

Lawndale Tribune

AND LAWDALE NEWS

The Weekly Newspaper of Lawndale

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Lawndale Church Donates Spring Baskets to LESD Families



Members of South Bay Mission Church recently donated over 40 personalized spring gift baskets to Lawndale Elementary School District (LESD) families. "The Student Support Services Team is proud of all the solid partnerships we have forged all over the community. South Bay Mission Church really came through for our families!" said Maria Ruelas, District Social Worker. (Photo Provided by LESD)

Bennet Kew Students Embrace Yoga

By Cristian Vasquez

For CF Fitness Coach Kiersten Brown, yoga is a passion. Having the opportunity to share her knowledge and passion with elementary school students has helped her transform the learning experience for a group of children that a year ago knew nothing about yoga.

"A lot of time in traditional schools you have your PE time where you run around or do some jumping jacks, but there is more and more evidence that learning needs to be an active process," Brown said. "The more that a student is actively participating in the lesson, that they are moving--to figure out solutions and answers--the more the brain works and the more they will learn."

Brown previously worked with preschool children, which facilitated her transition to engaging elementary school kids. Little by little, through word of mouth, students began to hear about a stretching exercise with Brown. The more questions Brown answered, the more kids expressed curiosity and interest in engaging in yoga.

"One day I was out on the yard, some of the kids came up to me while I had some yoga cards in my hand and they became really curious," Brown said. "We went to a room, where we now practice during recess, and I began showing them what yoga is and they became really excited and started doing the different poses. After that, I had kids come up to me and ask if we were doing yoga. Some of these kids I didn't even know, but they would come up to me and ask."

With the number of students asking her to teach them yoga, Brown was able to launch group activity sessions that continued growing. At the moment, these sessions are functioning

as a recess activity. However, Brown petitioned the Inglewood Unified School District's Board members to proceed with incorporating yoga with academics and that the school dedicate a block of time (30-45 minutes) during the morning and afternoon.

"Yoga was something that I could transition into because there is much learning within yoga with simple things like breathing, self-regulation and self-awareness," Brown said. "Even through something like different poses, you are learning about angles, extensions and new vocabulary words."

Brown highlights that many students have developed the ability to use breathing techniques

taught in yoga to better focus on day-to-day tasks. In addition, the exercise has led to building a culture of greater cooperation among students. "It invites an environment where they [students] can rely on each other and ask each other how they perform a certain pose and maybe that can help," said Brown. "It has been defeating the environment of 'I can't do it' and they actually get it done. Every time they try something, they have eventually been able to master said pose."

Brown earned her certification through Mixx Yoga, yet continues to research and educate herself on the benefits that movement and

See Yoga page 8

Weekend Forecast

Friday
Sunny
77°/61°



Saturday
Sunny
79°/59°



Sunday
Sunny
78°/59°



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Wiseburn School Board Discusses San Bernardino Shooting

By Duane Plank

As construction at the Wiseburn/Da Vinci High school site on Douglas Street continues, with the first day of school slated to be on August 22 and the ribbon-cutting ceremonies set to take place on August 12, the Wiseburn Unified School District School viewed special presentations from Juan Cabrillo School Principal Margaret Lynch and District Program Specialist Peggy Mazzarella. They also addressed the recent campus shooting incident that occurred in San Bernardino, resulting in the deaths of an elementary school teacher and one of her students.

Lynch's presentation was supported by Juan Cabrillo counselor Elisa Lopez, who has established a program that has as one of its main components a school-wide Positive Behavior Support System (PBS). Lynch called her presentation a "thank-you note to the Board" because two years ago, the Board had approved a part-time counselor at Cabrillo. "This is the first year we have had a [full-time] counselor at Cabrillo School. We want to share with you how that is supporting students, and the data that is supporting the effectiveness of the program," said Lynch.

Lynch and Lopez spoke of "behavior expectations" at Cabrillo, as well as three tiers of support in place on the campus that teach students from Kindergarten through second grade. Lopez mentioned components of the counseling program, including "whole-body listening," "expectation assemblies," and the implementation of re-aligned "Cabrillo Cub cards" to reinforce positive behavior.

The presenters also shared gathered data on the decrease of negative disciplines at the school since the implementation of the PBS program. Data showed that student "warnings," "white slips," and "in-school suspensions" have decreased substantially since the advent of the campus counseling program.

