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Hawthorne Veterans’ Day Event



Patrick Carey of Hawthorne and Bob Chiota of Torrance share a laugh and exchange contact information during this year’s Veterans’ Day celebration at the Hawthorne Memorial Center. The day’s celebration was attended by local elected officials, state representatives and Congresswoman Maxine Waters. The celebration also served to introduce the community to the newly formed Veterans Affairs Commission, which meets the second and fourth Wednesday of the month at City Council Chambers located at 4455 W. 126th St. at 3:15 p.m. Photo by Cristian Vasquez.

City Gathers to Honor Veterans

By Cristian Vasquez
COL (R) Neil Gafney

The Veterans Affair Commission is only six months old and meets the second and fourth Wednesday at City Council Chambers located at 4455 W. 126th St. at 3:15 p.m.

“It was a variety of city council people but I believe it was Olivia Valentine. She had been talking about it for a couple of years. I think as I got to know her through my civic duties and my community, she realized that with my military background and other things that maybe I would be a good candidate. A commission was formed and I was asked to participate and we assembled four other commissioners during the latter part of last year. We all came together in January as a group and we began to look at what we wanted to do.”

Once the leadership position for the commission were established, the group began analyzing what the commission was to accomplish and how to help veterans.

“We wanted to focus on doing things for veterans and making them aware that we are out there. We want to make them aware that we can help with education, medical references, jobs, housing. It is a very ambitious agenda but it’s what we started with as a direction to go and this event we felt would help create awareness.”

They had a census to identify veterans in town and what needs they are currently not having met. With the compiled feedback the commission will have the ability to reach out to the veteran community in the form of available resources or references.

“We are getting a lot through the veterans services organizations a few times a week about things such as jobs and free haircuts. The idea of being able to publish this to

someone who might have interest and whom we don’t know now, the census form will help us with that.”

The website has a tab “ask the commissioner” through which the commission can reply. Granted, since the commission is filled with volunteers answers will not be immediately provided but it is a good way to establish contact.

There is also a resource of links on the website that are being assembled to direct veterans to more resources.

“We wanted to focus on doing things for veterans and making them aware that we are out there.”

“Anybody can come; the meetings are open to the public. There is an open period where anyone in the audience can come up and speak. The first speaker we had was the chief from the Jr. ROTC from Hawthorne High, came to tell us what they do.”

Congresswoman Maxine Waters

Spoke of the importance of not just thanking veterans for their service through recognition ceremonies but stressed the responsibility to take care of the veterans when they

“There is not enough that we can do to honor your service to this country,” the Congresswoman told the veterans in the crowd. “We are appreciative for all that you have done and the sacrifices that you have made and we have a responsibility to make sure that we assist you in every way upon your return.”

The Congresswoman has been a long-time

advocate of providing proper healthcare, housing and education for veterans shared her concern with regards to the rise in homelessness among veterans, despite an overall drop in those numbers nationwide.

“We must ensure that veterans have the support and access to mental healthcare after they serve our country. The statistics are alarming: 22 veterans die each day as a result of suicide. Which is more than 8,000 vets per year. Even one is one too many. Our Congress passed legislation requiring the VA to establish a 24 hour therapy suicide hotline.”

When Woodrow Wilson declared 11 November a holiday, the primary intention was to have a day to reflect on the sacrifices of those who had served in the military during World War I. Observation of the holiday through parades and meetings was envisioned.

Today, many Americans observe the day by attending ceremonies and parades that are dedicated to honoring the troops for their service. These often allow veterans to speak about their time in the service and give Americans the opportunity to personally thank veterans for their sacrifice.

November 11 was chosen as the official date for Veterans Day in reference to the ending of World War I. Germany signed an armistice with the Allies that signaled the end of the war on at 11 a.m. on 11 November 1918.

The VA also has its military crisis line, 1-800-273-8255, where veterans and military service members can call at any hour, any day.

Thompson said that the military crisis hotline has received 1.8 million calls since the program started in 2007, answering about 1,000 calls a day.

Veterans can text this number, 838255, for help as well as visit <https://www.veteranscrisisline.net> •

Weekend Forecast

Friday Sunny 79°/57°	
Saturday Partly Cloudy 77°/55°	
Sunday Partly Cloudy 73°/57°	

PUBLIC NOTICES

**CITY OF INGLEWOOD
INVITATION TO SUBMIT BID**
(Specifications and Conditions Governing Bid Award)
Project Subject to Bid: Center Park Improvement Project: CB-15-52
The City of Inglewood, California hereby extends an invitation to submit a proposal in accordance with this bid, to provide labor and materials and/or completing the above designated project. The City makes no representation that any agreement will be awarded to any firm/company responding to this request.
A mandatory pre-bid conference and walk thru for interested bidders will be conducted on **Wednesday, November 25, 2015 at 2:00 PM at Center Park.** Center Park is located at 111th Place and 111th Street between Doty Avenue and Yukon Ave at City of Inglewood, California, 90303. Call Boytrese Osias (Senior Engineer) or Kendrick Sanderlin (Associate Engineer), at (310) 412-5333 should you require further information.
Each bid to be considered must be delivered to and received by the City Clerk no later than **11:30 AM on Wednesday, December 9, 2015** at the Office of the City Clerk, Inglewood City Hall, One Manchester Boulevard, Inglewood, CA 90301.
Each bid shall be submitted and completed in all particulars using the form entitled, "Bidder's Proposal and Statement" attached hereto. The submittal bid must be enclosed, together with the requisite bid security, in a sealed envelope addressed to the City Clerk with the designation of the project: **Center Park Improvement Project: CB-15-52** appearing thereon.
Each bid shall state the unit price of each item if called for on the Bidder's Proposal and Statement form. In the event alternative bids are called for in said form, each alternative bid shall be completed.
Bids will be opened in public in the **City Clerk's Office** and will be announced to all

