

Lawndale Tribune

AND LAWNDALE NEWS

The Weekly Newspaper of Lawndale

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Wintertime in the South Bay



A view from nearby Torrance shows the snow-peaked Angeles National Forest/San Gabriel Mountains in the background. Winter is here! Photo by Peter Thornton

How Are You Doing on Those Resolutions?

By Rob McCarthy

New Year's resolutions are a chance to hit the reset button and make a fresh start, yet the 9 to 5 routine at work can derail these annual goals that many adults set for themselves every January.

It's natural to reboot personal and career goals at the start of a year, says Dr. Julie Armstrong, a psychologist with an occupational practice in Marina del Rey. People plan their lives using patterns, starting with the sunrise and sunset. The annual rite of making resolutions is a healthy pattern even though four in five people will fail, according to a recent poll done ahead of January 1.

"Every single year there's this opportunity to start fresh, and it speaks to us about hope and change at a personal, internal level. Because what we couldn't follow through or finish last year, we now get to start again," Dr. Armstrong said.

Nearly 40 percent of Americans make New Year's resolutions, and the most common promise they make to themselves is to lose weight and eat a healthier diet. No other goal--to quit smoking, manage finances, find love--comes close to Americans' pledges to be fitter, trimmer and more selective about what they eat.

Yet, according to a Statisticbrain.com poll of Americans' success with resolutions, less than 10 percent of adults said they achieved their goals last year. The failure rate was 42 percent, some of which can be blamed on unrealistic goals that set the bar too high. "Don't make yours a marathon if you're not running," Dr. Armstrong said.

There are two kinds of associates who can make or break another person's will to succeed, in Armstrong's experience. Friends, relatives, co-workers and bosses either fall into the "support" or "thwart" category, and she says to watch out for the naysayers in the latter group.

Avoid sharing your goals with co-workers who will sabotage your inspiration for self-improvement. Instead, look for trusted people around work who share the goals and will support them. Don't talk about your goals to someone you believe is pulling for you to fail, Dr. Armstrong said. "You know who those people are. Trust your gut," she added.

A recently published book for employers and employees about well-being in the workplace cautions goal-setters to expect challenges sticking to their fitness and food plans at the office. Author Leigh Stringer in her work and research for Harvard School of Public Policy writes that nutrition at work often takes a backseat to meetings and deadlines, both of which are beyond the employee's control.

A culture of wellness among employees starts when employers and companies decide to assist their workers in eating better, exercising and not sitting at a desk all day, and interacting more with their officemates and co-workers. She cites case studies of companies that encouraged employees to change their 9 to 5 habits and grew their profits while lowering employee healthcare costs.

The danger of putting off exercise until after work or weekends is there's not enough time to meet the weekly target of 150 minutes, Stringer writes. Cramping workouts into Saturdays and Sundays increases the risk of injury for "weekend warriors" and do-it-yourselfers with home improvement projects, yard work and family obligations to meet, she cautions. "The same goes for nutrition, stress reduction and sleep. Waiting for the weekend won't cut it," she writes in *The Healthy Workplace - How to Improve the Well-Being of Your Employees - and Boost Your Company's Bottom Line*, published last year by the American Management Association.

Some easy-to-do suggestions in the book can be adapted to fit the New Year's resolutions that Americans made for 2017, based on the survey results at Statisticbrain.com. Number one on the list was to lose weight and eat healthier, followed by self-improvement and life changes, smarter financial choices, quit smoking, experience more excitement, and spend time with family and friends.

Stringer suggests taking the stairs more instead of riding elevators, and walking across the room or down the hall for a face-to-face conversation with a co-worker or boss instead of calling or emailing. "But walking, by itself, is not always a recipe for creating radical new ideas," she writes. "For that, we need to bump into people and break out of our comfort zone a bit."

One study Stringer cites in *The Healthy Workplace* touts the benefits of walking to stimulate creativity and problem-solving. While walking outdoors brings a change of scenery and fresh air, strolling indoors or in a small, enclosed patio area also unleashes brain activity that is missing when people concentrate on a single task, she found. Walking also has been linked to better attention and short-term memory.

Eating habits suffer at work and Stringer's data shows it. Only one-third of U.S. workers take a lunch break and a majority of them eat at their desks, according to an online survey done by Right Management. The human resources consultant learned that workers who ate as they worked felt less full after a meal compared with their counterparts who pushed away from the desk for lunch. "Eating while you work is not just bad for digestion," Stringer writes. "You actually eat more and get hungrier later."

Stringer's tips to improve energy, creativity and physical movement within the workplace

See Resolutions page 8

Weekend Forecast

Friday
Mostly Sunny
61°/49°



Saturday
Sunny
69°/49°



Sunday
Partly Cloudy
68°/50°



Seniors

Communication, Not Silence, is Golden for Men Battling Prostate Cancer

(BPT) - For the nearly 3 million American men fighting prostate cancer, and the thousands more yet to be diagnosed, silence is not golden. Men who speak up about their disease - to their doctors, loved ones and community - can get the help they need, when they need it, and ensure their treatment plan is tailored to their needs. What's more, they could use their voice to inspire others to be more vocal, especially about symptoms that may indicate the disease may be getting worse.

While overall prostate cancer numbers have declined, a new study from Northwestern University found an increasing number of newly diagnosed cases of prostate cancer are metastatic - meaning the cancer has spread beyond the prostate to other parts of the body. Advanced stage cancers are more difficult to treat, and fewer patients will recover or survive when their disease has progressed. Unfortunately, men with advanced disease often hesitate to speak up about the discomfort they experience. But according to Dr. William Oh, chief of the division of hematology and medical oncology at The Mount Sinai Medical Center in New York, speaking up about these warning signs is a key way men can advocate for themselves.

"During treatment, it's important for men to speak up and share with their doctors any



changes in their bodies and symptoms, even if they don't think the changes are related to their prostate cancer," Oh says. "As physicians, we're working to create an environment where men feel comfortable talking about symptoms instead of feeling shame or weakness."

