Preventative Measures To Stay Healthy This Winter

The California Department of Public Health (CDPH) urges Californians to protect themselves and their families against many circulating viruses this holiday season, including the flu, COVID-19, and Respiratory Syncytial Virus (RSV).

"Our winter virus season is here early, especially for our kids. We are seeing stress on our clinics and hospitals that care for kids, especially infants and kids under 12," said State Public Health Officer and CDPH Director Dr. Tomás Aragón. "It's important to remember that kids get infected from other kids and adults, so everyone needs to do their part. As we head into the holiday season with more indoor gatherings and travel, there are five easy steps that can help keep you and your family healthy."

Dr. Aragón's five tips to protect yourself and others from severe illness and hospitalization include:

- **Get Vaccinated, Boosted (& Treated)**
  Flu and COVID-19 vaccines continue to be your best defense to limit severe illness and death – and you can get both at the same time. If you test positive for COVID-19, contact your doctor or a test-to-treat site immediately to seek treatment. Treatments work best when started right after symptoms begin.

- **Stay Home if You're Sick**
  It's crucial to stay home if you are feeling ill. Avoid close contact with others to protect them, and take the time you need to heal. This is especially important for respiratory viruses.

**Home Decorating Contest Winners**

Congratulations to our 2022 Holiday Home Decorating Contest winners! Thank you for the extraordinary effort in making your homes shine during the holiday season. Looking for something fun to do during the holidays? Stop by and check out these amazing decorations on these Bellflower Homes.

- 17941 Balfern Ave
- 17945 Canehill Ave
- 17917 Canehill Ave
- 10415 Stonebank St
- 10343 Park St
- 9932 Arkansas St
- 9926 Arkansas St
- 9526 Arkansas St
- 9446 Cedar St
- 9129 Maple St
- 16522 Diane Ave
- 15728 Blaine Ave
- 9551 Faywood St
- 15304 Virgil Ave
- 9525 Linden St
- 9018 Scott St
- 9350 Rosser St
- 9539 Glandon St
- 9533 Glandon St
- 9642 Cloverwood St
- 14411 Ardis Ave
- 13602 Cornuta Ave
- 13741 Gardenland Ave.
- 16278 Grand Ave.

**City Hall Holiday Closure**

**December 30th thru January 2, 2023**

City Hall will reopen on Tuesday, January 3, 2023

**Trash & Street Sweeping**

Since the holiday falls on a Sunday, the trash collection and street sweeping schedule does not change.

**Santa Ines Is Mayor, Hamada Named Mayor Pro Tem**

Bellflower City Council recently reorganized on December 13, 2022. Sonny R. Santa Ines was selected to serve as Mayor and Raymond Y. Hamada as Mayor Pro Tem. Former Mayor Ray Dunton will be recognized at the annual Outgoing Mayor’s Ceremony in 2023.
Keep Holiday Food Out of the “Danger Zone”

After your holiday feast, be sure to put leftovers in the refrigerator within two hours. Chill your food to prevent the growth of harmful bacteria that can make you and your family sick. Leaving food out too long at room temperature can cause bacteria (such as Staphylococcus aureus, Salmonella Enteritidis, Escherichia coli O157:H7, and Campylobacter) to grow to dangerous levels that can cause illness.

Foods should be reheated thoroughly to an internal temperature of 165 °F or until hot and steaming. In the microwave oven, cover food and rotate so it heats evenly.

Raw meat and poultry should always be cooked to a safe minimum internal temperature (see graphic). When roasting meat and poultry, use an oven temperature no lower than 325 °F. If you aren't going to serve hot food right away, it's important to keep it at 140 °F or above.

For more food safety information visit www.fsis.usda.gov.

Farmers Market Mondays

Bellflower’s Farmers Market operates from 3:00 p.m. to 7:00 p.m. every Monday (except for certain holidays) at the Town Center Plaza. They offer a wide selection of fresh produce, bread, food vendors, and handcrafted specialty items. INFO: (562) 804-1424 ext. 2013 or visit www.farmandcraftmarket.com/bellflower

It’s Easy to Recycle Your Christmas Tree

CR&R Waste Management recently began their annual Christmas tree collection recycling service on Monday, December 26th and continue curbside pickups through Saturday, January 14th.

