

### GATEWAY GUARDIAN

Serving the communities of Artesia & Cerritos

NEWSPAPER, INC.

**November 8, 2018** 

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Vol. 5 No. 29

### **2018 State of the College Luncheon**



The State of Cerritos College is strong. That's the message Cerritos College President Dr. Jose Fierro delivered at the State of the College Luncheon on October 29th. This event, cohosted by the Cerritos Regional and Artesia Chambers of Commerce, was a great way to learn about the amazing work going on at our local institute of higher education.

Dr. Fierro provided insight and reviewed many of the College's programs, including the Cerritos Complete program and the ongoing construction and modernization happening all across the campus. The College recently completed work on a new Child Development Center, CIS/Mathematics Building, and the Fine Arts Complex. Their work isn't quite done, as they are in the process of building a new 400-seat Performing Arts Center

along with a new Health and Wellness Center.

The College has a direct impact on the local economy. Dr. Fierro shared statistics that show for every dollar invested in the College, the community benefits in a return of nearly seven dollars in economic impact. College graduates, on average, also earn about \$58,500 by mid-career. Most graduates end up in a fulfilling job, with about 60 percent feeling they do meaningful work that has a positive impact on the world.

Graduation rates continue to be a focus of the College. The rates have been climbing over the past several years, culminating in 3,500 graduates this past year. The student demographics are fascinating, with the majority coming from Latino heritage, and most being the first generation to attend college.

Did you know that the force.

College has been recognized locally and nationally? L.A. Weekly named the Cerritos College Art Gallery one of the 15 best in Southern California. Both the Dental Hygiene and Registered Nursing programs earned Strong Workforce Gold Stars. The Cerritos Complete program was awarded the 2018 Examples of Excelencia Award for accelerating Latino student success. The program was also one of ten community colleges nationwide to be selected as a finalist for the 2018 Bellwether Award, given to recognize cuttingedge programs.

It's clear that Cerritos College is making a positive impact on the local community. From affecting the local economy to the lives of the students who graduate, get a certificate in a technical program, or transfer to a university, the College is developing the future work-

### **Chinese Science-Fiction Author Comes**

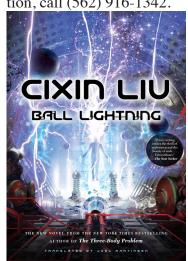
The Cerritos Library welcomes international literary sensation Cixin Liu, who will discuss his latest book, "Ball Lightning," at 4 p.m. in the Skyline Room on Saturday, November 10. Liu will be speaking with the help of a translator. The event is free, but seats are limited.

Representing the new generation of Chinese science-fiction authors, Liu was awarded the China Galaxy Science Fiction Award for eight consecutive years - from 1999 to 2006 - and 2010. His work "The Three-



Body Problem," which won the Hugo Award for "Best-Novel," was called "wildly imaginative" by President Barack Obama.

"Ball Lightning" is the story of what happens when the beauty of scientific inquiry runs up against the drive to harness new discoveries with no consideration of possible consequences. Copies of Liu's books will be available for purchase. The Cerritos Library is located at 18025 Bloomfield Avenue. For more information, call (562) 916-1342.



### **BC Unified School District Recognized** with Top Statewide Educational Honor

The ABC School District has been tices that facilitate positive chosen for two of 51 recipients of the state's leading educational honor, the Golden Bell Award. The Golden Bell Awards, now in their 39th year, are sponsored by the California School Boards Association (CSBA) to recognize outstanding public school programs for innovation,

Unified sustainability and best pracstudent outcomes.

> ABC Unified School District will receive the two awards at a Recognition Reception and Ceremony on Thursday, November 29 at CSBA's Annual Education Conference and Trade Show in San Francisco at ABCUSD Continued on

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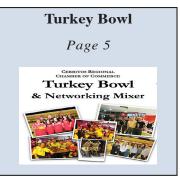




**Halloween Events** 

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#### GATEWAY GUARDIAN Newspaper, Inc.

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Dedicated to providing a local community newspaper that serves the needs of the community and promotes goodwill throughout the Gateway region.