Men living with advanced prostate cancer may remain silent about symptoms, such as fatigue and difficulty with daily tasks, for different reasons. Some don't want to further burden loved ones, whereas others believe the symptoms aren't part of their illness or that they can "tough things

out." An international survey conducted by the International Prostate Cancer Coalition found that while 99 percent of advanced prostate cancer patients experienced at least one symptom, 68 percent admitted they sometimes ignored symptoms.

"If we really want to help patients, we have to encourage them to come out and tell us exactly what's bothering them," Oh says. "Symptoms can alert physicians that a patient's cancer has progressed and they need to re-evaluate treatment. Men are

sometimes conditioned to be stoic and take the pain - this is counterproductive and if physicians aren't aware, they can't address the symptoms."

These conversations are important, but they aren't always easy. Here are some practical tips to help men with prostate cancer make the most of their next doctor visit:

- Prepare a list of specific questions before the appointment, so they are not forgotten.
- Keep a diary or list in a notebook any symptoms. Any changes in day-to-day life are important information for doctors to know.
- Ask a family member or loved one to come along to the doctor for support.
- Take a note pad and pen to write down key points from the conversation.

Education and communication are critical for stemming the growing number of advanced prostate cancer diagnoses. That's the basis of the Men Who Speak Up nationwide movement, which aims to raise awareness of the symptoms of advancing prostate cancer so that men know when to speak up and take action against their disease. At Men-WhoSpeakUp.com, men can get the facts about advanced prostate cancer, learn about treatment options, download resources such as a doctor discussion guide and symptom tracker, and join the dialogue about advanced prostate cancer. •

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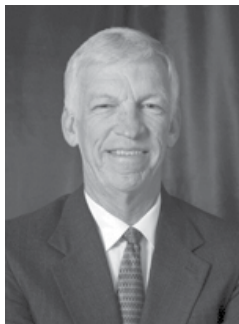
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Hawthorne Happenings Community Briefs

News for the City of Good Neighbors from City Clerk Huber

CELEBRATION OF LIFE – JOHN BAKER

This Saturday, January 14th from 12 noon to 4 p.m. at the Hawthorne VFW, there will be a Celebration of Life event held in honor of John Baker, a true Hawthorne champion, who facilitated Cougartown.com and knew more Hawthorne High School grads than anyone around. He passed away last month from a heart attack at his home in Lomita. There will be a time for sharing memories with John's family. The Hawthorne community will surely miss John and his contributions to building a community of friendship. We all can celebrate his pride in the city that he loved.



Day, Monday, February 20th and then a few weeks later on Monday, April 3rd the Hawthorne Parks and Recreation Foundation will be conducting their tournament. Both tournaments will be held at Coyote Hills Golf Club in Fullerton. If you are interested in playing in either tournament, please email me at the address listed below.

HYPERLOOP COMPETITION

SpaceX will be hosting a Hyperloop student competition on Saturday, January 28th. The event is by invitation only and will feature 30 teams from colleges across the country and one high school team that will test their skills on the Hyperloop tube that is 3/4th of a mile long outside of the SpaceX factory. Along with Tesla and building rockets, SpaceX is promoting land speed innovation. Some day I may be able to zip up to San Francisco in 30 minutes to catch my Giants win another game and then get back faster than getting out of the Dodger Stadium parking lot and driving home on the 110.

MARTIN LUTHER KING, JR DAY

This is MLK weekend with the civil rights leader's birthday being celebrated on Monday. Most government agencies will be closed that day. My granddaughter asked me if I had ever been in jail. I asked why? She learned in kindergarten that Martin Luther King had been in jail 20 times for protesting. Her class had reenacted the Rosa Parks bus event and Jordan had learned that Ms. Parks was discriminated against because of her skin color. This whole event was reenacted in the Spanish language since Jordan is enrolled in a "dual emersion" program that teaches in both English and Spanish. We really do live in a multicultural world. It's great that our kids are growing up to respect each other and other cultures. Of course my solution to world peace, racial harmony and global warming is to have a cold one. Come to think of it, that basically is my solution to all of the world's problems. Personally, just having a cold one doesn't quite do it all for me. I have to rely on a higher being to put my trust in. This week's advice: have a cold one, put your trust in God, and let it rain and rain and rain. Stay dry, my friends. •

Contact email: norbhuber@gmail.com (If you do enjoy my weekly column, please shoot me an email. I love to hear from my readers.)

RAMONA NEIGHBORHOOD ASSOCIATION OPEN MEETING

You are invited to attend an open meeting of the Ramona Neighborhood Association to be held on Thursday, January 19th from 7 p.m. to 8:30 p.m. in the cafeteria of Ramona School, located at 4617 W. 136th Street. The main presentation will be made by Constance Turner, a Southern California Edison Community Affairs officer for the Hawthorne area. Her talk will include: dealing with electrical outages (includes filing claims if necessary). This is an open meeting for all Ramona Neighborhood Association members, and other residents and neighbors of the Ramona Tract in Hawthorne.

HAWTHORNE HISTORICAL SOCIETY MEETING

The first meeting of 2017 for the HHS is set for Tuesday, January 17th at 6:30 p.m. at the Hawthorne Library's community room. This is an invitation to all those interested in building our community and celebrating the history of Hawthorne. We have many upcoming events to plan for and we continue to pursue a site for the Hawthorne Museum. We need your help. By attending you will get to know some of your Hawthorne good neighbors.

PANCAKE BREAKFAST

The Hawthorne Historical Society will be hosting their annual Pancake Breakfast on Saturday, February 25th. We hope to host it over at the Beach Boys Monument. More details will be forthcoming.

GOLF TOURNAMENTS

I will be hosting our annual golf tournament this year for Lutheran High School on Presidents

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.

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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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Graphic artist needed: We are looking for a graphic artist to work 20 hours per week. The job entails doing classifieds, DBA notices, ad changes and learning newspaper layout. Must be familiar with Mac computers and work with InDesign, Photoshop,

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State Selects SBWIB as One of Highest Performing Workforce Investment Boards

The South Bay Workforce Board (SBWIB) has once again been recognized by the California Workforce Development Board as one of the highest performing workforce investment boards in the state. The State Board made the announcement in late December in Sacramento and also indicated the SBWIB will receive a \$54,383 incentive award provided by Governor Jerry Brown along with the prestigious certification.

