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**Community Briefs**

**Inglewood Summer Nights; Movies in the Park Schedule**

The City of Inglewood Parks, Recreation and Library Services and Public Works Departments with grant funds from Cal Recycle is pleased to present the 2017 Movies in the Park series. The entire community is encouraged to grab their blankets and lawn chairs and head out for an unforgettable evening of cinema under the stars. All movies are free and open to the public. Bring 10 recyclable items and receive a “Free Popcorn” voucher! Food and dessert gourmet trucks will be present with movie snacks and refreshments available for purchase. Movies start at dusk and seating begins at 6:30 p.m.

**South Bay Cities Fiber-Optic Master Plan Completed**

The South Bay Workforce Investment Board (SBWIB), in partnership with the South Bay Cities Council of Governments (SBCCOG), have completed a Broadband Fiber-Optic Master Plan for the South Bay region to support job creation, business retention and layoff aversion. This assessment was paid for by the SBWIB and prepared by Magellan Advisors, a leading consultant for broadband infrastructure planning.

The term broadband commonly refers to high-speed Internet access and capacity. The report examines how the South Bay region is currently served with broadband infrastructure and focused on the services available to cities, businesses and key economic development zones in the South Bay Area. An essential objective of the study was to confirm the region and South Bay businesses had access to services they needed at prices they could afford. In addition, the project examined what would be required in the future with recommendations on how to meet those needs.

One suggestion in particular was to consider the development of a regional fiber optic network called, “SMARTNet”; that would be available to all cities in the South Bay interconnecting them with high capacity, high speed internet access. Initially, this idea would be for city governments to use, but later could be expanded outward if desired by each city to support their economic growth.

Movies scheduled for the series include: *Moana* (PG) on Saturday, August 5 at Inglewood City Hall – One W. Manchester Boulevard, *Beauty and the Beast* (PG) on Saturday, August 19 at Darby Park – 3400 W. Arbor Vitae. Fellow the City of Inglewood on social media (Facebook, Twitter or Instagram) for reminders and announcements the day of the events. For additional information, call the Movie Info line at (310) 412-8880 or visit the City’s website at www.cityofinglewood.org. – Source: City of Inglewood

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**Seniors**

**Access To Mental Health Care May Be Just A Virtual Visit Away**

(BPT) - Mental health disorders impact thousands of people every day, including many of our friends, neighbors and co-workers. Everyone reading this likely knows someone struggling with mental illness and is aware of the toll it can take on individuals, families and communities. Mental health challenges do not discriminate - they affect people from all walks of life regardless of age, gender, ethnicity and socioeconomic level.

While stress, anxiety, depression and other mental health disorders impact an estimated 43 million adults nationwide each year, the World Health Organization reports that only about one in four people with a diagnosed disorder is likely to pursue treatment. Unfortunately, barriers prevent people from getting the mental health care they may need. The reasons are many. Consider these statistics: 4,000 areas in the U.S. have only one psychiatrist for 30,000 or more people; the average waiting time for a first psychiatric visit is 25 days; and stigma is the fourth highest-ranked barrier to help-seeking.

The good news is that people who access care more quickly may be more likely to engage in their treatment and have a better outcome. With the right treatment and support, people can recover from mental health disorders to live healthy, self-directed lives as valuable members of our community. Sometimes all it takes is a gentle nudge from a friend or loved one to help someone take that first step on their path to recovery. For some people, that first step may be a virtual visit with a mental health provider via a mobile device or computer. For many, access to virtual care may already be available as part of their health care benefits. 

Virtual care can shorten wait times for an appointment, fit work and personal schedules, and eliminate travel time and expense. An appointment conducted in the safe, comfortable environment of home may reduce stigma. And, research shows that outcomes of a virtual visit with a mental health provider are similar to in-person sessions for multiple disorders.

Raising awareness and reducing stigma around mental health issues are keys to supporting well-being within our communities. Today, people can access effective, proven treatment in a variety of formats, including using video-calling technology. It’s up to all of us to reach out and encourage our friends, neighbors and family members in need to access these available resources.