Our mission is to celebrate diversity, encourage critical thinking, and promote success among merchants, residents and local governments. This mission will be accomplished through the partnership of neighborhoods, businesses and professional organizations that are dedicated to integrity.

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The Gateway Guardian is grateful for the following guest writers who have submitted articles and have contributed to the sucess of the newspaper: Brad Beach, Edna Ethington, Dr. Bob Hughlett, Leah Nass and many more.

Ad deadline is the Friday before publication date. Camera-ready copy is accepted or custom ads may be designed by the staff.

Declared a legally adjudicated newspaper of general circulation on June 7, 2016, in the County of Los Angeles by Court Case BS-159353

Aquarium Continued from

the San Francisco Marriott Marquis. The first program selected for the 2018 Golden Bell Awards was Nixon ES Academy's Watch D.O.G.S. (Dads of Great Students) Program in the Program Category of Parental/Community Involvement. The second 2018 Golden Bell Award went to the Yellow Bus Tech Tour Program in the Program Category of Technology.

This will be the 17th and 18th Golden Bell Awards that ABC Unified School District will receive since 2002. "We're absolutely delighted that our District has been selected for these two Golden Bell Awards this year. They are both well deserving of this statewide recognition since it impacts our students, families and staff in significant ways." said ABCUSD Superintendent Dr. Mary Sieu.

A 17 member judging

panel made up of experts from school districts and county offices of education reviewed the written entries and made the initial recommendations for the awards. On-site validators assessed the programs in action. This year's awards are presented to school districts and county offices of education helping students achieve through after-school programs, mentoring, instructional interventions, use of data and other innovations.

"The Golden Bell recipients exemplify the spirit of innovation and excellence for which all of California's public schools strive," said CSBA CEO & Executive Director Vernon M.Billy. "The Golden Bell Awards reflect the depth and breadth of outstanding education offerings in our state, and demonstrate the tenacity, vision and dedication of school leaders across California."

# Property Preservation Commission To Consider Development Of Pine Tree Reforestation Plan November 29

The City of Cerritos Property Preservation Commission will consider the development of a pine tree reforestation plan at a special meeting on Thursday, November 29 at 7 p.m. in

the City Council Chambers (18125 Bloomfield Avenue). The meeting will be broadcast on Cerritos TV3. For more information, call (562) 916-1203.

### GATEWAY GUARDIAN NEWSPAPER, INC.

#### **MAJOR DROP SITES:**

Pick up your copy of the paper at one of the following locations.

ABC School District Office Artesia City Hall Ave 3 Pizza, Subs & Catering Cerritos Chamber Office Cerritos City Hall & Library Cerritos Sheriff's Station

Cerritos Liberty Park
Cerritos Park East/Swim Center
Cerritos Senior Center
Prescott Hardware
The Grove
Trinity Reprographics

And many more!



### Read The Paper Online! CHECK OUT OUR WEBSITE

www.gatewayguardiannews.com

### IF YOU SEE SOMETHING, SAY SOMETHING.

### LONG TIME CERRITOS RESIDENT SHARYN PATTERSON EARNS HER WINGS



On September 20<sup>th</sup>, long time Cerritos resident Sharyn Patterson passed away after a lengthy illness. Following retirement, she and her family relocated to Surprise, Arizona and lived there until her death. While residing in Cerritos, she was an active member of Bible Believers Missionary Church and served with enthusiasm on the Women's Auxiliary, a Sunday School Teacher and was a gracious volunteer.

Sharyn was a very active member of the several boards and committees; i.e. Cerritos Saturday Academy, College Bound, teen mom for various Cerritos Leisure sports teams, founder of Word Production, Trainer for Norrell Staffing Services, and Johnnie L. Cochran Law Offices, Coordinator of Executive

Development Programs at Rockwell International, California State University office of the Chancellor Operations Analyst, Design consultant, just to name a few.

In addition, Sharyn was a self-published author and creator of several books. She wrote under the pen name "Molly Decoursey." In 1998, she wrote a collection of poetry entitled, "Take It To Heart" and books, "Songs Our Mother Sang", and "Blessed To Be A Blessing", collaborative journals which were published annually beginning in 2005. She was an inspirational public and keynote speaker, and a keen and witty business consultant. Her first love was being the creator of an Annual Prayer Breakfast with emphasis focused on teaching others about the goodness of the Lord.

