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Weekend Forecast

Friday
AM Showers
59°/53°



Saturday
AM Showers
57°/47°



Sunday
Mostly Sunny
57°/48°



Hawthorne Senior Center Gets in Step



Several folks showed off some good moves during the Hawthorne Senior Center Holiday Dance. Photo Courtesy of Senior Center Staff

New Year Means Changes for Hourly Workers, Drivers

By Rob McCarthy

The state’s lowest-paid workers will get a raise on Sunday when the minimum wage moves to \$10.50 per hour, and it won’t stop there. Governor Jerry Brown signed a bill in March making California the first state to commit to a \$15 minimum wage. The first 50-cent jump kicks in on January 1 and affects businesses with 26 or more employees. Smaller businesses are being given additional time, though all businesses eventually will pay the same rate.

The law calls for another 50-cent raise in 2018, followed by a \$1 per hour jump annually until 2022. Once the minimum wage reaches \$15 for small business, the rate will rise annually with inflation.

The Governor has the power to suspend an annual increase if the state is projected to run a deficit or the economy sputters. Brown called the gradual increase in the minimum wage a “careful and responsible” approach that leaves the Governor flexibility to ease the burden on employers should the economy slow unexpectedly over the next five years.

This is the third consecutive year that California has raised the minimum wage. It increased to \$9 in 2015 and \$10 this year. A full-time worker making minimum wage will earn \$21,840 this year.

The federal poverty level for a family of four is \$24,300, and the federal minimum wage is \$7.25--though a federally contracted worker in California would make the higher \$10.50 per hour under the law.

Along with the higher hourly rate, minimum wage earners are awarded paid sick days--though that provision of the law won’t begin for another year. When the \$15 hourly minimum takes effect sometime next decade, full-time workers will earn \$31,200 per year and have three paid sick days.

Filling the Retirement Gap

Take-home pay isn’t the only employment issue for hourly workers in the state. An estimated seven million people don’t have a workplace retirement savings plan because

their non-covered employers don’t offer one. A voluntary program for non-covered employers who want to save for retirement starts in 2017.

The bill’s author, Senate President Pro Tem Kevin de Leon, said he pushed for creation of the California Secure Choice Retirement Savings Trust to provide retirees the same opportunity for financial security at retirement that millions of Californians enjoy as a job perk.

“Nearly seven million of our workers, who help make California the sixth largest economy in the world do not have access to a retirement savings plan at their place of employment, and after a career of working tirelessly they are forced to retire into poverty when their bodies give out,” Leon said.

Much like the minimum wage law, the retirement-saving program would be phased in to give smaller employers more time to set up automatic payroll deductions for employees who choose to participate. Businesses with 100 employees have 12 months after the plan opens enrollment to create a payroll-deposit system for non-covered employees.

The minimum contribution level is three percent of wages in the Secure Choice Retirement Savings Trust, and like employer-sponsored plans the participants can have more deducted as their incomes rise and they approach retirement age. There is no liability to employers or the state, and the monies in the plan will be invested for long-term growth in a diversified, managed portfolio.

Nearly 50 percent of middle-income workers are at risk of entering poverty when they retire, according to statistics. The average American’s Social Security payment is \$1,341 per month.

Affecting Your Ride

While some people will be making more in 2017, California drivers will be paying \$10 more in vehicle registration fees in the new year. The Department of Motor Vehicles also received the okday to collect \$5 more to renew, transfer or duplicate a personalized license

plate, and \$10 more for a newly issued one.

The state is requiring the ridesharing companies, including Uber and Lyft, to conduct more thorough background checks on its drivers starting Sunday. While the enhanced passenger protection for riders won’t be in place before New Year’s Eve, every ridesharing business in the state will face penalties of up to \$5,000 for hiring or contracting with drivers who are registered sex offenders or have been convicted of committing dangerous crimes--including assault and battery, domestic violence or driving under the influence--within the past seven years.

Taxi services are not covered by the stricter background checks. Ridesharing is a popular option for people who don’t want to drive themselves and need to get somewhere quickly. While Uber is the name most people know, Lyft is the other big player in this alt-driving industry.

Passengers arrange for rides on short distance using a smartphone app to hail a driver to a pickup location. The ridesharing companies have insisted they are a ride-matching service--not a transportation company to shield themselves from liability in case of a crash or act of violence.

California lawmakers have made it clear through this new law that the responsibility for protecting passengers lies with Uber and Lyft even if their drivers are classified as independent contractors. Attacks on passengers by drivers are infrequent, and everyone seems to agree the majority of drivers are competent and professional. This new bill aims to keep it that way.

A few other driving-related changes in the law that South Bay residents should know about going into the new year include more restrictions on cellphones. No longer can drivers hold their cellphones while driving for any reason other than to call 911. The new restrictions also include tablets, laptops and any wireless device. This loophole-closing law



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PUBLIC NOTICES

Fictitious Business
Name Statement
2016287835

The following person(s) is (are) doing business as FARADAYRF, 2000 MATHEWS AVENUE UNIT 2, REDONDO BEACH, CA 90278, LA COUNTY. Registered Owner(s): 1.) BRYCE TYLER SALMI, 2000 MATHEWS AVENUE UNIT 2, REDONDO BEACH, CA 90278. 2.) BRENTON JOHN SALMI, 2000 MATHEWS AVENUE UNIT 2, REDONDO BEACH, CA 90278. This business is being conducted by a GENERAL PARTNERSHIP. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: BRYCE TYLER SALMI, GENERAL PARTNERSHIP. This statement was filed with the County Recorder of Los Angeles County on NOVEMBER 29, 2016. NOTICE: This Fictitious Name Statement expires on NOVEMBER 29, 2021. A new Fictitious Business Name Statement must be filed prior to NOVEMBER 29, 2021. 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. 12/8, 12/15, 12/22, 12/29/2016 H-1558

Fictitious Business
Name Statement
2016283131

The following person(s) is (are) doing business as OG ORBZ, 231 PENN ST SUITE 7, EL SEGUNDO, CA 90245, LA COUNTY. Registered Owner(s): DOMINIC CHARMELLO, 231 PENN ST SUITE 7, 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: 11/2016. Signed: DOMINIC CHARMELLO, OWNER. This statement was filed with the County Recorder of Los Angeles County on NOVEMBER 21, 2016. NOTICE: This Fictitious Name Statement expires on NOVEMBER 21, 2021. A new Fictitious Business Name Statement must be filed prior to NOVEMBER 21, 2021. 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. 12/8, 12/15, 12/22, 12/29/2016 H-1559