Lynch and Lopez also spoke of the 3Bs that are among the cornerstones of the program, including Being Respectful, Being Responsible,

and Being Safe. A behavior matrix has been created, and all campus staff members have been trained to consistently implement the matrix expectations and reinforcement with the Cub cards. Concluded Lynch: "I hope you can see that having a full-time counselor is making a huge difference for our students."

Board member queries about the Cabrillo program then followed. Superintendent Tom Johnstone then added his thoughts, also recognizing Lynch for a recent achievement. "We haven't really been publicly able to recognize Margaret for her achievement as elementary school principal of the year for the entire state of California," he said.

Mazzarella's presentation focused on the Wiseburn Child Development Center, which offers preschool and before/after school care programs. She gave her update, noting that "we are very, very busy. We are serving approximately 360 students throughout the District, and we are full." She also shared parental survey results, which gave the program very high marks in all categories, and highlighted how the positive behavior matrix developed at Cabrillo and was mentioned in the prior presentation is also utilized in Child Development Center programs. She noted ramped-up professional development opportunities for WCDC staff, and the increased access to technology for the District's young learners. Increased safety enhancements were broached--critical in light of recent school-site violence, including door-locking procedures and the installation of doorbell and video cameras as well as alarms. Increasing campus safety, always a priority, has been highlighted because of the recent horrific shootings in San Bernardino.

Mazzarella mentioned that preschool parent training sessions have taken place, although the parental turnout has been somewhat sparse. She indicated that the timing of the trainings may be altered, adding that "we are going to keep working on how we can get better attendance." She added

that some changes this school year included new classrooms at Cabrillo, and elimination of "extended care, because we want to focus on instruction." Space was an issue, she said. She also addressed the strides being made in teaching special education students.

After the presentation, Johnstone noted, "I don't think we could have done what we have" [without the seamless transition from the prior group that had run the program to the WCDC]. "We have taken an awesome program and made it that much better."

Board members and District administrators then had their turn to make comments, with the presenters departing and one of the folks who left at this point of the 90-minute meeting jokingly imploring Board members to "make good decisions tonight." The success of recent District events, including "Rock-Around-the-Block," were lauded, with kudos going out to the hard work of the Wiseburn Education Foundation. Board Vice President JoAnne Kaneda voiced her appreciation of how well the event was staged.

Kaneda also brought up the recent tragic events that took place at the San Bernardino elementary school. Said Board President Israel Mora, "Unfortunately, it is a reality of life and something that we are going to have to look at closely. We all know that we don't want our schools to be prisons." Talk ensued about how the San Bernardino shooter, who then committed suicide, easily gained access to the classroom to murder his estranged wife and an innocent

student. Mora said it was an important topic, and if District personnel are having "issues" with a significant other, "maybe it needs to be discussed--but of course, nobody likes to do that. Things happen in the country, and we just can't say that it is not going to happen here."

Superintendent Johnstone, addressing the devastating fallout from the school-site shooting, said that the District was working on its sign-in protocol to limit visitors and family members on-campus during the school day and after-hours. He also touted the "active-shooter" training taking place for District teachers and "significant office staff" on April 27. Next year, he said, District members will become certified to deal with possible "active shooters" on campus, through the "ALICE" Training Institute.

Action items were next on the agenda, including the approval of the safe school plans--a huge issue considering recent developments. Construction change orders at the new high school were next briefly mentioned, with all well heading towards the start of school on August 22.

Consent items followed, with personnel issues quickly addressed. School open houses blanket the May District calendar, with Burnett holding its event on May 31.

The next meeting Wiseburn School Board meeting has been moved up on the calendar, because of scheduling issues, and is now set for Thursday, May 4. •



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Hawthorne Happenings

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

25 YEARS AGO

It is hard to believe that the Rodney King Riots were 25 years ago this weekend. I was the principal of South Bay Lutheran High School at the time and we had a thrift shop located at the corner of 130th Street and Prairie Avenue. On the morning of May 1st I was sitting at home and received a phone call from the City of Hawthorne indicating that our thrift shop had been fire bombed the night before. I have never thought that our shop was a specific target for the racial tension. The thrift shop was simply full of old clothes and was easy to set ablaze. This paradoxical act of destroying a shop that was set up to support the education of African American teens was demoralizing just for a short time. Our volunteers were determined to reopen and we did by moving two short blocks south on Prairie. The local NBC-channel had a brief clip on our rebuilding effort when we held our grand re-opening two months after the fire. The aftermath of the fire gave us the opportunity to really show others that our Christian faith community was color blind and we worked across any racial barriers to reach out to again motivate and inspire youth to make something better for their lives. The quote, "Can't we all get along?" was joked about, but our answer was, "Yes we can" when we know the love of God.



be proudly displayed for many years to come. Now, the task of setting up the museum displays and memorabilia begins. The Society is hoping for a grand opening sometime this summer. If you would like to help us with the setup of the museum, please shoot me an email.