If your tree is over 10’ tall, CR&R asks each resident to cut it in half and place at the curb on your regular collection day. Small trees may be placed inside your green waste cart [if you have one]. Tree collectors will come by on your scheduled collection day.

Christmas trees are composted, mulched or even converted into fuel. Trees must not contain ornaments or decorations, stands, tinsel, nails, plastic containers, or lights. Flocked trees, (spray painted white) will be collected but not recycled due to chemical content. For more information, call (562) 944-4716 or visit www.crrwasteservices.com

City of Bellflower
16600 Civic Center Dr. Bellflower
(562) 804-1424 ext. 2246

Maintenance Worker I (P/T)
$24.05 - $29.23 Hourly
Applications due: 01/09/2023

This is the entry-level class in the public works maintenance series. Initially under close supervision, incumbents with basic maintenance experience learn City infrastructure and facilities, use of tools and equipment, and public works practices and procedures. As experience is gained, assignments become more varied and are performed with greater independence. Since this class is often used as a training class, employees may have only limited or no directly related work experience.

Equivalent to the completion of the twelfth (12th) grade and one (1) year of construction, maintenance, and repair and equipment operation experience is desirable. Valid driver's license and insurability at regular rates required.

Program Coordinator (P/T)
$25.52 - $31.02 Hourly
Applications due: 01/06/2023

Provide staff support to a program, division, or department; to conduct studies, research and analysis of administrative and management concerns; to implement, coordinate, and assist with special events; and to create and implement new or revised systems and procedures. Examples of programs may include facility operations, recreation, community service, aquatics, cultural arts and theater operations.

Five years of increasingly responsible administrative support experience and equivalent to a high school diploma supplemented by two years of college level course work in recreation, business or public administration or a related field.

More information or to apply, visit www.governmentjobs.com.
Development Training to Grow Your Business
Registration Opens Soon for 37 Oaks Online Workshops and Asociación de Emprendedor@s

The City of Bellflower continues to offer free business training to Bellflower business owners and operators into the new year. Don’t miss out on this special opportunity to participate with 37Oaks, a commerce development company that helps product entrepreneurs scale and diversify through e-commerce, wholesale, storefronts and pop ups. The City has partnered with 37Oaks to offer a 10-course certified program that is designed to help support our local product-based merchants. It is online and you can complete the courses at your own pace. The City has already paid for you to attend.

To qualify for this course, your business must be product-based (i.e. food, beverages, clothing, beauty, books, art, etc.) located in Bellflower. You must have a desire to grow into a brick-and-mortar store in the city and must have a minimum of 6 months of business operations. Apply today at www.37oaks.com/bellflower.

For Spanish speaking Bellflower business owners and residents, the City is working with Asociación Emprendedor@s to host a free 8-week program that will cover how to start, grow and operate a business. This course will be held in-person with sessions every Thursday from April 13, 2023 through June 1, 2023. For more info visit www.bellflower.org.

BRAVO Awards Nominations Open

Nominations for the 2023 BRAVO Awards are still being accepted through January 5, 2023. The BRAVO Awards (Bellflower Recognizes Acts of Valor & Outstanding Service) honor individuals and employees who have demonstrated outstanding public service or acts of heroism related to public safety in Bellflower during the past year. Citizens, residents, Sheriff and Fire Department personnel, medical and security professionals are all eligible to be nominated.

Access the nomination form (link provided below) and nominate someone you feel has done something above and beyond: https://cityofbellflower.wufoo.com/forms/q1b2pnnx14bcmrj/

Award recipients will be honored at a special ceremony on Thursday, April 27, 2023.

Report a Street Light Outage Online

The quickest way to fix your dark street is to report it to So Cal Edison direct at www.sce.com. Be sure to follow the prompts and fill in the location of the light. You may also call 1-800-611-1911.

LA County small & microbusinesses (less than $2 million in revenue) and non-profits (less than $5 million in revenue) impacted by COVID-19 may qualify for financial relief to support their post-pandemic recovery. Grants will be available starting in JAN 2023.


MEASURES PG 1

like the flu, RSV and COVID-19, which can lead to more severe illness.

