair of the Legislative Women's Caucus.

"I'm disappointed in the Chairwoman's decision today but I've been thwarted on this attempt before and it only invigorates me to fight harder. I am hopeful that 2018 is the year California recognizes taxing someone for being born with a uterus is not the way we want to create revenue for the government."

The new bill will be the third attempt by Assemblywoman Garcia to create a gender neutral tax code in California. The bill idea was first introduced in 2016 (then AB 1561) and passed through the

legislature nearly unanimously only to be vetoed by the Governor who cited a resulting loss of funds if the tax is removed. The Governor currently relies on the tax's \$20 million revenue to balance his budget for the state.

Women in California still pay over \$20 million annually in taxes on tampons and sanitary napkins, paying on average \$7 a month, for an average 40 years.

"When I first introduced this bill, it started a national movement to rectify the taxation of menstrual products. California was leading the charge. Today, 14 states plus the District of Columbia exempt menstrual health products from sales taxes. A state that voted for Donald Trump as President has outpaced California in women's equality and that's just sad," added Garcia.

A staunch advocate for period equity, Garcia's bill last year to provide free menstrual health products in low-income schools, AB 10, became law on Jan. 1 this year. That measure has been hailed by advocates for increasing educational opportunities for young women who miss school without access to essential health products.

Nationally, nine states plus the District of Columbia now

exempt menstrual products from taxation by law. Five other states do not levy sales and use taxes at all. Meanwhile, in California the tax remains and now enters into its third year of legislative action by Garcia.

A case is also before the California Superior Court, on the basis that tampons and sanitary napkins are not luxuries, but basic medical necessities. The case states that the current tax violates the 14th Amendment's equal protection clause.

California law exempts health items like walkers, medical identification tags, and prescription medication, including Viagra®. Tampons and sanitary napkins are not exempt.

"Every month, for 40 years of our lives, we are being taxed for having a period. Every month of our adult life we are taxed for our biology. Every month we are told our periods are a luxury, while also being told they are something to be ashamed of and we must hide. The state budget should not be balanced by a tax of a women's uterus; our tax codes should be gender neutral," said Garcia.

Assemblymember Garcia is committed to working with legislators and activists in California, as well as throughout the country. The movement will continue in 2018.



Meet Aida: The first patient saved by LA County's new stroke protocol

Say hello to Aida, an 80-year-old San Pedro resident. Believe it or not, she recently suffered a stroke. When paramedics first began treating her, Aida's face was drooping and she was completely paralyzed on her right side. This week, she is walking, talking, and even signing baseballs- with her right hand!

Thanks to a new county-wide stroke protocol, EMT were able to bypass her local ER

and transport Aida directly to a highly specialized comprehensive stroke center at the Providence Little Company of Mary Medical Center in Torrance.

This week, I had the pleasure of meeting Aida and the honor of thanking members of the Los Angeles Fire Department and staff from the Providence Little Company of Mary Medical Center for their hard work keeping us all safe and healthy!



Preventing underage drinking

This week, the Board of Supervisors voted to approve my motion to enact a Social Host Ordinance in the unincorporated areas of the Palos Verdes Peninsula. From now on, adults who host parties where underage drinking take place, whether they are at home or out of town, will be held accountable and fined.

The cities of the Peninsula are working together to pre-

vent underage drinking and house parties that too often end in tragedy. By enacting a similar ordinance in the Peninsula's County unincorporated areas, we are presenting a united front.

I hope we can provide local parents some peace of mind – and give our law enforcement another tool to combat underage drinking and keep our children safe.