HISTORICAL SOCIETY'S HALL OF FAME BANQUET - FRIDAY, MAY 19TH

The Hawthorne Historical Society is sponsoring their annual Hawthorne Hall of Fame banquet on Friday, May 19th at the Ayres Hotel. The 2017 inductees include: Mr. John Baker, founder of "Cougartown.com", John Baker, long-time community volunteer, city employee and friend to many, the 100 year-old Woman's Club of Hawthorne, Mihaly "Michu" Meszaros, longtime resident of Hawthorne, was a circus performer/entertainer and stuntman and is best remembered as a performer with Ringling Bros. and Barnum & Bailey Circus and for his role in the NBC sitcom ALF. He was 2 feet 9 inches (84 cm) tall. The shortest street in Hawthorne is named after him. Eddings Brothers has been selected as the business honoree for their long time service to the community. Tickets to the banquet are now on sale. For more information regarding this festive evening, please contact the Historical Society at 310-643-9157.

COMING THIS SUMMER: A BIGGER AND BETTER GOOD NEIGHBORS DAY

Mark your calendars for Saturday, July 22nd for one of the biggest events in Hawthorne this year. We are moving Good Neighbors Day to Memorial Park and adding some more attractions. We are expecting to have a much larger crowd with some great live music on stage for everyone's entertainment. Food vendors, a bike show and even a "beer garden" are all planned to join our popular car show.

ANOTHER PANCAKE BREAKFAST

This old guy invites you to another pancake breakfast to be held this Saturday, April 29th at Ascension Lutheran Church located at 17910 S. Prairie Avenue in North Torrance. (Just a few blocks south of Artesia Blvd.) We serve about 500 people at our 12th annual breakfast that goes to support our preschool and day school programs. The raffles and silent auctions are very good this year. So, come out and have a "hot breakfast" and some "cold oj" this Saturday. The price as usual is only \$5.

NATIONAL DAY OF PRAYER

The Hawthorne/Lawndale Ministerial Association will be holding a National Day of Prayer event at Trinity Lutheran Church located at 4783 W. 130th Street on Thursday, May 14th at 7 p.m.

HAWTHORNE 5K RUN AND HEALTH FAIR

Saturday, May 13th at 9 a.m. at the Hawthorne High School Track. •

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

RELAY FOR LIFE

The American Cancer Society's local chapter is sponsoring the annual "Relay For Life-Hawthorne" this weekend at the Hawthorne High School track. The event begins at 9 a.m. this Saturday, April 29th and concludes 24 hours later at 9 a.m. on Sunday. It's a great event to celebrate cancer survivors and remember those loved ones who have fallen to cancer. There are groups of high school kids and adults who camp out overnight and there is food and games for all ages throughout the event. Your monetary donations go to help the Cancer Society's ongoing efforts to find a cure.

HAZARDOUS WASTE ROUNDUP

There will be a FREE Los Angeles County Hazardous Waste & E-Waste Recycling Roundup at the Betty Ainsworth Sports Center located at 3851 W. El Segundo Boulevard this Saturday, April 29th from 9:00 a.m. - 3:00 p.m. This is a great way to dispose of items that are too toxic to trash. Sometimes my old lady thinks I'm toxic but she keeps me anyway.

AGREEMENT SIGNED FOR NEW HAWTHORNE MUSEUM

The Hawthorne City Council approved an agreement with the Hawthorne Historical Society at Tuesday's city council meeting to allow for the reopening of the Hawthorne Museum. The new site is located at 14100 S. Prairie Avenue. The Jim Thorpe Park building was used for many years as a dance practice hall. The City has renovated it and installed security measures to insure that the history of Hawthorne will

School Board Adopts New ELA/ELD Instructional Materials

By Cristian Vasquez

At its most recent meeting, members of the Hawthorne School Board unanimously approved a recommendation by Associate Superintendent Educational Services Dr. Brian Markarian to adopt new English Language Arts/English Language Development instructional material that will be aligned with academic standards set by Common Core. Through an extensive review process that analyzed materials, needs and purpose, the 30-person English Language Arts/English Language Development Instructional Materials Adoption Committee made the recommendation that the School Board adopt instructional material from Benchmark Advance/Benchmark Adelante.