• Wear a Mask

There is no vaccine for RSV, so wearing a mask can significantly slow the spread and protect babies and young children who do not yet have immunity and are too young to wear a mask themselves. Wearing a mask in indoor public places is a good way to limit the spread of germs.

• Wash Your Hands

Frequent handwashing, with soap and warm water – for at least 20 seconds, is an easy and very effective way to prevent getting sick and spreading germs.

• Cover Your Cough or Sneeze

Remember to cough or sneeze into your elbow, your arm, or a disposable tissue to help prevent the spread of winter viruses. Just make sure to wash your hands or sanitize and dispose of your tissue after.

Be sure to always check with trusted sources for the latest accurate public health information: LA County Department of Public Health at http://publichealth.lacounty.gov or the CA Department of Public Health at https://www.cdph.ca.gov.
Library Events for the New Year

A County Library is continuing the Winter Reading Club which began Dec 15, 2022 and runs through January 15, 2023. The club is exclusively online and participants are challenged to read 400 minutes during the month-long program for prizes and opportunity drawings. Winter Reading Club is open to all ages.

January is Financial Well-being Month and National Hobby Month. To celebrate, the Brakensiek Library will provide a variety of activity kits for all ages including kits on Goal Setting in a Jar, Constellation Luminarias, and Basic Clothes Mending.

Online programming continues with a variety of topics and interests. Please see upcoming events at https://lacountylibrary.org/virtual-programming/
Check out Posh Passport’s new items for sale. Owner Evelyn Carlos, has branched out beyond selling women’s clothing, and has added small home goods, candles and women’s gifts to her retail sales. You can find great items in time to style up the New Year! Earrings are on sale for $5. Visit www.theposhpassport.com.

The 562 Barber Supply owner Abel Marin has provided the community with men’s grooming products and razor repair for over 6 years, and has now expanded his skills to include clipper, scissor and knife sharpening.

Not only can you look sharp, but now you can get sharp! 562 Barber Supply has modified hours and is now open 9:00 a.m. to 5:00 p.m. Sundays-Tuesdays, open mornings on Thursdays-Saturdays and closed on Wednesdays. For info call (562) 261-3816. Visit Kiosks C & D at 16552 Bellflower Blvd. Bellflower 90706 (Downtown Bellflower).

Get Networking at the Morning Mingle

Stop by the Bellflower Chamber of Commerce’s Office the last Tuesday of the month for easy conversation and breakfast goodies. This networking event serves as a great platform to learn about local small businesses and community projects.

Get to know chamber members and enter to win a $50 raffle prize! The next Morning Mingle is set for Tuesday, January 31st from 9:00 a.m.-10:00 a.m. at 16730 Bellflower Boulevard, Suite A Bellflower, CA 90706. For more info or to join the Chamber of Commerce call (562) 867-1744 or visit www.bellflowerchamber.org.

Bellflower is searching for the Greatest Storyteller to participate in a show on Sunday, January 29, 2023 at the Stand Up Club in Bellflower from 4:00 p.m. to 6:00 p.m. Locals can tell a true tale in 6-minutes on any topic. Think of a memorable anecdote and share it with the audience. The audience votes and the top tale of the night wins a cash prize!

To participate, submit 5 lines to marianastoryteller@gmail.com. For more info about the show visit https://www.marianawilliams.net or call (562) 202-9944.

Bellflower Job Fair

Regional

Saturday, January 14, 2023
9:00 a.m. to 1:00 p.m.

Healthcare Information Technology Hospitality Aerospace Trade and Logistics Business and Professional Services and Many More!

Dress for Success Bring Résumés On-the-Spot Job Interviews Résumé Review and Interview Workshop

Contact:
- EDD 484-5033 - businessservices@selace.com
- EDD 484-5033 - businessservices@selace.com
- EDD 484-5033 - businessservices@selace.com
- EDD 484-5033 - businessservices@selace.com
- EDD 484-5033 - businessservices@selace.com
- EDD 484-5033 - businessservices@selace.com
- EDD 484-5033 - businessservices@selace.com
- EDD 484-5033 - businessservices@selace.com
Enroll This Spring 2023

Certificate of Completion

The Noncredit Entrepreneurship classes are tailored to help students build on the basics of starting or expanding a small business. These classes will prepare students in a broad range of knowledge in several business related areas such as goal setting, technology, clear and effective written and oral communication, collaboration skills, and business resources.