"It is indeed gratifying to receive this high honor from the State Board and it reflects the professionalism and dedication of not only our staff, but also the volunteer board members who establish the policies we operate under while monitoring our progress year round,"

said Jan Vogel, SBWIB Executive Director.

Upon learning of the State Board recognition, Inglewood Mayor James T. Butts, Jr., who serves as the Chief Local Elected Official of the South Bay Workforce Investment Area, extended his congratulations and noted, "Our SBWIB has consistently exceeded the goals and performance standards of the State Board in the areas of employment placement and retention. I am very proud of the SBWIB staff and Mr. Vogel."

The SBWIB service area includes the cities of Inglewood, Hawthorne, El Segundo, Redondo Beach, Torrance, Hermosa Beach, Lomita, Gardena, Manhattan Beach, Lawndale and Carson.

Inglewood Celebrates Life, Accomplishments of Dr. Martin Luther King, Jr.

On Monday, January 16, the City of Inglewood will host its 34th annual Dr. Martin Luther King, Jr. Day Celebration. Each year, the City celebrates with speeches from elementary, middle and high school students, keynote speakers, gospel choirs, a family festival and renewed commitments to advance the Dream.

The City will kick-off its 2017 King Day celebration at 9 a.m. with a commemorative program at The Tabernacle, located at 321 N. Eucalyptus Avenue. Under the banner "Building Bridges: Embracing Our Diversity," the event will feature performances by local choirs and community groups, as well as participation from elected officials and special guests. KJLH radio personality Kevin Nash will serve as master of ceremonies, with actress Saniyya Sidney (Fences and Hidden Figures) and

actor Donnell Turner (General Hospital) as Grand Marshals. Buffalo Soldiers, Tuskegee Airmen, and Montford Point Marines will be special guests.

The event will include performances by the Heritage Music Foundation Chorale and dance ensemble Glad II. A symbolic civil rights march will follow after the service beginning at approximately 11 a.m. March participants will leave The Tabernacle and travel Manchester Boulevard, culminating at The Fabulous Forum.

The 2017 King Day activities will continue on the grounds of the Forum with King Fest, including commercial vendors, interactive games, food and live entertainment provided by radio and entertainment sponsor, Radio FREE KJLH 102.3 FM. •

Police Reports

TUESDAY, DECEMBER 27 TO SUNDAY, JANUARY 1

Robberies

12500 S HAWTHORNE BL. STREET, HIGHWAY, ALLEY. Crime Occurred: Tue. 12/27 09:21 to Tue. 12/27 10:25. Property Taken: wallet containing cdl, credit cards, \$130.00 cash.

11800 S MANOR DR. APARTMENT/ CONDO. Crime Occurred: Wed. 12/28 10:00. Property Taken: set of keys, iPhone 6s Plus.

W EL SEGUNDO BL/S OXFORD AV. STREET, HIGHWAY, ALLEY. Crime Occurred: Wed. 12/28 16:15. Property Taken: White iPhone 6 Plus.

3500 W ROSECRANS AV. CONVENIENCE STORE. Crime Occurred: Thu. 12/29 01:36. Property Taken: taken/stolen from registers approx. \$400.

W 137TH ST/S WASHINGTON AV. STREET, HIGHWAY, ALLEY. Crime Occurred: Wed. 12/28 12:30. Property Taken: US Currency.

4300 W 134TH ST. APARTMENT COMMON. AREAS (LNDRY, CLB HSE,ETC). Crime Occurred: Fri. 12/30 01:45. Property Taken: \$120.00 cash in US currency.

3800 W ROSECRANS AV. STREET, HIGHWAY, ALLEY. Crime Occurred: Sun. 01/01 01:41.

Burglaries

4300 W 120TH ST. APARTMENT/ CONDO. Crime Occurred: Tue. 12/27 00:30. Property Taken: One silver Samsung laptop, one nylon bag containing misc. medical equipment. Method of Entry: Unlocked.

4800 W EL SEGUNDO BL. Crime Occurred: CAD: Wed. 12/28 14:23--No RMS Ent. Property Taken: Hilti toolbox with drill and grinder inside, Rigid toolbox with electric saw and two blades, Stanley toolbox with paint tools inside.

14300 S CERISE AV. APARTMENT COMMON. AREAS (LNDRY, CLB HSE,ETC). Crime Occurred: Fri. 12/23

12:00 to Wed. 12/28 18:00. Property Taken: Time Warner/Spectrum router, Sony PS4 w/2 controllers, two PS4 games. Method of Entry: Cut screen.

12200 S MANOR DR. APARTMENT/ CONDO. Crime Occurred: Wed. 12/28 22:00 to Thu. 12/29 00:40. Property Taken: Red bag containing approx. seven car keys. Method of Entry: Unknown.

12700 S RAMON.A AV. Crime Occurred: CAD: Thu. 12/29 07:57--No R MS Ent. Property Taken: apple iPod, vehicle registration, vehicle insurance card, iPhone charger.

11900 S PRAIRIE AV. OTHER. Crime Occurred: Fri. 12/23 12:54. Method of Entry: Opened. Vehicle: STN - CA 2008 Dodge Cha. 4d silver.

11900 S PRAIRIE AV. OTHER. Crime Occurred: Wed. 12/28 15:29. Method of Entry: Opened. Vehicle: STN - CA 2007 Audi Q7 LL black.

4800 W ROSECRANS AV. STORAGE SHED, PUBLIC. Crime Occurred: Fri. 12/30 02:20 to Fri. 12/30 04:36. Property Taken: Misc. Method of Entry: Unknown.

13800 S DOTY AV. OTHER. Crime Occurred: Thu. 12/29 11:36 to Fri. 12/30 08:00. Property Taken: Mail. Method of Entry: Pried.