persons present.
Specifications and other bid documents for the project are on file in the Public Works Department, and may be obtained upon request.
Each bid must be accompanied by a deposit in the form of cash, a cashier's or certified check made payable to the City of Inglewood, or a bid bond, for an amount of not less than ten percent (10%) of the aggregate of the bid. This is a guarantee that the successful bidder will, within the time specified, enter into an agreement as provided in the bid document. Bidder shall furnish bonds when required in the Special Provisions: One for faithful performance in the amount of the contract sum, and another for contractor's labor and materials in the amount of the contract sum.
The City Council reserves the right to reject any or all bids and to waive any irregularities in any bid, and to take bids under advisement for a period not to exceed sixty (60) calendar days from and after the date bids are opened and announced.
Attention is directed to the provisions of Labor Code § 1725.5: No contractor or subcontractor may be listed on a bid proposal for a public works project (submitted on or after March 1, 2015) unless registered with the Department of Industrial Relations (with limited exceptions for this requirement for bid purposes only under Labor Code Section 1771.1a). No contractor or subcontractor may be awarded a contract for public work on a public works project (awarded on or after April 1, 2015) unless registered with the Department of Industrial Relations. All contractors and subcontractors must furnish electronic certified payroll records to the Labor Commissioner for all new projects awarded on or after April 1, 2015. The Labor Commissioner may excuse contractors and subcontractors on a project that is under the jurisdiction of one of the four legacy DIR-approved labor compliance programs (Caltrans, City of Los Angeles, Los Angeles Unified School District and County of

Sacramento) or that is covered by a qualified project labor agreement. This project is subject to compliance monitoring and enforcement by the Department of Industrial Relations.
Attention is directed to the provisions of Sections 1777.5 and 1777.6 of the Labor Code concerning the employment of apprentices by the Contractor or any subcontractor under them. The Contractor or any subcontractor shall comply with the requirements of said sections in the employment of apprentices. Information relative to apprenticeship standards and administration of the apprenticeship program may be obtained from the Director of Industrial Relations, San Francisco, California, or the Division of Apprenticeship Standards and its branch offices.
Notice is hereby given that the City Council has ascertained the prevailing rates of per diem wages in the locality in which the work is to be performed for each craft or type of workman or mechanic needed to execute the contract in accordance with the provisions of Section 1770, et. seq. of the Labor Code. Said prevailing rates are on file in the Office of the City Clerk and are incorporated herein by reference. Copies shall be made available to any interested party on request.
Attention is directed to the provisions of California Public Contract Code Section 10164 concerning Contractor's licensing laws. This contract requires at least a valid California State Contractors License with a classification of "A" at the time of the bid.
The successful bidder must obtain and maintain a current Inglewood City Business License until completion of the project.
This notice is given by order of the City Manager of the City of Inglewood, California, and is dated this 19 day of November, 2015.
Artie Fields, City Manager
City of Inglewood, California
Inglewood News Pub. 11/19/15

HI-24924

**NOTICE OF PUBLIC HEARING
ZONE TEXT AMENDMENT 2015ZA08
REVISIONS TO PARKING REGULATIONS ON RESIDENTIAL PROPERTIES**
PUBLIC NOTICE is hereby given that the Planning Commission of the City of Hawthorne will hold a public hearing on Zone Text Amendment 2015ZA08 as follows:
Day: Wednesday
Date: December 2, 2015
Time: 6:00 p.m.
Place: City Council Chambers
4455 West 126th Street
Hawthorne, CA 90250
Project: ZoneTextAmendment2015ZA08
Location: Citywide
Project Description: Amending Title 17 of the Hawthorne Municipal Code related to the regulation of parking on residential properties.
PURSUANT TO the provisions of the California Environmental Quality Act, the application is categorically exempt from the requirements for preparation of a Negative Declaration or Environmental Impact Report.
FURTHER NOTICE is hereby given that any interested person may appear at the meeting and submit oral or written comments or submit oral or written information relevant thereto to the Planning Department, 4455 West 126th Street, Hawthorne, California 90250 prior to the date of this hearing.
PLEASE NOTE that pursuant to Government Code Section 65009: In an action or proceeding to attack, review, set aside, void, or annul a finding, determination or decision of the Planning Commission or City Council, the issues raised shall be limited to those raised at the public hearing in this notice or in written correspondence delivered to the Planning Commission or City Council at or prior to the public hearing.
Gregg McClain
Director of Planning
Hawthorne Press Tribune Pub. 11/19/15

HH-24922

**NOTICE TO CREDITORS OF
BULK SALE
(Division 6 of the Commercial Code)
Escrow No. 35181-LS**
(1) Notice is hereby given to creditors of the within named Seller(s) that a bulk sale is about to be made on personal property hereinafter described
(2) The name and business addresses of the seller are: JOSANG, INC, 1275 S. LA BREA AVE #112, INGLEWOOD, CA 90301
(3) The location in California of the chief executive office of the Seller is: 14022 LEMOLI AVE, UNIT B, HAWTHORNE, CA 90250
(4) The names and business address of the Buyer(s) are: CHICHEMEKS, LLC, 6002 EILEEN AVE, LOS ANGELES, CA 90043
(5) The location and general description of the assets to be sold are: FURNITURE, FIXTURES AND EQUIPMENT of that certain business located at: 1275 S. LA BREA AVE #112, INGLEWOOD, CA 90301
(6) The business name used by the seller(s) at said location is: SUBWAY #685
(7) The anticipated date of the bulk sale is DECEMBER 9, 2015 at the office of ADVANTAGE ONE ESCROW, 7777 CENTER AVE #350 HUNTINGTON BEACH, CA 92647, Escrow No. 35181-LS, Escrow Officer: LAURIE J. SHORB
(8) Claims may be filed with: ADVANTAGE ONE ESCROW, 7777 CENTER AVE #350 HUNTINGTON BEACH, CA 92647, Escrow No. 35181-LS, Escrow Officer: LAURIE J. SHORB
(9) The last day for filing claims is: DECEMBER 8, 2015.
(10) This Bulk Sale is subject to California Uniform Commercial Code Section 6106.2.
(11) As listed by the Seller, all other business names and addresses used by the Seller within three years before the date such list was sent or delivered to the Buyer are: NONE.
Dated: NOVEMBER 2, 2015
SELLER: JOSANG, INC., A CALIFORNIA CORPORATION
BUYER: CHICHEMEKS, LLC, A CALIFORNIA LIMITED LIABILITY COMPANY
LA1601146 INGLEWOOD NEWS 11/19/15
Inglewood News Pub. 11/19/15