Her quality of life far supersedes the time she was provided on loan by God on this precious earth. She was a woman of excellence, a praying woman and a virtuous woman. (A Virtuous Woman is a woman of worth and beauty. She has the inner beauty that only comes from Christ. She uses her creativity and sense of style to create beauty in her life and the lives of her loved ones. Proverbs 31:10)

Sharyn leaves to mourn her passing, her loving husband Arnett, 4 children, 14 grandchildren, and one great grandson, as well and many other compassionate family members and friends. She will be forever remembered in the hearts of those whom she loved.

### Happy Halloween!!



By Melinda Kimsey

Greetings Friends and Neighbors,

Well, fall is in full swing, except when it is not. We seem to be having a longer summer than we expected, but we are Californians, and we love it here, and we like the weather. I want to point out that it is 40 degrees and raining in Elgin, Illinois, and snow is expected on Tuesday. By Friday, it will be a sunny 35 degrees.

That being said, Halloween is in the rearview

mirror and so are the November elections. I cannot remember a more contentious and acrimonious election environment. There was so much disrespecting of other people's point of view. Some people should seriously think about putting themselves in time out! As for me, and based on lots of posts on social media, people are ready for the elections to be over and move on. Congratulations on the good news at Cerritos College!

Also, lots of great events at the Aquarium of the Pacific. As you may know, I have been a member for many years, and I have many good memories with my grandkids there. Recently, they held their gala and, although I had to miss it this year, I am definitely

going next year. I heard that it was the party of the year! Good news from the city of Cerritos with great events at the Center for the Performing Arts, a very interesting guest at the library, and the upcoming event honoring our veterans. I hope everyone enjoys the article on the benefits of grandparents and grandchildren that is in this edition. It just confirms what we have experienced as grandparents, but it nice to see it in print.

I want to thank Brad for his awesome column on what is happening in Cerritos and some of the current events going on in this great city. Also, of course, a big thank you to Dennis for another fabulous restaurant article. I am thinking, what would happen if Brad and Dennis got together for a team column? I think it

would be very informative and tasty at the same time! These are two nice guys and good writers! Thank you both for your commitment to the community and the Gateway!

Well, somehow I am already feeling the pressure of what I am getting everyone for Christmas. When I was out and about at a few stores, there was hardly anything for Thanksgiving, but lots of Christmas things. The stores are full of toys!!! Not that I mind becauseit is the happiest time of year, but I feel seriously behind in getting everything ready for the man in the red suit. As of this printing, there are only 6 Saturdays left until Christmas day, but no pressure.

> As always, Happy Trails



### WANTED \$10 OR BEST OFFER

If you see this notorious feline in your neighborhood call 1 800 BAD KITTY



**UNIFIED SCHOOL DISTRICT** 

District Office: 16700 Norwalk Blvd. Cerritos, CA 90703

### Next School Board Meeting:

Nov. 7 7 p.m.

w w w . a b c u s d . k 1 2 . ca.us/pages/ABC\_Unified\_School\_District





## What's Happening in Cerritos



By Brad Beach

Is anyone else glad that the election is over? I know I am! Social media on all the Cerritos sites has been non-stop for weeks and I'm happy that we can move on to more positive things in the community that can bring us together. Halloween is also over, but I wanted to thank residents for walking in our own neighborhoods. I saw more kids on our streets than anytime over the past 15 years and it was awesome. Let's come out even more next year and please remember to get enough candy as many people ran out.

If you missed the neighborhood watch town hall

event you can google "Cerritos TV3" and then open the crime prevention link. It is just under 2 hours, but well worth your time and I promise you will learn some new safety tips. Please continue to lock your cars, be on the lookout for suspicious activity, call the sheriff when appropriate and get to know your neighbors. Neighborhood watch and Whatsapp are great things that have happened to our community as a result of the past crime increase and you should take advantage of them.