"We want to be inclusive and transparent in this process and the way we accomplish that is by including teachers from each grade, representatives from each school, as well as support staff and instructional coaches that have received that additional professional development training and know what to look for," said Dr. Markarian. "We like to hear from everybody and one of the things I am really proud of is that all of our committee efforts, for math in middle school and elementary and for language arts in middle school and elementary, have made unanimous votes. It's telling in that we are consistent with what we are doing and that in the end we know what the right tools are for us."

The adoption will update the Hawthorne School District's 1997-based state standards for ELA and literacy. Dr. Markarian's presentation for the adoption highlighted the 12 shifts that Common Core requires of school districts to align those with curricular materials and classroom instruction (six in math, six in ELA/Literacy). Shift 1 is referred to as Balancing Information & Literary Text and will enable students to read a real balance of informational and literary texts. Shift 2 is Knowledge in the Disciplines through which students will be capable of building knowledge of the world through text rather than the teacher or activities.

"The fact that they have developed a program that is really aligned with the new standards as opposed to taking a current program and revising it, I think has been a strong selling point for their product," said Dr. Markarian. "They designed it from the ground up and based on the current standards and usually with a larger pre-existing adoption, that's not always the case. They make such an investment into an adoption that they don't normally start from scratch, but this is a program that in every aspect mirrors what the standards ask for."

Shift 3 is called the Staircase of Complexity and will allow students the ability to read the main, grade-appropriate text from which instruction is centered. This will help create more time, space and support in the curriculum for close reading. Shift 4 is Text-Based Answers in which students will engage in "rich and rigorous evidence based conversations about the text." Shift 5, Writing from Sources, will emphasize the use of evidence from sources to make an argument and inform. Shift 6, Academic Vocabulary, will have students build a vocabulary that will be implemented to understand complex, grade-level texts.

"Beyond the shift to Common Core, we also have the new English Language Arts and English Language Development framework which really integrates both the ELA and ELD standards so the expectations for supporting English Language Learners are throughout all components of instruction," Dr. Markarian said.

With the Board's adoption, the logistical steps are underway with the benchmark to finalize the order and it is expected that all materials will be made available to the District by the summer. In addition, there will be new professional development efforts launched in order to have each school ready for instruction under the new material by the fall. For several years the District has engaged teachers in professional development--so with this shift in instructional materials, it will only have to align the current adoption requirements to its current professional development standards.

"Our administrators and our coaches will begin their professional development now with the instructional materials that we do have," said Dr. Markarian. "Once we receive all other materials, we will have our full district-wide professional development."

Much of the content in the adopted instructional material is digital and facilitates the process by which new content can be added and revised. Furthermore, much of the materials are consumable, meaning that any necessary changes will be made in the upcoming batch. Hence, it allows students to take notes on the text.

"In any adoption, in any area, there will always be opportunities to enhance a program over time with supplemental materials that we deem to be appropriate," Dr. Markarian said. "When you start adoption on day one and look down the road eight years later, there are usually some pieces that have been added... The publishers will often send supplements when they see that things are needed." •

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Community Briefs

Da Vinci Student, Inglewood Resident Wins Edison Scholarship



A high school senior from Inglewood who attends Da Vinci Science School in Hawthorne

has won a \$40,000 college scholarship from Edison International in their pursuit of a STEM (science, technology, engineering or math) degree. Ana Alba is among 30 students from throughout Southern California Edison's service territory chosen for their academic success and demonstrated financial need as part of the \$1.2 million Edison Scholars Program.

Ana didn't let her family's financial struggles and her challenging living situation hinder her education. She woke up at 4 a.m. every day and stayed after school until 6 p.m. to focus on her homework and go to tutoring. Her dream is to develop technology that will make renewable energy more efficient and inexpensive.

Centinela Valley Goes One-to-One with Chromebooks

On April 4, the Centinela Valley Union High School District Board of Education voted unanimously to approve the Digital Learning Initiative (DLI) in support of 21st Century Learning. Starting next school year, the new one-to-one initiative will provide all incoming ninth graders (approximately 1,500 students) with a brand-new Chromebook for use in school and at home. The initiative has a four-year rollout plan so that by the 2020-21 school year, all CVUHSD students will have their own Chromebook. Over 1,600 DLI surveys were completed by teachers, students, parents, administrators and staff to ensure stakeholder input and the results were 90 percent showed positive support for the program. The voter-approved local parcel tax will fund the initiative, so there will be no impact on the general fund, and it will save the District money in the long-run by phasing out textbooks.

