

# Whittier

**Connecting the Community**

*wellness*

**in Whittier**

**Pages 7-16**



**Whittier Area  
Chamber of Commerce**  
8158 Painter Avenue  
Whittier, CA 90602

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ACRO



## PIH Health Urgent Care Centers **Get in. Get out. Get well.**

If you need care, we can help. Visit urgent care for:

- Cold/flu symptoms
- Allergies and respiratory/sinus infections
- Urinary Tract Infections (UTI) or bladder infections
- Mild asthma attacks
- Minor cuts and scrapes
- Minor fractures and sprains
- Sports physicals (\$25 cash payment)



We're open every day, including holidays, from 10 am to 8 pm.  
For locations or to check wait times, visit : [PIHHealth.org/UCC](https://PIHHealth.org/UCC).



# OPTIONS *for* LEARNING

UNLOCKING THE PROMISE  
OF EVERY CHILD

## FREE, LOW-COST, AND AFFORDABLE PROGRAMS THAT PREPARE CHILDREN

Options for Learning provides free, low-cost, and affordable child care, early learning, and before- and after-school programs that prepare children ages 0-14 for the challenges of tomorrow.

For more than 40 years, we have been at the forefront of helping families break the cycle of poverty by providing tools to create a positive foundation for school, social, and life success. We have more than 90 locations throughout the San Gabriel, Whittier, and Pomona valleys and Los Angeles.

- ✓ EARLY LEARNING PROGRAMS
- ✓ SCHOOL-AGE PROGRAMS
- ✓ FINANCIAL ASSISTANCE AND FREE REFERRALS
- ✓ JOB OPPORTUNITIES

**Want to start a child care business?** We provide support for those who wish to become licensed child care providers.

### Get started today!

📞 626-699-8060

🌐 [OptionsForLearning.org](https://OptionsForLearning.org)

📱 Scan the QR code



Stay connected!  
[@Opt4learning](https://www.instagram.com/Opt4learning)



# Servicing the City of Whittier for over 30 years!

## One provider for all your recycling and waste needs.

When it comes to your recycling and waste, we know you want safe, dependable and responsible service.

We strive to meet these needs with every pickup by offering a variety of reliable curbside disposal options and simplified online account management.

Visit [RepublicServices.com](http://RepublicServices.com) or call **800.299.4898** to learn more.



Sustainability in Action

## Board of Directors

### EXECUTIVE BOARD

**GREGG DURKEE**  
Kaiser Permanente  
Chair of the Board

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Shannon G's Flowers  
Chair-elect

**GINA-MARIE LOPEZ**  
Boys and Girls Clubs  
of Whittier | Pico Rivera  
Vice Chair Community Affairs

**KWAN LEE**  
Martplan Insurance Agency, Inc.  
Immediate Past Chair of the Board

**BRUCE LAZENBY**  
Rose Hills Memorial Park & Mortuary  
Vice Chair Finance

**NATE PLOOG**  
DialMED Home Care  
Vice Chair Business Information

**KEVIN KOGA**  
PIH Health  
Vice Chair Marketing & Networking

**R.D. MCDONNELL**  
R2KS Design + Build  
Vice Chair Business Information

**CELIA ALVAREZ**  
US Bank  
Vice Chair Membership

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**Julia Emerson**, So Cal Gas

**Clarissa Estrada**, Credit Union Of Southern California

**Linda Garrido**, Coby Madison Jewelers

**Jere E. McDonald, Jr.**, Jere E. McDonald, An Accountancy Corp.

**Paul Hernandez**, State Farm Insurance

**Constanza Pachon**, The Whole Child

**Merita Rama**, Century 21 Cornerstone

**Curt Skotnicki**, YMCA of Greater Whittier

**John Bogdanov**, TelWorx

**Ambassador Chair**

### WHITTIER CHAMBER OF COMMERCE STAFF

**NICOLE SHAHENIAN**, President/CEO

**MCKENNA CARRASCO**, Director of Member Programs

**RICK NAVARRO**, Member Relations Coordinator

**BRANDY RAMETTA**, Director of Membership Sales

**ALYSON TIETZE**, Director of Marketing

8158 Painter Avenue • Whittier 90602  
(562) 698-9554 • Fax: (562) 693-2700  
[info@whittierchamber.com](mailto:info@whittierchamber.com) • [whittierchamber.com](http://whittierchamber.com)



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# Message from the Whittier Area Chamber of Commerce

Welcome to 2024!

Join us in celebrating our remarkable 110 years of dedicated service to the Whittier area community! As we mark this significant milestone, we're proud to reflect on our unwavering commitment to driving economic growth, advocating for businesses, sharing ideas, fostering connections, growing businesses and working to improve the quality of life in our community and our region! We extend our heartfelt gratitude to all of you for contributing to a successful 2023 for the greater Whittier Business Community and our Chamber.

2023 brought about notable changes for the Chamber. Carol Crosby, the Chamber's steadfast and dedicated Chamber President/CEO retired after 30 years of incredible service to the Whittier community. In late July, Nicole Shahenian stepped in as the new CEO, bringing a wealth of experience and energy to the Chamber. The Chamber has grown significantly over the past several years and we have added staff to meet the needs of our members. The incredible Chamber team includes Director of Member Programs, McKenna Carrasco; Director of Marketing, Alyson Tietze; Director of Membership Sales, Brandy Rametta and Member Relations Coordinator, Rick Navarro.

We're immensely proud that local businesses continue to choose our Chamber, recognizing the tangible benefits of membership: from gaining promotional opportunities, educational resources, and advocacy, to fostering vital connections that drive business success. Equally important is their commitment to giving back to our community, contributing support to fellow businesses, empowering our Chamber, and fortifying our community. Indeed, the strength of our local businesses is pivotal in nurturing a thriving community—a cause our Chamber ardently champions.

Looking forward to the first half of 2024, please save the date as we're excited to announce our 24th Annual Silver Shield Awards Banquet on February 23rd, honoring the exceptional officers, staff, and volunteers of the Whittier and Santa Fe Springs Officers. We are also looking forward to the return of our Business Expo in June 2024 which will provide a chance to encourage consumers to shop locally and invite the community to explore businesses in their backyard.

We are also excited for our Annual Meeting and Installation Dinner where we will celebrate the start of our 110th year of serving the Whittier area community and welcome in new Chair of the Board Shannon Hammer from Shannon G's Flowers and the 2024-2025 Chamber Board of Directors. Rounding out the first half of 2024 will be our popular State of the City Address which will take place in the Spring. This event is open to businesses and residents alike and will feature our Mayor Joe Vinatieri and City Manager Brian Saeki updating us on what's happening around town.

We hope you enjoy the Winter 2024 Community Resource Magazine. For this issue, we wanted to focus on the local health and wellness community in Whittier. In addition to our ongoing initiatives, we acknowledge the pivotal role health and wellness organizations play in the business community. These entities not only promote individual well-being but also contribute significantly to a productive workforce, fostering a healthier environment that enhances overall business productivity and success.

As we navigate the year ahead, our commitment remains resolute—to serve as a catalyst for business growth, a convener of leaders and influencers to get things done and a champion for our community. Wishing you peace, joy and success throughout the New Year! Here's to the next 110 years!




Gregg Durkee  
 Chair of the Board  
 2023-2024




Nicole Shahenian  
 President/CEO

## HONOR ROLL

### Partners: Spot On Heating Air & Plumbing

**Investors:** A Plus Advanced Tinting • All In One Clinic • Ambros Construction  
 American Air Advance • Bettr • Bewley, Lasseben & Miller, LLP • BMO - Pico Rivera  
 Bob & Dave's Towing Inc. • Bricks & Minifigs, Whittier • Brookdale Uptown Whittier  
 Candlewood Country Club • Chick-Fil-A • Cintas Corporation • Citrus Grove Orthodontics  
 Costco Wholesale • Dance Image • DoubleTree By Hilton • Whittier • Factory 47 Cycles  
 Frannie's Place • GEEA Agency • Golden West Coach • Grocery Outlet • Happy Smiles Dental  
 King & Queen Cantina Whittier • La Venadita Meat Market • LAE Construction, Inc.  
 Lascari's Italian Deli • Law Office of Thomas V. Perea, P.C. • Lighthouse Sports Center LLC  
 Luzid Smiles • Mark's Home Store • MDH Network Inc. • Mission Square, The  
 Nguyen's Kitchen • Original Roadhouse Grill • Osteostrong Brea • Panchito El Sobador  
 Pic N Save Bargains • Pour Le Bain • Primerica Financial Services: Oscar Beltran  
 Quick Quack Car Wash • Rick's Drive In & Out • Rokka Whiskey Bar • S & L Security Inc.  
 San Gabriel Valley Water Company • Santa Fe Rubber Products • Sit 'N Sleep  
 State Farm Insurance • Cheryl Estep • Stay Dry Roofing • Suburban Water Systems • Tacburg  
 Team M&M Insurance Agency • Telworx • Toast Kitchen & Bar Whittier  
 Water Replenishment District of Southern California  
 Whittier Place Senior Living • Zero Givens Whittier



The CHAIRMAN'S CIRCLE is a dedicated group of influential businesses that help shape our community vision and support the Whittier Area Chamber of Commerce's ability to strengthen the regional economy.



