

September Library News

REGISTRATION

In order to register, patrons must be in the City's RACER registration database. For more information, please visit the City of Cerritos website at cerritos.us.

CLASSES/RACER ONLINE REGISTRATION TIPS

To check the availability or to register for classes, please visit the Cerritos website at cerritos.us and look for the Classes/RACER link. You will not receive confirmation by mail for classes registered online.

Please print a receipt at the conclusion of your transaction and bring it with you to the first day of the event or class. For additional information, please call the Library Reservation Desk at (562) 916-1388. Computers at the Cerritos Library may be used to access RACER.

ONLINE REGISTRATION

cerritos.us

Cerritos Resident online registration for all programs listed begins **Fri., Sept. 1 at 11 a.m.**

Non-Resident online registration for all programs listed begins **Fri., Sept. 8 at 11 a.m.**

PHONE REGISTRATION

Call (562) 916-1388

Cerritos Resident phone registration for all programs listed begins **Sat., Sept. 2 at 11 a.m.**

Non-Resident phone registration for all programs listed begins **Fri., Sept. 8 at 11 a.m.**

WALK-IN REGISTRATION

Cerritos Resident walk-in registration for all programs listed begins **Fri., Sept. 1 at 11 a.m.**

Non-Resident walk-in registration for all programs listed begins **Fri., Sept. 8 at 11 a.m.**

The following Library programs require advance registration:

For more information call (562) 916-1388, unless otherwise noted. Seating is limited for all programs.

STORYTIMES

Cerritos Library's 30-45 minute storytimes incorporating stories and audience participation will be held in the Little Theater. Only children registered for storytime may be brought to the program. Space is limited to 15 participants.

Thursdays at 11 a.m. for ages 5 and under

- 11164** Thurs., Sept. 14
11165 Thurs., Sept. 21
11166 Thurs., Sept. 28
11167 Thurs., Oct. 5

Second Saturday of the month at 11:15 a.m. for ages 5 and under

- 11168** Sat., Sept. 9

PRESSED FLOWER FRAME WORKSHOP

Participants will learn about pressing flowers and design their own arrangement in a 4" x 6" plexiglass frame. An assortment of natural and dyed flowers and foliage will be provided. Space is limited to 15 participants. This program was supported in whole or in part by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian.

- 11169** Thurs., Sept. 7 6-7 p.m.
Ages 18 & Over Skyline Room

BIONERDS PLANTS: KNOW YOUR GREENS!

Join us in a fun hands-on biology workshop for kids and learn about photosynthesis! Children will observe chloroplasts in action under a microscope and make a leaf layer model. Space is limited to 20 participants. This program was supported in whole or in part by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian.

- 11170** Fri., Sept. 8 3:30-4:30 p.m.
Ages 8-12 Skyline Room B

WRITING CLASS FOR KIDS

Join us as Whitney High School student Tyler Liu helps participants improve their academic writing skills with guided essays, hands-on lessons and activities. Students will learn how to analyze prompts and passages, as well as how to brainstorm and organize their ideas correctly. Space is limited to 10 participants.

- 11171** Fri., Sept. 8-29 5-6 p.m.
Ages 8-12 Hi-Tech Lab

RESEARCH DATABASES FOR KIDS

In this hands-on workshop, students will learn the basics of searching many of the Library's online research databases for kids. Space is limited to 15 participants.

- 11172** Mon., Sept. 18 3:30-4:30 p.m.
Ages 9-12 Hi-Tech Lab

STORYTIME WITH FIREFIGHTERS

Firefighters from the L.A. County Fire Department will present a storytime followed by a lesson on fire safety. Children who register will have the opportunity to take pictures in front of a fire truck. Space is limited to 40 participants.

- 11173** Tues., Sept. 19 3:30 p.m.
Ages 4-10 Little Theater

ARTIST SPOTLIGHT: AMELIA PELÁEZ

Students will learn about Cuban avant-garde painter Amelia Peláez and create their own artwork based on her style. Space is limited to 20 participants.

- 11174** Thurs., Sept. 21 4-5 p.m.
Ages 7-12 Art Studio

YOUNG REMBRANDT'S/FRIDA KAHLO

Students will explore the imaginative world of painter Frida Kahlo. Inspired by her artwork, children will re-create their own portrait of the master artist. Space is limited to 20 participants.

- 11175** Fri., Sept. 22 3:30-4:30 p.m.
Ages 6-12 Little Theater

LITTLEBITS WORKSHOP

Students will be introduced to littleBits, electronic building blocks that snap and work together, allowing children to build and invent. Space is limited to 15 participants.

- 11176** Tues., Sept. 26 3:30-4:30 p.m.
Ages 7-10 Skyline Room A

GUACAMOLE MAKING WORKSHOP FOR KIDS

In celebration of Hispanic Heritage Month, children will have the opportunity to learn how to make mouth-watering guacamole with a skilled chef from the Cypress El Torito Restaurant. Space is limited to 20 participants.