HI-24925

**NOTICE OF PUBLIC HEARING
ZONE TEXT AMENDMENT 2015ZA07
REVISION AND MODERNIZATION OF
COMMERCIAL & INDUSTRIAL ZONE
STRUCTURE COLOR REGULATIONS
AND ADDING COLOR RESTRICTIONS
TO MULTIFAMILY RESIDENTIAL STRUCTURES**
PUBLIC NOTICE is hereby given that the Planning Commission of the City of Hawthorne will hold a public hearing on Zone Text Amendment 2015ZA07 as follows:
Day: Wednesday
Date: December 2, 2015
Time: 6:00 p.m.
Place: City Council Chambers
4455 West 126th Street
Hawthorne, CA 90250
Project: ZoneTextAmendment2015ZA07
Update to City's Color Ordinance that applies to structures in commercial and industrial zones as well as multifamily structures in residential zones
Location: Citywide
Project Description: Amending Title 17 of the Hawthorne Municipal Code related to the regulation of exterior colors of certain structures citywide.
PURSUANT TO the provisions of the California Environmental Quality Act, the application is categorically exempt from the requirements for preparation of a Negative Declaration or Environmental Impact Report.
FURTHER NOTICE is hereby given that any interested person may appear at the meeting and submit oral or written comments or submit oral or written information relevant thereto to the Planning Department, 4455 West 126th Street, Hawthorne, California 90250 prior to the date of this hearing.
PLEASE NOTE that pursuant to Government Code Section 65009: In an action or proceeding to attack, review, set aside, void, or annul a finding, determination or decision of the Planning Commission or City Council, the issues raised shall be limited to those raised at the public hearing in this notice or in written correspondence delivered to the Planning Commission or City Council at or prior to the public hearing.
Gregg McClain
Director of Planning
Hawthorne Press Tribune Pub. 11/19/15

HH-24923

NOTICE OF PETITION TO ADMINISTER ESTATE OF JULIA SANDOVAL ESQUEDA aka JULIA SANDOVAL JOAQUINERO
Case No. BP167834

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of JULIA SANDOVAL ESQUEDA aka JULIA SANDOVAL JOAQUINERO

A PETITION FOR PROBATE has been filed by Antonio Esqueda in the Superior Court of California, County of LOS ANGELES.

THE PETITION FOR PROBATE requests that Antonio Esqueda be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on Dec. 1, 2015 at 8:30 AM in Dept. No. 5 located at 111 N. Hill St., Los

Angeles, CA 90012.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.

Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

Attorney for petitioner:
ROBERT DAVID CIACCIO, ESQ.
SBN 147846
LAW OFFICES OF
ROBERT DAVID CIACCIO
3424 CARSON ST
STE 500
TORRANCE CA 90503
Lawndale Tribune Pub. 11/5, 11/12, 11/19/15

HL-24906



**NOTICE OF PETITION TO ADMINISTER ESTATE OF:
WILLA E. BENNETT
CASE NO. BP168020**

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of WILLA E. BENNETT.

A PETITION FOR PROBATE has been filed by FLOYD B. SMITH in the Superior Court of California, County of LOS ANGELES.

THE PETITION FOR PROBATE requests that FLOYD B. SMITH be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held in this court as follows: 12/03/15 at 8:30 AM in Dept. 29 located at 111 N. HILL ST., LOS ANGELES, CA 90012

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the



court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.

Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

Attorney for Petitioner
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11/12, 11/19, 11/26/15
CNS-2815710#
Inglewood News Pub. 11/12, 11/19, 11/26/15

HI-24921



PUBLISH
YOUR
PUBLIC
NOTICES
HERE

**ABANDONMENTS:
\$125.00**

**ABC NOTICES:
\$125.00**

**DBA
(Fictitious Business Name):
\$75.00**

**NAME CHANGE:
\$125.00**

Other type of notice? Contact us
and we can give you a price.

For DBA's email us at:
dba@heraldpublications.com

All other legal notices email us at:
legalnotices@heraldpublications.com



**NOTICE OF SERVICE OF PROCESS BY PUBLICATION
DISTRICT COURT DIVISION STATE OF NORTH CAROLINA
CUMBERLAND COUNTY FILE NUMBER 15 CVD 6979**

SIDNEY EUGENE JOHNSON, Plaintiff

-vs-
SAMANTHA ELLIOTT JOHNSON, Defendant

Take notice that a pleading seeking relief against you has been filed in the above-entitled action. The nature of the relief being sought is as follows:
ABSOLUTE DIVORCE

You are required to make defense to such pleading no later than 40 days from November 11, 2015 and upon your failure to do so the party seeking service against you will apply to the court for the relief sought. This the 11th day of November, 2015

Zshakira J. Carthens
Attorney for the Plaintiff
The Carthens Law Firm, PLLC
PO Box 35416
Fayetteville, North Carolina 28303
Publication Dates:
11/19/2015, 11/26/2015, 12/3/2015, 12/10/2015

Inglewood News Pub. 11/19, 11/26, 12/3, 12/10/15

HI-24926

Looking Up

New Venus-Like Exoplanet in Our Neighborhood

Based on press release from The Massachusetts Institute of Technology, provided by Bob Eklund

Scientists have discovered a new exoplanet that, in the language of "Star Wars," would be the polar opposite of frigid Hoth, and even more inhospitable than the deserts of Tatooine. But instead of residing in a galaxy far, far away, this new world is, galactically speaking, practically next door. The new planet, named GJ 1132b, is Earth-sized and rocky, orbiting a small star located a mere 39 light-years from Earth, making it the closest Earth-sized exoplanet yet discovered.