For more information and links to recovery support resources in your area, visit www.optum.com/recovery. To learn more about available health care benefits, call the number on the back of your health plan identification card.*
### Classifieds

**News for the City of Good Neighbors from an Old Guy named Norb Huber**

**ALL QUIET ON THE WESTERN FRONT**

Now that the 4th is past us, it seems rather quiet these days around these parts. Like the past twenty years, the July 4th holiday in our area was nothing but loud. If anything, the illegal fireworks that shoot up in the air and make a bomb sound is becoming more common and the legal fireworks stations are becoming a bit of the past. Who wants to wave a sparkler around when you can have a huge sparkler explode in the sky above your neighbor’s house? Why spend $20 at the legal fireworks stand when you can sit on your porch and watch a fireworks show for free for hours and hours? The question is this. Should the City continue to sanction the sale of safe and sane fireworks? The non-profits are not making the money they used to. Of the stands breaks even on sales this year or one of the city’s clubs actually lost money after spending eight days to set up, man, and tear down the stand. It doesn’t make a difference whether or not illegal fireworks are not sold. Your neighbor or friend can take a drive to Las Vegas, Mexico, or any American Indianreservation in the country and purchase the big blowers. The Hawthorne City Council has the power to simply end the firesales work. Will this help quiet things down for Fido, your traumatized dog? Probably not. They keep using new plugs? We all just need to relax and have one.

**HISTORICAL SOCIETY MEMORIAL DATE**

The Hawthorne Historical Society will be moving into their new digs this Saturday. There are truck loads of furniture and boxes to be moved into the new Museum, which is located at 1400 Prairie Avenue. The building is located just north of the American Legion building on the east side of Prairie.

Visit us online: [www.HERALDpublications.com](http://www.HERALDpublications.com)
A Smarter Way To Buy A Home

(BPT) - Are you considering buying a home? With mortgage rates on the slow and steady incline, there may be no better time for a home purchase than now. Mortgage interest rates will likely continue to go up for the foreseeable future, according to recent data from the housing finance company Freddie Mac. Many housing experts and industry observers agree.

What Does This Mean?

If you are thinking about buying a home, it means don’t wait any longer. The overall cost of buying a home in the future will only increase compared to buying a home of the same value today. Furthermore, rising interest rates impact housing inventory, as sellers might not be as interested in moving if it means paying a higher rate on a new mortgage. As a result, the dream home you see today might not be available next year.

The 20 Percent Down Myth

If you’ve put off buying your next home to save for the full 20 percent there is good news: you don’t need it. If you were unaware of this, you’re not alone. A recent survey found that among first-time homebuyers who obtained a mortgage, 80 percent made a down payment of less than 20 percent.

What Is A Conventional Loan With Mi?

A conventional loan is a mortgage from a lender that is not completely backed by the federal government. For qualified borrowers with a low down payment, private MI is required and typically paid monthly along with the mortgage payment. You can obtain this type of loan with as little as 3 percent down, though buying with a 5 percent down payment will result in a lower monthly payment.

There are other types of low down payment options that also include MI, such as the government-insured loans backed by the Federal Housing Administration (FHA). Unlike the premiums charged by FHA loans, private MI premiums can be cancelled once 20 percent equity in home value is reached, and with private MI there are no upfront costs added onto a borrower’s initial down payment like there are with an FHA loan. This means your monthly bill decreases and you have extra money to spend on your family, vacations, retirement and any other needs.

Don’t sit on the sidelines and miss out on your dream home. To learn more about mortgage insurance compared to other low down payment options, visit LowDownPaymentFacts.org.
Adopt a cat cuz cats are cool. A cat (or two) makes every house more fun! Here are just a few of our cool cats (and kittens).

**Cleopatra** lives up to her name: exceptionally beautiful and regal, admired by everyone who meets her, and prone to adorable kitten mischief. She’s an independent girl who’s also playful and sweet, and especially loves wrestling with her brother Julius and chasing after the laser dot. She would prefer a home with a cat tree so that she can better observe her kingdom. Best of all, she really enjoys cuddling with her people for worshipping and naps. While she may not be their best friend right away, she tolerates gentle dogs without hissing, and absolutely loves kids and other cats. If you’re looking for a playful, affectionate kitten who will grow into an absolutely gorgeous and calm cat who will gladly rule over your life, Cleopatra may be right for you.

**Julius** is an adorable kitten who is confident and handsome. This little guy really stands out, commands everyone’s attention, and is very people-oriented. His first day at his foster’s house, he walked up to a 90-pound dog and gave her a head bump. They’ve been good friends ever since, typically hanging out and napping together. He loves chasing his sister and playing with his toys, and given his calm personality is a good candidate for leash training. Julius and Cleopatra are a great team, just like their namesakes.

Are you looking for a love bug with lots of fun and play? Meet **Jacob**. he is one amazing kitten. This loving, playful, energetic and outgoing boy enjoys affection. He loves being petted and purrs loudly to show you his appreciation. He gets along well with other boy and girl cats, both adults and kittens.