PIH  
HEALTH



ROSE HILLS  
MEMORIAL PARK & MORTUARIES  
A member of the Dignity Memorial network



usbank



Credit Union of  
Southern California  
BUILDING BETTER LIVES



Athens  
Services



KAISER PERMANENTE



REPUBLIC  
SERVICES



EDISON



MAJ



Modern Woodmen  
PARTNERSHIP UNIVERSAL



# CITY OF WHITTIER COUNCIL MEMBERS



**WHITTIER CITY HALL**  
City Manager Brian Saeki  
13230 E. Penn Street, Whittier 90602 • (562) 567-9999

Katie Galvin-Surbatovic, Public Information Office  
(562) 567-9351 • kgalvin-surbatovic@cityofwhittier.org



**WHITTIER POLICE DEPARTMENT**  
Chief Aviv Bar  
13200 Penn Street, Whittier 90601 • (562) 567-9200

## Elected Officials

### LOS ANGELES COUNTY SUPERVISOR



Janice Hahn, 4th District  
822 Hall of Administration ..... (213) 974-4444  
500 West Temple St.  
Los Angeles, CA 90012  
www.bos.lacounty.gov  
12720 Norwalk Blvd., Room 704 ..... (562) 807-7350  
Norwalk, CA 90650

### STATE ASSEMBLY



Lisa Calderon, 56th District  
13181 Crossroads Parkway North., Suite 160 ..... (562) 692-5858  
City of Industry, CA 91746  
www.a56.asmdc.org  
State Capitol  
P.O. Box 942849 ..... (916) 319-2056  
Sacramento, CA 94249-0057

### STATE SENATE



Bob Archuleta, 30th District  
12501 Imperial Highway, Suite 110 ..... (562) 406-1001  
Norwalk, CA 90650  
www.sd30.senate.ca.gov  
Capitol Office  
1021 O Street, Suite 6620  
Sacramento, CA 95814

### U.S. CONGRESS HOUSE OF REPRESENTATIVES



Linda T. Sanchez, 38th District  
15111 Whittier Blvd., Suite 220 ..... (562) 860-5050  
Whittier, CA 90603  
www.lindasanchez.house.gov  
2428 Rayburn HOB ..... (202) 225-6676  
Washington, D.C. 20515

# Community Resources

## CITY & COUNTY RESOURCES



## CITY OF WHITTIER

www.cityofwhittier.org

Animal Control ..... 940-6898

Better Business Bureau ..... (408) 278-7400

Bus Service Whittier Transportation Department ..... 567-9480

Metro Services ..... (323) 466-3876

Department of Motor Vehicles (DMV) ..... (800) 777-0133  
www.dmv.ca.gov

Domestic Violence Hotline ..... 945-3939

Hiking Trail Info ..... mrca.ca.gov/parks

Homeless Outreach Hotline ..... (213) 225-6581  
www.lahsa.org

Labor Commission Office ..... (213) 620-6330

LA County Health Services Department ..... 211

Whittier Clinic ..... 464-5350  
www.publichealth.lacounty.gov

Small Business Administration ..... (818) 552-3201  
www.sba.gov

Suicide and Crisis Lifeline ..... 988

US Post Office ..... (800) 275-8777  
www.usps.com

Michigan Avenue ..... 693-9561  
Washington Avenue ..... 698-4810  
Whittwood Lane ..... 693-9561

Whittier Area Chamber of Commerce ..... 698-9554  
www.whittierchamber.com

Whittier Uptown Association ..... 696-2662  
www.whittieruptown.org



## COMMUNITY RESOURCE CENTER

Whittier unincorporated/L.A. County  
www.whittier.lacounty.info

Community Info ..... 211

Community Resource Center Health Main Line ..... 946-2425

South Whittier/Unincorporated

L.A. County Main Line ..... (213) 974-1311

Building & Safety/

Planning Department ..... 946-1390

Business License

Unincorporated ..... (213) 974-2011

Graffiti Removal Hotline ..... (800) 675-4357

LA County

General Information ..... (213) 974-1311

Registrar-Recorder/

County Clerk ..... (800) 201-8999

Voter Information ..... (800) 481-VOTE

## City Hall Main Line ..... 567-9999

Administration/Mayor's Office ..... 567-9300

Business Licenses ..... 567-9880

Channel 3/Cable TV ..... 567-9310

City Clerk-Treasurer ..... 567-9850

City Employment Opportunities ..... 567-9838

Community Center ..... 567-9430

Palm Park ..... 567-9495

Senior Center ..... 567-9470

Parnell Park ..... 567-9450

Community Development ..... 567-9320

Building Permits

Economic Development

Controller/Human Resources ..... 567-9810

Emergency Operations Center ..... 567-9830

Graffiti Removal Hotline ..... 567-9560

Hazardous Materials Disposal ..... 567-9500

Parks, Recreation &

Community Services ..... 567-9400

Code Enforcement ..... 567-9190

Public Works ..... 567-9500

Voter Information ..... 567-9850

Whittier Public Library ..... 567-9900

Whittwood Branch Library ..... 567-9950

Youth Services ..... 567-9420

## HOSPITALS

Beverly Hospital ..... (323) 726-1222  
www.beverly.org

Kaiser Permanente ..... (833) 574-2273  
www.kp.org

PIH Health ..... 698-0811  
www.pihhealth.org

Whittier Hospital ..... 945-3561  
www.whittierhospital.com

## UTILITIES

Frontier ..... (877) 701-5988

Southern California Edison ..... (800) 655-4555

Southern California

Gas Company ..... (800) 427-2200

Spectrum ..... (833) 267-6097

www.spectrum.com

Telephone:

AT&T ..... (800) 310-2355

Verizon ..... (800) 922-0204

Trash:

Athens Services ..... (888) 336-6100

www.athensservices.com

Republic Services ..... (800) 299-4898

www.republicservices.com

Waste Management ..... (800) 266-7551

www.wm.com

City Landfill ..... 907-7750

Water:

California Domestic Water Co. 947-3811

www.caldomestic.com

Orchard Dale Water Co. .... 941-0114

www.owdw.org

San Gabriel Valley Water Co. (626) 448-6183

www.sgvwater.com

Suburban Water Systems ..... 944-8219

www.swwc.com

Whittier City ..... 567-9500

## IMPORTANT PHONE NUMBERS

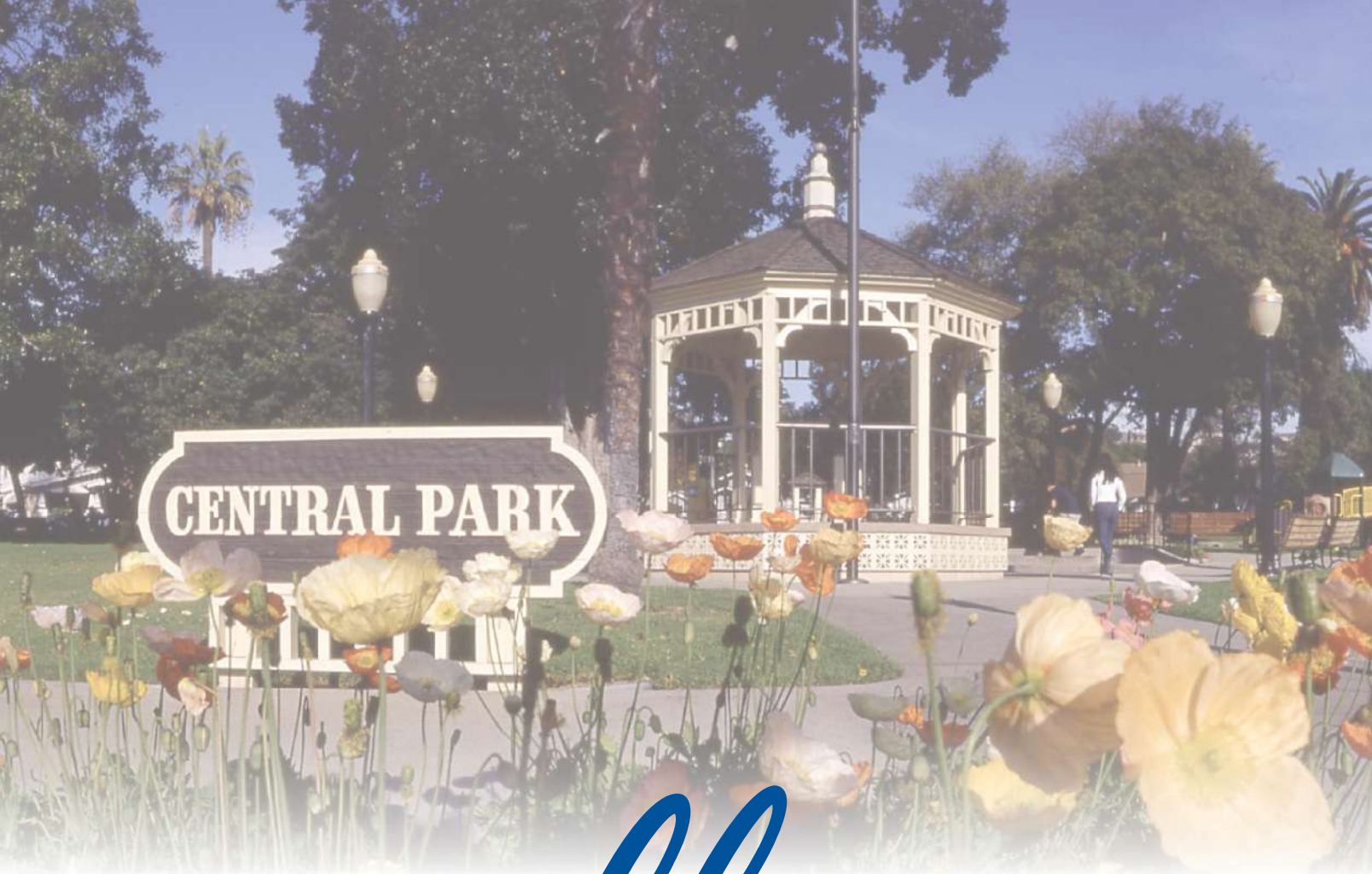
Emergency ..... 911

Fire Department ..... 698-6009

Sheriff's Department ..... 903-1874

Whittier Police Department ..... 567-9200

WPD/Santa Fe Springs Police Services ..... 409-1850



# wellness in Whittier

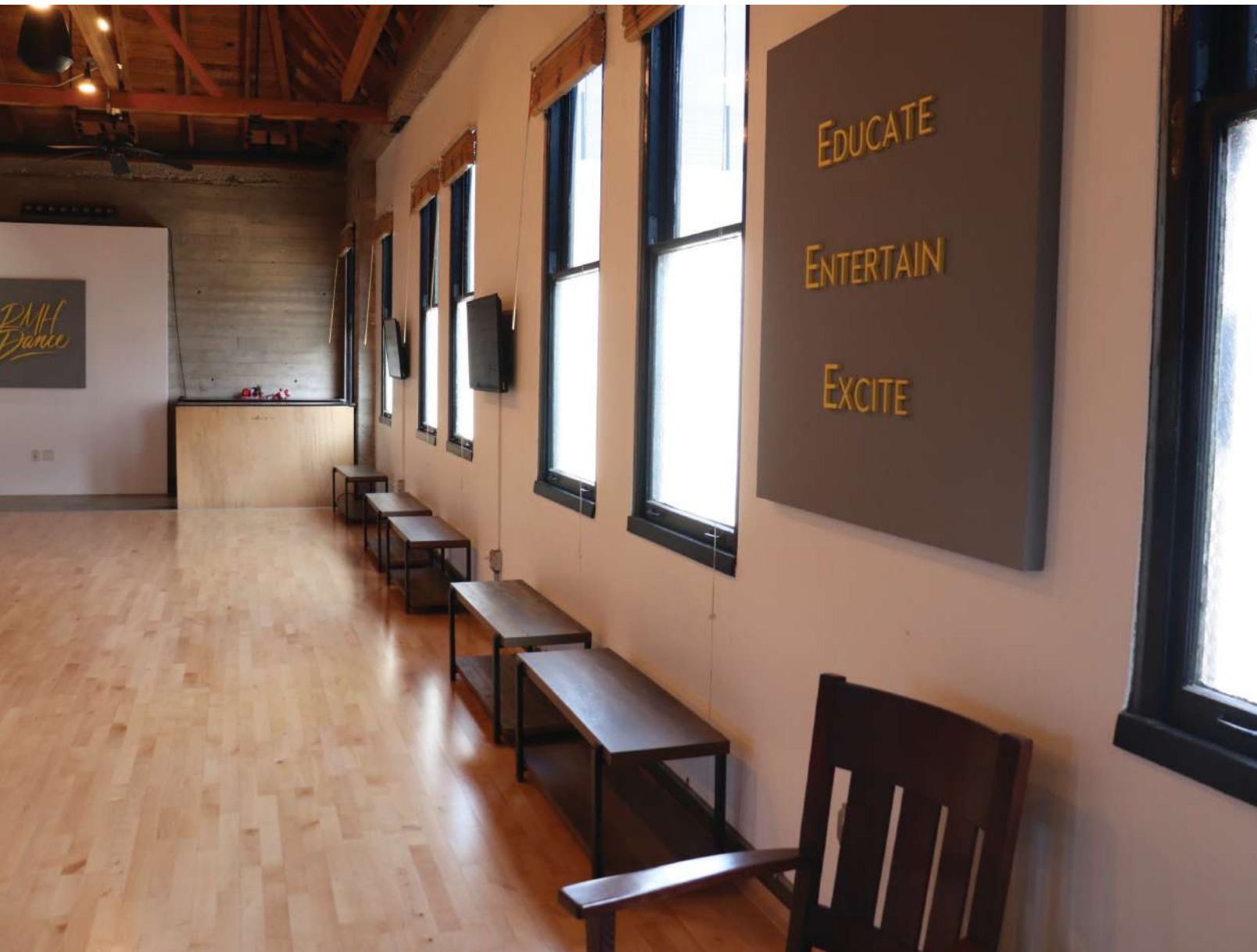
In the heart of the Whittier community and its surrounding areas, a network of businesses are leading the way to provide wellness to all. From fitness studios, and home and mental healthcare to health-conscious eateries and many more, these establishments are more than just local enterprises—they're catalysts for a healthier, happier community. Join us as we spotlight the businesses shaping Whittier's wellness landscape, where health and prosperity go hand in hand.

DMH  
Dance



*Maria & Rudy Hernandez*





**RMH DANCE**  
(562) 693-9911  
6737 Bright Ave., Suite B10  
Whittier 90601  
[www.rmhdance.com](http://www.rmhdance.com)

RMH Dance has been established in Whittier since 2001. Rudy and Maria are professional dancers and instructors that have had the privilege of educating thousands of adults and children the art of dance. Their belief is that anyone can learn to dance with proper training, a clear mind and not being afraid of getting a little sweaty. Dancing challenges the mind, your physical conditioning and your emotions. When you allow the music to touch your soul and you share your dancing with someone, it is a sensation of joy and happiness. We want you to find your enjoyment in dance, not in steps, but in movement to music with your entire body.

“We are dancers not because we want to, but because we need to. We tell a story by the movements of our bodies. We dance because we get an amazing feeling in our arms and legs from the rhythm of the music. We dance because it makes us happy. We are artist, athletes and dreamers.”

Rudy and Maria are available to help you via private or group classes, they can help you get ready for a special event or to establish those goals of losing weight and getting into shape. Let RMH Dance help you feel the rhythm, move your soul and build your confidence to dance anywhere.

# CBD



**GREENLEAF BOTANICALS**  
(562) 454-4862  
www.greenleafbotanicals6745.com

**HEMLOCK COMPANY  
CBD WELLNESS**  
(562) 273-5336  
www.hemlockcompany.com

## Chiropractors



**FRIENDS CHIROPRACTIC**  
(562) 698-1275  
www.drfuliciano.proadjustersp.com



**JOC DOC CHIROPRACTIC**  
(562) 755-0275  
https://msha.ke/drnk.com



**BACK BODY MIND  
CHIROPRACTIC**  
(562) 907-7700  
www.backbodymind.com



**CROCKETT FAMILY  
CHIROPRACTIC**  
(562) 390-3013  
https://crockettfamilychiropractic.janeapp.com/#staff\_member/1



ALIGNED MOVEMENT

**ALIGNED MOVEMENT**  
(562) 888-3315  
www.alignedmovement.net



**OSTEOSTRONG BREA**  
(657) 246-4225  
www.osteostrongbrea.com

## Dental



**CITRUS GROVE ORTHODONTICS**  
(562) 693-4171  
www.citrusgrovesmiles.com



**DENTISTS OF WHITTIER  
GENERAL & COSMETIC  
DENTISTRY**  
(562) 414-5025  
www.dentistsofwhittier.com



**HAPPY SMILES DENTAL**  
(562) 378-0200  
www.happysmilesla.com/en



**LUZID SMILES**  
(562) 550-0808  
www.luzidsmiles.com



**PERFECT SMILE DENTAL GROUP**  
(562) 351-1012  
www.perfectsmiledentalgroup.com



**URTEAGA CHIROPRACTIC &  
SPORTS MEDICINE**  
(562) 274-7771  
12466 Washington Blvd.  
Whittier 90602  
www.urteagachiropractic.com





Dr. Urteaga has been providing chiropractic services to the city of Whittier for many years. His expertise and specialty in Sports Medicine principles and exercise physiology are a few of the qualities that set him apart from ALL other chiropractors in California.

Dr. Urteaga is the ONLY Doctor of Chiropractic in the United States who also holds the American College of Sports Medicine's highest distinction as a Registered Clinical Exercise Physiologist (RCEP). This accreditation ensures he has the knowledge and skill to accurately prescribe exercise and rehabilitation for patients with multiple diseases including diabetes, cardiovascular disease, cancer, HIV, and kidney disease just to name a few.

Dr. Urteaga has also been working with collegiate and high school athletes for almost 15 years with strength and conditioning, and related injuries. Although his expertise is in sports medicine, Dr. Urteaga will routinely translate his skills and knowledge, and apply them to all patients ensuring they receive the best and most up-to-date care possible.

*Dr. Manuel Urteaga*

Founded in 2005, Mike Serill Fitness (MSF) is an award-winning fitness studio that has been serving the health and vitality of our community for nearly two decades. Specializing in women's fitness, post-rehabilitation programs, older adult fitness, and effective fat-loss strategies, they have become a trusted haven for individuals seeking personalized and inclusive fitness solutions. Their commitment to excellence has earned the prestigious title of "Business of the Year" three times, a testament to the impact they have made on the well-being of our clients and the community we serve.

Not just a fitness hub, MSF studio has garnered local acclaim for their innovative programming and philanthropic initiatives. They have been featured on local news channels over a dozen times, showcasing their commitment to both fitness excellence and community engagement. With over 120 fitness articles published in reputable magazines such as Shape and Men's Health, MSF aims to empower individuals with the knowledge and tools to lead healthier, happier lives.



**MICHAEL SERIL  
FITNESS STUDIO**  
(714) 306-9002  
14628 Whittier Blvd., Suite B  
Whittier 90605  
www.msf-strong.com

WHITTIER AREA  
CHAMBER  
OF COMMERCE



WHITTIER  
CHAMBER  
OF COMMERCE



*Mike Seril*



**THE LOCAL WELLNESS FOUNDATION**

ADVOCATING & DIVERSIFYING HOLISTIC TOOLS TO IMPROVE  
HEALTH, HEALING & COMMUNITY WELLNESS

Weekly: Yoga, Breathwork, Acupressure & Meditation  
Monthly: Whittier Walk for Wellness Every 3rd Saturday of Each Month - Central Park  
Annual Social Wellness Events: Awaken the Divine Feminine Brunch at Phlight 4/20

Connect to Collab, Attend, Become a Speaker or Vendor



www.thelocalwellnessfoundation.org



**THE LOCAL WELLNESS  
FOUNDATION**  
(562) 321-7691  
7081 Worsham Dr.  
Whittier 90602

The Local Wellness Foundation is a non-profit organization building wellness programs for schools, community groups, corporate, working groups and communities statewide.

We provide holistic tools such as yoga, breathwork, meditation sound healing, acupressure and private or community empowerment sessions with our trusted wellness leaders, for mind, body and soul. We diversify health and wellness, redefine self-care, build diverse leadership, and community advocacy through classes, workshops and social wellness events including the Whittier Walk for Wellness.

We foster: **Community, Growth, Healing, Education, and Positive Engagement. For All.**



## Dental (cont.)

**TANABE, THEODORE A., D.D.S.**  
 (562) 698-0387  
[www.tanabeoralsurgery.com](http://www.tanabeoralsurgery.com)

Tanabe Oral Surgery  
 Oral & Maxillofacial Surgery  
 Geriatric and Comprehensive Care

**TOKII**  
 (714) 501-4805  
[www.tokii.com](http://www.tokii.com)

**TOKII**

**WEST COAST DENTAL OF WHITTIER**  
 (562) 699-0343  
[www.westcoastdental.com](http://www.westcoastdental.com)

**West Coast Dental**  
 & Orthodontics

**WHITTIER MODERN DENTISTRY**  
 (562) 513-1146  
[www.whittiermoderndentistry.com](http://www.whittiermoderndentistry.com)

**WHITTIER MODERN DENTISTRY**

**WHITTIER PREMIER DENTAL**  
 (562) 695-1219  
[www.whittierpremierdental.com](http://www.whittierpremierdental.com)

**WHITTIER PREMIER DENTAL**

## Fitness

**BOYS & GIRLS CLUBS OF WHITTIER**  
 (562) 945-3787 x100  
[www.bgcw.org](http://www.bgcw.org)

**BOYS & GIRLS CLUBS OF WHITTIER**

**CROSSFIT WHITTIER**  
 (562) 464-5500  
[www.crossfitwhittier.com](http://www.crossfitwhittier.com)

**CROSSFIT WHITTIER**  
 SOCIAL EST. 2011

**ERIC WILL GYMNASTIC CENTER**  
 (714) 525-5909  
[www.ericwill.com](http://www.ericwill.com)

**GYMNASTIC**

**FITNESS RESOLUTE**  
 (562) 902-2162  
[www.fitnessresolute.com](http://www.fitnessresolute.com)

**FITNESS RESOLUTE**

**HEART & SOUL YOGA**  
 (562) 321-7691  
[www.handsyoga.com](http://www.handsyoga.com)

Hand and Soul Yoga

**LIGHTHOUSE SPORTS CENTER**  
 (562) 991-4375  
[www.lighthousesportscenter.com](http://www.lighthousesportscenter.com)

**LSC**  
 LIGHTHOUSE SPORTS CENTER LLC

**UNSTOPPABLE FITNESS**  
 (323) 384-7905  
[www.instagram.com/unstoppable.fitness23](http://www.instagram.com/unstoppable.fitness23)

**UNSTOPPABLE FITNESS**

**YMCA OF GREATER WHITTIER**  
 (562) 907-6530  
[www.ymcawhittier.org](http://www.ymcawhittier.org)

the **YMCA**

**YOGASIX LA HABRA**  
 (562) 322-3250  
[www.yogasix.com/location/la-habra](http://www.yogasix.com/location/la-habra)

**y6**  
 YOGASIX

**ZERO GIVENS WHITTIER**  
 (562) 264-5966  
[www.zerogivens.org](http://www.zerogivens.org)

**ZERO GIVENS**



**Urgent Care Center Whittier**  
15733 Whittier Blvd.  
Whittier 90603

**Urgent Care Center La Habra**  
1400 S Harbor Blvd.  
La Habra, CA 90631

**Urgent Care Center Santa Fe Springs**  
12400 Bloomfield Ave.  
Santa Fe Springs, CA 90670

PIH Health is committed to keeping Whittier and its surrounding communities healthy. PIH Health is a regional nonprofit healthcare delivery network serving more than 3 million residents in Los Angeles County, Orange County and the San Gabriel Valley. The fully integrated network is comprised of three hospitals – PIH Health Whittier Hospital, PIH Health Downey Hospital, and PIH Health Good Samaritan Hospital—numerous outpatient medical offices, a multispecialty medical (physician) group, home healthcare services and hospice care, as well as heart, cancer, digestive health, orthopedics, women’s health, and emergency services.