3800 W 117TH ST. HOUSE. Crime Occurred: Sat. 12/31 03:49. Method of Entry: Opened.

14000 S CERISE AV. APARTMENT/ CONDO. Crime Occurred: Sat. 12/31 14:30 to Sun. 01/01 00:30. Property Taken: One Sony PS4 game console, one silver-colored Apple MacBook Pro laptop, two pairs black/white Nike Jordan shoes sizes 14 and 9. Method of Entry: Broke glass.

1100 W ROSECRANS AV. Crime Occurred: CAD: Sun. 01/01 11:49--No R MS Ent.

3500 W 139TH ST. HOUSE. Crime Occurred: Sun. 01/01 15:24. Method of Entry: Cut padlock. •



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Sports

Lawndale Girls Volleyball Sweeps Hawthorne

By Adam Serrao

The Lawndale Cardinals and the Hawthorne Cougars have been rivals for seemingly as long as anyone can remember. Both teams battle on a year-in and year-out basis in a highly competitive Ocean League--and though Santa Monica has owned the top spot in the girls' volleyball league standings lately, the rivalry between the Cardinals and the Cougars is no worse for the wear. Success has eluded both clubs over the last two seasons as they both tied for last place a year ago and sit at the bottom of the standings again this year. With a 3-1 match win in the last game of the regular season, the Cardinals assured themselves of a better record than Hawthorne and wound up sweeping the season series.

The Lawndale Cardinals began their dominance over Hawthorne in this past volleyball season early on when the Cougars traveled to Lawndale for the first matchup of the season in the rivalry. Lawndale was able to dominate the match from start to finish, including a 25-19 victory in the first set. Hawthorne wasn't able to win a set and 19 points was the most that the team would attain on the night. Junior Deeann Smith was the focal point of Lawndale's defense and played a major role in keeping Hawthorne at bay. Smith was also a force on offense, coming away with four serving aces and four kills as well. Junior Danica Flores had two aces of her own and Angelica Barrientos had four kills to round out the Cardinals' strong offensive effort.

The second matchup between the two teams played witness to more of the same--only in this last matchup of the year between the two rivals, Hawthorne was able to win a set. The Cougars were able to take the third set, albeit by only two points following a second set in which the team only put up five points. Senior Katherine Larios was tied for the team lead in kills with Yamilexi Lopez. Both players came away with five kills and were instrumental in the third set victory. Aside from that set, it was Lawndale and the usual suspects doing all of the damage. Deeann Smith got the job done on defense once again, coming away with seven solo blocks. Smith and Flores combined for nine service aces and killed almost every ball that they hit.

The season sweep kept the Cardinals out of the bottom of the Ocean League standings where Hawthorne unfortunately finished. Under head coach Christine Regadio-Auberry,

the Cougars were unable to win a game all season long in a sport that the school has struggled at traditionally. Lawndale, on the other hand, won six games throughout the course of their fifth place season. Two of those games were against Hawthorne and accounted for the Cardinals' only two league-play victories of the year. Despite an otherwise disappointing season, Lawndale was able to start the year off with a three-game winning streak over Leuzinger, Morningside and Lynwood, respectively. There is certainly some hope for head coach Manuel Sandoval and his Cardinals after a season that had its fair share of optimism and bright spots.

INGLEWOOD HIGH

The Inglewood Sentinels girls' volleyball team has fallen victim to being involved in a Bay League that is absolutely riddled with great high school volleyball teams. With Mira Costa, Redondo Union and Palos Verdes in your division, you'd be hard-pressed to attain many league-play victories at all. The Sentinels were still able to manage three on the season. Despite a disappointing finish, Inglewood was able to outlast Morningside and stay out of a last place standing.

Inglewood didn't only outlast Morningside in the standings, but also beat its rivals from the Bay League in the last game of the regular season as well. With a 3-0 victory, Morningside never really had a chance at all. Judging from its 0-12 overall record on the year, Morningside didn't have much of a chance in any match this year. Inglewood didn't lose a set to the Monarchs in two matchups this season. In what was an absolutely horrible season for Morningside, the Monarchs didn't win one set all year long.

Inglewood's two victories over Morningside accounted for two of its three victories on the year and were the only two wins in league play for the Sentinels on the season. The only other win for Inglewood was a 3-0 match victory at home over Animo Leadership. Senior Precious Fludd had 20 kills and 10 service aces on the night and was perhaps the Sentinels' best all-around player on the year. With Inglewood losing Fludd to graduation, someone else will have to step up in her place next season.

Though Inglewood was only able to attain three wins, its season was its best in at least the last 10 years. The Sentinels will retain the services of sophomore captains Alejandra Chavez and Satara Johnson as they look to get better next season. •

Trojans, Darnold Take Home Roses

By Adam Serrao

As the USC Trojans proceed to pick thorns from their stems, the Penn State Nittany Lions have been left scratching their heads, wondering how they possibly could have blown a two-touchdown lead in the third quarter to lose this year's 103rd presentation of the Rose Bowl. The answer to that aggravating question? Sam Darnold. Darnold came out of nowhere this season to step up as the Trojans' starting quarterback and lead his team to victory. An electric, high-scoring, nail-biting Rose Bowl came down to the last play that saw the Trojans take home roses with a 52-49 victory, giving USC its ninth win in a row and victory in the team's last game of the season.

Can you remember the name Max Browne? Well if you can't, don't worry...because the USC Trojans have probably tried to forget his name also. Browne was the starting quarterback for the Trojans in the first three games of the season this year before he got benched. Now, he has transferred out of the school after going 1-2 as a starter and all but sinking USC's aspirations of bringing home a national championship this season. In steps Darnold. With Darnold under center, the Trojans have won nine in a row, including what was perhaps the team's biggest game of the season in an edge-of-your-seat, come-from-behind victory that saw SC win on a last-second field goal.

After 98 combined points and 1,040 total yards in a game that featured two offenses exploding, it was USC and kicker Matt Boermeester who ultimately sealed the deal. Boermeester had already missed two field goals in the game, but blocked out all of the noise--literally and figuratively--to hit a 46-yard try as time expired. The make not only redeemed Boermeester of his previous missteps, but also secured his team's Rose Bowl win. "Game was on the line, but you've got to your technique and trust it," Boermeester explained.