Fictitious Business
Name Statement
2016292172

The following person(s) is (are) doing business as PHOENIX NEST TRANSPORTATION, 3720 GARNET ST SUITE 112, TORRANCE, CA 90503, LA COUNTY. Registered Owner(s): EDSON AGUILAR, 3720 GARNET ST SUITE 112, 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: EDSON AGUILAR, OWNER. This statement was filed with the County Recorder of Los Angeles County on DECEMBER 2, 2016. NOTICE: This Fictitious Name Statement expires on DECEMBER 2, 2021. A new Fictitious Business Name Statement must be filed prior to DECEMBER 2, 2021. 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. 12/8, 12/15, 12/22, 12/29/2016 HT-1560

Fictitious Business
Name Statement
2016291908

The following person(s) is (are) doing business as SAMBRE DESIGNS, 17015 CASIMIR AVE., TORRANCE, CA 90504. Registered Owner(s): LETICIA DELGADO, 17015 CASIMIR AVE., TORRANCE, CA 90504. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: 10/2016. Signed: LETICIA DELGADO, OWNER. This statement was filed with the County Recorder of Los Angeles County on DECEMBER 2, 2016. NOTICE: This Fictitious Name Statement expires on DECEMBER 2, 2021. A new Fictitious Business Name Statement must be filed prior to DECEMBER 2, 2021. 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. 12/8, 12/15, 12/22, 12/29/2016 HT-1561

Fictitious Business
Name Statement
2016278529

The following person(s) is (are) doing business as MY JUNIOR COUTURE, 1152 S. SPAULDING AVE., LOS ANGELES, CA 90019, LA COUNTY. Registered Owner(s): 1.) BRYAN CHRISTOPHER RACHAL, 1152 S. SPAULDING AVE., LOS ANGELES, CA 90019, CA. 2.) AZAR ALEXANDER, 1022 AMELIA DR., LONG BEACH, CA 90807. This business is being conducted by A GENERAL PARTNERSHIP. The registrant commenced to transact business under the fictitious business name or names listed above on: 11/2016. Signed: BRYAN RACHAL, PARTNER. This statement was filed with the County Recorder of Los Angeles County on NOVEMBER 16, 2016. NOTICE: This Fictitious Name Statement expires on NOVEMBER 16, 2021. A new Fictitious Business Name Statement must be filed prior to NOVEMBER 16, 2021. 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. 12/15, 12/22, 12/29, 1/5/2017 H-1562

Fictitious Business
Name Statement
2016283483

The following person(s) is (are) doing business as PETS PLUS, 2539 PACIFIC COAST HIGHWAY, TORRANCE, CA 90505, LA COUNTY. Registered Owner(s): DRICKS ENTERPRISES, INC., 638 CAMINO DE LOS MARES SUITE A-140, SAN CLEMENTE, CA 92673, CA. This business is being conducted by A CORPORATION. The registrant commenced to transact business under the fictitious business name or names listed above on: 12/2011. Signed: DRICKS ENTERPRISES, INC., GAYLE RANGEL, CFO. This statement was filed with the County Recorder of Los Angeles County on NOVEMBER 21, 2016. NOTICE: This Fictitious Name Statement expires on NOVEMBER 21, 2021. A new Fictitious Business Name Statement must be filed prior to NOVEMBER 21, 2021. 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. 12/15, 12/22, 12/29, 1/5/2017 HT-1563

Fictitious Business
Name Statement
2016301187

The following person(s) is (are) doing business as DREAM INN MOTEL, 3201 W IMPERIAL HWY, INGLEWOOD, CA 90303, LA COUNTY. AI #ON: C2905556. Registered Owner(s): AUM NAMO SHIVAI CORPORATION, 3201 W IMPERIAL HWY, INGLEWOOD, CA 90303, CA. This business is being conducted by A CORPORATION. The registrant commenced to transact business under the fictitious business name or names listed above on: 12/2006. Signed: AUM NAMO SHIVAI CORPORATION, KHUSHMA PATEL, PRESIDENT. This statement was filed with the County Recorder of Los Angeles County on DECEMBER 13, 2016. NOTICE: This Fictitious Name Statement expires on DECEMBER 13, 2021. A new Fictitious Business Name Statement must be filed prior to DECEMBER 13, 2021. 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 DAILY NEWS: Pub. 12/22, 12/29, 1/5, 1/12/2017 HI-1564

Fictitious Business
Name Statement
2016289909

The following person(s) is (are) doing business as SAVEURVAPE, 1963 DEL AMO BLVD, TORRANCE, CA 90501, LA COUNTY. Registered Owner(s): SV PACKAGING LLC, 1963 DEL AMO BLVD, TORRANCE, CA 90501, CA. 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: 07/2016. Signed: SV PACKAGING LLC, LONNIE BOZEMAN, CEO. This statement was filed with the County Recorder of Los Angeles County on NOVEMBER 30, 2016. NOTICE: This Fictitious Name Statement expires on NOVEMBER 30, 2021. A new Fictitious Business Name Statement must be filed prior to NOVEMBER 30, 2021. 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. 12/22, 12/29, 1/5, 1/12/2017 HT-1565

Fictitious Business
Name Statement
2016304235

The following person(s) is (are) doing business as 1.) WRITE TOGETHER, 2422 N. ARDMORE AVENUE, MANHATTAN BEACH, CA 90266, LA COUNTY. 2.) P.O. BOX 3706, MANHATTAN BEACH, CA 90266. Registered Owner(s): ANDREA CUSTER, 2422 N. ARDMORE AVENUE, MANHATTAN BEACH, CA 90266. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: 12/2016. Signed: ANDREA CUSTER, OWNER. This statement was filed with the County Recorder of Los Angeles County on DECEMBER 15, 2016. NOTICE: This Fictitious Name Statement expires on DECEMBER 15, 2021. A new Fictitious Business Name Statement must be filed prior to DECEMBER 15, 2021. 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. 12/22, 12/29, 1/5, 1/12/2017 H-1566

Fictitious Business
Name Statement
2016298579

The following person(s) is (are) doing business as CAMPEAU AND ASSOCIATES, 217 41ST STREET, MANHATTAN BEACH, CA 90266, LA COUNTY. Registered Owner(s): BRIAN CAMPEAU, 217 41ST STREET, MANHATTAN BEACH, CA 90266, CA. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: 10/2015. Signed: BRIAN CAMPEAU, OWNER. This statement was filed with the County Recorder of Los Angeles County on DECEMBER 9, 2016. NOTICE: This Fictitious Name Statement expires on DECEMBER 9, 2021. A new Fictitious Business Name Statement must be filed prior to DECEMBER 9, 2021. 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. 12/22, 12/29, 1/5, 1/12/2017 H-1567