In addition to our hospitals and medical offices, our seven PIH Health Urgent Care Centers are open with convenient hours beyond a normal business or school day, including weekends and holidays, with no appointment needed. PIH Health’s Urgent Care Center staff are available to help diagnose and treat the Whittier community seven days a week, from 10 am to 8 pm.

PIH Health Urgent Care Center physicians and staff can treat illnesses or injuries in a timely manner to prevent further spread of illnesses or additional injuries. Urgent care offers faster, more affordable care than the emergency room for minor health concerns such as for cold and flu symptoms, broken bones, and sprains and strains. But if you experience serious or life-threatening symptoms, seek emergency care immediately. A healthy community is a thriving community so PIH Health will continue to be here to keep Whittier well.

For a full list of our PIH Health Urgent Care Centers locations and to check wait times, visit [PIHHealth.org/UCC](http://PIHHealth.org/UCC).

## Health-Conscious Eateries



**BEE HIVE CAFE**  
(562) 945-9002  
[www.thebeehive-whittier.com](http://www.thebeehive-whittier.com)



**NEKTER JUICE BAR**  
(562) 315-5945  
[www.nekterjuicebar.com](http://www.nekterjuicebar.com)



**NEVERA JUICE BAR**  
(562) 360-1362  
[www.neverajuicebar.com](http://www.neverajuicebar.com)



**TRU BOWL SUPERFOOD BAR**  
(562) 464-9295  
[www.trubowl.com](http://www.trubowl.com)

## Fernando Lopez



**ZEN'S TEA HOUSE**  
(562) 686-9441  
6550 Greenleaf Ave.  
Whittier 90601  
[www.zenstea.com](http://www.zenstea.com)

Growing up in a health-conscious family shaped my perspective on well-being. Influenced by my mother, a licensed Western Medical physician, I learned early on that nature held the key to the most effective healing. From childhood bumps to adult ailments, our family's remedy of choice was often found in the garden or the comforting warmth of a cup of tea.

Whenever my siblings and I found ourselves with bumps and bruises, my mom would gracefully navigate her garden, plucking plants with soothing properties to heal our wounds. Dad's occasional gout flare-ups, triggered by his love for greasy fries and pastrami, were met with Mom's therapeutic teas. Even the common cold, met with the resilience of a well-aimed chancla, was no match for our family's unconventional healing methods.

Despite being the odd one out in pursuing a medical profession, my inclination towards natural health led me down a different path – one that eventually birthed Zen's Tea House. For the past decade, our motto has echoed the sentiment: "Helping People Through The Power Of Tea." This mantra has manifested through numerous health-focused videos on YouTube and our participation in health fairs.





**HOME INSTEAD**  
 (562) 698-8600  
 13585 Whittier Blvd., Suite 104  
 Whittier 90605  
[www.homeinstead.com/462](http://www.homeinstead.com/462)

Live well with Home Instead®, in-home care services. The comfort of home can't be beat. Home care services let people flourish in the everyday life they already know and love – while getting a little help to stay independent and mobile. From personal care to Alzheimer's care to transportation, Home Instead® services make life easier for seniors and their families. The local Whittier office seeks to provide personalized care plans that can offer support to family members and help keep those strong family bonds intact. We will seek to match compassionate, reliable caregivers — we call them Care Professionals, or Care Pros for short — with each Client's personality and needs.



# Hospitals, Home Health, Medicine & More

**986 PHARMACY #8009**  
 (562) 789-5852  
[www.986pharmacy.com](http://www.986pharmacy.com)



**ALL IN ONE CLINIC**  
 (562) 325-5336  
[www.allinoneclinic.com](http://www.allinoneclinic.com)



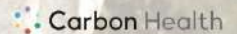
**BRIDGE HOSPICE**  
 (562) 335-3697  
[www.bridgehh.com](http://www.bridgehh.com)



**BRIGHT PLAZA PHARMACY & HOME MEDICAL EQUIPMENT**  
 (562) 943-7500  
[www.brightplazapharmacy.com](http://www.brightplazapharmacy.com)



**CARBON HEALTH URGENT CARE**  
 (562) 539-2517  
[www.carbonhealth.com/locations/whittier-ca-the-groves](http://www.carbonhealth.com/locations/whittier-ca-the-groves)



**CHEMIQUE PHARMACEUTICALS**  
 (562) 698-0921



**DIALMED HOME CARE**  
 (562) 464-0295  
[www.dialmedhomecare.com](http://www.dialmedhomecare.com)



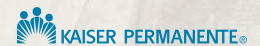
**FRIENDS OF FAMILY HEALTH CENTER**  
 (562) 690-0400  
[www.fofhealthcenter.org](http://www.fofhealthcenter.org)



**HAPPIER AT HOME**  
 (562) 583-6310  
[www.happierathome.com/locations/whittier-ca](http://www.happierathome.com/locations/whittier-ca)



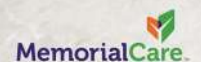
**KAISER PERMANENTE**  
 (562) 657-4452  
[www.kp.org](http://www.kp.org)



**MDH NETWORK INC.**  
 (562) 567-0031  
[www.mdhnetwork.com](http://www.mdhnetwork.com)



**MEMORIALCARE**  
 (562) 933-2000  
[www.memorialcare.org](http://www.memorialcare.org)



**PIH HEALTH**  
 (562) 698-0811  
[www.pihhealth.org](http://www.pihhealth.org)



**VCC: THE GARY CENTER**  
 (562) 264-6000  
[www.vistacommunityclinic.org](http://www.vistacommunityclinic.org)



**VISITING ANGELS**  
 (562) 947-5390  
[www.visitingangels.com/whittier](http://www.visitingangels.com/whittier)



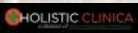
# Wellness/Massage



**ATHENA ACUPUNCTURE & WELLNESS CENTER**  
(626) 415-8938  
www.athenaacupuncture.me



**FLOR DE LUNA**  
(562) 324-4770  
www.massagebook.com/whittier~massage~flordelunamassage



**HOLISTIC CLINICA**  
(562) 360-1071  
www.holisticclinica.org



**JELINA SHAH CONSULTING**  
(303) 324-6350  
www.jelinashahconsulting.com



**PANCHITO EL SOBADOR**  
(562) 572-9882



**SACRED SPACE MASSAGE & BODYWORK**  
(562) 267-9931  
www.sacredspacemassageandbodywork.com

## Spas



**AGAVE BEAUTY & SPA**  
(562) 762-9888  
www.instagram.com/agavebeautyandspa



**CIELO BEAUTY BAR**  
(626) 228-4916  
www.cielobeautybar.com



**PICASSO**  
MEDICAL AESTHETICS & SPA

**PICASSO MEDICAL AESTHETICS & SPA**  
(562) 945-1830  
www.picassoma.com



**THE SKIN ROOM**  
(562) 536-1142  
www.theskinroom.org

**OPTIMAL HEALTH & WELLBEING**  
(310) 560-7001  
13983 Lanning Dr.  
Whittier 90605



Optimal Health and Wellbeing was started by Jeanie Sauder to assist people in achieving a higher level of health and well-being in their lives. By awakening one's potential to tap into their desire and passion to grow and transform, Jeanie assists in developing new habits that promote long-term health and well-being. The initial goal of most clients is weight loss, but all benefit from building a healthy mindset.

Every client enjoys the 4 components of our comprehensive program:

- One-on-one coaching providing a partnership to assist in their transformation
- A wildly supportive community
- A blueprint for learning behavioral and lifestyle modifications to optimize their health and life
- Customized meal program

Optimal Health and Wellbeing takes pride in assisting clients throughout their health journey and in delivering a comprehensive program that is customized to their needs.