CVUHSD teachers who implement one-to-one in their classroom will be provided Professional Learning to support the management of student devices in the classroom, effective use of

technology for learning, and digital lesson design. Students will be trained on the necessary care and maintenance of their computer, and how to behave safely and appropriately online. They will also receive instruction on Digital Literacy to improve computer and software skills. Parents will be provided information and tools to support their student's effective and safe use of their laptop at home.

The success of the one-to-one initiative is highly dependent on a network that supports uninterrupted, fast Wi-Fi connections in all classrooms, and reliable content filtering both on and off campus. The district's IT Department has taken many steps to safeguard the initiative and will continue working hard to ensure a successful rollout.

This year, the district implemented a pilot program with 25 teacher "Piloteers" to test a class set of Chromebooks and Canvas, the District's learning management system. The pilot program provided the needed groundwork in order to rollout the initiative next school year.

Animo Schools Honored with California Gold Ribbon Awards

Two Green Dot campuses, Animo Inglewood Charter High School and Animo Leadership Charter High School, last week earned California Gold Ribbon Awards, honoring the outstanding progress of their students in both math and English. To earn a Gold Ribbon, schools must exceed the state average for student performance on the Smarter Balanced Assessments. As well as using student performance, the California Gold Ribbon Schools Program takes into account a school's success in implementing a variety of educational policies and programs, including local accountability plans. The program replaced the Distinguished Schools Program, which honored schools based on student outcomes

measured through standardized tests.

The schools join Animo Pat Brown Charter High School, which won the Gold Ribbon the last time they were given to high schools in 2015. All three schools topped the state average for the number of students who meet or exceed state benchmarks on both English and math assessments in 2016, as well as the state's 2015 graduation rate. Animo Inglewood had 83 and 43 percent proficiency on the two tests respectively, and had an 86 percent cohort graduation rate. Animo Leadership achieved 85 and 35 percent marks, with a 94 percent cohort graduation rate. The state averages were 59, 33 and 82 percent.

Lawndale Youth Parade Street Closures

The 2017 Lawndale Youth Day Parade is set for Saturday, April 29 at 10 a.m. with marching bands, community organizations, school groups, classic cars and other participants on hand for the festivities. The event will result in street closures from approximately 7 a.m. until 12:30 p.m. The affected areas will include Manhattan Beach Boulevard from Crenshaw to Hawthorne boulevards; Hawthorne Boulevard northbound from Manhattan Beach Boulevard to 147th Street; Marine Avenue from Prairie Avenue to Hawthorne Boulevards; and Prairie from Marine

to W. 166th Street. For entry and exit into or out of the area bounded by Manhattan Beach Boulevard to the south, Hawthorne Boulevard to the west, Marine to the north and Prairie to the east, Freeman Avenue at Manhattan Beach Boulevard and Marine will be the entry and exit points. There may be delays entering and exiting this area based upon the location of the parade. Seating areas for the parade will be available at any place along the route on Manhattan Beach Boulevard, Hawthorne Boulevard, Marine and Prairie.

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Sports

Lawndale Baseball Heading in Right Direction

By Adam Serrao

Head coach Robert Dempsey has his Lawndale Cardinals baseball team headed in the right direction after a rough start to the regular season. A five-game losing streak that was almost immediately followed by a four-game losing streak earlier in the year had Cardinals fans reminiscing about an unfortunate season last year when Lawndale went 10-12 on the year and only finished above Hawthorne in the Ocean League standings. A recent three-game winning streak, capped off with a win against the North High Saxons last Tuesday afternoon on the road, has recently given the Cardinals and their fans something to be optimistic about going forward.

Lawndale's recent winning streak was at its beginning stages almost four weeks ago when the team took on the University Wildcats. The Cardinals offense exploded and accounted for 10 total runs with the help of back-to-back four-run innings. Senior Jesus Sanchez was instrumental in breaking Lawndale out of its slump and finished the day with a double, two runs scored and four RBIs. Senior Salvador Mercado also doubled and drove in three in the 10-2 victory for the Cardinals.

