

Bellflower Business Networking  
**BELLFLOWER CHAMBER OF COMMERCE**

VOL. 1 • ISSUE 9

GET INVOLVED AND GROW YOUR BUSINESS

FEBRUARY 2010



**Bellflower Chamber of Commerce**

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**Introducing... Bellflower's Best Fried & Grilled Seafood**

**D**elta Pride Fish Company, a family-owned restaurant, managed by Anthony Comres, II, CEO, and parents Mary and Anthony Comres, Sr., chef, launched a fried & grilled seafood business, motivated by their passion for great, luscious food and their belief that the community deserves fresh, healthy and delectable cuisine, no less.

"Delta Pride is what they call the catfish in Mississippi, and elsewhere along the Delta River. Therefore Delta Pride Fish Co. came into existence mainly to share some of that down home Mississippi Love," explains Anthony.

The distinct taste of their homemade cooking sets them apart from other restaurants. "It's the Love that the food is prepared with! The restaurant is a mesh of what I like to call the Delta-Pacific recipes, which is Southern style comfort food, and Californian style cuisine that are guaranteed to make your taste buds tingle," Anthony reveals some "secrets" behind the unique taste of their cooking.

Everything in their menu is a specialty item, because everything is made with love, and nothing is more special than love! Delta Pride Fish Co. is a great alternative to cooking at home. Food is prepared when ordered, and made with the



DELTA PRIDE FISH COMPANY — shown above are CEO Anthony Comres II (holding scissors), assisted by Anthony Comres Sr. and Mary Comres, 5th and 4th from left, respectively, during the grand opening and ribbon-cutting of the family-owned fried and grilled seafood restaurant. Joining them are Bellflower Chamber Board Officers, Bellflower City Council Members, Bellflower Chamber members, community members, families and friends and other well-wishers. The event was done on January 27th at 16900 Lakewood Blvd., Ste 203, Bellflower.

See Federal Grants, next page



**THRIVE and KICK it InTo OVERDRIVE:**  
 Business Solutions That Work Symposium

**Friday & Saturday, February 19 & 20, 2010**  
**Cerritos College Student Center**

**Out of the box ideas, leadership concepts that change people, mega resources and a new plan for a new year!**

Standard Registration Fee: \$99.00 • Register at [www.regonline.com](http://www.regonline.com)

More Details: [marjeanc@selaco.com](mailto:marjeanc@selaco.com)

Registration is now open for THRIVE and KICK It InTo OVERDRIVE: Business Solutions That Work Symposium, February 19 & 20, 2010 at Cerritos College Student Center hosted by SELACO WIB, Cerritos College and the Long Beach SBDC.

During this interactive 1 ½ day conference, attendees will examine best practices for their business continuity and growth; competitive advantages, unique practices that build lasting business legacies, leadership concepts that change people, mega resources and strategies to create a new plan for a new year!

The registration fee is \$89.00 before January 15, \$99.00 between January 16 and February 5 and \$109.00 after Feb. 5. So go on-line now to [https://www.regonline.com/thrive\\_and\\_kick\\_it\\_into\\_overdrive\\_business\\_solutions](https://www.regonline.com/thrive_and_kick_it_into_overdrive_business_solutions) and reserve your spot today. Benefit from 2 keynote luncheon speakers who will lead you through the maze of competition, performance and company culture. Choose from 18 different workshops that will offer ideas you can apply the minute you get back to your office.

The conference registration fee covers all activities: 2 keynote luncheons, 18 workshops and panels, and a resource room. Lunch, continental breakfast, and break snacks to be provided by Cerritos College Culinary Arts School. You will also receive a Regional Business Resource Guide to help you find the help you need. It's time to THRIVE!!