Jeanie Sauder

hello





## THE MISSION SQUARE

Restaurant & Lounge  
Italian fine dining in beautiful Uptown Whittier

13033 Penn St. Suite 100  
Whittier, CA 90602

**562.458.5353**

[www.missionsquarewhittier.com](http://www.missionsquarewhittier.com)

# East Whittier City School District



**"Opening the Door to Every Child's Future"**

## District Highlights

- 1 National Blue Ribbon School
- 8 California Distinguished Schools
- 4 Golden Ribbon Schools
- 7 U.S News and World Report Best School Awards

## Educational Programs

- Dual Language Immersion
- Modernized Classrooms and Technology
- Homeschool Program
- Full Day Transitional Kindergarten Program
- After School Enrichment Programs

### Board of Education

Armando Urteaga  
**President**

Carlos Aparicio  
**Vice President**

Wendy Carrera **Clerk** Christine Chacon Kennedy **Member** Lisa Michelle Dabbs **Member**

14535 E Whittier Blvd, Whittier, CA 90605  
(562) 907-5900 | [www.ewcsd.org](http://www.ewcsd.org)



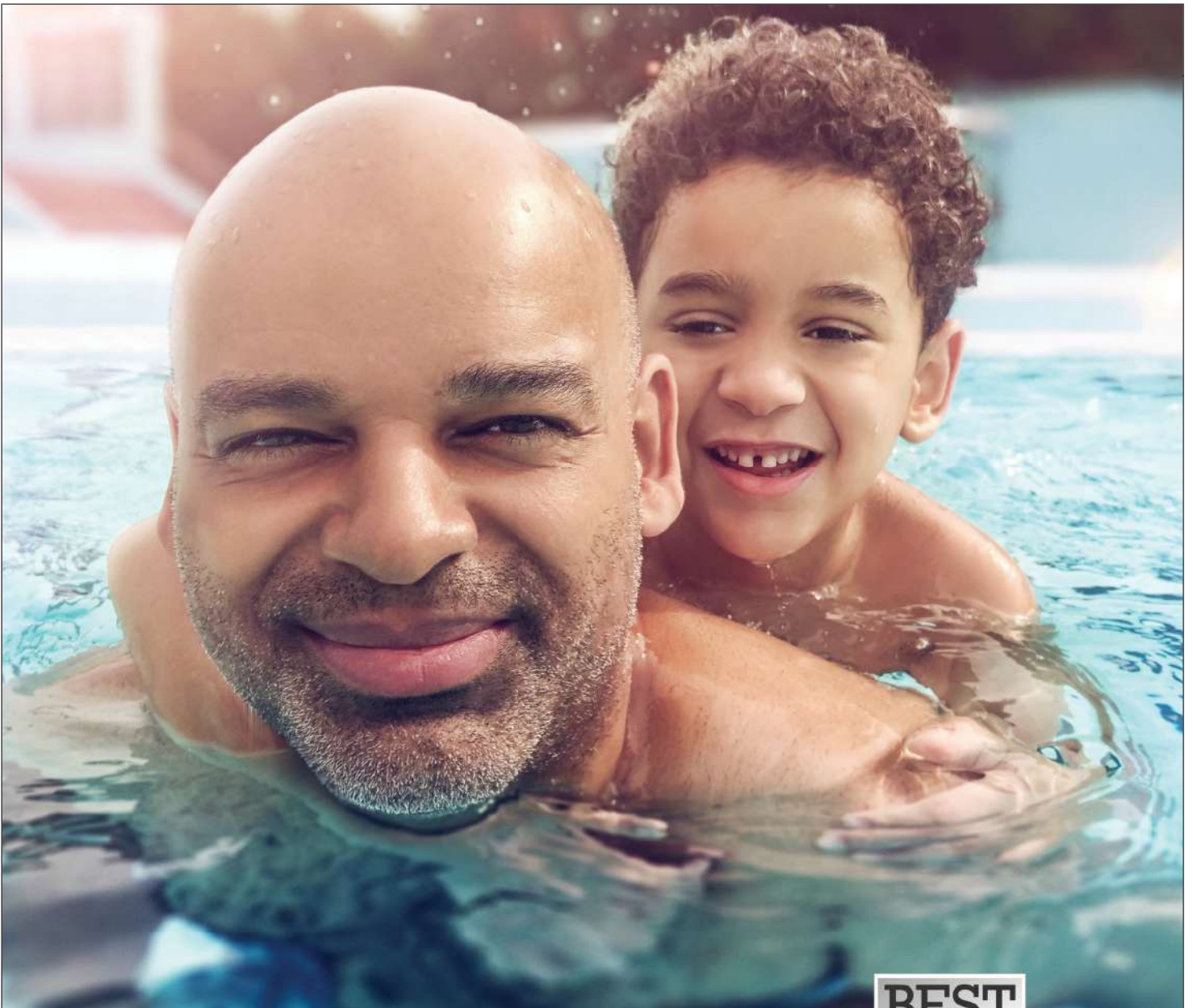
@ewcsd



@ewcsd



East Whittier City  
School District



## For the you taking care of your heart, and theirs

Kaiser Permanente is a proud supporter of the Whittier Chamber of Commerce.

We deliver proactive preventive care that's proven to keep you healthy, and world-class treatment if you do get sick. Choose Kaiser Permanente, and get high-quality, personalized care, designed to help you spend more healthy years doing more of what you love. Learn more at [kp.org/Downey](https://kp.org/Downey).

For all that is Whittier. For all that is you.



Downey  
Medical Center  
recognized for  
excellence



# Whittier Community Vital Signs

Founded in 1887 as a Quaker Colony, Whittier is a city rich with traditions and history. The people who call Whittier home share a strong sense of this heritage, which stresses the protection of landmark structures and sites. Whittier's unique combination of community identity, spirit, and cooperation has helped to make it one of the most attractive and desirable residential and business locations in Southern California. This sense of history, as well as a clear vision for the future, has made Whittier an up-scale and dynamic residential community.

## CITY GOVERNMENT

## POPULATION



### TOTAL POPULATION

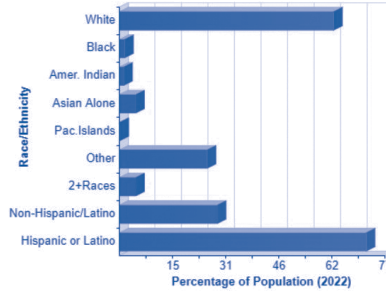
**85,060**

**WHITTIER**  
12.4 square miles  
12 miles  
southeast of  
Los Angeles

Incorporated in  
**1898**

**City Council:** The elective officers of the City consist of five City Council members who are elected by district to four-year terms. The Mayor is elected citywide for a two-year term.

### POPULATION BY RACE



### PROJECTED GROWTH RATE 2022-2027



**MEDIAN AGE: 37.66**

## HOUSING

Whittier offers an outstanding quality of life to new business owners, managers, and professionals who choose to settle locally. There is a wide spectrum of housing opportunities ranging from spacious estates in Friendly Hills to moderately priced Victorian homes, California bungalows, condominiums, townhouses and apartments.

**Number of Dwelling Units: 29,580**

**Owner occupied: 16,251 - 58.00%**

**Renter occupied: 11,770 - 42.00%**

**Median Home Price: \$714,323**

**Median Rental Rate: \$1,124**



## EDUCATION



Source:  
Infogroup 2014

**23.70%** Some College

**9.35%** Associate Degree

**17.25%** Bachelor's Degree

**8.46%** Master's Degree

**0.60%** Doctorate Degree

Whittier is proud of its many educational opportunities, from the quality private and parochial schools to its award-winning public schools, including 34 elementary, 8 middle, and 5 high schools. Whittier is also home to Rio Hondo Community College and Whittier College, a nationally ranked private four-year institution offering liberal arts, law, and MBA programs.

## PARKS & OPEN SPACES

**23** LOCAL PARKS

**139** ACRES OF LAND



## BUSINESS

Business success is directly linked to our quality of life and is much of the reason people have chosen Whittier as a place to live, work, and play.

### TOTAL EMPLOYED

**42,608**

**Not in Labor Force: 24,545**  
**Unemployment Rate: 2.36%**

### MAJOR SALES TAX BUSINESS CLUSTER

**General Commercial Goods: 1,505 businesses**

**Business and Industry: 518 businesses**

**Building & Construction: 88 businesses**

**Restaurants & Hotels: 275 businesses**

**Fuel & Service Stations: 23 businesses**

**Food & Drugs: 98 businesses**

**Auto & Transportation: 251 businesses**

### TOP EMPLOYERS

PIH Health

Interhealth Corp

Rio Hondo Community College

Los Angeles County Sanitation

Sanitation Districts Of LA

Whittier Hospital Medical Center

### RETAIL CENTERS

Whittier is proud of its healthy mix of nationally recognized retail stores and restaurants, and independent entrepreneurs, and specialty boutiques. The three main shopping centers include Whittwood Town Center, The Quad at Whittier and The Whittier Marketplace.



# CHEERS TO LOCAL MOMENTS



PHLIGHT  
6724 BRIGHT AVE

**Whittier** is more than a city; it's your community. When you **Shop Local**, you're not just making a purchase - every dollar you spend makes it's way back to you through enhanced **infrastructure, parks, and public safety.**

---

*Your experience, your community, your Whittier.*



## Eat. Drink. Shop Local.



WHITTIER AREA  
CHAMBER  
OF COMMERCE





# Join the Party

## Sponsor City of Whittier Events in 2024

### Unlock Local Fame

We're gearing up for another year of spectacular community events & we're inviting you to the celebration!

### Why Sponsor with Us?

**Massive Exposure:** Our events draw thousands, and our social media outreach extends even further!

**Community Connection:** Position your business at the heart of the community, showcasing your commitment to Whittier.

**Unforgettable Impact:** From Concerts in the Park to Eggxtravaganza, and more, your brand will be part of memories that last a lifetime.



**Contact us!** Secure your exclusive sponsorship early, and we'll craft a custom package that aligns perfectly with your business goals.

Phone 562-567-9400  
Email [pks@cityofwhittier.org](mailto:pks@cityofwhittier.org)

LOOKING FOR MORE FUN?