**Chai** is a 10-month-old, white-mitted Siamese boy. He is sweet, alert and energetic. Chai is quite a character — a very playful, energetic kitty who loves playing fetch and chasing lasers and feathery toys. He loves climbing and often climbs right onto and across your shoulder, settling and purring like crazy. Even though he is a Siamese, he does not “yowl” or “talk” like a Siamese and instead meows. He is used to kids, too.

**Leo** is a stunning little calico girl. She was abandoned at the shelter with her brother Milo at three weeks old. She is the runt of her litter, so she will be a small adult cat (under 10 pounds). Meadow is adjusted well with humans and her siblings, yet she is a little shy. Once she warms up to you, she purrs like crazy and is extremely sweet. Meadow loves playing and has the most energy out of all her siblings. There’s nothing more adorable than watching her hop around. Because she’s a bit shy and still has lots of kitten energy, she would do well in a home with her brother. This way, she’ll have some familiarity and an easier time adjusting to her wonderful new life.

**Milo** is an adorably curious black and white (moo cow) male kitten. He has a little mustache and a beard, which makes him even more handsome! He was abandoned at the shelter with his sister Meadow at three weeks old. Ever since then, he has been thriving and getting along with other cats and his foster siblings. He is so sweet, loves being cuddled, and is super playful and smart. He will make a wonderful addition to any home. He does have a lot of energy and truly loves his sister Meadow, so ideally they should go to a home together. They will make their human extremely happy.

**Meadow** is a stunning little calico girl. She was abandoned at the shelter with her brother Milo at three weeks old. She is the runt of her litter, so she will be a small adult cat (under 10 pounds). Meadow is adjusted well with humans and her siblings, yet she is a little shy. Once she warms up to you, she purrs like crazy and is extremely sweet. Meadow loves playing and has the most energy out of all her siblings. There’s nothing more adorable than watching her hop around. Because she’s a bit shy and still has lots of kitten energy, she would do well in a home with her brother. This way, she’ll have some familiarity and an easier time adjusting to her wonderful new life.

Your tax-deductible donations for the rescue and care of our cats and kittens can be made through our website or by sending a check payable to Kitten Rescue, 914 Westwood Boulevard, #583, Los Angeles, CA 90024.

On Saturdays, we have adoptions from noon to 3:30 p.m. in Westchester at 8655 Lincoln Boulevard, just south of Manchester Avenue, and also in Mar Vista at 3860 Centinela Avenue, just south of Venice Boulevard. Our website lists additional adoption sites and directions to each location.
To all heirs, beneficiaries, creditors, contingent

creditors, and persons who may otherwise be

interested in the estate of the

decedent:

A HEARING on the petition case

of W. A. COX, decedent, will be held on Aug

11th, 2017, at 11:00 AM, in the Courtroom of

the Probate Court of Los Angeles County, at

211 W. 6TH Street, Los Angeles, California 90012.

A NOTICE OF TRUSTEE’S SALE Trustee Sale


ENVIRONMENTAL REVIEW:

Billboard Agreement 2017BA02 is consistent with

California’s Environmental Quality Act (CEQA). This

proposed project is exempt from the requirements of

Mayor’s Executive Directive 17-02 or Negative

Declaration because the project is less than 10,000

square feet of commercial building space and is

exempt from the requirements of the California

Environmental Code. This provision, Section

15332, (In-Fill Projects) of CEQA. This provision

permits projects that involve limited modifications

to existing structures and modifications to an

existing project. The proposed project is

consistent with the Environmental Code. This

provision, Section 15332, (In-Fill Projects) of CEQA.

ENVIRONMENTAL REVIEW:

Billboard Agreement 2017BA02 is consistent with

California’s Environmental Quality Act (CEQA).

This proposed project is exempt from the

requirements of Mayor’s Executive Directive

17-02 or Negative Declaration because the project

is less than 10,000 square feet of commercial

building space and is exempt from the

requirements of the California Environmental Code.

This provision, Section 15332, (In-Fill Projects) of

CEQA. This provision permits projects that involve

limited modifications to existing structures and

modifications to an existing project. The proposed

project is consistent with the Environmental Code.

This provision, Section 15332, (In-Fill Projects) of

CEQA.

The environmental review for this project is

completed. The environmental impact report or

environmental impact statement for the project

may be obtained from the Planning and

Community Development Projects) of CEQA. This

provision, Section 15332, (In-Fill Projects) of CEQA,

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to existing structures and modifications to an

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with the Environmental Code. This provision,

Section 15332, (In-Fill Projects) of CEQA.