An inner-division game against Culver City was next up on the schedule for Dempsey and the Cardinals. "We lost to the Centaurs earlier in the year," Dempsey explained. "It's important for us to go out there and win these games in the division that really count in the end-of-the-year standings." Sensing the importance of the moment, the Lawndale offense came alive again and brought the team back from an early 3-0 deficit that Culver City jumped out to in the first inning. Leo Cervantes gave up an early three runs on the mound, but soon settled in to pitch a total of five innings while striking out two. Cervantes was also one of four Cardinal batters to double in the game and knock in a run. Junior Julian Diaz had two hits and an RBI as Lawndale put together back-to-back two-run innings in the sixth and the seventh to take a 6-3 victory over its divisional rivals.

The Cardinals' most recent game was up next and the offense didn't slow down one bit. Last Tuesday at North, Lawndale jumped out to an early 4-0 lead on the Saxons before exploding for five runs in a sixth inning that sealed the win for the team. This time Sanchez was on the mound, going five innings while allowing four hits and two runs. North was able to tag Cervantes for three runs and senior Michael Zambrano for another, but Lawndale's offense was too much for its opponent once again. Mercado went four for five with two RBIs and

scored one run. Diaz scored three times and drove in two runs, while senior Roberto Novela also had a hit and drove in two.

The Cardinals (5-9, 1-3) are gaining momentum when they need it the most down the stretch run of the regular season. The team will still be tested with upcoming games against the second place El Segundo Eagles and the third place Beverly Hills Normans. If Dempsey and his hot-hitting team can string together a few more wins in the final stages of the season, they may even be able to challenge some of the Ocean League's best for a top seed in the division.

HAWTHORNE HIGH

The Hawthorne Cougars have been unsuccessful in their recent attempts to take down two of the Ocean League's top three teams. Despite junior Johnny Pacheco's recent dominance at the plate, Hawthorne has been unable to keep the opposition off the scoreboard. Pacheco had an incredible day in the Ocean League opener, going two for four with four RBIs in the game. The pitching staff has been Hawthorne's weak link all season long, though. A total of 10 walks and eight hits given up by four different pitchers led to 12 runs for Santa Monica in a 12-4 loss for the Cougars.

Hawthorne moved on to battle the Beverly Hills Normans and lost back-to-back games against its league rival to drop to 0-4 in league play this year. In the series finale, the Cougars kept things close. Pacheco pitched three solid innings, but only after the Normans were able to get to senior Andres Cordova for three runs over two innings. Cordova went one for three at the plate with a double and an RBI, but it wasn't enough in his team's 3-2 loss. Hawthorne (5-9, 0-4) will take on Culver City this week as the team looks to get out of last place in the Ocean League standings.

INGLEWOOD HIGH

After a great start to the season, the Inglewood Sentinels baseball team has run into a Bay League schedule that simply has their number. The Sentinels latest hurdle came in the form of the Redondo Union Sea Hawks in a game that took place last Wednesday afternoon at Redondo. The Sea Hawks didn't hesitate to put runs up on the board, scoring four in the first inning alone. Redondo used four different pitchers in the game, accounting for 12 strikeouts and zero runs scored. Inglewood's 12-0 setback at the hands of Redondo marked its third loss in a row. The team has been outscored by a total of 46-1 across those three games. The Sentinels will move on to battle against Mira Costa and Peninsula down the stretch run of the season.

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PETSPETS **Pets** PETSPETS

Purrrfect Companions



Gatito



Thor



Gale

Take a look at this week's featured kitties (with many more waiting for you on our website). All of these cats and kittens are waiting to share their love with their purrfect someone who will give them a new forever home.

Gatito is a very sweet tabby boy. He loves to cuddle and receive hugs, kisses and lots of love. Gatito loves humans of all ages, to play with and to receive pets and cuddles. With his very affectionate personality, he would be happy sit on your lap all day given the chance. Gatito has a very playful nature and gets along well with dogs and cats with all ages.

Beautiful **Mia** was trapped by management at DWP and taken to a shelter. Because Mia was deemed feral, she could only be adopted by a rescue group. The plan was to spay her and find a place where she could be a barn cat and live out her life as a feral. But something happened when her rescuer put her in a cage for recovery after being spayed--Mia meowed! Feral cats do not meow. Meowing is a cat's way of communicating with humans. It was Mia's way of saying, "I want a home." After a couple of months of socialization, Mia has become a sweet, lovable cat who likes to be petted and held. A quiet home with a kitty companion may be best for her, so she can continue to blossom as the sweet girl she is.

Thor is a handsome boy who is about as chill as they come. He likes to be where the action is, but usually just wants to observe. Although Thor can sometimes be shy, he starts to warm up quickly. He lives with other cats and a dog and gets along fine with everyone, yet doesn't need to be around them all the time. He is also comfortable hanging out on his own. Since he makes friends quickly, Thor would likely do well in a home with another animal, or he could be an only pet with someone who's often home. If you're looking for a sweet and

easygoing kitty, plan to meet Thor!