The Nixon Watch DOGS received the State Golden Bell Award at the last ABC Board meeting. Watch DOGS is Dads of Great Students and is a program at elementary schools that involve Dads and increase school safety. Bragg Elementary just started their own Watch DOGS program and I highly suggest that all the other elementary schools try to get one going.

The demographer report

for the district should be back soon and I can't wait to hear the recommendations. Later this month the ad hoc school of choice committee that was created by the Board will have their first meeting on November 29th at the district headquarters at 6:30 pm. I have heard many complaints from the community over the past several years and am honored to serve. Please email any concerns or comments at bradley.beach75@yahoo. com and I will bring them up.

State Bank of India California is open in the Cerritos Town Center. And Toys R Us, Osh Hardware and soon Sears will all be gone. Who's next? I have to admit I shop on Amazon a lot and wonder if more on-line sales by all companies will drastically change the landscape of brick and mortar stores. Time will tell, but I feel more closures are coming. Cerritos High School's baseball team is doing a Christmas tree

fundraiser and you can contact Chuong Vo who posted the flyer on the Cerritos One Press Facebook page.

beginning for youth basket-

November 10th is the

ball signups from 10-4 at the Sports Complex. November 11th is the Veteran's Day ceremony at City Hall at 2 pm and I wanted to thank my wife, Dad, Jim Edwards and all the other Cerritos Veteran's out there. Thank you for your service. November 19th is the City's Tree Lighting ceremony from 5-7. November 17th-26th you will not need an overnight parking permit due to the Thanksgiving holiday. Finally, Lakewood Little League is asking for new signs and will have a fundraiser at Super Mex near the Lakewood mall from 6-9 pm. You can get information about the league from Robin Sumner at (562) 229-0500 or email her at rsumner17@aol.com.

Be safe, Cerritos!



- Letters must be no more than 200 words, typed and double spaced or sent electronically.
- Letters must be signed by the author and must include the author's address and phone number.

**Email your letter to:** mkimsey007@verizon.net

### Aquarium of the Pacific and 21 Other Top Aquariums Up the Ante in National Push to Cut Plastic Pollution



Twenty-two top aquariums across the United States-including the Aquarium of the Pacific in Long Beach, California-have already eliminated 5 million straws in their coordinated campaign to reduce sources of plastic pollution. Now they're upping their game by encouraging individuals, businesses and cities around the country to cut back on single-use plastic—starting with plastic straws—by Earth Day 2019.

Banding together in a joint #FirstStep to plastic-free waters, the aquariums seek commitments from 500 more businesses, pledges

from individuals, and policy action by municipalities, all to reduce a growing source of single-use plastic waste that harms ocean and freshwater wildlife around the world.

The campaign will kick off during #NoStrawNovember, a nationwide movement asking people who don't need them to refuse plastic straws for 30 days.

"Cutting back on plastic straws doesn't solve the problem, but it's an important first step," said Jerry Schubel, president and CEO, Aquarium of the Pacific. "We have to stop plastic trash at its sources and find ways to capture trash before it enters our waterways."

The #FirstStep campaign includes:

Recruiting 500 new businesses to partner with aquariums across the country by committing to offer straws only on request, for a total of 1,000 businesses committed by Earth Day 2019

An online pledge site (pledge.ourhands.org/) where individuals can commit to make the last straw their first step to plastic-free waters

Initiatives by partner aquariums to inspire cities in their regions to pass straws-on-request ordinances and other local measures to reduce single-use plastic

An opportunity for individuals to get tips via text message on ways to cut back on single-use plastic in their daily lives, by texting REDUCE to 49767.

Since the 2017 launch of the Aquarium Conservation Partnership (ACP), 22 partner aquariums in 17 states – located on the coasts and in the heartland – have eliminated more than 5 million straws a year, stopped using plastic shopping bags, and have committed to significantly reduce or eliminate plastic beverage bottles

by 2020. Nearly 500 businesses—including United Airlines, the Chicago White Sox, Dignity Health hospitals and Farmer Brothers Coffee—have made plastic-reduction commitments in collaboration with ACP aquariums.