ABC Facilities Committee Presents Master Plan

From Page 2

From the process, the following District-wide themes and trends emerged. They are summarized below as either building, site, or furniture/technology improvements and are listed in no particular order or priority:

Elementary Schools:

Buildings:

- Portable Classroom replacement (selected sites)
- Existing School Office renovations
- Existing Library renovations
- Existing MPR renovations
- Restroom interior finish replacement
- Classroom interior finish replacement
- Energy efficient upgrades to lighting, HVAC, daylighting, and glazing systems

Site Improvements:

- Lunch and Shade Shelters
- Playground Equipment and Surfacing
- Drop-off Lane
- Reconfiguration (selected sites)

Furniture/Technology:

- Classroom furniture replacement
- Wireless access to ABCUSD data network
- Security access control

Middle Schools:

Buildings:

- Portable Classroom replacement (selected sites)
- Existing School Office renovations
- Existing Library renovations
- Existing MPR renovations
- Restroom interior finish replacement
- Classroom interior finish replacement
- Energy efficient upgrades to lighting, HVAC, day lighting, and glazing systems

Site Improvements:

- Lunch and Shade Shelters
- Drop-off Lane
- Reconfiguration (selected sites)

Furniture/Technology:

- Classroom furniture replacement

- Wireless access to ABCUSD data network
- Security access control

High Schools:

Buildings:

- New Science Wings (selected sites)
- Existing Gymnasium renovations
- Portable Classroom replacement (selected sites)
- Existing School Office renovations
- Existing Library renovations
- Existing MPR renovations
- Restroom interior finish replacement
- Classroom interior finish replacement
- Energy efficient upgrades to lighting, HVAC, day lighting and glazing systems

Site Improvements:

- Lunch and Shade Shelters (selected sites)

Furniture/Technology:

- Classroom furniture replacement

- Wireless access to ABCUSD data network
- Security access control

While the Master Plan is an overall plan, each site has a dedicated 'chapter' within the document. Each chapter includes a description of each school site, along with a black and white aerial view of the school.

The plan also summarizes the anticipated improvements at the each school site. It also includes a full color aerial photo of each school with the existing facilities and proposed renovations color coded.

The report prepared by De Camillo also includes a cost projection for each school and pie charts showing the percentage of money going to each school.

The total cost of the Master plan to modernize all schools in the ABC District, including the 19 elementary schools, 5 middle schools, 5 high schools and the ABC Adult School is

estimated at \$258,730,719.

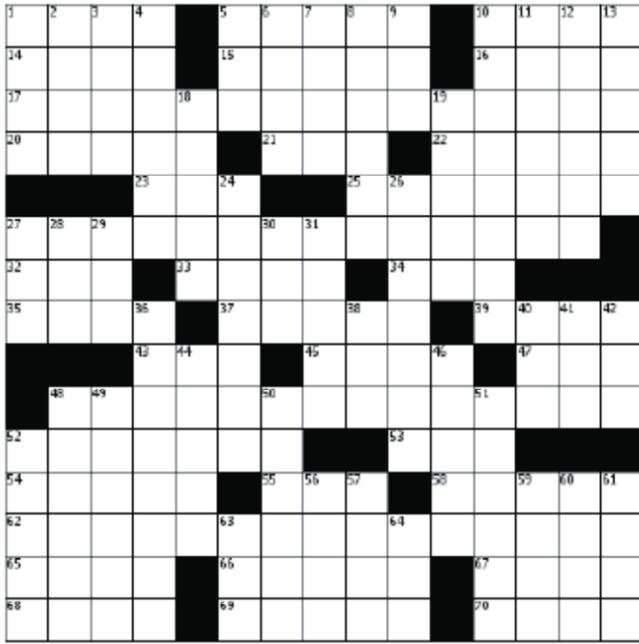
The initial presentation of the Master Plan Report to the Board was considered the First Reading. The next step will be the Second Reading and Adoption, followed by an Analysis of the Funding Sources. The final step will be Implementation.

The Committee recommended that the Board:

1. consider alternate funding sources to accelerate the implementation of the Master Plan.
2. consider applying for State matching finds that may be available.
3. consider a study and report on current and future trends in school enrollment; overcrowded and under-enrolled school within the District and recommend a reorganization plan to maximize the use of space and improve campus operating efficiencies.
4. continue deferred maintenance projects as funds allow.