Fictitious Business
Name Statement
2016308241

The following person(s) is (are) doing business as 1.) TORRANCE REDONDO/ PRAIRIE 76 GAS STATION, 4000 REDONDO BEACH BLVD., TORRANCE, CA 90504, LA COUNTY. 2.) 23215 CARLOW BLVD., TORRANCE, CA 90504. Registered Owner(s): JAMSHAI IQBAL, 23215 CARLOW RAOD, TORRANCE, CA 90504. 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: JAMSHAI IQBAL, OWNER. This statement was filed with the County Recorder of Los Angeles County on DECEMBER 20, 2016. NOTICE: This Fictitious Name Statement expires on DECEMBER 20, 2021. A new Fictitious Business Name Statement must be filed prior to DECEMBER 20, 2021. 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. 12/29, 1/5, 1/12, 1/19/2017 HT-1568

Fictitious Business
Name Statement
2016307660

The following person(s) is (are) doing business as RGM AND ASSOCIATES, 1036 THICKET DRIVE, CARSON, CA 90746, LA COUNTY. Registered Owner(s): REBECA GONZALEZ, 1036 THICKET DRIVE, CARSON, CA 90746. This business is being conducted by A CORPORATION. The registrant commenced to transact business under the fictitious business name or names listed above on: 10/2016. Signed: REBECA GONZALEZ, CEO. This statement was filed with the County Recorder of Los Angeles County on DECEMBER 20, 2016. NOTICE: This Fictitious Name Statement expires on DECEMBER 20, 2021. A new Fictitious Business Name Statement must be filed prior to DECEMBER 20, 2021. 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. 12/29, 1/5, 1/12, 1/19/2017 H-1569

Fictitious Business
Name Statement
2016290889

The following person(s) is (are) doing business as 1.) CHEF KATE'S KITCHEN, 3748 W. EL SEGUNDO UNIT B, HAWTHORNE, CA 90250, LA COUNTY. 2.) 402 CONCORD ST, EL SEGUNDO, CA 90245. Registered Owner(s): 1.) SANTOS ROBINSON ENT, 402 CONCORD ST, EL SEGUNSO, CA 75075. 2.) ROMEO SANTOS JR., 402 CONCORD ST, EL SEGUNDO, CA 90245. 3.) KRISTA D. ROBINSON, 1904 GLENWICK, PLANO TX, 75075. This business is being conducted by A GENERAL PARTNERSHIP. The registrant commenced to transact business under the fictitious business name or names listed above on: 11/2016. Signed: ROMEO SANTOS JR, PARTNER. This statement was filed with the County Recorder of Los Angeles County on DECEMBER 1, 2016. NOTICE: This Fictitious Name Statement expires on DECEMBER 1, 2021. A new Fictitious Business Name Statement must be filed prior to DECEMBER 1, 2021. 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. 12/29, 1/5, 1/12, 1/19/2017 HH-1570

Fictitious Business
Name Statement
2016290891

The following person(s) is (are) doing business as 1.) SNOWY WHITE COIN LAUNDRY, 3748 W EL SEGUNDO UNIT A, EL SEGUNDO, CA 90245, LA COUNTY. 2.) 402 CONCORD ST, EL SEGUNDO, CA 90245. Registered Owner(s): 1.) ROMEO SANTOS JR, 402 CONCORD ST., EL SEGUNDO, CA 90245. 2.) KRISTA ROBISON, 1904 GLENWICK, PLAINO, TX 75075. This business is being conducted by A GENERAL PARTNERSHIP. The registrant commenced to transact business under the fictitious business name or names listed above on: 01/2016. Signed: ROMEO SANTOS JR, PARTNER. This statement was filed with the County Recorder of Los Angeles County on DECEMBER 1, 2016. NOTICE: This Fictitious Name Statement expires on DECEMBER 1, 2021. A new Fictitious Business Name Statement must be filed prior to DECEMBER 1, 2021. 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. 12/29, 1/5, 1/12, 1/19/2017 H-1571

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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).

Errors: Please check your advertisements immediately. Any corrections and/or changes in an ad must be requested prior to the following Tuesday deadline in order to receive a credit. A credit will be issued for only the first time the error appears. Multiple runs will only be credited for the first time the error appears. No credit will be issued for an amount greater than the cost of the advertisement.

Beware: Employment offers that suggest guaranteed out-of-state or overseas positions may be deceptive or unethical in nature. If you have any doubts about the nature of a company, contact the local office of the Better Business Bureau, (213) 251-9696. Herald Publications does not guarantee that the advertiser's claims are true nor does it take responsibility for those claims.

CLASSES
Hot Yoga classes available, 142 Sheldon st., M-F 10:00am., 5:00pm, 7:00 pm, Contact: 657-259-8152 or elsegundohotyoga.com

HELP WANTED
Medical biller/ collector, Full time/ no interns, Experience in Ortho & Spine. Knowledge of CPT, ICD 10, HCPS codes, Minimum 3 years experience. Send resume to gloria@med-net.info

HELP WANTED
California MENTOR is seeking loving families with a spare bedroom to support an adult with special needs. Please join us for an Informational Session Wednesday, January 4, 2017 @ 2:00pm 11222 S. La Cienega Blvd. #640 Inglewood, CA 90304 Call Juan today to save a seat (424)750-9631 Ext 203 Ask us about referral fee \$250/friend* mentorswanted.com

EMPLOYMENT
Outside sales: Looking for Outside Sales Representative to sell

display ads in Torrance. Sales experience a plus. Work from home, but must call on customers and attend events. Flexible hours, approximately 20 hours a week. \$15/hr, plus 10% commission to start, 20% of sales after probation. Interested parties send resume to management@heraldpublications.com.

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For Lease 216 Standard St. Retail/ Office Space \$1650, Please call 310-647-1635

FOR RENT
321 Penn St. El Segundo 2 bedroom 1 bath completely remodeled \$3,500/ month, Please call 310-647-1635

FOR RENT
427 E. Franklin Ave El Segundo. 3 bed/2 bath Completely Remodeled \$3,200/month. Please call 310-647-1635

FOR RENT
510 W Palm Ave. 3 Bed/2 Bath. 7 car parking. Super Clean \$5,500/

month, Please call 310-647-1635

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3BD/1BA \$1,900 Mo. New paint, Blinds, Granite .W/D hook-up, Carport, Carpet/Tile. Available now. 310-322-4600. NO PETS.

HOUSE FOR RENT
Back house 2BD/1Bth, beautiful, hardwood, crown molding, stove, dishwasher, microwave, w/d, private patio/yard, off street parking, extra storage. \$2,300.00 310-322-3151

To appear in next week's paper, submit your Classified Ad by Noon on Tuesday.