- 11199** Thurs., Sept. 28 3:30-4:30 p.m.
Ages 8-12 Skyline Room

SUCCULENT TERRARIUM WORKSHOP FOR TEENS

Create a beautiful succulent terrarium. Materials will be provided. Space is limited to 18 participants. This program was supported in whole or in part by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian.

- 11177** Tues., Oct. 3 4-5 p.m.
Ages 11-17 Skyline Room A

UPCYCLED SCULPTURE MAKING CLASS FOR ADULTS

Participants will construct an abstract art piece using household items, including recyclables and single-use plastics. By exploring innovative ways to repurpose old materials, we contribute to reducing waste in our landfills and play a vital role in minimizing our carbon footprint. Space is limited to 15 participants. This program was supported in whole or in part by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian.

- 11178** Thurs., Oct. 5 6-7:30 p.m.
Ages 18 & Over Skyline Room

The following Library programs do not require advance registration:

GEOGRAPHIC LITERACY WRITING WORKSHOP

Poet Mike Sonksen will present information about the California State Parks. He will then lead a writing workshop focusing on geographical spaces. This program is supported in whole or in part by funding provided by the State of California, administered by the California State Library.

- Tues., Sept. 5 6 p.m.
Ages 13 & Over Skyline Room

FAMILY NIGHT: ARTY LOON SHOW

This program consists of hilarious antics that include balloons, magic, juggling, puppetry and lots of audience participation!

- Wed., Sept. 13 6 p.m.
All Ages Skyline Room

ARTS AND CRAFTS FOR KIDS

A free hands-on fall craft will be held for ages 2-12. This craft will take approximately 10 to 15 minutes.

- Fri., Sept. 15 11 a.m.-noon & 5-6 p.m.
Ages 2-12 Art Studio

FRIDA KAHLO: CROSSING BORDERLINES

Embark on a captivating journey through the life and art of Frida Kahlo as Dr. Gloria Arjona presents a multimedia lecture that celebrates Kahlo's remarkable ability to transcend boundaries. Dr. Arjona highlights the numerous instances where Kahlo fearlessly crossed the line, merging languages, genres, disciplines and her own life and art.

- Mon., Sept. 18 6 p.m.
All Ages Skyline Room

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BOOK CLUB FOR ADULTS

The Book Club for Adults will meet for a book discussion. Participants will discuss the book “We Are Not Like Them” by Christine Pride. For more information, call (562) 916-1340.

Wed., Sept. 20 11 a.m.-noon Skyline Room

NIGHT AT THE MOVIES: “STRANGERS ON A TRAIN” (1951)

Theo Siegel will discuss the making of Alfred Hitchcock’s “Strangers on a Train,” followed by a screening of the film. This film is rated PG and has a running time of 101 minutes.

Fri., Sept. 22 6 p.m.
Ages 18 & Over Skyline Room

SMART GARDENING COMPOSTING WORKSHOP

Learn the basics of backyard composting, water-wise gardening, worm composting, grass-cycling and edible gardening. This workshop is presented by the Countywide Smart Gardening Program of the County of Los Angeles. Compost bins will be available for purchase at a discount. This program was supported in whole or in part by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian.

Mon., Sept. 25 6-7:30 p.m.
All Ages Skyline Room

BALLET FOLKLORICO DANCE PERFORMANCE

Join us as students from Thee Academy Folklorico/Mariachi school in Bell Gardens perform Mexican regional dances.

Thurs., Sept. 28 6 p.m.
All Ages Skyline Room

MEET CHILDREN’S AUTHOR MARÍA CECILIA “CECI” BORJA-VAN ZITTER

Join us as we celebrate local author María Cecilia “Ceci” Borja-Van Zitter. She will read her story “One Joyful Scoop at a Time/¡Una Alegre Porción De Helado A La Vez!” and answer audience questions.

Fri., Sept. 29 3:30-4:30 p.m.
All Ages Little Theater

FAMILY LOTERÍA NIGHT

Celebrate Hispanic Heritage Month with an evening of Lotería! Lotería is a traditional Latin American game of chance, similar to bingo, but using images on a deck of cards instead of plain numbers. Learn how to play this Mexican bingo-style game with the whole family.

Mon., Oct. 2 6-7 p.m.
All Ages Skyline Room

RANCHO LOS CERRITOS – PRACTICAL NATIVE PLANTS FOR GARDENS

Participants will learn about different types of indigenous plants that are appropriate for Southern California home gardens. This program was supported in whole or in part by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian.