Boomer is a wonderfully sweet and loving young man. His soft orange and buff coat matches his gentle and loving demeanor. He is very kind towards people and other kitties. Boomer is gentle, yet playful, and does well with older cats. He is a real mama's boy and could be yours too! Or he would be happy being a daddy's boy in his forever home with you!

Looking for an adorable, outgoing, friendly, playful and sweet kitty? **Splash** is your boy! He's the perfect combination of cuddly and fun! Splash and his siblings were rescued along with their young mother the day they were born. Then he was adopted with his favorite sister, only to be returned three months later without his sister due to no fault of his own. Splash needs another kitty or kitties to play with in his new home. He has two other siblings (Gale and Chinook) who are also available for adoption. He loves his siblings, but he would also do well in a home that already has a friendly and playful kitty. Splash is an awesome kitty who deserves to find a wonderful forever family!

Gale is a very handsome boy. With his coloring, he looks like a Russian Blue. He has a beautiful silver sheen on his dark gray coat and gorgeous green/amber eyes. Gale is a bit shy at first, but once he feels safe he is very sweet, cuddly and loves to play! Gale would do best being adopted with his sister Chinook. They are very bonded to each other and would adjust more quickly to their new forever home if they could remain together.

Chinook is an adorable, sweet, playful and gorgeous little panther! She is shy at first, but once she gets to know you she becomes a playful lap kitty! Chinook is a petite cat and has the most beautiful amber-colored eyes! Chinook would love you to adopt her with her brother Gale. After seeing them cuddle and play together, you'll understand

why! They would get along with other friendly cats as well.

These kitties 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 Boulevard, #583, Los Angeles, CA 90024.

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

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



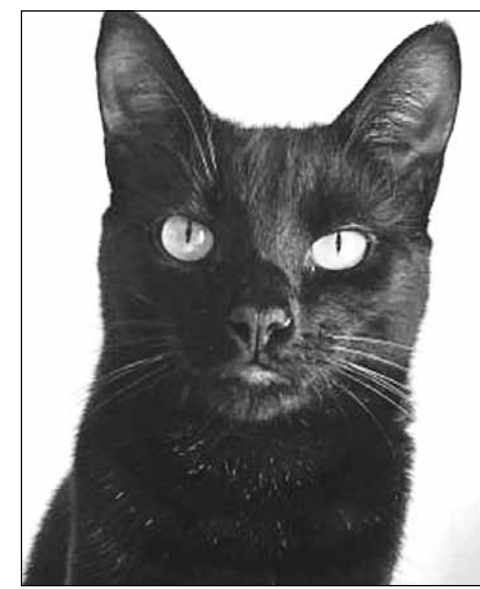
Boomer



Mia



Splash



Chinook

Police Reports

Monday, April 10 to Sunday, April 16

Robberies

11800 BLK S. PRAIRIE AV. STREET, HIGHWAY, ALLEY. Crime Occurred: Tue. 04/11 21:38. Property Taken: White Fixie bike w/gold rims and black tires.

2700 W. 120TH ST. GENERAL MERCHANDISE STORE. Crime Occurred: Sat. 04/15 11:34. Property Taken: Black Tech 21 iPhone case.

4400 BLOCK IMPERIAL HWY. FAST FOOD STORE. Crime Occurred: Fri. 04/14 15:40. Property Taken: \$100 bill.

Burglaries

4700 W. EL SEGUNDO BL. HOUSE. Crime Occurred: Mon. 10/31/16 13:00 to Tue. 04/04 18:30. Property Taken: Gold and diamond jewelry, 12x10 safe w/paperwork. Method of Entry: Unknown.

5300 W. 138TH ST. HOUSE. Crime Occurred: Mon. 04/10 09:45 to Mon. 04/10 11:50. Property Taken: Tag watch, Timex watch, gold jewelry (rings/bracelet/necklace), dark wood humidior with LJE initials, white pillowcase. Method of

Entry: Doggie door.

5000 W. 119TH PL. HOUSE. Crime Occurred: Mon. 04/10 16:41. Property Taken: Silver one-ounce bars, one-ounce coins, five-ounce bars, 10-ounce bars., fireproof safe., miscellaneous papers, \$1,000 in \$20 US currency taken, \$2,000 in \$100 currency taken., \$300 in \$20 currency taken. Method of Entry: Cut screen. POE: Louvered screen. Entry Loc: Front.