2017: Happy New Year Baby



Zoe Leonie Stowischek, Daughter of Daniel & Lauren Stowischek; Granddaughter of Chuck & Linda Nicoli. Photo by Marcy Dugan

Hawthorne Happenings



Happy Holidays from Norb and Linda Huber with grandkids, Jordan and Wyatt Yates. Have a Joyous New Year!

Community Briefs

Inglewood Improvement Project May Cause Delays on Century Boulevard

Airport officials are advising motorists and travelers that the City of Inglewood's ongoing project to improve Century Boulevard may cause delays for motorists leaving Los Angeles International Airport (LAX) from now and potentially into March 2017.

As part of Inglewood's Century Boulevard Mobility Improvements Project (CBMIP), eastbound Century Boulevard will be reduced from three lanes to one lane between La Cienega Boulevard and Felton Avenue, including the I-405 underpass, for roadway excavation, removal and new concrete pavement. Further east, Century Boulevard will be reduced to two lanes between Felton and Inglewood avenues.

This work may impact drivers exiting LAX and using eastbound Century Boulevard to reach northbound I-405.

The City of Inglewood will post detours, and motorists leaving LAX can use I-105

as an alternative route to reach I-405. Work will not occur on weekends, nor on Monday, December 26 and January 2.

The CBMIP encompasses a three-mile distance from the Inglewood city limit at La Cienega to Van Ness. The project will improve roadway surface conditions; bring all traffic lanes and signals to current codes and standards; improve traffic and pedestrian safety; and reduce congestion along Century. Construction work is expected to be completed in mid-2017.

Traffic alerts and current airport conditions are posted on LAX's social media sites at www.Facebook.com/LAInternationalAirport and www.Twitter.com/flyLAXairport. Real-time traffic conditions in and around the airport are available at www.laxishappening.com and by following @LAAirportPD on Twitter. LAX is also now on WAZE, the community-based navigation app. •

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Sports

2016: A Year of Firsts in the World of Sports

By Adam Serrao

So much can happen in sports throughout the course of one calendar year. Granted 365 days doesn't necessarily sound like a long time... but as 2016 has shown us all, just one year has the potential to take everything that we thought we knew about sports and turn it all completely upside down. In the leap year of 2016, we were all afforded one extra day to appreciate the sports world as we have all become accustomed to doing. In a year that was so entirely jam-packed with record-breaking history, any amount of extra time is, of course, extremely valuable and has shown us all that there truly is a first time for everything.

The city of Cleveland was very busy in the year of 2016, most specifically with providing the sports world with its share of groundbreaking events. One of those events people across the nation have been waiting their entire lives for was the championship won by the Chicago Cubs in Game 7 of this year's World Series. The series was special for a few reasons. It was the first-ever postseason meeting between the Cubs and the Cleveland Indians (who had home field advantage in the series). Everyone loves a do-or-die Game 7, and this series gave you more than that. The final and deciding game went extra innings and was interrupted by a rain delay just as the 10th inning was about to begin. Chicago came back from a three-games-

to-one deficit in the series to win its first MLB championship in 108 years. It was something not even the movie *Back to the Future* could have predicted, though it came close.

Keeping the winning in Cleveland, the NBA's Cavaliers won that city its first major professional sports championship since 1964. The 2016 NBA Finals was a rematch of the 2015 Finals in which the Cavaliers took on the Golden State Warriors in what has become one of the sport's biggest rivalries to date. The series went a full seven games, like all sports fans love to see, and ended with LeBron James bringing his team back from a three-games-to-one deficit to give the title to the Cavs. It was the first time since 1978 that the road team had successfully won a Game 7 and the first time in NBA Finals history that a team has overcome a 3-1 deficit in the series. James, of course, took home the series MVP and had an iconic block in the final seconds on Andre Iguodala of the Warriors that played a huge part in the victory.

The year 2016 has become famous across the sports world for some of the great athletes who have said goodbye. Peyton Manning went out on top and rode his white bronco off into the sunset after he defeated Tom Brady and the New England Patriots in the AFC championship game and Cam Newton and the Carolina Panthers in the Super Bowl. With the win, Manning became the first quarterback to win the Super

Bowl with two different teams and notched the second championship of his career.

Losing Kobe Bryant and Manning in the same year was certainly a big blow to the sports world, but that's exactly what happened in 2016 when Bryant retired after a 20-year career with the Los Angeles Lakers. The basketball legend left the game a five-time NBA champion and two-time NBA Finals MVP, and made the All-Star team 18 seasons in a row. Bryant was, of course, known for his high-flying, high-scoring ability. Despite being broken down and battered, he finished the last game of his career in typical Kobe Bryant fashion. He scored 60 points and left the crowd at the Staples Center in awe. It wasn't the first time that he did that.

Perhaps no athlete can be considered more of an icon than Michael Phelps--not only for his own career accomplishments, but also for what he has done for the United States in the Olympics. Phelps is the most decorated Olympian of all time with a total of 28 medals--23 of those gold. At the 2016 Summer Olympics in Rio de Janeiro, Phelps brought home a total of six medals with five golds and one silver. The accomplishment in 2016 made Phelps the most successful athlete of the Games for the fourth Olympics in a row. Like Manning and Bryant, Phelps used the year of 2016 to retire, but did so as arguably the greatest athlete of all time.

With so much that happened in 2016, it is

truly impossible to get to it all. Some other notable events, however, included an absolutely thrilling NCAA basketball championship win by the Villanova Wildcats. With perhaps no bigger shot in NCAA history, Kris Jenkins hit a three-pointer as the final buzzer sounded to give his team a 77-74 victory. Normally the winner of the college football championship would be notable, but Nick Saban and the Alabama Crimson Tide win it so often that it has become commonplace. Saban and the Tide are the favorites to win it all again in 2017. In golf, the U.S. team won the Ryder Cup trophy for the first time since 2008 and for just the third time in the last 11 competitions. Serena Williams won her 22nd career Grand Slam, Ronda Rousey lost the first UFC match of her career, Simone Biles won four gold medals in Rio, and Leicester City overcame 5,000:1 odds to win the Premier League championship.