Municipalities in aquarium communities, and California on a statewide basis, have enacted laws either banning single-use plastic from many foodservice operations or requiring businesses to offer plastic straws only when customers request them. ACP partner aquariums are supporting these efforts in a variety of ways.

"There's new scientific evidence, almost on a weekly basis, about the ways that plastic pollution is harming marine and aquatic wildlife," said Monterey Bay Aquarium Executive Director Julie Packard. "I find it so encouraging that people are responding quickly to the

threat—by changing their habits, and asking businesses and governments to step up and take action."

"The health of our lakes and rivers is important not only to the wildlife that live there – they are a recreation and economic resource for us all," said Bridget Coughlin, president and CEO of Chicago's Shedd Aquarium. "Beyond inspiring the public to take action, it's our duty to empower businesses and community leaders to raise the issue of plastic pollution taking place in both freshwater and marine habitats, lead by example and make long-lasting, impactful change."

"A sea change is underway, and people want to do their part to ensure the future of our ocean planet," said National Aquarium President and Chief Executive Officer John Racanelli. "All 22 of the aquariums that make up the ACP are

Aquarium Continued on Page 7

## Cracker Barrel Is Coming to Town



#### By Dennis Sanchez

You know the Christmas song: "You better watch out. You better not cry. You better not pout I'm telling you why—Santa Claus is coming to town!" For you foodies, remove the word "Santa Claus" and substitute it with "Cracker Barrel."

Anyone who has been to a Cracker Barrel knows what I am talking about! Part of the fun of traveling out of state is stopping at a Cracker Barrel off an interstate highway somewhere. Cracker Barrel Old Country Store is a restaurant and gift store that was founded in 1969 by Dan Evins, a sales representative for the Shell Oil Company.

Cracker Barrel has a down home Southern "aw shucks" theme throughout the restaurant, and just for good measure there is a fire place and crazy wall decor that represents the area in which that particular Cracker Barrel is located. The first Cracker Barrel was founded in Lebanon, Tennessee, but soon Cracker Barrel mushroomed through out the United States in every state, except in California.

Long-tried Southern food fans have continually appealed to get Cracker

Barrel on the West Coast, but for years the Tennessee-founded company has respectfully eschewed. It has been a frustrating wait because there is so much to love about Cracker Barrel.

Each Cracker Barrel features a long front porch lined with wooden rocking chairs that you can sit in waiting for your name to be called. There is old-time candy and decorative artifacts and other items in the old-fashioned general store. But it is the food that matters most and keeps bringing customers back. And now Cracker Barrel has finally come to the Golden State! The first two Cracker Barrels have already opened in Victorville and in Sacramento! A third Cracker Barrel will open in Rialto in April of 2019. Two more are in the planning stages in Camarillo and Santa Maria.

Haven't been yet? Well, get used to the aroma of some pleasant spice and the sound of country music as you walk in the general store before you get to the host. But expect a wait, especially on weekends, and that is the time to make good use of the rocking chairs on the porch. But the wait is worth it! Chicken and Dumplings taste just like you'd imagine Aunt Bee would cook for Andy, Opie, and Barney in the city of Mayberry, North Carolina. The fried chicken is done to perfection and the sides that include turnip greens, fried apples, and the newly created Green Bean Casserole are generous in size and quite tasty. Yes, Cracker Barrel serves biscuits and a gravy. Breakfast

with never ending coffee is served all day, and it is a very popular choice among patrons, even at dinner time.

You can get grits or hash browns, or for that matter both grits and hash browns with a generous portion of bacon or sausage or for that matter both. For those in a hurry, the best time to go is lunch during the week. What makes lunch especially attractive is the price. Lunch specials start at \$5.99. Yes, Cracker Barrel has finally arrived! So, you'd better make a list. Better check it twice. You want the biscuits and gravy or rice? Get ready because Cracker Barrel is coming to town!





#### Lakewood Little League



CHALLENGER BASEBALL is designed for ALL children (5 and up/boys and girls) and young adults with special needs including physical and developmental disabilities.

Our goal is to learn to play baseball and have FUN!!