Scientists from The Massachusetts Institute of Technology (MIT) have determined that the planet is a roasting 440 degrees Fahrenheit, and is likely tidally locked, meaning that it has a permanent day and night side, presenting the same face to its star, much like our Moon is locked to the Earth.

Because of its scorching temperatures, GJ 1132b most likely cannot retain liquid water on its surface, making it uninhabitable for life as we know it. However, scientists say it is cool enough to host a substantial atmosphere. It is also close enough to Earth that scientists may soon be able to find out much more about



The MEarth-South telescope array, located in the mountains of Chile. Photo courtesy of Harvard MEarth Project.

its characteristics, from the composition of its atmosphere to the pattern of its winds—and even the color of its sunsets.

"If we find this pretty hot planet has managed to hang onto its atmosphere over the billions of years it's been around, that bodes well for the long-term goal of studying cooler planets that could have life," says Zachory Berta-Thompson, a postdoc in MIT's Kavli Institute for Astrophysics and Space Research. "We finally have a target to point our telescopes at, and [can] dig much deeper into the workings of a rocky exoplanet, and what makes it tick."

Berta-Thompson and his colleagues discovered the planet using the MEarth-South Observatory, a Harvard University-led array of eight 40-centimeter-wide robotic telescopes located in the mountains of Chile. The array monitors small, nearby stars called M dwarfs, which are scattered all over the night sky. Scientists have determined that these kinds of stars are frequently orbited by planets, but haven't yet found Earth-sized exoplanets that are close enough to study in depth.

Since early 2014, the telescope array has been gathering data almost every night, taking

measurements of starlight every 25 minutes in search of telltale dips in brightness that may indicate a planet passing in front of a star.

On May 10, one telescope picked up a faint dip from GJ 1132, a star located 12 parsecs, or 39 light-years, from Earth. The robotic telescope immediately started observing GJ 1132 at much faster 45-second intervals to confirm the measurement—a very slight dip of about 0.3 percent of the starlight. The researchers later pointed other telescopes in Chile at the star, and found that indeed, GJ 1132's brightness dimmed by 0.3 percent every 1.6 days—a signal that a planet was regularly passing in front of the star.

"We didn't know the planet's period from one single event, but when we phased many of them together, this signal popped out," Berta-Thompson says.

Based on the amount of starlight the planet blocks, and the radius of the star, scientists calculated that planet GJ 1132b is about 1.2 times the size of Earth. From measuring the wobble of its host star, they estimate the planet's mass to be about 1.6 times that of Earth.

By calculating the size of and proximity to its star, the group came up with an estimate of the planet's average temperature: a scorching 440 degrees Fahrenheit. •

Health, Wellness Making Impact On Hawthorne School District

By Cristian Vasquez

Engaging school kids and families in healthy activities and eating habits has been a growing effort nationwide and the Hawthorne School District is no exception.

Through the wellness committee and the two-year, \$100,000 Thriving Schools Partnership Grant from Kaiser, the school district has been able to engage its student population in more physical activities while encouraging staff and students to eat healthier. The wellness committee was established a little more than a year ago but was not very well organized. Today the committee consists of 18 members with a representative from each school and includes some parents, a couple of principals and one of the district’s board members.

“Having a wellness committee is not mandatory but it is something that we wanted to do,” Director of Nutrition Services for the Hawthorne School District Anna Apoian

programs. Moving forward it is uncertain if the district will re-apply for the Kaiser grant; however, Apoian does plan to apply for mini-grants designed to obtain playground supplies for kids at Ramona Elementary.

“The grant helped us to organize a group of people that will sustain once the funding is gone,” Apoian said. “To the wellness committee, it will be up to the sites to set up a little bit of money, maybe from the LCAP fund, in order to support their wellness representatives. I think that will make the committee more sustainable.”

Other activities kicked off by the Kaiser Grant included a teacher survey, youth survey [regarding food and physical activity questions], kitchen changes, active recess implementation and teacher training for K-3 for COPA, as well as playground supervisory trainings.

Future plans include having parents from school site councils become members of the

“We actually started with a school-site assessment at each school to see exactly where we are at, what things we were doing well and where we need to go.”

said. “We actually started with a school-site assessment at each school to see exactly where we are at, what things we were doing well and where we need to go.”

Through a series of recess observations between December 2014 and January 2015 using SOPLAY, a tool designed for observing physical activity in free play settings such recess and lunch at schools, students from K-5th grade were monitored during morning and afternoon recess. The findings revealed that: activity levels were consistently sedentary for a majority of students across all schools and grade levels; there were few structured activities offered across all schools and several schools had insufficient or no equipment available to students, among other findings.

Developing a culture of physical activity has not been an easy task but the response by staff and students in schools across the district has been positive. With the grant funds the district was able to provide missing schoolyard equipment, as well as training personnel that would help staff and committee members set up long-term activities.

“Most of it is paying for the training of playground supervisors and teacher training as well as some playground equipment,” Apoian said. “The point of the grant is to find practices that are sustainable once the funds are gone.”

So far the wellness committee has been able to update the district’s wellness policy, has reviewed fundraisers for profitability, ease and health, and discussed employee wellness

wellness committee, have the committee meet more often and create a sense of empowerment among representatives in order to kick off healthy changes at all schools.

For instance, Eucalyptus Elementary has “Think Fit Thursdays” where parents, teachers and students walk outside for 25 minutes to the sound of music. At Jefferson, there has been a reduction in the presence of candy, spicy chips and soda on the campus, as well as in-class recess breaks, afterschool hockey for 4th and 5th grade students. Bud Carson is now offering afterschool activities such as cross country for boys and girls, flag football, boys and girls soccer and basketball, cheerleading and girls volleyball.