It's impossible to cover everything that has happened throughout the course of one sports year in just one article, but it's clear that 2016 was a tremendous year of amazing accomplishments across the board. Iconic moments were created while a few great icons left their respective sports. There is a lot about this year in sports that will surely be remembered forever, but with 2017 just around the corner, it's now time to look forward to what another year of athletics has in store. • - Asixlion@earthlink.net

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Chocolate Scotcheroos



*Prep Time: 20 minutes
Cook Time: 25 minutes, Cool Time: 10 minutes
Makes: 24 bars*

Ingredients

- 1 cup KARO Light Corn Syrup
- 1 cup sugar
- 1 cup creamy peanut butter
- 6 cups crispy rice cereal
- 1 cup semi-sweet chocolate chips
- 1 cup butterscotch chips

Preparation

1. Cook corn syrup and sugar together in a large saucepan over medium heat, stirring to dissolve sugar. Bring mixture to a boil. Remove from heat. Stir in peanut butter; mix well. Add cereal; stir until evenly coated.
2. Pour into greased 13 x 9-inch pan and pat into place.
3. Melt chocolate and butterscotch chips together in saucepan over low heat, stirring constantly. Spread over cereal. Cool at least 45 minutes, or until firm. Cut into bars. •

Recipe Note: Almond butter may be substituted for the peanut butter.

Easy DIY Tips to Save on your Winter Energy Bills

(BPT) - Here’s what Americans have to look forward to this winter: While the south will be drier and warmer, the northern U.S. can expect “wetter, cooler conditions,” predicts the National Oceanic and Atmospheric Administration (NOAA).

“Regardless of the outlook, there is always some chance for extreme winter weather, so prepare now for what might come later this winter,” says Mike Halpert, deputy director for NOAA’s Climate Prediction Center.

As a homeowner, what can you do to get ready for the season’s frigid blasts, in order to keep your family warm and comfortable while avoiding heart-stopping heating bills?

Whether you have an older or a newer home, chances are it could use additional insulation to make it more energy efficient. Approximately 90 percent of U.S. single-family homes are under-insulated, according to research conducted by Boston University for the North American Insulation Manufacturers Association. With proper insulation, “residential electricity use nationwide would drop by about 5 percent and natural gas use by more than 10 percent,” says Dr. Jonathan



Levy, professor of environmental health at Boston University.

Fortunately, adding insulation in a few key spots in the home isn’t difficult, and is within the skill level of many do-it-

yourselfers. Two key areas to check for proper insulation are the attic hatch and basement walls.

If your home’s hatch to the attic is above a heated space (versus in an “unconditioned”

space such as the garage), it could be a prime source for heat loss. “Hot air rises, and many attic hatches are not properly sealed and insulated, so homeowners can be losing big money through that opening,” says Tom Savoy, technical director for Insulfoam. The U.S. Department of Energy recommends inspecting the attic hatch to make sure it is “at least as heavily insulated as the attic, is weather stripped, and closes tightly.” For the insulation, homeowners can easily cut and attach rigid foam panels made of expanded polystyrene (EPS) or graphite polystyrene (GPS), notes Savoy.

Rigid foam insulation is also easy to install on basement walls, in garages and attics. Some manufacturers even offer DIY Insulation Kits to help simplify the job. Available at home improvement stores nationwide, such kits can be used for a quick weekend project to boost your home’s energy savings.

Because insulating the attic hatch and basement walls happens inside the home, you can complete these jobs even in the dead of winter in order to start seeing immediate savings on your energy bills. •

PUBLIC NOTICES

NOTICE REQUESTING PROPOSALS

DISTRICT:	HAWTHORNE SCHOOL DISTRICT
PROJECT IDENTIFICATION:	FIREWALL REPLACEMENT AND MAINTENANCE PROJECT
PROJECT NO.:	RFP Number T16-17-5
BIDDER'S CONFERENCE :	January 12, 2017; 10:00 AM Sharp! Hawthorne School District 14120 S. Hawthorne Blvd. Hawthorne, CA 90250
DEADLINE FOR RFP'S:	January 18, 2017; 4:00 PM
RFP DUE BY:	January 26, 2017; 2:00 PM Sharp! Hawthorne School District 13021 S. Yukon Ave. Hawthorne, CA 90250
RFP DOCUMENTS AVAILABLE:	http://www.hawthorne.k12.ca.us/bids

NOTICE IS HEREBY GIVEN that the Hawthorne School District of Los Angeles County, California, acting by and through its Governing Board, hereinafter referred to as the "Owner" or "District", will receive prior to the above stated time and date sealed RFP's for the award of a Contract for the following: **RFP NO. T16-17-5 FIREWALL REPLACEMENT AND MAINTENANCE PROJECT.** All bids shall be made and presented only on the forms presented by the Owner. RFP's shall be received in the Office of the **Hawthorne School District, Purchasing Department at 13021 S. Yukon Ave., Hawthorne, California 90250** and shall be opened and publicly read

aloud at the above state time and place. Any RFP's received after the time specified above or after any extensions due to material changes shall be returned unopened. *Allocate extra time due to parking restrictions in the area, when submitting RFP's.* Minimum contract term is for one (1) year. Quoted prices must stay in effect for one (1) year after award of bid and may be extended upon mutual consent of District and Bidder for an additional four (4) years in accordance with provisions contained in Education Code Section 17596 and the bid documents. Each RFP must strictly conform with and be responsive to the Contract Documents as

defined in the General Conditions. It is each Bidder's sole responsibility to ensure its RFP is timely delivered and received at the location designated as specified above. Any RFP received at the designated location after the scheduled closing time for receipt of RFP's shall be returned to the Bidder unopened. Bid Security – RFP's shall be accompanied by Bid Security in the amount of **One Thousand Dollars (\$1,000.00)**. Failure of any RFP Proposal to be accompanied by Bid Security in the form and in the amount required shall render such RFP Proposal to be non-responsive and rejected by the District. No Withdrawal of RFP Proposals. No Bidder shall withdraw its RFP Proposal for a period of ninety (90) days after the award of the Contract by the District's Board of Trustees. During this time, all Bidders shall guarantee prices quoted in their respective Bid Proposals. Substitute Security. In accordance with the provisions of California Public Contract Code §22300, substitution of eligible and equivalent securities for any monies withheld by the District to ensure the Bidder's performance under the Contract will be permitted at the request and expense of the Bidder. The foregoing notwithstanding, the Bidder to whom the Contract is awarded shall have thirty (30) days following action by the District's Board of Trustees to award the Contract to such Bidder to submit its written request to the District to permit the substitution of securities for retention. The failure of the Bidder to make such written request to the District within said thirty (30) day period shall be deemed a waiver of the Bidder's rights under California Public Contract Code §22300. Waiver of Irregularities. The District reserves the right to reject any or all Bid Proposals or to waive any irregularities or informalities in any Bid Proposal or in the bidding. Award of Contract. The Contract for this project, if awarded, will be by action of the District's Board of Trustees to the responsible, responsive Bidder whose proposal is scored, by the District's evaluation team, with the highest point total on the Evaluation Criteria, as detailed in the RFP Instructions to Bidder's. The District fully reserves the right to make one award, multiple awards, or to make no award at all. E-Rate Requirements. The project is 100% contingent upon the approval of funding from the Universal Services Fund's Schools and Libraries Program, otherwise known as E-Rate. The District may or may not proceed with the project, in whole or in part even in the event E-Rate funding is approved. Execution of the contract, in part or in whole, is solely at the discretion of the District. Bidders wishing to bid, do so solely at their own risk. The District is not liable or responsible for any costs, loss, fees or expenses, of any kind, associated with the RFP and/or a decision not to proceed with the project, even after award of the project. By submitting an RFP, each Bidder agrees to bear all of its own costs, fees, expenses, and losses, of any and all kind, should the District cancel the project. Each bid must conform to and be responsive to the contract documents. Inquiries and Clarifications. The Bidder is advised that all inquiries and clarifications about the RFP Documents, Drawings, Specifications, etc., shall be submitted to the District in writing at least seven (7) days before the bid opening date. The District will respond at its earliest possible opportunity. Verbal communication by either party with regard to this matter is invalid. Inquiries shall be sent in writing to Aneska Ines Kekula at ikekula@hawthorne.k12.ca.us or (310) 675-9464 by **January 18, 2017, at 4:00 PM** Aneska Ines Kekula Purchasing Director HAWTHORNE SCHOOL DISTRICT Los Angeles County, State of California FOR: The Board of Trustees Publication: Herald Publication and Hawthorne School District online 1st Publication: December 22, 2016 2nd Publication: December 29, 2016 Hawthorne Press Tribune Pub. 12/22, 12/29/16 **HH-25414**