Across

- 1. Platter spinner
- 5. Stomach complaint
- 10. ___ Vista: Internet search engine
- 14. Mediterranean seaport
- 15. Neveveu ___
- 16. Markers
- 17. Dramatic game enders
- 20. Not suitable
- 21. When doubled, la-di-da
- 22. Weighed down
- 23. Workmanship
- 25. Cooke's gadgets
- 27. Formal meals
- 32. Oklahoma city
- 33. Skyrocket
- 34. Exec's perk
- 35. Paper makes
- 37. Tibet's capital
- 39. Stadium grounds crew's burden
- 43. Historic period
- 45. Knit one, ___ two
- 47. Laura's husband in '60s TV
- 48. Problems in grammar class
- 52. Most likely winner
- 53. Jump-starting org.
- 54. Role first played on Broadway by 13-year-old Andrea McArdle
- 55. Cooperslow's Mel
- 58. Kettle's place
- 62. Comedy club acts
- 65. Golf's Ballesteros
- 66. Percentage taker
- 67. Mayberry lush
- 68. Pastoral poem
- 69. Raker of "The Jeffersons"
- 70. Agnew's plea, briefly



Down

- 1. ___ Spent My Summer Vacation": 1997 film
- 2. Persian Gulf land
- 3. Overtime White House dog
- 4. Rubber stamp companion
- 5. '70s pres. monogram
- 6. Split
- 7. Cinco y tres
- 8. Self-titled 2003 sitcom
- 9. Apollo vehicle, briefly
- 10. Pre-sortie signal
- 11. Frustrated shout from the audience
- 19. "Maria ___": Jimmy Dorsey hit
- 24. Like many local roads
- 26. Microsoft reference
- 27. Weaken
- 28. Oct tail?
- 29. Brown shade
- 30. Slangy refusal
- 31. Hang loosely
- 36. Guard
- 38. Light source
- 40. Bow shape
- 41. Caviar
- 42. "This Old House" ainer
- 44. Like judges
- 46. Smallest
- 48. Like many vacationers' autos
- 49. Victorious WWII force at Midway
- 50. Like city traffic, often
- 51. One with a flag
- 52. Low men
- 56. Natural hist. museum attraction
- 57. Singer Tennille
- 59. Informed of
- 60. Bridal wear
- 61. It's a gas
- 63. Former Mideast alliance: Abbr.
- 64. Sporty truck, briefly



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TRIVIA CHALLENGE

- 1. What is known as Ireland's "Kissing rock"?
- 2. What do "Tom," "Dick," and "Harry" refer to in the film "The Great Escape"?
- 3. Patty Duke won an Oscar in 1963 for portraying what popular author?
- 4. Which is the largest of the Caribbean islands?
- 5. What bird has the largest beak relative to its body size?

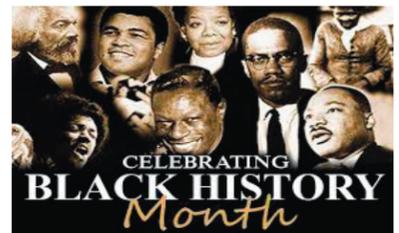
Answers: 1. the Blarney Stone 2. the escape tunnels 3. Hellen Keller 4. Cuba 5. Toucan

HOROSCOPE Aquarius

Jan. 20 - Feb. 18



Symbol: The Water Bearer Element: Air
 Ruling Planet: Uranus — planet of originality
 Good Day: Communicative, original, open-minded, fair, logical, inviting
 Bad Day: Guarded, detached, self-destructive, out-of-touch, irrational, desperate
 Favorite Things: Computer programming, teaching, team sports, anything with a cause or mission, independent films
 What You Hate: Injustice, drama queens, feeling isolated, owing money or favors, having to choose just one thing
 Secret Wish: To experience total freedom
 How to Spot Them: Cute smile, quirky movements, darting eyes, long legs
 Where You'll Find Them: Backpacking through the Swiss Alps, picketing a company with unfair hiring practices
 Keywords: Friendliness, Eccentricity, Teamwork, Humanitarianism, Technology, Futuristic, Groups