HMS has kicked off a running club and an organic garden has been set up to promote healthy eating, while Prairie Vista Middle Schools has established a checkout system of equipment which has caused an increase in more students playing basketball, football, handball, soccer, volleyball and Frisbee.

Part of the movement to promote health includes staff, as much as students, and the grown ups have done their part. There are currently 212 employees engaging in the fitness challenge, having logged in 700 hours of exercise in one week.

“The wellness committee wanted to do something for employee wellness and we started the team fitness challenge,” Apoina said. “I was so surprised that I put this out there and got fast responses.” •

Police Reports

Mon 11/2/15 to Sun 11/8/15
ROBBERY 13600 S DOTY AV Wed 11/04 17:09
Property Taken: Whi/Red, Grn/Red W/ School Books, Cell Phone Inactive
ROBBERY 3300-BLK W 135TH ST OTHER Thu 11/05/15 22:30
Property Taken: 10 Kt Yellow Gold Necklace
ROBBERY 2700W 120TH ST SHOPPING CENTER Sun 11/08/15 13:49
BURGLARY – RESIDENTIAL 4200 W EL SEGUNDO BL APARTMENT/CONDO Mon 11/02/15 05:36
Property Taken: Keys On A Keychain
BURGLARY – RESIDENTIAL 5400 OCEAN HOUSE Mon 11/02/15 20:45
BURGLARY 4700 W EL SEGUNDO BL Tue 11/03 02:48
BURGLARY – RESIDENTIAL 4000 W 141ST ST APARTMENT COMMON AREAS (LNDY,CLB HSE,ETC) Mon 11/02/15 03:30
Property Taken: Mounted Surveillance Cameras

BURGLARY 12200 S GREVILLEA AV Wed 11/04 04:26
Property Taken: 1) Key Card For The Four Points Hotel
BURGLARY – RESIDENTIAL 3300 W 147TH ST HOUSE Wed 11/04/15 07:45
Property Taken: Ps4 Console W/Remotes & Power Cords, (3)Ps4 Games, Madden,Nba2k, And Gta 5
BURGLARY - RESIDENTIAL 4000 W 138TH ST APARTMENT/CONDO Date/Time Reported Wed 11/4/15 22:40
Crime Occurred: Wed 11/04/15 07:30 To: Wed 11/04/15 22:20
Property Taken: Sony PS3 64GB Slim Model, Sony PS4 64GB, 3 Miscellaneous PS3 Video Games (Disks), 4 Miscellaneous Video Games (Disks)
BURGLARY 4800 W 118TH PL Thu 11/05 19:00
BURGLARY – COMMERCIAL 13300 S HAWTHORNE BL ELECTRIC SHOP Fri 11/06/15 21:46
Property Taken: Sanyo Dvd/Vhs Combo •

Classifieds

The deadline for Classified Ad submission and payment is Noon on Tuesday to appear in Thursday’s paper. Advertisements must be submitted in writing by mail, fax or email. You may pay by cash, check, or credit card (Visa or M/C over the phone).

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Metro has set the Gold Line extension opening date for March 5, 2016. The 11.5-mile extension will connect Pasadena to Azusa and make stops in the cities of Arcadia, Monrovia, Duarte, and Irwindale along the way. It is expected to take about 50 minutes to travel between Los Angeles Union Station and Azusa Pacific University. For more information, please visit metro.net/foothill.

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Sports

Lawndale Rolls into Quarterfinals

By Joe Snyder

Lawndale High’s football team improved to 6-5 overall after rolling over host Buena High 40-7 in the first round of the CIF-Southern Section Western Division playoffs last Friday in Ventura.

Head Cardinal coach Travis Clark, though, wants to believe that Lawndale is 10-1 overall as he feels those forfeit losses are unfair. “They may say we’re 6-5 but we are 10-1 and Ocean League champions,” Clark said. “We don’t care what anybody else says.”

After the easy win over the Bulldogs, the Cardinals will face the task of hosting top seed Calabasas in the quarterfinals Friday at 7 p.m. The Coyotes, who have 14 transfers (many of those high quality players that are being heavily recruited by numerous Major NCAA Division I colleges), are also 10-1 overall after routing Rio Mesa from Oxnard 56-17 in the first round last Friday at Calabasas. Travis, though, feels confident that Lawndale has a strong shot at upsetting the Coyotes. “Right now, it’s all about Calabasas,” Clark said. “We don’t care about seeds.” Calabasas won the Canyon League.

Lawndale continued to have strong showings by quarterback Chris Murray, running back-defensive back Zach Cooper and wide receiver-defensive back Bryant Perkinson. Murray rushed for two touchdowns with runs of six and 20 yards; Cooper had an 85-yard TD run and a 45-yard interception return for a score,

and Perkinson added a 45-yard punt return for a touchdown. Perkinson also had a 75-yard kickoff return for a touchdown, following Buena’s only TD that cut Lawndale’s lead to 13-7 in the second quarter, but was called back due to a penalty. He added one interception.

“Buena is a tough team,” Clark said. “They are well coached and disciplined. We are very disciplined, as well. We did not turn the ball over. I am proud of that. We controlled the ball well. We had one drive that took eight and a half minutes for us to score. It was a very well orchestrated drive.”

With just eight teams left in the Western Division playoffs (The division includes six leagues totaling 32 teams.), Clark feels happy about that his squad is one of those eight squads, that also includes all three Bay League schools in champion Palos Verdes (45-7 win over Simi Valley), second place Redondo (defeated nearby rival West Torrance in a 35-28 thriller) and third place Mira Costa (rallied for a 34-24 win over host Ventura). Pioneer League champion North Torrance also advanced by routing Agoura 48-14 last Friday at North. Oxnard and its cross town rival Pacifica are the other schools in the quarterfinals.

If the Cardinals can upset Calabasas, they will face the winner of the Redondo-Oxnard quarterfinal contest in the semifinals on November 27 at a site to be determined.