Visit our digital brochure to register for classes, camps & events



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**U**  
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**V**  
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 Valna Dr C5, D5  
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 Via del Palma Ave C4, D4  
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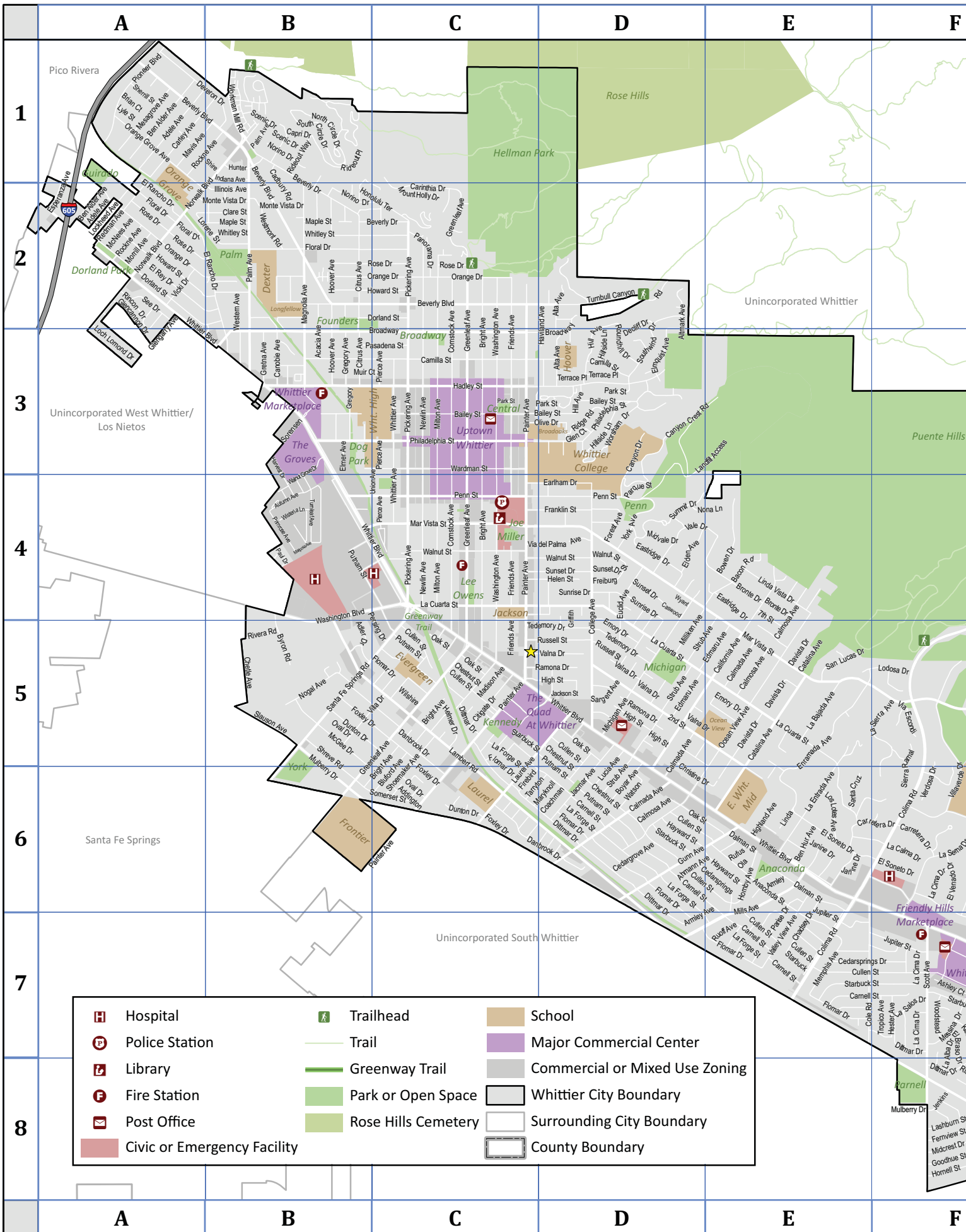
Via Santa Cruz E6  
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 Wisteria Ln B4  
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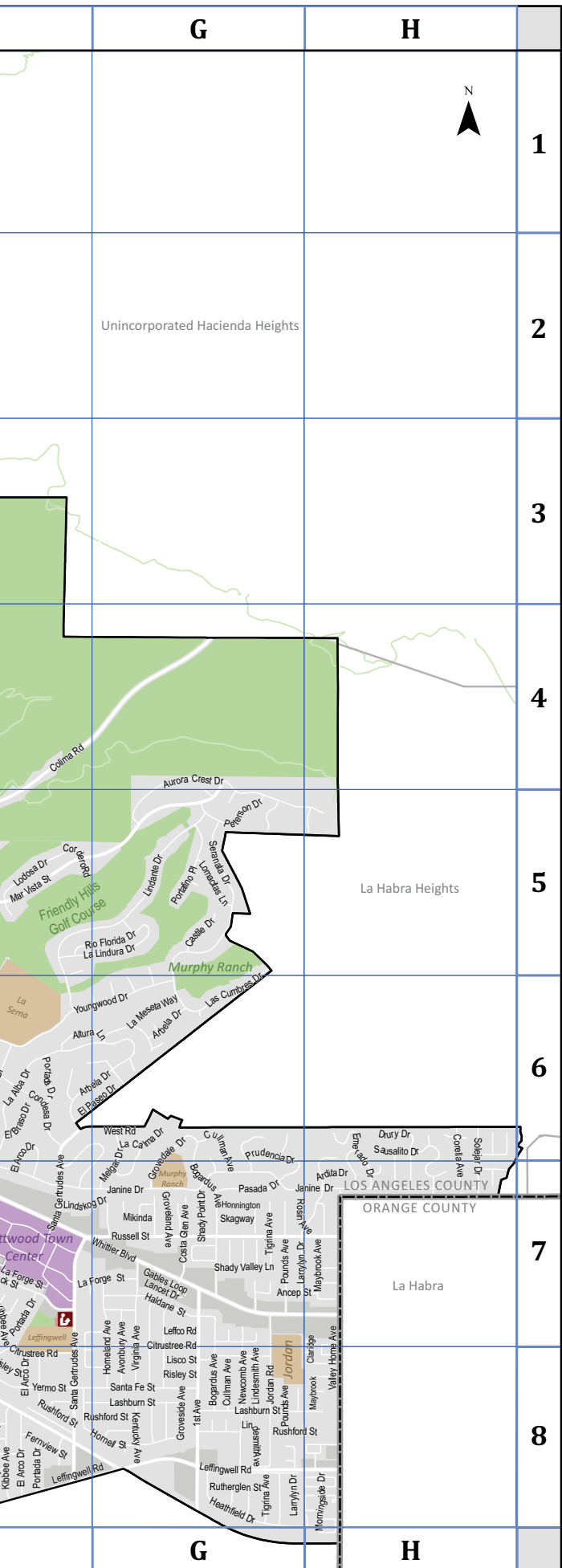
**Y**  
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**Numbered Streets**  
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	Hospital		Trailhead		School
	Police Station		Trail		Major Commercial Center
	Library		Greenway Trail		Commercial or Mixed Use Zoning
	Fire Station		Park or Open Space		Whittier City Boundary
	Post Office		Rose Hills Cemetery		Surrounding City Boundary
	Civic or Emergency Facility				County Boundary





# City of Whittier

## Civic and Emergency Facilities

- ★ Chamber of Commerce: C5
- City Hall: C4
- Community Center: C4
- Community Theater: C4
- Fire Station No. 17: B3
- Fire Station No. 28: C4
- Fire Station No. 59: F7
- Kaiser Permanente: B4, C4
- Library - Branch: F7
- Library - Main: C4
- Palm Park Com. Ctr.: B2
- Parnell Park Com. Ctr.: F8
- PIH Health: B4
- Police Department: C4
- Post Office - Washington: C3
- Post Office - Michigan: D5
- Post Office - Whittwood: F7
- Senior Center: C4
- Whittier Hospital: F6

## Major Commercial Centers

- Friendly Hills Mktplace.: F6-7
- The Quad: C5, D5
- Uptown Whittier: C3-4
- Whittier Marketplace: B3
- Whittwood Town Center: F7
- The Groves: B3-4

## Parks

- Anaconda Park: E6
- Bailey Ranch House: C3, D3
- Broadway Park: C3
- Central Park: C3
- Dog Park: B3
- Founders Memorial Park: B2-3, C2-3
- Greenway Trail: A1-2, B2-4, C4-6, D6-7
- Guirado Park: A1-2
- Hellman Park: C1-2, D1-2
- Hoover Fountain: B1
- J. G. Whittier Park: C4
- Joe Miller Field: C4
- Kennedy Park: C5
- Laurel Park: D6
- Lee Owens Park: C4
- Leffingwell Park: F7
- Mar Vista Fountain: F5
- Michigan Park: D5
- Murphy Ranch Park: G5-6
- Palm Park: A2, B2
- Parnell Park: F8
- Penn Park: D4
- Skate Park: C4
- York Field: B5-6

## Trailheads

- Arroyo Pescadero Trail: F5
- Hellman Park Trail: C2
- Sycamore Canyon Trail: B1
- Turnbull Canyon Trail: D2

## Schools

- Broadoaks Childrens School: D3
- Dexter Middle School: B2
- East Whittier Middle School: E6
- Evergreen Elem. School: C5
- Frontier High School: B6, C6
- Hoover Elementary School: D3
- Jackson Elementary School: C4
- Jordan Elem. School: G7-8, H8
- La Serna High School: F5-6
- Laurel Elementary School: C6
- Leffingwell Elem. School: F7-8
- Longfellow Elem. School: B2
- Murphy Ranch Elem.: G6-7
- Ocean View Elem.: D5, E5
- Orange Grove Elem.: A1-2
- Whittier College: C3-4, D3-4
- Whittier High School: B3, C3



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Time to get into a

# 9PM ROUTINE

- ✳ Remove all valuables from parked cars, then lock and alarm
- ✳ Lock doors, windows, and side gates
- ✳ Remove mail from mailbox and packages from front porch
- ✳ Turn on outdoor lighting
- ✳ Be a great neighbor and report suspicious activity

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# CITY OF WHITTIER

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**TUESDAY, APRIL 9, 2024**

Vote-By-Mail (VBM) Ballots will automatically be sent to all voters beginning **Monday, March 11, 2024.**

Every District will have a Voting Location. You can vote at any location between 7:00 a.m. and 8:00 p.m. beginning **Saturday, April 6, 2024 through Tuesday, April 9, 2024.**

Nearest Voting Locations by District:

<b>District 1: York Field</b> 9110 Santa Fe Springs Rd	<b>District 2: Palm Park</b> 5703 Palm Ave	<b>District 3: Parnell Park</b> 15390 Lambert Rd	<b>District 4: Michigan Park</b> 8228 Michigan Ave
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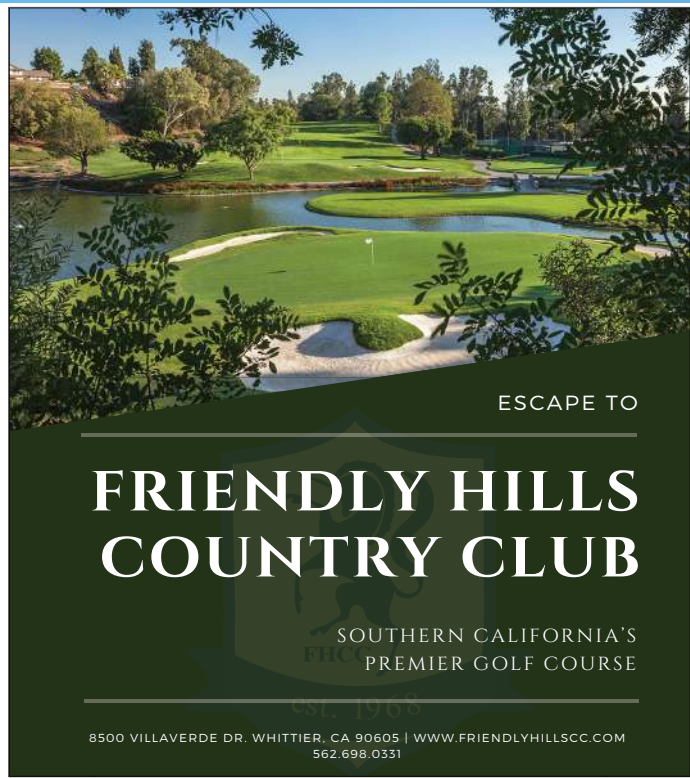
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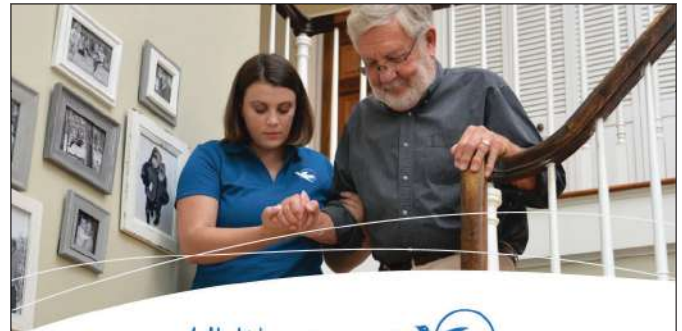
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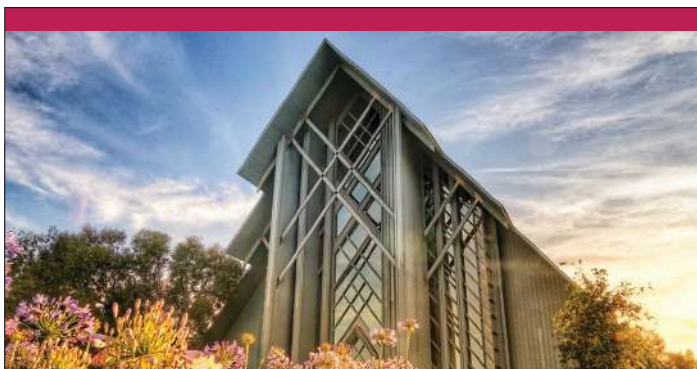
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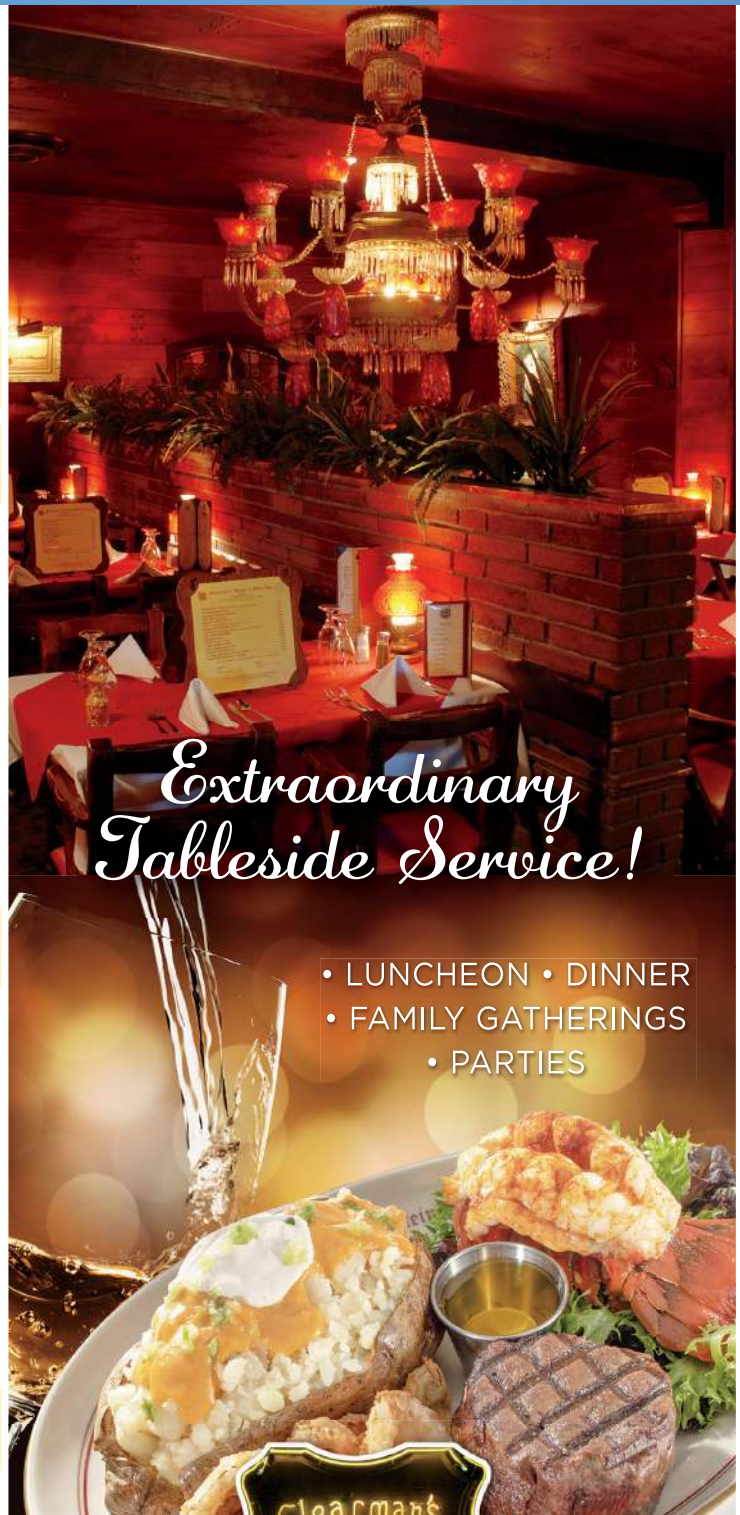
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**EAST WHITTIER CITY SCHOOL DISTRICT**  
 Belinda Valenzuela (562) 907-5900  
 14535 Whittier Blvd., Whittier 90605  
[www.ewcsd.k12.ca.us](http://www.ewcsd.k12.ca.us)  
 (see our ad page 17)

**LONG BEACH SMALL BUSINESS DEVELOPMENT CENTER**  
 Brad Pollak (562) 938-5100  
 4900 E. Conant St., Bldg. 0-2, Suite 108  
 Long Beach 90808  
[www.longbeachsbdc.org](http://www.longbeachsbdc.org)

**LOS NIETOS SCHOOL DISTRICT**  
 Ramiro Rubalcaba (562) 692-0271 x3212  
 8324 S. Westman Ave., Whittier 90606  
[www.losnietos.k12.ca.us](http://www.losnietos.k12.ca.us)

**LOWELL JOINT SCHOOL DISTRICT**  
 Jim Coombs (562) 902-4203  
 11019 Valley Home Ave., Whittier 90603  
[www.ljisd.org](http://www.ljisd.org)

**TRI-CITIES REGIONAL OCCUPATIONAL PROGRAM**  
 John Smith (562) 698-9571  
 10800 E. Ben Avon St., Suite E  
 Whittier 90606  
[www.tricitiesrop.org](http://www.tricitiesrop.org)  
 (see our ad page 30)

**WHITTIER CITY SCHOOL DISTRICT**  
 Maggie Moreno (562) 789-3068  
 7211 S. Whittier Ave., Whittier 90602  
[www.whittiercity.net](http://www.whittiercity.net)

**WHITTIER UNION ADULT SCHOOL**  
 Margie Moriarty (562) 698-8121 X-1300  
 9401 Painter Ave., Whittier 90605  
[www.was.wuhsd.org](http://www.was.wuhsd.org)

**WHITTIER UNION HIGH SCHOOL DISTRICT**  
 Monica Oviedo (562) 698-8121 x1000  
 9401 Painter Ave., Whittier 90605  
[www.wuhsd.org](http://www.wuhsd.org)

**SECURITY SERVICES**

**ABSOLUTE INTERNATIONAL SECURITY**  
 David Reynoso (626) 858-7188  
 5155 Irwindale Ave., Irwindale 91706  
[www.absolutesecurityintl.com](http://www.absolutesecurityintl.com)

**ALECO SECURITY & PROTECTIVE SOLUTIONS, INC.**  
 Carlos Lopez (562) 646-6272  
[www.alecosecurity.com](http://www.alecosecurity.com)

**LEVEL2 SECURITY**  
 Griselda Tovar (714) 422-9488  
 17772 Irvine Blvd., Suite 206, Tustin 92780  
[www.level2security.com](http://www.level2security.com)

**S & L SECURITY INC.**  
 Rudy Lara (866) 348-8330  
 13710 Whittier Blvd., Suite 202  
 Whittier 90605  
[www.snsecurityinc.com](http://www.snsecurityinc.com)

**ALLTIME SECURITY ALARM**  
 Daniel Ma (626) 300-0877  
 1212 South Atlantic Blvd. #105  
 Alhambra 91803  
[www.alltimesecurityalarm.com](http://www.alltimesecurityalarm.com)

**SENIOR CARE** (SEE ALSO HOME HEALTH CARE & ASSISTED LIVING)

**DIALMED HOME CARE**  
 Chris Hardeman (562) 464-0295  
 14613 E. Whittier Blvd., Suite 120  
 Whittier 90605  
[www.dialmedhomecare.com](http://www.dialmedhomecare.com)  
 (see our ad page 36)



**ICON VOLLEYBALL CLUB**

Whittier's very own elite youth volleyball club for BOYS & GIRLS of ALL AGES! All levels welcome!

**FOR MORE INFO**  
 (562) 631-0130  
[www.iconvbc.com](http://www.iconvbc.com)  
 @iconvolleyballclub

**INTEGRITY TAX AND NOTARY SERVICES**  
Barbara Dunagan (562) 237-2005  
16549 Leffingwell Rd., Whittier 90603

**TAX SOLUTION CENTER**  
Edwin Medina (562) 261-5744  
8402 E. Florence Ave., Suite A, Downey 90240  
www.taxsolutioncenter.com

### TEETH WHITENING

**COCO BLANC, THE**  
Jessica Rose (562) 269-9420  
7205-B Greenleaf Ave., Whittier 90602  
www.thecocoblanc.com

### TELECOMMUNICATION SERVICES

**AT&T**  
Angie Leon (213) 304-9578  
3580 Orange St., Riverside 92501  
www.business.att.com/?source=EBBZ-000000000aBU&wtExtndSource=business

**INFONETWORKS**  
Ben Hakimi (888) 454-2000  
18425 Burbank Blvd., Suite 711, Tarzana 91356  
www.infonetworks.com

**OOMA INC.**  
Steven Rosas (213) 277-5660  
Pico Rivera 90660  
www.ooma.com/office

**SPECTRUM BUSINESS**  
Dorian Chavez (213) 817-2015  
4781 Irwindale Ave., Irwindale 91706  
www.spectrum.com/business

**TELCOG COMMUNICATIONS**  
Carlos Sanchez (844) 548-8647  
13006 Philadelphia St., Suite 202  
Whittier 90601  
www.telcog.com

**TELWORX**  
John Bogdanov (626) 594-9822  
216 N. Glendora Ave., Suite 200  
Glendora 91741  
www.telworxinc.com

### THEATERS

**WHITTIER COMMUNITY THEATRE**  
Roxie Lee (562) 696-0600  
P.O. Box 601, Whittier 90608  
www.whittiercommunitytheatre.org