Games are played on Saturday mornings at Mae Boyar Park in Lakewood (on Del Amo, west of Studebaker)

February thru June

Registration is \$50 if registered by Dec. 9<sup>th</sup> \$65 if registered after Dec. 9<sup>th</sup>

Registration includes team shirt, hat, picture package and trophy!

We have a Senior and Junior league with 100+ players

We also have a BIG picnic/awards ceremony at the end

of the season with games, food and prizes!!

#### Sign-ups will be held

Tuesday, November 27<sup>th</sup> from 6-9pm SuperMex, 5254 Faculty Ave., Lakewood (Lakewood Mall)

#### THIS IS OUR FUNDRAISER NIGHT

and

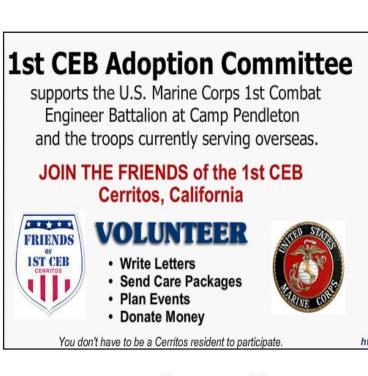
Saturday, Dec. 1<sup>st</sup> & Sunday, Dec. 9<sup>th</sup>
Mae Boyar Park, 6701 Del Amo, Lakewood (by library)
from 10am-1pm

For more information or to get on our email list, please contact:
Robin Sumner @ 562-229-0500 or rsumner17@aol.com
Lori Monninger @ 562-304-8056 or challengersportsIm@yahoo.com
(se habla espanol)

#### www.lakewoodlittleleague.org



## IF YOU SEE SOMETHING, SAY SOMETHING.





CERRITOS REGIONAL
CHAMBER OF COMMERCE

## Turkey Bowl & Networking Mixer



### Bowling Tournament

### THURSDAY NOVEMBER 8, 2018

3:00 pm - 6:00 pm

Get your team together and enjoy an afternoon of fun! Compete against other local businesses while making new contacts. Can't form a team? Come on your own and we'll find one for you! See you there!

#### AMF CERRITOS LANES

18811 Carmenita Rd. - Cerritos, CA

No Bowling Experience Necessary RSVP to chamber@cerritos.org www.cerritos.org | (562) 467-0800

### **Proclaim the Gospel According to Matthew 14:30**

The parable of Jesus in this gospel is rich with meaning for us. In this particular parable of the talents, we who live in the "inbetween" time, waiting for the fullness of the reign, are reminded that we are to live in harmony with the earth. The treasures of the earth, the gifts of the Holy Spirit, and our church are in our safekeeping. The question that is set before us is, "Will we risk failure or even loss to increase the treasure trove of God's abundance?"

The talent or Greek talanton, referred to in the gospel was a huge monetary silver coin that represented a life time of earnings. This parable reminds us of the generous abundance of God. We are all blessed with a treasure of gifts and graces that flow into our daily lives. In a culture that continually preys upon our fears, the myth of scarcity prevails. We do not have enough money, time, or resources. But Jesus continually reminds us, from the feeding of the crowds to this parable of the talents, that God's generosity will not be outdone.

The question of stewardship over such a huge treasure is vital to God's plan. We all possess a multitude of gifts entrusted to us by the graciousness of God. For our part, we must develop and perfect them, generously offering them for the benefit of the community of humankind and the earth. The reward for such generous self-giving is to be given even greater responsibility.

We can never think our task is complete. For instance, look at the simple gesture of compassion toward one dying person that was the only goal of Mother Teresa. She never tried to change the system of poverty; her only mission was to be with one person at a time. Yet, her example of compassion has influenced

### **Developing Strategies to Strengthen Ser**vices to English Language Learners, Foreign Born Individuals and Refugees

geles County Workforce Development Board (SE-LACO WDB) providing employment and training services for the Southeast Los Angeles Region is in the process of modifying

The Southeast Los An- its Local Plan for PY 2017-2021. Representing the Cities of Artesia, Bellflower, Cerritos, Downey, Hawaiian Gardens, Lakewood and Norwalk, SELACO WDB's local plan will be modified to address local efforts to

support target populations in need of employment and training services. Join us for the upcoming forum where we will discuss strategies to strengthen services to English language learners, foreign born individuals and