It obviously wasn't just Boermeester who stepped up big in SC's 52-point explosion, though. As head coach Clay Helton put it, all of the team's best players came to life when needed the most. "It was just two really good football teams playing at the highest level and competing until the absolute very end," Helton explained of the game. "The greatest players shined brightest on the biggest stage. It's what fairytales are made of." Who would have thought that USC's season would turn into one with a fairytale ending after the team lost three of its first four games? SC looked like it didn't even belong in the Pac-12, let alone in the national championship or playoff

discussion, at the start of the year. With the win in the Rose Bowl, however, and the emergence of the redshirt freshman Darnold, USC will have its eyes hungrily set on next season when the team will certainly be one of the favorites to make it into the College Football Playoff--and may even be a favorite to take home the national championship.

The Trojans looked to be cruising toward a victory early in the game, leading 27-21 at the half. As he ran to the locker room, Penn State head coach James Franklin bluntly claimed that his team "hate[s] first halves. We've hated them all year long." That being said, in typical Penn State fashion, the Nittany Lions came out on fire in the third quarter. The team scored three touchdowns on its first three snaps of the second half, including a 72-yard run by Saquon Barkley, a 79-yard touchdown catch by Chris Godwin, and a three-yard touchdown run by quarterback Trace McSorley.

Darnold and the Trojans weren't distraught. The freshman quarterback led his team on an epic rally that included 17 fourth quarter points as he led his team back from behind. The USC defense held Penn State scoreless in the quarter. Darnold ended the game with 453 yards and five touchdowns in one of the greatest Rose Bowls ever played. Deontay Burnett caught the pass that tied the game with 1:20 left. Burnett had three touchdowns on the night. Leon McQuay III sealed the deal when he intercepted McSorley with 27 seconds left and returned it 32 yards to set up his kicker with the perfect opportunity to win the game. That's exactly what Boermeester did as time ran off the clock, the ball traveled through the uprights and the Trojans won the game.

Despite the loss, Penn State is optimistic about next season and will return a good majority of the stars on the team. The Nittany Lions have now thrust themselves back into the national spotlight and have done a great deal to put the horrors of the past in the rearview mirror. USC will return Darnold, who will undoubtedly begin the season as a frontrunner for the Heisman Trophy. The Trojans themselves will also be among the teams in the immediate discussion to reach the College Football Playoff next year. What's even better is that a showing like that on a national stage will certainly do its part to bring top recruits to both of these schools. The college football season may now officially be over, but there are certainly tons of excitement to come in the near future for both Penn State and the USC Trojans. •

— Asixlion@earthlink.net

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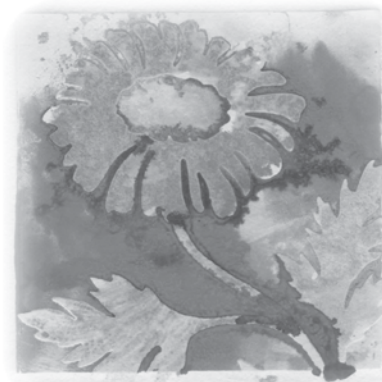
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Johnny Cakes and Lobster Eggs Benedict



Ingredients

- 1 cup stone ground white corn meal
- 1 1/2 teaspoon sugar
- 1 1/2 teaspoon salt
- 1 3/4 cup corn kernels
- 1 1/4 cups boiling water
- 2 tablespoons melted butter
- 1 teaspoon vanilla extract
- butter for greasing pan
- Maple Brown Butter
- 4 tablespoons butter
- 3 tablespoons real maple syrup
- 1 teaspoon fresh tarragon, chopped
- 4 Eggland's Best Eggs (large)
- 1/2 pound cooked lobster meat, pulled into pieces
- 1 tablespoon fresh flat leaf parsley, finely chopped

Preparation

1. Combine cornmeal, sugar and salt in a medium mixing bowl. Add corn kernels. Slowly whisk boiling water into dry mixture. Combine butter and vanilla in a small bowl then stir into batter. Let batter sit for 5-10 minutes.
2. Heat an electric or 12-inch non-stick skillet on medium heat. When hot, lightly grease with a little butter. Drop batter by the soup spoonful onto skillet, making a 3-1/2 to 4-inch circles. It will make about eight. Cook for 5-6 minutes or until slightly brown on edges and golden. Turn and cook 4-5 more minutes until golden.
3. For the Maple Brown Butter, melt 4 tablespoons butter in a 8-inch skillet on medium low heat. Cook and watch carefully until it turns frothy and slightly brown. Remove from heat immediately. Stir in maple syrup and tarragon. Meanwhile, bring 4 cups water to a simmer in a 10-inch non-stick skillet. Carefully crack eggs, one at a time into the low simmering water. Poach for about 3 minutes or to desired doneness.
4. Dip lobster meat into poaching water for 30 seconds to heat then remove.
5. Place and overlap two Johnny Cakes onto each plate. Place one egg onto two Johnny Cakes. Top with equal portions of lobster and drizzle maple brown butter over all. Sprinkle on parsley and serve. •

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

**NOTICE OF PETITION TO ADMINISTER ESTATE OF:
VICTOR DEVILBISS
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 DEVILBISS.

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

THE PETITION FOR PROBATE requests that GUYLA DEVILBISS 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 DEVILBISS
1134 SOUTH TRURO 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
HI-25418

**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 #80
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

**NOTICE OF PUBLIC LIEN SALE
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14680 AVIATION BLVD
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(310) 536-7100**

In accordance with the provisions of the California Self-Storage Facility Act, Section 21700, ET seq. of the Business and Professions Code of the State of California the website the public auction will be listed on can be found at <https://www.usstoragecenters.com/auctions> and will close on January 19, 2017 at 3:00 PM. General household goods, electronics, tools, office & business equipment, furniture, instruments, appliances, clothing, collectibles & antiques, and or miscellaneous items stored at 14680 AVIATION BLVD. HAWTHORNE, CA. 90250, County of Los Angeles, by the following persons: Kevin Lamont Jackson, Kevin Jerome Nelson, Argelia Leonor Demara, Dominic Benjamin Salazar will be sold on an "AS IS BASIS". There is a refundable \$100 cleaning deposit on all units. Sale is subject to cancellation.