NOTICE OF PETITION TO ADMINISTER ESTATE OF: VICTOR DEVLBISS CASE NO. 16STPB06782

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of VICTOR DEVLBISS. A PETITION FOR PROBATE has been filed by GUYLA DEVLBISS in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that GUYLA DEVLBISS 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 in this court as follows: 01/13/17 at 8:30AM in Dept. 9 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. In Pro Per Petitioner GUYLA DEVLBISS 1134 SOUTH TRUERO AVENUE INGLEWOOD CA 90301 12/29/16, 1/5, 1/12/17 CNS-2958612# Inglewood Daily News Pub. 12/29, 1/5, 1/12/17 **HH-25418**

The best thing to hold onto in life is each other.

- Audrey Hepburn

NOTICE THAT THE HAWTHORNE CITY COUNCIL WILL CONSIDER ADOPTING AN ORDINANCE EXTENDING THE MORATORIUM ON THE ESTABLISHMENT OF NEW BUILDINGS OR STRUCTURES IN THE RUNWAY PROTECTION ZONES OF THE HAWTHORNE MUNICIPAL AIRPORT FOR AN ADDITIONAL 10 MONTHS AND 15 DAYS DURING THE PENDENCY OF THE CITY'S CONSIDERATION OF AMENDMENTS TO THE HAWTHORNE MUNICIPAL CODE. NOTICE IS HEREBY GIVEN that on January 10, 2017, at 6:00 P.M., the Hawthorne City Council will consider adopting an ordinance extending the moratorium on the establishment of new buildings or structures in the Runway Protection Zones of the Hawthorne Municipal Airport For an additional 10 months and 15 days during the pendency of the City's consideration of amendments to the Hawthorne Municipal Code. On December 13, 2016, the City Council adopted Ordinance No. 2132, "An Interim Urgency Ordinance of the City of Hawthorne, California, Prohibiting the Establishment of New Buildings or Structures in the Runway Protection Zones of the Hawthorne Municipal Airport during the Pendency of the City's Review and Adoption of Permanent Zoning Regulations" and the City's Consideration of Amendments to the Hawthorne Municipal Code and Declaring

the Urgency Thereof Pursuant to Government Code Sections 65858, 36934 and 36937." At the January 10, 2017 Public Hearing, the City Council will consider adopting an Ordinance extending the existing moratorium that prohibits new buildings and structures in the Runway Protection Zone of the Hawthorne Municipal Airport for another ten (10) months and fifteen (15) days pursuant to California Government Code sections 65858(a). If you challenge the subject matter of this public hearing in court, you may be limited to raising only those issues you or someone else raised at the public hearing described in this notice, or in written correspondence delivered to the City Council at, or prior to, the public hearing. A copy of the Ordinance extending the existing moratorium and a copy of the written public report describing the measures taken to alleviate the conditions that led to the adoption of the moratorium will be filed with the City Clerk on December 22, 2016. Ordinance No. 2132, which imposed the existing moratorium, is on file with the City Clerk and available for public inspection during regular office hours. (City Hall is closed on January 2nd and 6th, 2017.) Further information may be obtained by contacting the City Clerk at 4455 West 126th Street, Hawthorne, CA 90250 (310) 349-2915. Hawthorne Press Tribune Pub. 12/29, 1/5/17 **HH-25420**

NOTICE THAT THE HAWTHORNE CITY COUNCIL WILL CONSIDER ADOPTING AN ORDINANCE EXTENDING THE MORATORIUM ON THE ESTABLISHMENT OF NONMEDICAL MARIJUANA USES IN THE CITY OF HAWTHORNE FOR AN ADDITIONAL 10 MONTHS AND 15 DAYS DURING THE PENDENCY OF THE CITY'S REVIEW AND ADOPTION OF PERMANENT ZONING REGULATIONS . NOTICE IS HEREBY GIVEN that on January 10, 2017, at 6:00 P.M., the Hawthorne City Council will consider adopting an ordinance extending the moratorium on the establishment of nonmedical marijuana uses in the City of Hawthorne for an additional 10 months and 15 days during the pendency of the City's review and adoption of permanent zoning regulations. On December 13, 2016, the City Council adopted Ordinance No. 2133, "An Interim Urgency Ordinance of the City of Hawthorne, California, Prohibiting the Establishment of Nonmedical Marijuana uses in the City of Hawthorne during the Pendency of the City's Review and Adoption of Permanent Zoning Regulations; Declaring the Urgency Thereof and the Immediate Effectiveness of this Ordinance Pursuant to Government Code Section 65858, 36934 and 36937."