### **Collaborating with CalFresh Employment and Training Programs**

The Southeast Los Angeles County Workforce Development Board (SE-LACO WDB) providing employment and training services for the Southeast Los Angeles Region is in the process of modifying

its Local Plan for PY 2017-2021. Representing the Cities of Artesia, Bellflower, Cerritos, Downey, Hawaiian Gardens, Lakewood and Norwalk, SELACO WDB's local plan will be modified to address local efforts to

support target populations in need of employment and training services. Join us for the upcoming forum where we will discuss strategies to strengthen services to English language learners, foreign born individuals and refugees.





### RAISING CHILDREN NEAR THEIR GRANDPARENTS HAS SCIENTIFIC BENEFITS

There is something incredibly special about the bond between grandparents and grandchildren. When we, as parents, foster a positive relationship with their grandparents, grandchildren benefit. Some people think that all of that babying the next generation will make them soft and unable to cope, but in reality, it makes them strong. Here are five reasons why a close bond with grandparents is an amazing gift to grandchildren.

- 1. They will have a built-in support system. A study at the University of Oxford found children who are close to their grandparents have fewer emotional and behavioral problems and are better able to cope with traumatic life events, like a divorce or bullying at school. In a very special way, grandparents can provide a sense of security and support that helps kids through adverse childhood experiences.
- 2. Having an intergenerational identity increases a child's resilience. Other research suggests that having an understanding of one's family history and where they fit in that history can make children more resilient and help them feel in control of their lives, even when outside of their family is out of control. Knowing that their grandparents faced and survived their hard times, helps children learn to cope and bounce back from their adversity.
- 3. Close ties to grandparents make kids less discriminatory against older people. According to a study that involved over 1,000 children from ages 7 to 16, children who are close to their grandparents are less likely to show bias

toward older adults. We are all going to get old someday, and we certainly don't want the next generation to discriminate against us when we get there. Luckily, the best antidote to ageism is to foster positive relationships between grandparents and their grandchildren.

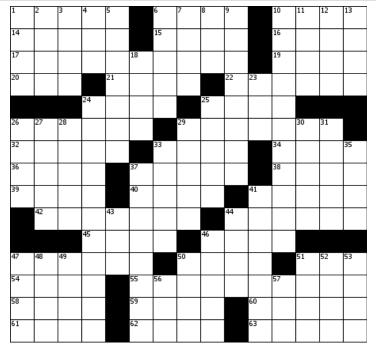
- 4. Staying close with their grandparents protects children from depression as adults. According to a study from Boston College, close emotional relationships between grandparents and adult grandchildren leads to lower rates of depression for both the grandparent and the adult grandchildren. For the grandparents, having a close relationship to adult grandchildren exposes them to new ideas, and the grandchildren benefit from the life experiences and advice that they get from a grandparent.
- 5. Grandchildren help grandparents live longer. Scientific research is very clear that staying close to a child's grandparents is good for everyone, even if you don't live in the same city. It's not about the distance between grandparents and grandchildren it's about the connection. With social media, video chatting, and ZOOM conference time, it is easier for grandparents and grandchildren to stay in touch. Also, sending a letter with a gift card is always a welcome reminder that we are thinking of each other. However, research further suggests that grandparents who watch their grandchildren add an average five years to their lives. Basically, an intergenerational connection is a win-win situation for everyone.

**Cerritos Regional Chamber of Commerce Networking Coffee** Last Friday of every month 8:00 am - 9:00 am Free to members and invited guests. If you are interested in attending as a guest, please call (562) 467-0800 or email chamber@cerritos.org