**WHITTIER VILLAGE STADIUM CINEMAS**  
David Burk (562) 945-5271  
7038 Greenleaf Ave., Whittier 90602  
www.starlightcinemas.com/theater-info/starlight-whittier-village

### THRIFT STORE

**BRIDGE OF FAITH UP\*SCALE COLLECTIBLES**  
Carol Reza (562) 322-5265  
7702 Greenleaf Ave., Whittier 90602  
www.bridgeoffaith.org

**SHELTER'S RIGHT HAND - AUXILIARY TO THE WOMEN'S & CHILDREN'S CRISIS SHELTER**  
Lori Harris (562) 373-5541  
12300 Washington Blvd., Suite J, Whittier 90606  
www.sheltersrighthand.org

### TITLE COMPANIES

**CBT CALIFORNIA BEST TITLE**  
Rosario Arevalo (213) 600-5777  
100 W. Broadway, Suite 1070, Glendale 91210  
www.calbesttitle.com

### TOWING

**A7 TOWING, INC.**  
Jenny Marin (626) 412-2140  
159 S. 7th Ave., City of Industry 91746

**BOB & DAVE'S TOWING INC.**  
Robert Sellers (562) 693-9596  
12109 Bailey St., Whittier 90601  
www.bobanddavestowing.com

### TOY STORE

**WISHING WELL, THE**  
Stephanie Benavidez (562) 464-9474  
6723 Greenleaf Ave., Whittier 90601  
www.thewishingwellshop.com

### TOYS/HOBBIES

**BRICKS & MINIFIGS, WHITTIER**  
Katie Leuschner (562) 905-6008  
15334 Whittier Blvd. 10-C, Whittier 90603  
www.bricksandminifigs.com

### TRAVEL AGENCIES

**BLUE MAR TRAVEL**  
Michelle Calzada (562) 380-3330  
www.bluemartravel.com

**TRAVELING TRAVELER, THE**  
Gary Lee Martinez (562) 907-7938  
www.travelingtraveler.com

### TREE SERVICE

(SEE ALSO LANDSCAPE ARCHITECTS)

**CALIFORNIA ARBORIST**  
Taylor Butler (562) 698-3280  
14068 Lambert Rd., Whittier 90605  
www.californiaarborist.com

**WEST COAST ARBORISTS, INC.**  
Victor Gonzalez (714) 991-1900  
2200 E. Via Burton, Anaheim 92806  
www.wcainc.com

### TROPHIES & PLAQUES

**ACTION TROPHY**  
Doug Guimond (562) 451-3048  
2531 W. La Habra Blvd., La Habra 90631  
www.actiontrophy.us

### TUTORING

**PIÑA READING ACADEMY**  
Melinda Piña (562) 698-7323  
6740 Bright Ave., Whittier 90601  
www.pinareadingacademy.net

### UNIFORMS & ACCESSORIES

**CINTAS CORPORATION**  
Tracy Henry (562) 692-8741 x200  
2829 Workman Mill Rd., Whittier 90601  
www.cintas.com

### UNION

**SPRINKLER FITTERS U.A. LOCAL 709**  
Todd Golden (562) 698-9909 x114  
12140 Rivera Rd., Whittier 90606  
www.sprinklerfitters709.org

### UPHOLSTERY

**ADVANCED UPHOLSTERY**  
Tulio Ruiz (562) 693-9833  
12405 Slauson Ave., Unit M, Whittier 90606  
www.advancedupholstery.net

### UTILITIES

**ATHENS SERVICES**  
Jessica Alvarenga (888) 336-6100  
15045 Salt Lake Ave., La Puente 91746  
www.athensservices.com  
(see our ad page 42)

**CALIFORNIA DOMESTIC WATER CO.**  
Lynda Noriega (562) 947-3811  
15505 Whittier Blvd., Whittier 90603  
www.caldomestic.com

**CENTRAL BASIN MUNICIPAL WATER**  
Elizabeth Brizolea (323) 201-5500  
P.O. Box 911579, Los Angeles 90091  
www.centralbasin.org

**REPUBLIC SERVICES, INC.**  
Jason Bond (562) 347-4000  
2531 E. 67th St., Long Beach 90805  
www.republicservices.com  
(see our ad page 4)

**SAN GABRIEL VALLEY WATER COMPANY**  
Leo Barrera (562) 699-1041  
11579 Hadley St., Whittier 90606  
www.sgvwater.com

**SOUTHERN CALIFORNIA EDISON**  
Adrian Garcia (800) 655-4555  
9901 Geary Ave., Santa Fe Springs 90670  
www.sce.com

**SOUTHERN CALIFORNIA GAS COMPANY**  
Julia Emerson (800) 427-2200  
9240 E. Firestone Blvd., SCERC-1  
Downey 90241  
www.socalgas.com

**SUBURBAN WATER SYSTEMS**  
Lauren James (626) 543-2531  
1325 N. Grand Ave., Suite 100  
Covina 91724-4044  
www.swwc.com/suburban

### VALVE SALES

**VALVATE ASSOCIATES, INC.**  
Ralph Thomsen (562) 633-4300  
12221 Hadley St., Whittier 90601  
www.valvate.com

### WATER CONSERVATION

**WATER REPLENISHMENT DISTRICT OF SO CAL**  
Angie Mancillas (562) 921-5521  
4040 Paramount Blvd., Lakewood 90712  
www.wrd.org

### WATER-SOFTENERS & SERVICE

**SPECIAL 'T' WATER SYSTEMS, INC.**  
Maria Renteria (562) 945-7595  
11934 Washington Blvd., Whittier 90606  
www.specialtwater.com

### WEB DESIGN & HOSTING SERVICES

**AIM SQUAD**  
Ryan Contreras (323) 547-1424  
www.aimsquad.com

**ASURGE**  
Alec Burns (909) 583-5312  
Uptown Whittier, Whittier 90601  
www.asurge.digital

**DIGITAL WEB DESIGNS**  
Ross Gile (562) 696-2222  
14525 Valley View Ave., Suite 1  
Santa Fe Springs 90670  
www.digital.com

**GEEA AGENCY**  
Emilio Ramos (562) 665-0293  
10838 Jordan Rd., Whittier 90603  
www.geeaagency.com

### WEDDING SERVICES

**ILLUSION BRIDAL**  
Lourdes Hernandez (562) 789-5596  
13310 Philadelphia St., Whittier 90601  
www.illusionbridalshop.com

### WINDOW CLEANING

**PRESSURE BOYS, THE**  
Robert Orozco (323) 747-9480  
www.itsthepressureboys.com

**SOUTHLAND WINDOW CLEANING COMPANY**  
Tim Lynch (562) 547-7988  
8139 Arrington Ave., Pico Rivera 90660  
www.southlandwindowcleaning.com

### WINDOW COVERINGS

**BENJAMIN DRAPERIES LLC**  
Frances Benjamin (909) 592-3800  
425 W. Allen Ave., Unit 110, San Dimas 91773  
www.benjaminsdraperies.com

**ROMAN WINDOW COVERINGS**  
Natalie Maldonado (562) 475-7847  
300 S. Idaho St., Apt. 21, La Habra 90631  
www.romanwc.com

### WINDOW MANUFACTURING

**ELITE VINYL WINDOWS INC.**  
Luis Ortiz (562) 945-7700  
11648 Washington Blvd., Whittier 90606  
www.elitevinylwindows.com

### WINDOW TINTING

**A PLUS ADVANCED TINTING**  
Sergio Sanabria (310) 889-4591  
www.aplusadvancedtinting.com

**XTREME TINT**  
Erick Ramirez (562) 789-0600  
13443 Lambert Rd., Whittier 90605  
www.xtremetint.com

### YOGA

**HEART & SOUL YOGA**  
Brandy Rametta (562) 321-7691  
7081 Worsham Dr., Whittier 90602  
www.handsyoga.com

**YOGASIX LA HABRA**  
Karishma Arora (562) 322-3250  
1202 S. Idaho St., Suite 1, La Habra 90631  
www.yogasix.com/location/la-habra

### YOUTH SERVICES

**YOUNG LIFE**  
Matthew Onesto (562) 325-7230  
PO Box 265, Whittier 90608  
www.greaterwhittier.younglife.org



## Why Join The Chamber of Commerce

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Experience shopping with more...  
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## Proudly serving Whittier for over 70 years

A staple in the community, generations of Whittier families have been enjoying The Quad, and all it has to offer, for decades. Originally built as an indoor mall in 1953, and expanded in 1965, The Quad was renovated to an outdoor shopping destination after much of the center was destroyed during the infamous 1987 Whittier Narrows earthquake. Hinshaw's, the only store not affected by the earthquake, remained open until 1992. Today, Burlington resides where the famous Hinshaw's once stood. Currently, over 450,000 regular shoppers within a 5 mile radius continue to flock to The Quad because of its diverse tenant mix and bustling town square atmosphere. From frozen yogurt to craft supplies, from jewelry to pet products... The Quad at Whittier has what you're looking for... *and more!*

### VISIT ONE OF OUR FINE RETAILERS

Big 5 Sporting Goods.....	562.693.2815
Burlington Coat Factory.....	562.789.1326
Casa de Café.....	562.360.1468
Chili's.....	562.693.7300
China Wok.....	562.698.3677
Cricket Wireless.....	562.309.2384
Dollar Tree.....	562.789.8610
Don Robertos Jewelers.....	562.309.4194
Fantastic Sam's.....	562.696.6655
Fashion Q.....	562.693.2440
Five Below.....	562.359.4570
GameStop.....	562.945.0696
GNC.....	562.693.2723
H&R Block.....	562.495.8945
Hawaiian Island BBQ.....	562.696.8866
HearUSA.....	562.693.6106
It's Boba Time.....	562.360.1221
La Michoacana.....	562.693.0055
Luzid Smiles (Family Dentistry).....	562.550.0808
Maki Yaki Japanese Grill.....	562.698.7243
Marshalls.....	562.464.2410
Michael's.....	562.696.1600
Natalie Nails & Spa.....	562.683.6930
Petco.....	562.907.2300
Rite Aid.....	562.945.0381
Ross Dress for Less.....	562.698.3637

Rubi's Frosty Freeze.....	562.696.7557
Sally's Beauty.....	562.945.0950
Schools First Federal Credit Union.....	800.462.8328
Staples.....	562.698.2034
Subway.....	562.945.7827
T-Mobile.....	562.693.7565
The Olive Garden.....	562.693.5999
The Quad Cleaners.....	562.693.2928
The UPS Store.....	562.907.3800
TJ Maxx.....	562.696.1032
Vallarta Supermarkets.....	562.758.6464
World Burgers.....	562.276.3606

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