1/5, 1/12/17
CNS-2962629#
Hawthorne Press Tribune Pub. 1/5, 1/12/17
HH-25435

**NOTICE OF PETITION TO ADMINISTER ESTATE OF
ELIZABETH DURAN
Case No. 16STPB07239**

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of ELIZABETH DURAN

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

THE PETITION FOR PROBATE requests that Robert A. Duran 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 on January 23, 2017 at 8:30 AM in Dept. No. 67 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:
MARK E. SWATICK, ESQ.
SBN 269542

BURKLEY BRANDLIN SWATICK
AND KEESSEY, LLP
21515 HAWTHORNE BLVD
820

TORRANCE CA 90503
CNS932391 DURAN Jan 5, 12, 19, 2017
Lawndale Tribune Pub. 1/5, 1/12, 1/19/17
HL-25431

**NOTICE OF PETITION TO ADMINISTER ESTATE OF:
NELLIE L. WILLIS
CASE NO. 16STPB07146**

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of NELLIE L. WILLIS.

A PETITION FOR PROBATE has been filed by JACQUELINE P. FREEMAN in the Superior Court of California, County of LOS ANGELES.

THE PETITION FOR PROBATE requests that RODNEY G. FREEMAN 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: 02/08/17 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.

Attorney for Petitioner
PAUL HORN, ESQ. - SBN 243227
LAW OFFICES OF PAUL HORN
11404 SOUTH STREET
CERRITOS CA 90703
1/5, 1/12, 1/19/17
CNS-2961220#

Inglewood Daily News Pub. 1/5, 1/12, 1/19/17
HI-25429

The only way to have a friend is to be one. - Ralph Waldo Emerson

NOTICE OF TRUSTEE'S SALE TS No. CA-14-630519-JP Order No.: 14-0016448

NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED TO THE COPY PROVIDED TO THE MORTGAGOR OR TRUSTOR (Pursuant to Cal. Civ. Code 2923.3) YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 9/27/2007. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale)

reasonably estimated to be set forth below. The amount may be greater on the day of sale. **BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE.** Trustor(s): **RAUL SANDOVAL, A SINGLE MAN** Recorded: 10/2/2007 as Instrument No. 20072257692 of Official Records in the office of the Recorder of LOS ANGELES County, California, Date of Sale: 2/2/2017 at 9:00:00 AM Place of Sale: **At the Doubletree Hotel Los Angeles-Norwalk, 13111 Sycamore Drive, Norwalk, CA 90650, in the Vineyard Ballroom** Amount of unpaid balance and other charges: \$694,921.39 The purported property address is: 14329 CONDON AVENUE, LAWNSDALE, CA 90260-0000 Assessor's Parcel No.: 4078-001-012 **NOTICE TO POTENTIAL BIDDERS:** If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county

recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. **NOTICE TO PROPERTY OWNER:** The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 800-280-2832 for information regarding the trustee's sale or visit this Internet Web site <http://www.qualityloan.com>, using the file number assigned to this foreclosure by the Trustee: CA-14-630519-JP. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. If no street address or other common designation is shown, directions

to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. If the sale is set aside for any reason, including if the Trustee is unable to convey title, the Purchaser at the sale shall be entitled only to a return of the monies paid to the Trustee. This shall be the Purchaser's sole and exclusive remedy. The purchaser shall have no further recourse against the Trustor, the Trustee, the Beneficiary, the Beneficiary's Agent, or the Beneficiary's Attorney. If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the note holders rights against the real property only. **QUALITY MAY BE CONSIDERED A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE.** Date: **Quality Loan Service Corporation 411 Ivy Street San Diego, CA 92101 619-645-7711 For NON SALE information only Sale Line: 800-280-2832 Or Login to: <http://www.qualityloan.com> Reinstatement Line: (866) 645-7711 Ext 5318** Quality Loan Service Corp. TS No.: CA-14-630519-JP IDSPub#0120749 1/12/2017 1/19/2017 1/26/2017 Lawndale Tribune Pub. 1/12, 1/19, 1/26/17 HL-25439

**NOTICE OF PETITION TO ADMINISTER ESTATE OF
John Rocca
CASE NO. 16STPB02638**

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of John Rocca

A PETITION FOR PROBATE has been filed by John O. Rocca in the Superior Court of California, County of LOS ANGELES.

THE PETITION FOR PROBATE requests that John O. Rocca 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 with full authority. (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 03/15/17 at 8:30 AM in Dept. 9 located at 111 North Hill St. LOS ANGELES CA 90012 Stanley Mosk Courthouse.

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: Peter Rasla [SBN: 222960]
PETER RASLA & ASSOCIATES, P.L.C.
19200 Von Karman Ave., Suite 400
Irvine, CA 92612, Telephone:
1/12, 1/19, 1/26/17
CNS-2963082#

Hawthorne Press Tribune Pub. 1/12, 1/19, 1/26/17
HH-25438



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5 Tips to Protect Your Devices From Cybercrime

(BPT) - Your smartphone, your tablet, your computer - they are some of your most important and most used possessions. They are the daily tools you use for research, to connect with others and make purchases. You take them everywhere and fill them with your important, personal information.

And all of that makes them the perfect targets for a cyberattack.

The number of cybercrime incidents in the United States grows each year, and as Americans move into an increasingly digital society - thanks to smart phones, smart cars and smart in-home technologies - cybercrime is expected to grow in frequency again in 2017. Protecting yourself, your family and the vital information on your devices means increasing your focus on your own cybersecurity. That starts with these five tips.

• **Recognize you're not immune.** Cyberattacks increase in frequency and severity every year, so don't make the mistake of believing it can't happen to you. "It's important to protect yourself by taking personal responsibility for your data; we can't expect banks or other institutions to do it for us," said Jim Karagiannes, Ph.D., professor in DeVry University's College of Engineering & Information Services. "We lock our doors and take other security measures to protect our home and car. We need to also take precautions with our personal security and information."