Wed., Oct. 4 6-7 p.m.
All Ages Skyline Room

CITY ARTWORK MAQUETTE INTERACTIVE EXHIBITION

To celebrate October Arts Month, Cerritos Library will showcase an interactive exhibition of the City’s sculpture maquettes from the Artwork in Public Places collection. This exhibition will be held in the Skyline Room on Saturday, October 7 from 11 a.m. to 2 p.m. All are welcome to attend this one-day event, with special efforts made to be inclusive for visually impaired individuals.

CHILDREN’S ART & SHORT STORY CONTEST

The Friends of the Cerritos Library are sponsoring the 20th Annual Art Contest for children in grades K-6 and a Short Story Contest for children in grades 3-6. “How My Dream Garden Grows” is the theme for the art contest and “What’s Planted in Your Dream/Fantastical Garden” is the theme for the short story contest. Participants must have a valid Cerritos Library card. The deadline to turn in all entries is Friday, October 13 before 7 p.m. Draw or paint a picture of “How My Dream Garden Grows.” Artwork must be no larger than 12”x 18” and unmounted. Only one art entry is allowed per child. Short stories about “What’s Planted in Your Dream/Fantastical Garden” must be original, using no more than 500 words and preferably typed on white letter-sized paper. Only one short story entry is allowed per child. Application forms are available at the Children’s Help Desk and on the Library’s website. Winners will receive gift cards from Target at a special reception. For more information, contact Librarian Curita Tinker at (562) 916-1343.

CERRITOS LIBRARY 50TH ANNIVERSARY EXHIBITION

“Cerritos Library: Celebrating 50 Years of Service to the Community” will be featured in the Local History Room during September. The exhibition will showcase highlights from the library’s history, starting with the opening on September 17, 1973.

LIBRARY EXHIBIT

Artist Patrice Monteiro presents “Forces of Nature,” a presentation of 3D portraiture and mixed media artwork. The exhibition will explore the power of influence, purpose, subjectivity and human perception, highlighting forces in humanity and in the animal kingdom. The exhibition will be in the main lobby from Tuesday, September 5 through the end of October.

Seniors invited to Health and Wellness Fair

The Cerritos Senior Center’s annual Health and Wellness Fair will be held on Friday, October 6 at the Cerritos Senior Center at Pat Nixon Park. The fair starts at 8:30 a.m. for Cerritos residents and 9 a.m. for non-residents. The event ends at noon.

The annual fair links seniors to resources that encourage a healthy, well-rounded approach to aging. Seniors age 50 years and older may participate in the screenings. A photo I.D. with current address is required to register and participate.

Vendors for the health fair are currently being sought. The non-refundable vendor registration fee for a for-profit agency is \$100. For-profit agencies providing a free health screening for fair attendees will not be required to pay the fee. Non-profit agencies and local, county, state or federal agencies may register for free. Each vendor will receive an 8-foot space.

Prospective vendors can register through Friday, September 15 by contacting the Senior Center and requesting the vendor PDF application be emailed.

The Cerritos Senior Center is located at 12340 South Street in Cerritos. For more information, call (562) 916-8550. ■

Tips to help seniors beat the heat

The heat of the summer months can lead to heat stroke, sun poisoning, dehydration and other heat-related illnesses. People age 65 years or older are especially prone to heat-related health problems. They are more likely to have a chronic medical condition that changes normal body responses to heat. They are also more likely to take prescription medicines that affect the body’s ability to control its temperature or sweat.

Seniors and their caretakers should heed the following tips:

- Stay in air-conditioned buildings as much as possible. Do not rely on the fan as a main cooling source when it’s exceptionally hot outside.
- Drink more water than usual; don’t wait until you’re thirsty to drink.
- Do not use the oven or stove to cook as they will make the house hotter.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to cool down.
- Do not engage in strenuous activities, and get plenty of rest.
- Check on a friend or neighbor and have someone do the same for you.
- Seek immediate medical care if you or someone you know has symptoms of heat-related illness, such as muscle cramps, headaches, nausea or vomiting. ■

988 hotline helps those in mental health crisis

The federal hotline 988 is a lifeline for people struggling with mental-health emergencies.

Touted as an alternative to 911, the 988 hotline quickly routes callers to the National Suicide Prevention & Mental Health Crisis Lifeline, which provides confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, seven days a week, throughout the United States.

A trained crisis worker answers the phone, listens to the callers, provides support, and gets callers the help that they need. ■

Homeowners’ Exemption program provides property tax savings

The Los Angeles County Assessor’s Office Homeowners’ Exemption (HOX) program reduces the assessed value of a home or condo by \$7,000 for tax purposes, which translates to a reduction of \$70 annually to a homeowner’s property tax bill.

The property must be the owner’s principal place of residence as of January 1, and an application must be submitted in order for a homeowner to qualify.

An application received after February 15 is prorated for that year, but the homeowner will receive the full amount the following years. The savings will continue until a change is recorded.

For more information or to request an application, call (213) 974-3211 or (888) 807-2111. Applications also are available at assessor.lacounty.gov/exemptions/homeowner-exemption. ■