For Registration and More Details (Complete the Interest Form)

Scan QR Code

Program Contact (562) 467-5098
AdultEd@cerritos.edu

Cerritos College Continuing Education Division
11110 Alondra Blvd. Norwalk, California 90650

Online/Remote Schedule of Classes

AED 48.05 #28050
College English Skills
MW 5:00PM-6:30PM
Ms. Oviedo A
1/9/23-5/17/23

AED 90.39 #31552
Social Media for Small Business Owners (English)
MW 7:00PM-8:50PM
Mr. Morales L
1/9/23-3/8/23

AED 90.43 #32331
Growing a Small Business (English)
MW 7:00PM-8:50PM
Mr. Morales L
3/20/23-5/17/23
Current City Hours

The current City of Bellflower work schedule for employees and essential City services is listed below. City Hall and the Public Works Yard will be closed alternating Fridays.

- **Bellflower City Hall Hours of Operation**
  Monday - Thursday: 8:00 a.m. - 5:30 p.m.
  Friday: 8:00 a.m. - 4:30 p.m. (*closed alternating Fridays*)

- **Building & Safety Division (located within City Hall)**
  Monday - Thursday: 8:00 a.m. - 5:30 p.m.
  Friday: 8:00 a.m. - 4:30 p.m. (*closed alternating Fridays*)

- **Bellflower Sheriff’s Substation Hours of Operation**
  Monday - Friday: 8:00 a.m. - 7:00 p.m.
  Alternating Fridays: 9:00 a.m. - 3:00 p.m.
  Saturday: 9:00 a.m. - 3:00 p.m.
  Sunday: Closed
  *After hours services provided by Regional Sheriff’s Station in Lakewood (562) 623-3500*

- **Simms, Caruthers and Thompson Park Facilities**
  Parks and Recreation Winter/Spring Hours of Operation

  **January (ALL PARKS)**
  Monday - Thursday: 3:00 p.m. - 8:00 p.m.
  Friday: 3:00 p.m. - 7:00 p.m.
  Sat.: 10:00 a.m. - 4:00 p.m.
  Sun.: 11:00 a.m. - 4:00 p.m.

  **February (ALL PARKS)**
  Monday - Friday: 3:00 p.m. - 9:00 p.m.
  Sat.: 9:00 a.m. - 6:00 p.m.
  Sun.: 10:00 a.m. - 5:00 p.m.

  **March (ALL PARKS)**
  Monday - Friday: 3:00 p.m. - 9:00 p.m.
  Sat.: 9:00 a.m. - 6:00 p.m.
  Sun.: 10:00 a.m. - 5:00 p.m.

  **Special/Holiday Hours (ALL PARKS)**
  January 1: Unsupervised
  January 2: 10:00 a.m. - 4:00 p.m.
  January 3-6: 10:00 a.m. - 8:00 p.m.
  January 9, 10: 10:00 a.m. - 8:00 p.m.
  January 16: 10:00 a.m. - 4:00 p.m.
  February 17: 11:00 a.m. - 9:00 p.m.
  February 20: 10:00 a.m. - 4:00 p.m.

- **Pirate Park**

  **January**
  Monday - Friday: 9:00 a.m. - 4:00 p.m.
  Sat.: 10:00 a.m. - 4:00 p.m.
  Sun.: 11:00 a.m. - 4:00 p.m.

  **February**
  Monday - Friday: 9:00 a.m. - 5:00 p.m.
  Sat.: 9:00 a.m. - 6:00 p.m.
  Sun.: 10:00 a.m. - 5:00 p.m.

  **March**
  Monday - Friday: 9:00 a.m. - 5:00 p.m.
  Sat.: 9:00 a.m. - 6:00 p.m.
  Sun.: 10:00 a.m. - 5:00 p.m.

  **Special/Holiday Hours**
  January 1: Closed
  January 2: 10:00 a.m. - 4:00 p.m.
  January 16: 10:00 a.m. - 4:00 p.m.
  February 20: 10:00 a.m. - 4:00 p.m.

**Key for calendar**

- **C** City Hall closed
- **H** City Hall closed for holiday

For more information call City Hall at (562) 804-1424 or visit www.bellflower.org