ENVIRONMENTAL REVIEW:

Billboard Agreement 2017BA02 is consistent with

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proposed project is exempt from the requirements of

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Section 15332, (In-Fill Projects) of CEQA.
The following person(s) is (are) doing business as:  
2748 PACIFIC COAST HWY, UNIT 101, TORMENDA, CA 90025. This business is being conducted by an INDIVIDUAL. 

The following person(s) is (are) doing business as:  
5393 W IMPERIAL HWY., #100, LOS ANGELES, CA, 90047, LOS ANGELES COUNTY. This business is being conducted by a CORPORATION. 

The following person(s) is (are) doing business as:  
EL SEGUNDO, CA. This business is being conducted by a CORPORATION. 

The following person(s) is (are) doing business as:  
2577 PLAZA DEL RAY, 46 E PENINSULA DRIVE, TORRANCE, CA 90503. This business is being conducted by an INDIVIDUAL. 

The following person(s) is (are) doing business as:  
504 N OAK ST, INGLEWOOD, CA 90302 2) JEAN LEON, 504 N OAK ST, INGLEWOOD, CA 90302 2) AMO UNIT 730, TORRANCE, CA 90501. This business is being conducted by a CORPORATION. 

The following person(s) is (are) doing business as:  
10 WATT STUDIO 1) 2748 PACIFIC COAST HWY, UNIT 101, TORMENDA, CA 90025. This business is being conducted by an INDIVIDUAL. 

The following person(s) is (are) doing business as:  
5600 LA CADENA DR, 13930 HAWTHORNE WAY #4, HAWTHORNE, CA 90250, LOS ANGELES COUNTY. Registered Owner(s): BONNIE PATRICIA ORTEGA, 4047 W 134 TH ST APT 7, INGLEWOOD, CA 90302. This business is being conducted by an INDIVIDUAL. 

The following person(s) is (are) doing business as:  
1) 2748 PACIFIC COAST HWY UNIT 101, TORMENDA, CA 90025, LOS ANGELES COUNTY. Registered Owner(s): CHRISTOPHER R. FINN, 3715 HAWTHORNE BLVD, STE #100, TORMENDA, CA 90025, LOS ANGELES COUNTY. This business is being conducted by an INDIVIDUAL. 

The following person(s) is (are) doing business as:  
3320 W 213TH ST, EL SEGUNDO, CA 90245. This business is being conducted by an INDIVIDUAL. 

The following person(s) is (are) doing business as:  
2748 PACIFIC COAST HWY UNIT 101, TORMENDA, CA 90025, LOS ANGELES COUNTY. Registered Owner(s): YUMI PEGEL, 2748 PACIFIC COAST HWY UNIT 101, TORMENDA, CA 90025, LOS ANGELES COUNTY. This business is being conducted by an INDIVIDUAL. 

The following person(s) is (are) doing business as:  
13930 HAWTHORNE WAY #4, HAWTHORNE, CA 90250, LOS ANGELES COUNTY. Registered Owner(s): MARY MOODY, 13930 HAWTHORNE WAY #4, HAWTHORNE, CA 90250, LOS ANGELES COUNTY. This business is being conducted by an INDIVIDUAL. 

The following person(s) is (are) doing business as:  
5600 LA CADENA DR, 13930 HAWTHORNE WAY #4, HAWTHORNE, CA 90250, LOS ANGELES COUNTY. Registered Owner(s): DOCTORA TANAKA, 2577 PLAZA DEL RAY, 46 E PENINSULA DRIVE, TORRANCE, CA 90503. This business is being conducted by an INDIVIDUAL. 

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4047 W 134 TH ST APT 7, INGLEWOOD, CA 90302. This business is being conducted by an INDIVIDUAL. 

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21143 OAK ST, INGLEWOOD, CA 90302 3) R. RYAN, 21143 OAK ST, INGLEWOOD, CA 90302. This business is being conducted by an INDIVIDUAL.

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Some of the takeaways from the 2017 study confirm what educators, parents and business leaders have suspected about the pros and cons of smartphones on campuses, in society, and at on-site workplaces. Placing a smartphone face down on a desk doesn’t reverse the “brain drain” effect, the Texas researchers found. Neither does turning off the phone except when the device is placed in another room. Ward and his team concluded that separating the user from the device may be the only way to help people to focus better and be less distracted.