#### Puzzle #91

#### **Across**

- 1. Engaged in battle
- 6. Tiny tiff
- **10**. Bloke
- 14. Egypt's capital
- 15. La Scala solo
- 16. Was a passenger 17. Spicy condiment
- 19. Leak slowly
- 20. Double curve
- 21. Word before spirit or sport
- 22. Subdued shade
- 24. Demeanor
- 25. Dairy animals
- 26. Hawaii component
- 29. Dresses to the nines
- 32. Forest clearing
- 33. Fortune's partner
- **34**. Turkey : dance
- 36. Amazed expressions
- 37. Stepford women
- 38. Allergic reaction 39. Univ. recruiter
- 40. Came down
- 41. Prove false
- 42. Oceangoing thieves
- 44. Takes care of **45**. Connive with, as a crook
- 46. Chamberlain of the NBA 47. Hot season
- 50. Spill the beans
- **51**. Air gun pellets
- 54. Radio dial **55.** Strep symptom
- 58. Worshiped celeb
- **59**. "\_\_ your chin up!"
- 60. Fictional plantation family name
- 61. Finished
- 62. Annoys
- 63. Petunia's boyfriend



#### Down

- 1. Flu symptom 2. Southwestern art center
- **3**. Clever people
- 4. Lever on a casino "bandit"
- 5. Everyday procedure
- **6**. Beelzebub 7. Bristol baby buggy
- 8. Beach ball filler
- **9**. Future frogs
- 10. Intersecting
- roadway
- 11. Yowl from an owl
- 12. Axe relative 13. Shed a sunburn

- 18. Gardener's buy **23**. Hole-punching tool
- 24. Frantic situation 25. Cleanser brand
- 26. Composer Stravinsky
- 27. "\_\_ John B": Beach Boys hit
- 28. Christine of "Chicago Hope"
- 29. CSA president
- Jefferson . 30. Europe/Asia divider
- 31. Take as a given
- 33. Boneless cut
- 35. Lieutenant Kojak, to friends
- 37. Enjoy the lake, in a way

- 41. Hotel helper
- 43. 1860s nickname
- 44. River residue
- **46**. Cries
- 47. Fishtail on ice
- 48. Remove, as a knot 49. Caster of nocturnal
- beams **50**. Difficult journey
- **51**. Wild hog
- **52**. Sound from a hound
- 53. Hang around
- 56. Above, in poetry
- 57. Pi follower



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- 1. What famous actor was slated to play the alien in the 1987 film "Predator" but was replaced?
- 2. In "Spirited Away", the workers that feed coal to the boiler furnace are made from what?
- 3. What was the name of the high school in the movie "Grease"?
- 4. What is tattooed on Popeye's arm?
- 5. What movie did the villain Norman Bates appear in?

4. An anchor 5. Psycho Answers 1. Jean-Claude Van Damme 2. Soot 3.Rydell High

### HOROSCOPE

Scorpio ,



October 23 - November 21

This is your month of rebirth, healing, regeneration and maximum intensity, dear Scorpio. Whether you express the scorpion, snake or phoenix/eagle energy of Scorpio is up to you to decide. And this November is particularly powerful for you as Mars, your guardian angel planet of desire and action, joins the Sun in Scorpio on the 11th.

Expect things to really heat up after the 11th as you become one with your passion. And when you're focused on your heart's desire, there's no one more focused, determined and relentless than you. Passion is your middle name and Mars in your sign, which only occurs every two years, just doubles the pleasure and doubles the fun.

And for those of us who love you, it's best to just get

### IF YOU SEE SOMETHING, SAY SOMETHING.

### **Crossword Answers** ZOO DAATSUM R O D E TA92 AMTA 16

Aquarium Continued from

Page 4 committed to reducing single-use plastics, and it is now our hope to inspire and serve as a model for other organizations and companies as well as individuals. The reality is that if everyone does their part, we can make a meaningful impact."

ACP's initiative has already expanded globally. Its work sparked the European Commission and United Nations Environment Program - with support from five international

- to announce a commitment by European Union Commissioner for Environment, Maritime Affairs and Fisheries Karmenu Vella at the 5th international "Our Ocean" conference October 29-30 in Bali, Indonesia, to coordinate a global coalition of 200 aquariums by 2019 to raise public awareness about plastic pollution.

partners, including

For more information about the #FirstStep campaign or to take the pledge, please visit pledge. ourhands.org/.

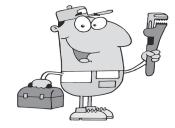
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Philippians 4:13