Lawndale is looking to win its second ever

CIF-Southern Section title and its first since 1966, when the Cardinals defeated Victor Valley from Victorville for the Class 2A crown.

JONES HEADS LEUZINGER HOOPSTERS

For the past 10 prep boys’ basketball seasons at Leuzinger, Playa del Rey St. Bernard and Redondo, Arturo Jones worked behind head coach Reggie Morris, Jr. and enjoyed successful seasons with those three schools.

Despite working with Morris at St. Bernard and Redondo, he remained at Leuzinger as a teacher.

After Ali Parvez left as the Olympians’ head mentor following last season, Jones gets to bring back his coaching at Leuzinger as its head mentor.

Working with one of the most successful head coaches in Southern California, Jones plans to use the philosophy of Morris, that gave the Olympians a CIF-Southern Section Division IA title in 2010, the Vikings a VAA crown in 2012 and the Sea Hawks a California state Division II championship in 2013, to get big success for Leuzinger. Last season under Parvez, the Olympians captured the Pioneer League title and advanced to the Southern Section 3AA quarterfinals.

Jones and Morris were close friends since they met while playing under Reggie Morris, Sr. at Los Angeles Southwest College in the late 1990’s.

Jones also played basketball at Centennial

High in Compton where he graduated in 1998.

After Southwest, Jones played the next two seasons at Southwestern Oklahoma State University, an NCAA Division II college. He was all-conference honorable mention in both seasons.

“This is a rebuilding year for us,” Jones said. “We do have a chance to win league. We want to do that and go as deep as we can in CIF. Our next goal is to win CIF.”

Leuzinger opens its season against Pasadena High in the Rose City Tournament on November 30 at Maranatha High.

WOLVES MAKE SECOND ROUND

The Wiseburn-Da Vinci High girls’ volleyball team saw its season end with a 10-11 overall record after getting swept by host and top seed Tarbut V’ Torah 25-12, 25-6, 25-16 on in the second round of the CIF-Southern Section Division VA playoffs last Thursday in Irvine.

In the first round on November 10 at the Del Aire Park Gymnasium, the host Wolves, who finished second behind Gardena Pacific Lutheran in the Mulholland League but were awarded the first place berth due to the Stingrays being ruled ineligible for the playoffs because of some CIF violations, swept Big Pine 25-16, 25-20, 25-18.

In the Southern Section Division IVAA first round on November 10 in Long Beach, Hawthorne Math and Science Academy found host St. Anthony too much to handle in a 25-2, 25-12, 25-3 loss. •

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Film Review

Beasts of No Nation- A Gripping, Provocative Look at War and Child Soldiers

By H. Nelson Tracey for CINEMACY

Because we don't see films in a vacuum, any story that carries social or political weight requires an extra step of scrutiny. This isn't to dampen the experience, but to verify the

isn't. He's charismatic, he expresses interest and care in his soldiers, and he gives them a reason to fight. It's even more terrifying that he is impressionable and even affable than if he were a terrorizing menace: in this



Abraham Attah and Idris Elba in *Beasts of No Nation*. Courtesy of Netflix.

authenticity of a cinematic experience. *Beasts of No Nation* is based on a novel carefully compiling numerous true accounts merged into the story of a child soldier. An element worth dissecting is that this story does not take place in a specific location, instead opting for an unnamed African country. This has two potential effects. On the positive side, it makes the story and experience universal, as similar situations have happened in numerous central and western African countries. On the contrary, by making the setting not a country in particular but a generic "Africa," it continues an unfortunate American way of painting a massive continent with a single brush stroke. For as unique a story as this is, it only furthers the trend in viewing Africa as a broad country instead of a massive continent with numerous truths and stories within. This is a debate I don't know the answer to, whether the universal nature of the story trumps its broad stroke of the continent.

What about the movie itself? The story structure in *Beasts* is that of *Pinocchio* or more recently, *12 Years a Slave* in terms of an innocuous individual getting swept into something horrific. In the beginning, our protagonist, Agu (Abraham Attah), is a boy living with a loving family. As civil war and unrest infiltrate their lives, it isn't long before Agu is separated from his family and driven into a journey of the horrific world of warfare where children fight alongside adults as soldiers. After all he's been through, it isn't hard for the rebel army to persuade him into actually wanting to be a soldier (even though he doesn't have another choice).

At the top of the army is the unnamed Commandant (Idris Elba). You'd expect this character to be a single stroke of evil, but he

world, he makes what they are doing seem okay, even though it is as nightmarish as you might anticipate.

In the middle of the film, we see this unsettling balance between the camaraderie and brotherhood of an army, in the backdrop of an absolutely sickeningly war. Much credit is given to the soundtrack, which is one of the best in recent memory. Because this is not a film with a plot or a driving story, but is more of a journey through the madness, it evokes you to think about the story in a larger context. This also makes it arduous to endure through (and its runtime is well over two hours), but that is undoubtedly the intention. It is not a film for the light-hearted, nor would it ever be. Alas, although this story is fiction, this has been crafted to highlight the many facets of the child soldier journey.

Director Cary Fukunaga is also the cinematographer: therefore the camera work here is always on display. Numerous tracking shots expose the grandiose artistry at work and adds to the hypnotic nature of this warfare. The static shots are equally well composed. A provocative opening shot challenges the viewer to think about what they are watching, and how they are watching it. Is this entertainment? As affluent viewers (especially those on Netflix), how is this to be viewed? In this case, it is as important as the film itself to think about the social impact of this film. How can this film benefit a tragic, ongoing situation in a continent many Americans know little about is a question worth a further discussion. I don't have the answer, but I urge anyone who sees this film to go into *Beasts of No Nation* looking for their answer to this question.