Crossword Answers



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GRAND OPENINGS



The Cerritos Regional Chamber of Commerce joined the Norwalk and Santa Fe Springs Chambers of Commerce to celebrate the Grand Re-Opening of the DoubleTree by Hilton Los Angeles - Norwalk, after the recent remodel of the hotel - including guest rooms, restaurant, and banquet facilities.



Wokcano Asian Restaurant & Bar held its Grand Opening & Ribbon Cutting on Jan. 22. Mayor Grace Hu was joined by Planning Commissioner Jennifer Hong and Economic Development Commissioners Carmelita Lampino and Bob Buell to help welcome Wokcano to the community.

10 Signs You May Have a Thyroid Problem

<http://www.activebeat.co/>

While approximately 59-million people in the US suffer from thyroid issues—the great majority aren't even aware they have a problem. However, when the thyroid is dysfunctional, it can cause an array of health issues. That's why it's vital to determine if you have any of the following common symptoms:

1. Fatigue

Feeling exhausted when you wake up, feeling as if 8 or 10 hours of sleep a night is insufficient or being unable to function all day without a nap can all be signs of thyroid problems. Fatigue symptoms are usually mild at first before increasing in intensity.

2. Weight Changes

If you've tried every low-fat, low-carb, low-calorie diet with little weight loss success, you might have hypothyroidism. An underactive thyroid gland is like miring your metabolism in quicksand, slowing it down. With an overactive thyroid, or hyperthyroidism, patients usually cannot gain weight no matter how much they eat.

3. Muscle & Joint Pain

Unexplained aches and pains in the muscles and joints (following no period of physical exertion) can be symptomatic of a thyroid condition. These pains can be intense and

unrelenting, interfering with normal activities and inhibiting the patient's ability to perform movements and actions within their normal ranges of motion.

4. Swollen Neck

Swelling in the neck or a visibly enlarged thyroid that leads to neck pain and a gravelly voice can indicate thyroid disease. This condition is known as a "neck goiter," and it typically presents as a localized enlargement at the base of the neck, affecting the skin and surrounding tissues which protect the actual thyroid gland.

Some people experience tremors in their hands, which can become severe. Pain, swelling and stiffness can also occur in muscles and joints.

5. Hair & Skin Changes

The hair and skin often show the first signs of thyroid problems, including symptoms such as dry hair, loss of hair, scaly skin, or excessively dry skin. Normal, regulated hair growth is actually dependent on the proper functioning of the thyroid gland, and problems with thyroid function can cause balding of the head in both men and women, as well as the loss of body hair.

6. Bowel Disturbances

Both hypothyroidism and hyperthyroidism can cause changes in bowel habits, as both conditions interfere with the body's ability to digest

food and generate waste. People suffering from an underactive thyroid can have chronic constipation and some have hemorrhoids. Diarrhea can also take place.

7. Menstrual Abnormalities

Both underactive and overactive thyroids can disrupt women's menstrual cycles, and like other condition-dependent symptoms, the nature of the changes depend on whether the patient is suffering from hypothyroidism or hyperthyroidism.

8. Depression

Depression or anxiety disorders can indicate thyroid disease, although these symptoms are typically not enough on their own to warrant a diagnosis.

9. Carpal Tunnel

Weakness or tingling in the arms, wrists, hands, and legs is a sign of carpal tunnel syndrome, a common sign of undiagnosed thyroid condition. Many doctors are not aware of the strong links between thyroid problems and carpal tunnel syndrome.