• **Don't store your username, password or credit card information with a website.** The convenience makes it tempting, but websites are a popular target for cybercriminals because a successful hack gives them access to hundreds or thousands of files, including yours. Even storing this information on your own computer can expose it in a cyberattack, and if your credit card information is captured, criminals can use it to gather your social security number. That exposes you to

identify theft. Keep this information off your devices and, instead, create complex passwords and write down all of your usernames and passwords on a piece of paper that you keep in a safe place, such as a deposit box.

• **Use only a credit card, not a debit card, when making online purchases.** Using your credit card instead of your debit card allows you to keep better track of the purchases you have made. It also limits the effects of any possible theft to just the one card instead of

several. If you have no choice but to use a debit card for an online purchase, do not use your pin number online.

• **If it feels like a trick, it probably is.** Cybercriminals often engage in "social engineering" or other non-electronic methods to try and trick you into surrendering your data. If you get a phone call about a banking or credit card issue or if your computer tells you to call a number because it just caught a virus, be cautious. Do not divulge any personal history or credit card details. Hang up or ignore the computer-generated notices and call the customer service number of the institution's website with any questions.

• **Replace your existing credit cards with chip cards as soon as possible.** Chip cards are becoming the new normal these days, and if your current credit card does not have a silver square chip on its front, consider replacing it quickly. Popularized in Europe, chip cards possess the necessary encrypted information to eliminate delays in the transaction process. Doing so closes the window criminals need to steal your personal information, thus protecting you from identity theft.

You have no intention of abandoning your devices, of course, so protect them. Following the tips above will help better secure your technology and personal information from the threats of cybercrime so you can enjoy your devices with greater peace of mind.

PUBLIC NOTICES

<p>Fictitious Business Name Statement 2016301187</p> <p>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</p>	<p>Fictitious Business Name Statement 2016289909</p> <p>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</p>	<p>Fictitious Business Name Statement 2016304235</p> <p>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</p>	<p>Fictitious Business Name Statement 2016298579</p> <p>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</p>	<p>Fictitious Business Name Statement 2016308241</p> <p>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): JAMSHAIQ 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: JAMSHAIQ 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</p>	<p>Fictitious Business Name Statement 2016307660</p> <p>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</p>
<p>Fictitious Business Name Statement 2016290889</p> <p>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</p>	<p>Fictitious Business Name Statement 2016290891</p> <p>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</p>	<p>Fictitious Business Name Statement 2017005833</p> <p>The following person(s) is (are) doing business as ELIZABETH'S WORLD OF ART GLASS, 655 WEST MAPLE AVENUE, EL SEGUNDO, CA 90245-2006, LA COUNTY. Registered Owner(s): ELIZABETH CLARA RUSSELL, 655 WEST MAPLE AVENUE, EL SEGUNDO, CA 90245-2006. 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: ELIZABETH CLARA RUSSELL, OWNER. This statement was filed with the County Recorder of Los Angeles County on January 9, 2017. NOTICE: This Fictitious Name Statement expires on January 9, 2022. A new Fictitious Business Name Statement must be filed prior to January 9, 2022. 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. 1/12, 1/19, 1/26, 2/2/2017 H-1572</p>	<p>Fictitious Business Name Statement 2017004821</p> <p>The following person(s) is (are) doing business as TCJ AND ASSOCIATES, 4001 INGLEWOOD BLVD BLDG 101 UNIT 708, REDONDO BEACH, CA 90278, LA COUNTY. Registered Owner(s): ATHENIA PARKER, 4001 INGLEWOOD BLVD BLDG 101 UNIT 708, REDONDO BEACH, CA 90278, 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: N/A. Signed: ATHENIA PARKER, OWNER. This statement was filed with the County Recorder of Los Angeles County on January 6, 2017. NOTICE: This Fictitious Name Statement expires on January 6, 2022. A new Fictitious Business Name Statement must be filed prior to January 6, 2022. 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. 1/12, 1/19, 1/26, 2/2/2017 H-1573</p>	<p>Fictitious Business Name Statement 2017005322</p> <p>The following person(s) is (are) doing business as ALL SEASONS CATERING, 20927 AMIE AVE APT 17, TORRANCE, CA 90503, LA COUNTY. Registered Owner(s): OSBORN LARAY FOWLER, 20927 AMIE AVE APT 17, TORRANCE, CA 90503, 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: 01/2017. Signed: OSBORN LARAY FOWLER, OWNER. This statement was filed with the County Recorder of Los Angeles County on January 9, 2017. NOTICE: This Fictitious Name Statement expires on January 9, 2022. A new Fictitious Business Name Statement must be filed prior to January 9, 2022. 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. 1/12, 1/19, 1/26, 2/2/2017 HT-1574</p>	

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

PETSPETS **Pets** PETSPETS

Wowser Schnauzers



Jack

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!

"Even though my life hasn't been a bed of roses, I'm not letting it get me down. Let me introduce myself: I'm **Jack** and I'm a five-year old, male Miniature Schnauzer. Initially, I ended up at an LA city shelter after being hit by a car. Unfortunately, my left eye had extensive damage and had to be removed. Obviously I wasn't looking my best, so it was no surprise that there wasn't much interest in adopting me. Then after I was rescued, it was discovered that my injury didn't heal properly...so I had to have another surgery on my eye to correct the problem. I have to admit I thought I looked a bit rakish in my "patch," but since I'm all healed the patch is gone. With all that has happened, I'm more determined than ever to have a great life. Now I'm on a mission to find a new home in the new year. I've been told that I am pretty territorial, so I'm looking for a home that's adults only, with an alpha owner to remind me who's the boss. Also a

quiet home, with not a lot of visitors. I'm very affectionate with my people and at 22 pounds, I'm the perfect size to accompany you wherever you go."

If you're interested in Jack, please email info@msfr.org to set up an appointment to meet this little guy. He's not very happy at our adoption fairs, so we show him by appointment only.