Beasts of No Nation is a Netflix Original film and is available for streaming on Netflix. •

Seniors

Educational Events Connect Local Parkinson's Communities With Resources And Support



(BPT) - More than one year ago, The Michael J. Fox Foundation for Parkinson's Research (MJFF) and AbbVie launched Partners in Parkinson's, a strategic health initiative to provide resources to help the nearly 1 million Americans living with Parkinson's disease (PD) optimize their care and live well with the disease. To date, nearly 8,500 people have attended Partners in Parkinson's events across the country, and the free, day-long program is coming to one more location in 2015, and six additional U.S. cities on Saturdays in 2016.

Parkinson's is a chronic, neurodegenerative disease with highly variable symptoms and progression. No two cases of PD are alike, making personalized care essential to better long-term outcomes. Yet, too few patients and their caregivers connect with resources that help them understand their care options and tailor a plan that evolves as the disease progresses. A 2014 Harris Poll survey found fewer than half of Parkinson's patients and caregivers feel informed about where to turn for support.

Partners in Parkinson's events take place on Saturdays and offer a comprehensive full-day program designed to help patients and families learn more about the disease, including what to expect as the disease progresses from a new diagnosis to more advanced stages. Event attendees have shared overwhelmingly positive experiences and report feeling more empowered after connecting with local Parkinson's specialists and learning how they can get involved in their own PD community.

Pennsylvania resident Kate Harmon's father, Bob Harmon, was diagnosed with PD in 2006 at age 58. Kate and Bob attended the Partners in Parkinson's event in Philadelphia last year and were amazed by the support and

resources available to benefit local patients.

"My dad is very active in his own disease care, but it hasn't always been easy to find the right resources, and not everyone managing Parkinson's disease has the support they need," Kate says. "These events offer patients from early to advanced stages of the disease the chance to connect with a community of support, which is crucial with a complex disease like Parkinson's."

The educational events are free of charge and feature panel discussions on the variability of PD, the latest updates in research toward improved treatments, and how to make the most of an appointment with a movement disorder specialist (a neurologist with specialized training in Parkinson's disease). Breakout sessions cover how to build a health care team that addresses the many aspects of life with Parkinson's and offer the opportunity for attendees to submit their own questions about the disease to a panel of experts. At the event's resource fair, patients and caregivers can connect with local support and exercise groups, health care providers and advocacy organizations, all based in their own local community.

Debi Brooks, co-founder and executive vice chairman of The Michael J. Fox Foundation, says the events have fostered new connections within Parkinson's communities.

"We're excited to be connecting with patients and caregivers around the country - many of whom are new to us and have never had a chance to be at an event like this," Brooks said. "Once folks come out, they're amazed at the information and support that's available to help them live well at every stage of Parkinson's."

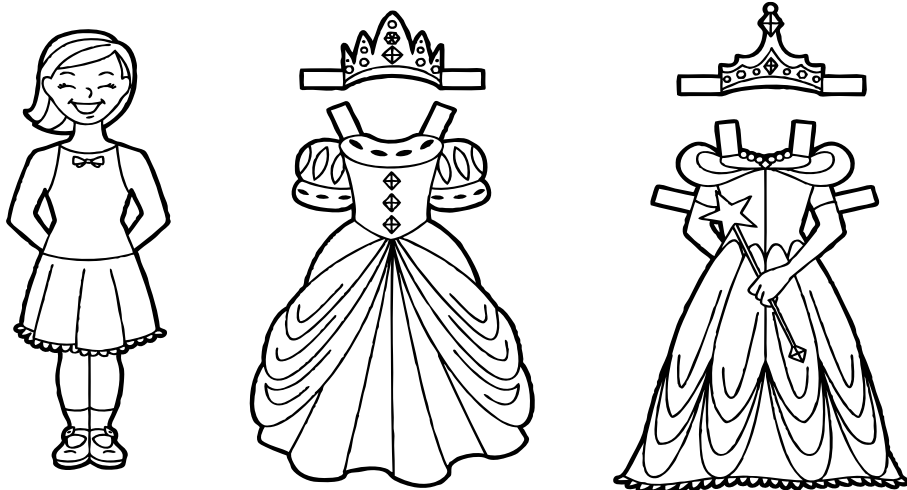
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2015261922

The following person(s) is (are) doing business as TBT ADVANTAGE, 1) 4824 WEST 122ND STREET, HAWTHORNE, CA 90250; 2) P.O. BOX 912, HAWTHORNE, CA 90250, LOS ANGELES COUNTY. Registered Owner(s): TERESA TWEEDT, 4824 WEST 122ND STREET, HAWTHORNE, CA 90250. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: TERESA TWEEDT, Owner. This statement was filed with the County Recorder of Los Angeles County on October 14, 2015.

NOTICE: This Fictitious Name Statement expires on October 14, 2020. A new Fictitious Business Name Statement must be filed prior to October 14, 2020. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).
Hawthorne Press Tribune: Pub. 10/29, 11/5, 11/12, 11/19/2015. **HH-1335**

Fictitious Business Name Statement
2015262559

The following person(s) is (are) doing business as LANDMARK TILE, 4435 W. 167TH STREET, LAWNDALE, CA 90260, LOS ANGELES COUNTY. Registered Owner(s): HUMBERTO MOLINA, 4435 W 167TH STREET, LAWNDALE, CA 90260. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: HUMBERTO MOLINA, OWNER. This statement was filed with the County Recorder of Los Angeles County on October 14, 2015.

NOTICE: This Fictitious Name Statement expires on October 14, 2020. A new Fictitious Business Name Statement must be filed prior to October 14, 2020. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).
Lawndale Tribune: Pub. 11/5, 11/12, 11/19, 11/26/2015. **HL-1341**

Fictitious Business Name Statement
2015275081

The following person(s) is (are) doing business as ROLLING WHEELS PUBLISHING, 15502 SOUTH STANFORD AVENUE, RANCHO DOMINGUEZ, CA 90220, LOS ANGELES COUNTY. Registered Owner(s): KELLIE KNIGHT, 15502 SOUTH STANFORD AVENUE, RANCHO DOMINGUEZ, CA 90220. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: KELLIE KNIGHT, OWNER. This statement was filed with the County Recorder of Los Angeles County on October 28, 2015.