One possible explanation why distraction breaks the device’s hold over one’s attention is that 89 percent of people with smartphones experience the disconnection feeling as though their phones are vibrating even when they’re not. A 2012 paper published in the journal Computers in Human Behavior described a smartphone as a “recent psychological phenomenon that has attracted the attention of the media and medical community.” The Indiana University researchers noted that“As the UT-Austin study, students whose phones were in another room scored higher on tests of memory, focus and problem-solving when a person didn’t know that the phones were placed in a desk nearby. The conclusion? That the presence of a smartphone nearby seemed to affect the brain’s ability to think when a person wasn’t even thinking about the device. Researchers asked the students if they believed their test scores were influenced by whether their phones were turned on, off, or close by. The majority didn’t think it mattered. There’s a popular notion that people can concentrate on more than one task or thought at a time. However “multitasking,” as it’s known, has its doubters. There is growing research suggesting that multitasking can actually reduce productivity because the brain is forced to jump back and forth between tasks rather than simultaneously focusing on two things. Neurobiologists, psychologists and social scientists have begun to delve into the longer-term effects of living in a state of near-constant multitasking. Jim Taylor, who teaches at the University of San Francisco, says that multitasking is nearly impossible and an excuse for doing anything.

The concept was created “to make overly scheduled and stressed-out people feel productive and efficient,” Taylor said. It’s only possible to multitask if one of the tasks is so “automatic” that it requires no focus or thought. For example, stirring a pot of gravy and reading a newspaper conversation would qualify. Walking and eating is another pairing of a thoughtful activity with a no-brainer, he explained. Listening to music and reading is another “… Because reading comprehension and processing instrumental music engage different parts of the brain. However, your ability to retain information while reading and listening to music with lyrics declines significantly because both tasks activate the language center of the brain,” said Taylor, who writes for Psychology Today and has published a parenting book for the digital age about preparing children for a mass media world.

“The goal for parents is not to disconnect their children, but rather to expose them to popular culture and technology when they are developmentally ready,” he writes in “Raising Generation Tech: Preparing Your Children for a Media-Fueled World.” The goal—and challenge for parents of young children—is to engage them with what Taylor calls the “perspectives, attitudes and tools they need to thrive in this digital age.” The messages coming from Taylor and the UT-Austin team have a common theme, though: they’re drawn from observations of children and young adults. “There’s a proper time and a place for smartphones and mobile devices. Deciding when to allow them or institute a power-down rule is for parents, teachers and bosses to decide.”

By Adam Serrano
If you’ve ever been to the circus, then you know how that sort of thing goes. Clowns and animals parade around in a circle, doing tricks and stunts, all for your entertainment and enjoyment. There’s a different kind of circus in town, but instead of the $15 entrance fee and cotton candy, this one will charge you merely $100 to watch from home. A price that steep certainly does its part to lift an erighthand, or two, but when Floyd Mayweather, Jr. and Conor McGregor take the ring on August 26 at the T-Mobile Arena in Las Vegas, the prize will be little need to lift an erighthand, a wallet, or a remote. The publicity stunt that is for against Manny Pacquiao that was also ultimately a letdown. This event will be more of the same. One click of the button to buy the pay-per-view fight will lead to an inevitably let-down fan base, walking away empty-handed from an affair that will only serve to make Mayweather and McGregor richer than they already are.

The more Mayweather and McGregor appear on national television yelling at each other as if they hate one another, the more it becomes apparent that the two met in a back room, shook hands and decided that they would barrage each other with insults in order to drum up enough interest for their salsa dance at the end of August. There is no hate shared by the two fighters. There are even reports that they shared the same private jet on the way over to London. They can be seen smiling at one another—almost laughing at one another’s fabricated insults directed at each other as they sat perched on stage. There is no will to absolutely defeat another one within the boundaries that the sport provides. There is simply yelling and inside a boxing ring, where he has no black diamond without falling down once. "You're going to ask McGregor to go one another within the boundaries that the sport provides. There is simply yelling and inside a boxing ring, where he has no black diamond without falling down once. "You're going to ask McGregor to go

The Mayweather/McGregor Circus is Already in Town

The fight between Mayweather and McGregor will inevitably give to them. Don’t forget the fight that Mayweather fought up for against Manny Pacquiao that was also ultimately a letdown. This event will be more of the same. One click of the button to buy the pay-per-view fight will lead to an inevitably let-down fan base, walking away empty-handed from an affair that will only serve to make Mayweather and McGregor richer than they already are.

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