

Lawndale Tribune

AND LAWNDALE NEWS

The Weekly Newspaper of Lawndale

Herald Publications - Inglewood, Hawthorne, Lawndale, El Segundo, Torrance & Manhattan Beach Community Newspapers Since 1911 - Circulation 30,000 - Readership 60,000 (310) 322-1830 - November 24, 2016

Inside This Issue

Certified & Licensed Professionals	2
Classifieds	3
Community Briefs	2
Finance.....	6
Hawthorne Happenings ...	3
Legals	4, 6-7
Pets.....	8
Police Reports.....	3
Sports.....	5
Seniors.....	7

LESD Board of Trustees Celebrates 100 Years of Collective Service



Lawndale Elementary School District's Board of Trustees celebrated an impressive milestone this month as they have collectively accrued 100 years of service. "We wholeheartedly thank President Shirley Rudolph, Clerk Cathy Burris, and Trustees Shirley Bennett, Ann Phillips, and Bonnie Coronado to their dedication in making the best decisions for our student body and ensuring that everything we do puts our students' interests at the forefront. They are truly and deeply committed to raising the bar and closing learning gaps for all students," stated Dr. Ellen Dougherty, Superintendent of Lawndale Elementary School District.

LESD Implements Programs to Ensure Student Success Through Proper aNutrition

By Haleemon Anderson

The Lawndale Elementary School District Food Services Department is proud to contribute to student success by providing healthy meals to approximately 5600 Lawndale students daily. The Food Services team prepares students for a quality education by providing the necessary fuel for learning, and this year they plan on strengthening all existing programs and local initiatives to solidify the District's commitment to preventing hunger among students in need, fighting obesity, improving physical fitness, and educating the community at large about healthy eating. Currently, the Food Services Department operates the School Breakfast Program, National School Lunch Program, Snack Program, At-Risk After-School Meals Program, and the Seamless Summer Feeding Program. These programs are implemented to provide nutritional support to students in need before and after school, and year-round—even during the summer months when school is not in session.

These programs, however, are only a fraction of LESD's robust student and community wellness operations. "We not only aim to have an impact on our students' nutrition at school, but we also want to have an impact on the community as a whole," stated Marc Milton, LESD Food Services Director. LESD plans to have an impact on the community through their Wellness Program, which has a long history of initiating local wellness efforts—including events encouraging students to start their day actively by walking to school, hosting Family Nutrition Nights throughout the District's eight campuses, and providing Zumba classes free of charge to parents, to name a few. "We are extremely proud of our Wellness Program and we can't thank the Wellness Liaisons at each school site enough for providing support and breathing life into all our initiatives within the schools and in the community," continued Milton. LESD's Wellness Liaisons are a group of 20 individuals who receive a small stipend to represent their site in the District's Wellness Committee to advocate for their school's wellness needs, ensure school-wide compliance to the District's Wellness Policy, and contribute in promoting a district-wide culture that makes healthier nutrition and lifestyle decisions.

In addition to promoting District-wide wellness, LESD has set a goal to have an impact on the community beyond the District's students, parents, and staff. The District's Nutrition Education Obesity Prevention (NEOP) efforts have provided a large amount of outreach to educate and empower the Lawndale community to promote healthy living. "According to recent data, at least 22.9% of children residing in Lawndale are obese. In September of this year, 83% of LESD students live in households at or below the federal poverty level per Free and Reduced Price Meal rates. We've worked on innovative approaches to promote health and wellness within our community for the benefit of all," shared Camille Thorsen, NEOP Project Coordinator. One initiative that was created as a response to fighting obesity was the Corner Store Conversion Project, where students participating in the Realizing Amazing Potential (RAP) Summer Program were recruited and trained by NEOP staff to assist in local market makeovers. One of the students' success stories from that initiative was in persuading La Fiesta Meat Market, a local corner store, to make a number of changes to create a healthier food environment and promote healthy eating to the community. Changes made included reorganizing product displays to place healthy options at eye level, making water more visible in beverage refrigerators, offering fruit at the checkout, and increasing the overall amount of healthy options available. Martin and Carmen Ramirez, Owners of La Fiesta Meat Market, showed their commitment in the fight against childhood obesity and replaced a massive advertisement that promoted unhealthy beverages in front of their store with a mural showing their commitment to the health of the Lawndale community.

Another NEOP initiative that provides nutrition education along with hands-on experiences for students and parents is the School Garden Project. "By teaching students and their parents to cultivate the land, plant seeds, care for the plants, and ultimately harvest their crops—we hope to make kids excited about eating more fresh fruits and vegetables in their diets and even start their own gardens at home!" stated Kris Lauritson, LESD Master Gardener. With the support of Lauritson and

Lissette Bravo, also an LESD Master Gardener, Peer Parent Educators have completed over 53 garden lessons and trainings for parents and teachers in the past three years. LESD school gardens have also started a successful produce donation program to the Lawndale Commodities Free Food Program. To date, LESD schools have donated more than 2,268 pounds of fresh, organically grown fruits and vegetables.

To keep the gardening momentum alive, School Garden Committees have been created at all school sites and are given the responsibility of maintaining their school garden, governing the activities that take place, and supporting experiential learning opportunities for all in an environment focused on student growth and success. Activities at the schools range from math, science and nutrition lessons in the garden, to growing produce for taste and for donation to the community, to lunchtime and afterschool garden clubs, to hosting edible gardening workshops. Last year, teacher Kellie Duffy began offering Garden & Nutrition as an elective for 6th grade students at Jane Addams Middle School.