NOTICE: This Fictitious Name Statement expires on October 28, 2020. A new Fictitious Business Name Statement must be filed prior to October 28, 2020. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).
El Segundo Herald: Pub. 11/19, 11/26, 12/3, 12/10/2015. **H-1346**

Fictitious Business Name Statement
2015267566

The following person(s) is (are) doing business as WOOD TRENDS, 320 E WALNUT AVE, EL SEGUNDO, CA 90245, LOS ANGELES COUNTY. Registered Owner(s): JEFFREY L. COOK, 320 E WALNUT AVE, EL SEGUNDO, CA 90245. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: JEFFREY L. COOK, Owner. This statement was filed with the County Recorder of Los Angeles County on October 20, 2015.

NOTICE: This Fictitious Name Statement expires on October 20, 2020. A new Fictitious Business Name Statement must be filed prior to October 20, 2020. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).
El Segundo Herald: Pub. 10/29, 11/5, 11/12, 11/19/2015. **H-1336**

Fictitious Business Name Statement
2015264896

The following person(s) is (are) doing business as Pacific F2000, 24508 Vantage Point Terrace, Malibu, CA 90265, Los Angeles County. AI #ON: 201504010161. Registered Owner(s): PW Motorsports LLC, 24508 Vantage Point Terrace, Malibu, CA 90265. California. This business is being conducted by a Limited Liability Company. The registrant commenced to transact business under the fictitious business name or names listed above on: January 16, 2015. Signed: PW Motorsports LLC, by Peter G. West, Jr., Sole Member, PW Motorsports LLC. This statement was filed with the County Recorder of Los Angeles County on October 16, 2015.

NOTICE: This Fictitious Name Statement expires on October 16, 2020. A new Fictitious Business Name Statement must be filed prior to October 16, 2020. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).
El Segundo Herald: Pub. 11/12, 11/19, 11/26, 12/3/2015. **H-1342**

Fictitious Business Name Statement
2015277034

The following person(s) is (are) doing business as DON JULIO INSURANCE SERVICES, 10719 S. INGLEWOOD AVE. #B, INGLEWOOD, CA 90304, LOS ANGELES COUNTY. Registered Owner(s): JULIO WASHINGTON MORA, 31101 TECUMSEH CT., TEMECULA, CA 92592. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: JULIO W. MORA, OWNER. This statement was filed with the County Recorder of Los Angeles County on October 29, 2015.

NOTICE: This Fictitious Name Statement expires on October 29, 2020. A new Fictitious Business Name Statement must be filed prior to October 29, 2020. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).
Inglewood News: Pub. 11/19, 11/26, 12/3, 12/10/2015. **HI-1347**

Fictitious Business Name Statement
2015255409

The following person(s) is (are) doing business as GLEN-MAC SWISS CO, 12848 WEBER WAY, HAWTHORNE, CA 90250, LOS ANGELES COUNTY. Registered Owner(s): ARSENO INDUSTRIES, INC., 12848 WEBER WAY, HAWTHORNE, CA 90250. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: 12/10/1996. Signed: ARSENO INDUSTRIES INC., TORKOM POSTAJIAN, President. This statement was filed with the County Recorder of Los Angeles County on October 5, 2015.

NOTICE: This Fictitious Name Statement expires on October 5, 2020. A new Fictitious Business Name Statement must be filed prior to October 5, 2020. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).
Hawthorne Press Tribune: Pub. 10/29, 11/5, 11/12, 11/19/2015. **HH-1337**

Fictitious Business Name Statement
2015281311

The following person(s) is (are) doing business as POWER OF COMMUNICATION, 2825 ONRADO ST, TORRANCE, CA 90503, LOS ANGELES COUNTY. Registered Owner(s): ROBERT E. COX, 2825 ONRADO ST, TORRANCE, CA 90503. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: ROBERT E. COX, Owner. This statement was filed with the County Recorder of Los Angeles County on November 4, 2015.

NOTICE: This Fictitious Name Statement expires on November 4, 2020. A new Fictitious Business Name Statement must be filed prior to November 4, 2020. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).
Torrance Tribune: Pub. 11/12, 11/19, 11/26, 12/3/2015. **HT-1343**

Fictitious Business Name Statement
2015281334

The following person(s) is (are) doing business as FOR IT GIRLS, 16421 S. MANHATTAN PLACE UNIT C, GARDENA, CA 90247, LOS ANGELES COUNTY. Registered Owner(s): JEANNIE KIM CHUNG, 16421 S. MANHATTAN PLACE UNIT C, GARDENA, CA 90247. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: JEANNIE KIM CHUNG, Owner. This statement was filed with the County Recorder of Los Angeles County on November 4, 2015.

NOTICE: This Fictitious Name Statement expires on November 4, 2020. A new Fictitious Business Name Statement must be filed prior to November 4, 2020. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).
El Segundo Herald: Pub. 11/19, 11/26, 12/3, 12/10/2015. **H-1348**

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Sausage, Tomato & Goat Cheese Tarts



Courtesy of Melissa Russo of TheFarmGirlGabs.com
Servings: 6

Ingredients

- 1 sheet puff pastry dough, thawed
- 4 oz. Stella goat cheese
- 1 small tomato, sliced
- 3/4 cup cooked, ground Italian sausage
- 1/2 cup grated Stella parmesan cheese
- 1/4 cup fresh basil, chopped
- salt and pepper to taste

Preparation

1. Preheat oven to 400 F. Unwrap puff pastry sheet and roll out so it is smooth.
2. Using a knife, cut puff pastry into 6 equal size squares. Use a small glass to score a circle in the center of each square. This will cause the outside edges to puff up around the center filling.
3. Place one tomato slice, some crumbled goat cheese and sausage in the center of each square.
4. Sprinkle each square with parmesan cheese and top with chopped basil. Season with salt and pepper to taste.
5. Bake for 20 minutes or until golden brown.