"It's absolutely amazing what a makeover can do for a guy's confidence. I'm a 1.5-year-old, male purebred Miniature Schnauzer who was rescued from an LA city shelter. My name is **Holmes** (as in Sherlock Holmes) and I guess they named me that because my "pedigree" was a mystery. I was such a neglected, dirty, matted mess that I was hardly recognizable as a Schnauzer--it was just a guess. The shelter volunteers were so nice and took pity on me. They spent quite a bit of time grooming me so that I would be presentable and ta-da--here I am! They found that underneath that mess, the real me--a loving, energetic guy who likes other dogs and loves to play--finally emerged. At 18 pounds, I'm still a lap dog who would make a great companion for your family."

If you are interested in Holmes, please email info@msfr.org for more information.

"They call me **Rizzo** and just like the first baseman of the World Series-winning Chicago Cubs, I like to play ball! I'm a four-year old, male purebred Miniature Schnauzer who was rescued from an Inland Empire shelter. I was there for almost three weeks and no one was



Holmes



Rizzo

interested in adopting me and I can't figure out why. Maybe it's because I'm a big guy weighing in at about 25 pounds, but that's the perfect size to play ball. I really am a great ballplayer. I can catch and run and you don't have to worry about me getting underfoot! I'm super friendly and get along great with other dogs. I'm a good-looking guy and since I've had my dental done, my smile sparkles like a World Series trophy!"

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

"Here I was out on a stroll looking at all of the Christmas lights and decorations

when I got lost. That's how I ended up at an LA county shelter just five days before Christmas. There I sat--no tags, no collar, no chip--waiting for my family to find me. What else could a two-year old, female Schnoodle (Miniature Schnauzer/Poodle mix) do? I thought I might find them at a supervisors meeting, where they do adoptions, but the event was cancelled so I was just waiting to go home. If the MSFR folks hadn't been there to pick up another dog, that had already been adopted, I might still be sitting there waiting. I guess they couldn't resist when they saw that my ears, paws, tail and beard all are tipped in a light brown. I'm just a bit of a gal--only 12 pounds--and cute as can be with my unusual markings, my sweet face and enchanting personality. They just had to rescue me and gave me a great new name. I'm now called **Zuzu** and I'm looking for a forever family to give me a wonderful life and to share all of the love I have to give."

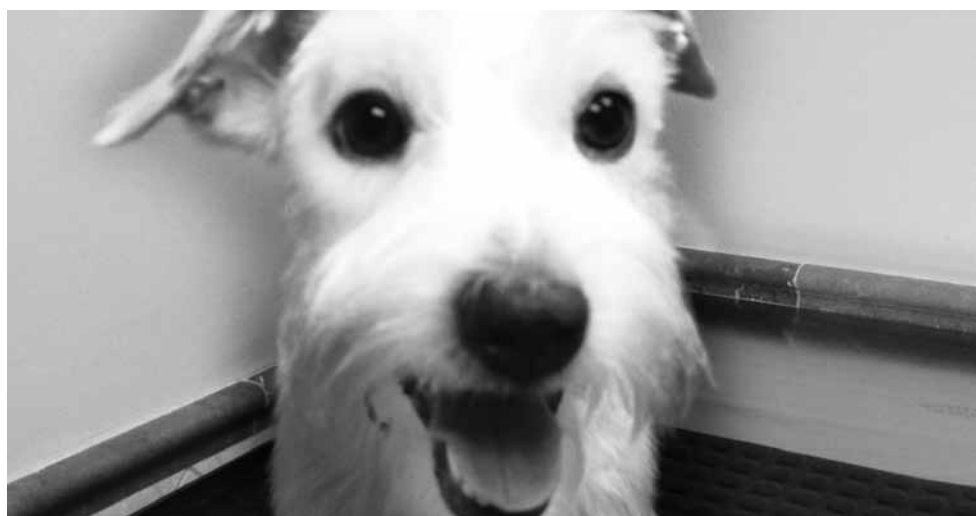
If you are interested in Zuzu, please email info@msfr.org for more information. •



Zuzu

*Pets can get loose
or lost through mishaps
and travel quickly.
Microchip: it works!*

Happy Tails



Congratulations to Clay and his new family!

Clay, now named Presley because he is the King, is our Jack Russell Terrier/Schnauzer mix who was rescued in late July. His new family lost their 15-year old Pug earlier this year and recently lost their 13-year-old JRT. Clay turned on the old charm with his skillful

game of fetch--and if that wasn't enough, he sealed the deal with lots of kisses. He's now living and loving his life in Walnut. Christmas definitely came early for Clay and his new family and we're wishing them many years of love and adventures. •

Resolutions

from front page

align with the top goals Americans have for themselves in 2017. Employees can improve their chances of having success meeting personal goals with Post-It notes placed around their desk or workstation. Visual reminders help to keep people on track with weight-loss goals, for example, when there's cake or candy in the office for a special occasion.

Dr. Armstrong believes in talking about personal goals for 2017 with supportive people in the workplace, and not entirely skipping group lunches. Instead, consider cutting down on portions at office potlucks or when going out with co-workers to a restaurant for lunch, she advises.

An assistant who leaves for lunch or for a mental health break is going to be missed. Communicate with officemates or a supervisor or boss if a change of routine will disrupt the normal routine. If someone calls while you're on a break or in the lunchroom, they'll know why.

Rather than setting unrealistic goals that are clearly out of reach, a better idea is to set small daily goals and make a checklist of maybe five doable tasks, Dr. Armstrong recommends. A checklist can be as simple as "take the stairs" three times and "eat healthy snacks" twice. Checking off items throughout the workday can have another payoff: the immediate gratification of meeting a goal.

The downside to making annual resolutions is the fail rate is high and most people hate to fail. That might explain why 42 percent of people surveyed in the Statisticbrain.com poll said they don't ever make New Year's resolutions. Those who do, however, are willing to risk failure.

"We often have much more power than we think, but we're afraid to engage it or we don't trust it," Dr. Armstrong said, adding "or we resist using it."

Whatever resolutions you've made, good luck and remember--there's always next year. •