At the January 10, 2017 Public Hearing, the City Council will consider adopting an Ordinance extending the existing moratorium that prohibits the establishment of nonmedical marijuana uses in the City of Hawthorne during the pendency of the City's review and adoption of permanent zoning regulations, for another ten (10) months and fifteen (15) days pursuant to California Government Code sections 65858(a). If you challenge the subject matter of this public hearing in court, you may be limited to raising only those issues you or someone else raised at the public hearing described in this notice, or in written correspondence delivered to the City Council at, or prior to, the public hearing. A copy of the Ordinance extending the existing moratorium and a copy of the written public report describing measures taken to alleviate the conditions that led to the adoption of the moratorium will be filed with the City Clerk on December 22, 2016. Ordinance No. 2133, which imposed the existing moratorium, is on file with the City Clerk and available for public inspection during regular office hours. (City Hall is closed on January 2nd and 6th, 2017.) Further information may be obtained by contacting the City Clerk at 4455 West 126th Street, Hawthorne, CA 90250 (310) 349-2915. Hawthorne Press Tribune Pub. 12/29, 1/5/17 **HH-25421**

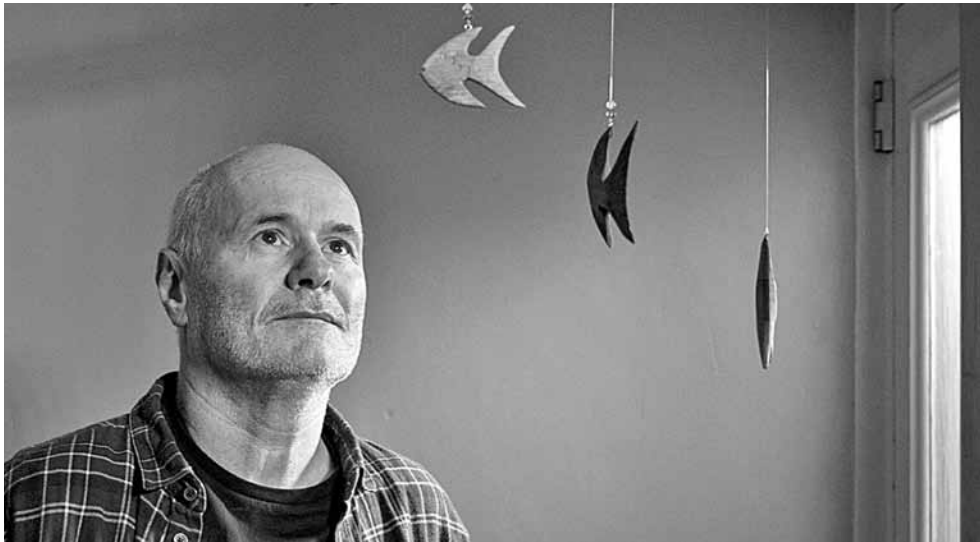
NOTICE OF PETITION TO ADMINISTER ESTATE OF: JOY M. BLISS CASE NO. 16STPB07069

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of JOY M. BLISS. A PETITION FOR PROBATE has been filed by SHELDON F. BLISS in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that SHELDON F. BLISS 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 in this court as follows: 01/20/17 at 8:30AM in Dept. 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 DAVID J. WORKMAN, ESQ. - SBN 165891 LAW OFFICE OF DAVID J. WORKMAN 21515 HAWTHORNE BLVD #980 TORRANCE CA 90503 12/29/16, 1/5, 1/12/17 CNS-2959741# Hawthorne Press Tribune Pub. 12/29, 1/5, 1/12/17 **HH-25426**

Film Review

In I, Daniel Blake, the Most Valuable Parts of Life Cannot Be Monetized



Caption: Dave Johns in *I, Daniel Blake*. Courtesy of IFC Films

By H. Nelson Tracey for www.cinemacy.com

While many critically acclaimed movies are buoyed by their flashy craftsmanship and ostentatious use of cinematic technique (which I love nonetheless when done right), there is an equally fascinating space for the films that reject these notions. Indeed, unassuming style is a technique in and of itself--and when paired with the right material it can be equally effective. This year's *Manchester by the Sea* may be a more mainstream example of this. The work of the Dardenne Brothers (most recently *Two Days, One Night*) also comes to mind.

Another entry to add now is Ken Loach's *I, Daniel Blake*. In blue-collar England, an aging carpenter recovering from a heart attack is forced back into the job search, which is as foreign as a new language for this elder craftsman. In our first few scenes, we see Dan face countless bureaucratic roadblocks on his road toward any shot of achieving financial security. This is a film that pays tribute to the working-class people whose lives are the most impacted by government-implemented institutions.

Dan (Dave Johns) is unique in that he's a relic in two ways. First, he's a man with a craft. Being a master carpenter has never been a lucrative profession, and in our present world has been essentially lost with the advent of more tech-savvy alternatives. My parent's generation grew up with woodshop as a staple elective in grade school; now that's been all but entirely replaced with computer classes in a generation that would rather not let kids' hands be worn down in favor of them staring at a screen all day. Soapbox aside, *Daniel Blake* is an anomaly for this reason and the world

doesn't know what to do with him. His age and profession go hand in hand as he feels lost in a modern world that is more interested in keeping order than actually helping people in the system that it is theoretically supposed to be serving.

The film develops a new dimension with the introduction of Katie (Hayley Squires), a single mother Dan meets as the two struggle for any kind of governmental aid. United in their desperation, they form a loving friendship where Dan's craftsmanship and tender affection is actually valued. All throughout his community, Dan is someone who brings greatness into every corner--and yet it is all in ways that cannot be monetized, so he can't escape his financial struggle. In this way, the film demands discussion. Its subdued style makes no pandering to tell you what emotions to have, but seeing these characters and their authentic struggles leads one to beg the question if something needs to be amended here.

Like its protagonist, *I, Daniel Blake* is a film likely to get lost amidst other holiday movies in favor of more heavily marketed, big-budget fare, even among the prestige pictures. And yet here is a film that almost effortlessly casts emotional depth and compelling social commentary through the lens of its two protagonists. And at the very least, by the end of the film, you'll be reminded that the most valuable parts of life cannot be monetized and that there is no shortage of love that can be shared amongst all fellow men and women in this world.

I, Daniel Blake is rated R for language. 100 minutes. Now playing at Laemmle's Royal Theatre. •

Seniors

A Senior-Friendly Workout to Improve Movement and Prevent Injury



(BPT) - Exercise is good for everyone, but seniors with mobility or balance issues may wonder what kind of exercise they can do that will be safe, easy and effective. Jogging outdoors, running on a treadmill or lifting weights at the gym aren't always practical - or enjoyable - activities for everyone. However, one type of exercise works for everyone, no matter your age or ability, because it relies on improving practical movements often involved in everyday activities.

"Natural movement is universal, and it's about bringing movement back to the basics," says Bradley Prigge, wellness exercise specialist with the Mayo Clinic's Healthy Living Program. "It's not about following the latest fitness craze or learning the newest secret to weight loss. Natural movement is about connecting with your body and cultivating an awareness of your full abilities."

Rather than engaging in strenuous activity for its own sake alone, natural movement training emphasizes improving the efficiency of practical movements which can include rising from a seated to a standing position, getting up off the floor, crawling, stepping under or over objects, and more. The objective, Prigge explains, is not just to improve health but also enhance how well you can perform each movement.