10. Family History

If you have a family history of troublesome glands or "goiter" you may expect thyroid problems down the road. The disease is believed to have a strong genetic component, particularly if you have a close female relative who develops an overactive or underactive thyroid condition.

Online Safety Tips

Beware When Buying & Selling Items Online

By Gregory Knapp,
Lakewood Sheriff's Department

Buying and selling items online has become very popular. With the internet and smart phone apps, you can take pictures and post items for sale in seconds. This convenience that people will come to you to buy your items has caused this type of purchasing to increase considerably.

There are countless sites/apps <https://wellkeptwallet.com/best-apps-to-sell-local/> where you go to buy/sell items for significantly discounted prices. The majority of the people utilizing these apps are good, honest people.

However, meeting a complete stranger and exchanging money for items could pose some inherent risks. So what can you do to increase your safety when meeting people to buy/sell items? Consider some of the suggestions below and click on the links to learn more.

- Meet at a reasonable time of day, preferably during daylight.
- Don't meet alone or with children present. Have someone accompany you.
- Avoid meeting at your home. If you must, due to the size of an item, consider placing the item in the garage or on the porch/entry way.
- If you agree to meet at a neutral location consider a well-lit area with people

around and possibly video surveillance cameras.

A grocery store or your nearest police/sheriff's station parking lots are good options. Don't meet in an area that's unfamiliar or uncomfortable to you. If the other party is not willing to meet you in a place you feel safe, don't meet.

- When purchasing items, inspect them for accuracy and be sure you're getting what you want. It's okay to change your mind and not purchase the item(s). Also, if a deal seems too good to be true, it usually is.

There are a lot of stolen items sold online. Drug users oftentimes sell things at extremely discounted prices just so they can get money for a fast high. Contact your local law enforcement if you think something is stolen.

- Be careful with your money. Don't open your wallet and pull money out in front of the seller. Consider having the exact amount agreed upon in a specific pocket.

- When purchasing online use credit cards or secure payment services instead of debit cards.

- When making online purchases in public, use your mobile phone network instead of WiFi.

Don't forget, Lakewood Sheriff's Station welcomes our community to use our parking lot as a safe place to meet regarding your online transactions!



9th Annual
1st CEB Marines

BOWL-A-THON

Saturday, March 17, 2018

Registration: 12 Noon • Bowling: 1 - 3 p.m.

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\$25 (includes 2 games w/shoes, ball,
goody bag, pizza & drink)

Friends & Families or Sponsor a Marine

Lane Sponsors: Gold - \$100 Silver - \$50 Bronze - \$25

Please make checks payable to: 1st CEB Adoption Committee or 1st CEB AC

Deadline to Register: March 10, 2018

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The 1st Combat Engineer Battalion (CEB) Adoption Committee is an all-volunteer, non-profit 501(c)(3) organization. Contributions are tax deductible to the full extent of the law. All funds are used for the benefit of the 1st CEB Marines and their families. The 1st CEB Battalion from Camp Pendleton was officially adopted by the City of Cerritos on Nov. 11, 2007.

The Federal Government, including the Department of Defense and Marine Corps, does not endorse any company, sponsor, or private organization for its products or department services.



FOR MORE INFORMATION, CONTACT:

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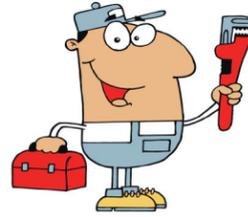
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CITY OF CERRITOS - RECREATION SERVICES DIVISION

FESTIVAL OF FRIENDSHIP

CONNECTING CULTURES THROUGH DANCE AND MUSIC

The City of Cerritos and the Lat 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 | PUNJABI 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 |
| 3:30 PM | ORIENTAL MOO-DO SCHOOL | 3:30 PM | INTERNATIONAL PEACE CHOIR |
| | | 3:50 PM | ROYAL SCOTTISH COUNTRY DANCE |