Recently, LESD was honored to host a visit from top level USDA Food and Nutrition Service leaders Audrey Rowe, USDA Administrator for the Food and Nutrition Service and Jesus Mendoza, Jr., Western Regional Administrator of the USDA Food and Nutrition Service. LESD Superintendent, Dr. Ellen Dougherty, along with Milton, gave Rowe and Mendoza a comprehensive tour of the Anderson Elementary School food services facilities, introduced them to students enjoying a healthy and balanced breakfast, and then invited them to participate in a lesson in the school garden facilitated by LESD's Master Gardeners and Teacher Anne Schmitt. "We are so proud of how far our Food Services Department and all their initiatives have come in supporting our students and their families with proper nutrition and in giving them the opportunity to learn, grow, and thrive in a community that puts their well-being and wellness at the forefront. Proper nutrition is an essential building block to student success—and we are delighted to provide our scholars with the necessary foundation for bright futures in our District and as they move on to higher education," concluded Dr. Dougherty. •

Weekend Forecast

Friday
Sunny
67°/50°



Saturday
Cloudy
61°/50°



Sunday
Mostly Sunny
61°/48°



PETSPETS **Pets** PETSPETS

Purrrfect Companions



Momma Kitty

Would you like to add a little love with a new best friend? As with every homeless pet, these kitties are looking for a special people who will love them in their new forever home.

Momma Kitty was found with her litter of five kittens roaming outdoors scrounging for food. She had been abandoned by her owner, who had been using her to breed and sell kittens. It is thought that she never had the opportunity to play with toys. Momma Kitty now loves playing and has relaxed significantly, seemingly knowing she is in a safe environment. Momma Kitty will make a great pet. She has not warmed up to the other two existing cats in her foster home, but is tolerant of their presence and might get along with other cats if given the chance. However, Momma Kitty is a very sweet cat who loves to be around people!

Are you ready to fall in love? Then look no further, because here is **Ace** waiting to meet you! He is a sweet bundle of love, irresistibly cute, affectionate and sweet too. His favorite pastime is getting belly nuzzles from humans and giving kisses and head butts. Since he is such a playful kitten, Ace would love a home with another young cat with whom he can play and wrestle. He was recently rescued from a hoarding situation and is now patiently waiting—hoping—someone special will show up to make him a part of their family.

Hermione is best summed up in one word: sweet! This three-month-old beauty loves to be near her humans and will happily spend time snoozing the day away on your lap or curled up next to you when you're working on a computer. Hermione is a graduate of the Kitten Rescue nursery and as such, she loves and trusts people a lot. Her main activities are cycles of sleeping, eating, playing and exploring. She's fearlessly unafraid of the

vacuum cleaner and hopelessly curious about interacting with the inhabitants of the aquariums in her foster home. Hermione doesn't like to be left completely alone, and will cry if she can hear you but is not in the same room as you. So if Hermione is adopted into a household with another cat or adopted with another kitten such as her current foster friend Faith, she will do great!

Faith was saved from the city shelter at a young age before she was fully weaned. Having been bottle-fed by humans, she is extremely trusting and loving towards people. She is outgoing, curious and extremely playful. She loves every cat toy she ever met. After every play session, Faith will seek out the nearest human lap on which to snuggle. At night, she likes to cuddle near your neck for warmth and comfort. When you come home from work, she likes to greet you by running up and trying to jump on your arm. With her long legs and beautiful gray tuxedo coat, Faith is sleek and athletic. Due to her abundance of kitten energy, she would do best in a household with either another kitten or active young cat for playtime. She is currently being fostered with her kitten friend Hermione and the two are good matches for one another.

Orangeicle does not understand why his brothers and sister all got adopted, yet he is still in a foster home. How is that possible? He is as cute as can be! As you can see, he is very handsome with his soft orange and white fur. No crazy kitten antics—Orangeicle is over that stage of life. He gets along well with everyone and other cats. He is a low-maintenance type of kitty and no trouble at all. If you are on the sofa, he will sit by your side watching TV and is not particular as any show will do. All he needs is love! Orangeicle is ready to move on to his forever home and



Hermione

would be content to be an only cat or happily join other kitties in your home.

William and George were found abandoned and brought in when they were just days old. In their foster home, they were bottle-fed around the clock, traveling back and forth to work with their foster mom every day for five weeks to be fed every few hours. Being hand-raised results in wonderfully outgoing, affectionate and cuddly kittens and these boys are no exception! William and George don't know they're cats since they've been raised like little human babies in fur coats. As a result, they adore interaction and "hands-on" with their two-legged relatives. In their first foster home, these darling boys were raised with three kitty-lovin' dogs, other adult kitties, and a young child (of the two-legged variety)—all of whom they absolutely adored. If you're looking for a kitten that will play, play, play and then fall asleep on your lap and snuggle next to you all night long, these are the boys for you! William and George are now ready for their own family and forever home. Since they're very playful and energetic, they should



Faith

go to a home that already has another playful kitty—or even better, they would love to be adopted together.

These cats and kittens are available for adoption through Kitten Rescue, one of the largest cat rescue groups in Southern California. All our kitties are spayed/neutered, microchipped, tested for FeLV and FIV, dewormed and current on their vaccinations. For additional information and to see these or our other kittens and cats, please check our website www.kittenrescue.org or email us at mail@kittenrescue.org. Your tax-deductible donations for the rescue and care of our cats and kittens can be made through our website or by sending a check payable to Kitten Rescue, 914 Westwood Blvd. #583, Los Angeles, CA 90024.

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



Orangeicle



Ace



William and George

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