Efficient movement can help with balance, inspire more healthful activity, and provide practical benefits in everyday life - all of which are especially valuable to seniors facing mobility or health challenges.

"The practice and training of movement shouldn't feel like a chore or something you have to do," Prigge says. "Rather, it should empower and liberate you, and, as a result, enhance your life. Natural movement training can help improve your strength, mobility and conditioning, but they're not the direct goal. Those improvements are the result of practicing and developing movement skills that are

directly transferable to real world situations, like rising from a seated to a standing position, walking with balance and confidence, and lifting a bag of groceries without injury."

Natural movement is for everyone because at its most basic level it incorporates movements that are instinctual to all humans. For example, a natural movement workout might include crawling on your hands and knees for 30 seconds to a few minutes, sitting on the floor and swiveling hips and knees to facilitate standing up, or balancing while walking across a beam.

"I realized just how organic this type of exercise is after attending a natural movement training class," Prigge says. "I came home and saw my 2-year-old daughter doing the same kind of moves I'd just learned in training, without anyone teaching her to do them."

Prigge offers some advice for making the most of your natural movement workout:

- Pay attention to your movement and strive to develop awareness of your body's sensations, and how different movements feel. For example, where do you feel pressure and/or tension in your body when making a particular move? How does shifting your body weight or changing position alter those sensations?
- Only perform movements and positions that your body allows without producing pain. Just as walking, sitting, standing and other everyday movements shouldn't cause pain, your natural movement workout should also be pain-free.
- It's alright - and even advisable - to use your hands for support or raise your hips with bolsters or pillows until you develop greater mobility and strength.
- Be kind to yourself and realize it is important to meet yourself where you currently are, rather than where you used to be or feel you should be.

To learn more about natural living and the Mayo Clinic Healthy Living Program, visit healthyliving.mayoclinic.org. •

PUBLIC NOTICES

**NOTICE OF PETITION TO ADMINISTER ESTATE OF:
JESUS ACOSTA AKA. JESUS L. ACOSTA AKA JESUS ACOSTA LOPEZ
CASE NO. 16STPB07048**

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of JESUS ACOSTA AKA. JESUS L. ACOSTA AKA JESUS ACOSTA LOPEZ. A PETITION FOR PROBATE has been filed by LESLIE J. ACOSTA in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that LESLIE J. ACOSTA 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: 01/23/17 at 8:30AM in Dept. 99 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 KAREN J. SIMONSON MICHAEL A. VENTIMIGLIA TAYLOR, SIMONSON & WINTER LLP 144 N. INDIAN HILL BLVD. CLAREMONT CA 91711 12/29/16, 1/5, 1/12/17 CNS-2960284# Inglewood Daily News Pub. 12/29, 1/5, 1/12/17 HI-25427

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Holidays

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We wish everyone a safe and happy holiday season.

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Herald Publications Holiday Schedule

Our offices will be closed the following days for the holidays.

Friday, December 23 | Monday, December 26 | Friday, December 30

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A black and white close-up photograph of a small, scruffy dog, likely a Yorkshire Terrier, looking directly at the camera with large, dark eyes and a dark nose. The dog's fur is light-colored and wiry, particularly around the muzzle and ears. The background is a simple, light-colored surface.

We are looking for volunteers to help with our pet adoption fairs which are held every Saturday at the Petco located at 537 N. Pacific Coast Highway, Redondo Beach 90277, from noon-3:30 p.m. If you are interested in volunteering and can commit to at least one Saturday a month, please contact us at info@msfr.org. You can also visit all of our Miniature Schnauzers & Friends rescues at the adoption fair or check out our website, www.msfr.org. If you have any questions about a particular dog's availability, you can email us at info@msfr.org. Schnauzers! Bet you can't adopt just one!

“Are you looking for an elegant, reserved, mature lady to be your adoring and quiet companion? If so, look no further. I’m **Pinkie**, an eight-year old, female, purebred Miniature Schnauzer. Sadly, my elderly owner could no longer care for me--so one of her relatives took me to an LA County shelter and left me. I’m a shy, reserved lady with a docked tail, natural ears and gorgeous eyes. I’ve had a vet exam and a dental, which left me with eight less teeth but I feel absolutely wonderful. I’m a bit on the larger side, weighing about 17 pounds, but I’m still able to fit on your lap and I have many years left to give to a family who can appreciate and love me. I was really hoping to find my forever family to spend Christmas with since it’s the first time I’ve ever been without a family for this special time of year. Well, if

"They call me **Corky** and I'm a six-year old, female, purebred Miniature Schnauzer. I was confiscated with eight other dogs and we all ended up at an LA County shelter. Most of the other dogs were adopted directly from the shelter, but my buddy Russell and I needed rescuing...so in stepped MSFR. Lucky for Russell, he found his forever home several months ago. But as for me—well, I haven't been so lucky. When I was rescued, in addition to being a stinky, matted mess, my eyes were all crusted over due to an untreated dry eye condition, and my teeth were so bad that even I didn't want to be around me. The rescue folks, who by the way are very savvy, suspected that I had bladder stones and they were right! One procedure took care of the stones, the neutering and a dental, which resulted in the removal of 15 teeth. Looking good and feeling even better than I look, but I will have to remain on eye drops to keep my eyes clear and on Rx dog food to prevent reoccurring stones. I'm just a bit of a gal, only 12 pounds, and I'm cute as a button with my natural plume of a tail. I get along great with other dogs and I'm very affectionate. So I ask, 'Why am I still here and feeling sad and lonely?' The holidays are no time to be without a family to love and be loved in return. I still have hope that the new year will bring me luck in finding my forever



A black and white photograph of a small, scruffy dog, possibly a terrier mix, wearing a dark jacket and a white collar. The dog is looking directly at the camera.

"Hi there, my name is **Donny** and I'm a lovable, 17-pound, five-year old, male, purebred Miniature Schnauzer who has had a pretty eventful life. One night I was out for a stroll, and the next thing I knew I was in an LA County shelter. I was told that I ended up there after sustaining some nasty injuries when a car hit me. Since I was a stray and injured, I wasn't going to be adopted--so I was very

If you're interested in Holly, please email info@msfr.org for more information. •



Holly

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from front page

Motorcycle lane splitting: Driving a motorcycle between rows of stopped or moving vehicles is legal in the state, and riders and drivers need to watch out for one another. The California Highway Patrol will develop educational guidelines about lane splitting for the safety of motorcyclists, drivers, and passengers. Expect the California Drivers Handbook to add a section soon with some suggestions for drivers and riders about safe passage in the aisle. •