12800 S. ROSELLE AV. STORAGE SHED, PUBLIC. Crime Occurred: Mon. 04/10 21:29. Method of Entry: Cut padlock.

13700 S. HAWTHORNE BL. AUTO REPAIR COMPANY. Crime Occurred: Tue. 04/11 16:45 to Wed. 04/12 06:50. Property Taken: Two Innova computer scanners. Method of Entry: Cut padlock.

13400 S. DOTY AV. APARTMENT COMMON AREAS (LNDRY,CLB HSE,ETC). Crime Occurred: Tue. 04/11 22:00 to Wed. 04/12 06:45. Method of Entry: Opened.

4800 W. ROSECRANS AV. STORAGE SHED, PUBLIC. Crime Occurred: Sat. 04/01

01:00 to Wed. 04/12 12:02. Property Taken: Fabric covered couch, wooden bed with mattress/boxspring, two armchairs, wooden dresser, two side tables, coffee table, set of lamps. Method of Entry: Unlocked.

4300 W. 134TH ST. APARTMENT/CONDO. Crime Occurred: Wed. 04/12 06:30 to Wed. 04/12 16:00. Property Taken: One 50-inch Samsung flat screen SmartTV. Method of Entry: Unknown.

14000 S. CHADRON AV. APARTMENT/ CONDO. Crime Occurred: Thu. 04/13 06:30 to Thu. 04/13 16:15. Method of Entry: Other.

4800 W. ROSECRANS AV. STORAGE SHED, PUBLIC. Crime Occurred: Thu. 04/13 17:00 to Sat. 04/15 16:00. Property Taken: Samsung 55-inch television 4K, Vizio 55-inch television 4K, Vizio 50-inch television 4K, Samsung 49.5-inch curved television 4K, Vizio 55-inch television, PlayStation 4, Bose Solo10 speaker. Method of Entry: Unknown.

12400 S. OXFORD AV. Crime Occurred: CAD: Sun. 04/16 20:04--No R MS Ent •

DEADLINES

- OBITUARIES:** Monday at noon.
- CALENDAR ITEMS:** Monday at noon.
- PEOPLE ITEMS:** Monday at noon.
- CLASSIFIEDS:** Tuesday at noon.
- LEGAL NOTICES:** Wednesday at 11:00 am.
- REAL ESTATE ADS:** Monday at noon.
- AD CANCELLATIONS:** Prior Thursday.

LATE CANCELLATIONS WILL BE CHARGED 50% OF AD



HERALD
PUBLICATIONS

PUBLIC NOTICES

NOTICE IS HEREBY GIVEN that a public hearing will be held by the City Council of the City of Hawthorne in the City Council Chambers of City Hall, 4455 W. 126th Street, Hawthorne, California, at 6:00 p.m., Tuesday, May 9, 2017 to consider the following:
Proposed Annual Budget including Revenue and Expenditure Details for Fiscal Year 2017-2018

Any person may appear at the public hearing on May 9, 2017 at 6:00 p.m. and offer written or oral information, or may, prior to the hearing, direct written communication to the Hawthorne City Clerk, 4455 W. 126th Street, Hawthorne, Ca 90250.
Hawthorne Press Tribune Pub. 4/27/17
HH-25553



NOTICE OF PETITION TO ADMINISTER ESTATE OF PATRICIA ANN PENFIELD aka PATRICIA A. PENFIELD Case No. 17STPB02415

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of PATRICIA ANN PENFIELD aka PATRICIA A. PENFIELD

A PETITION FOR PROBATE has been filed by Carolyn R. Fortier in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that Carolyn R. Fortier be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests authority to administer the estate under the Independent

NOTICE OF PETITION TO ADMINISTER ESTATE OF: MARY JOSEPHINE HAFNER AKA MARY JO HAFNER Case No. 17STPB03074

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of MARY JOSEPHINE HAFNER AKA MARY JO HAFNER

A PETITION FOR PROBATE has been filed by ROBERT A. SASLOW in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that ROBERT A. SASLOW 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.)

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.)

A HEARING on the petition will be held on May 19, 2017 at 8:30 AM in Dept. No. 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

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: 05/11/17 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
ALEX R. BORDEN
BORDEN LAW OFFICE
1518 CRENSHAW BLVD
TORRANCE CA 90501
4/20, 4/27, 5/4/17
CNS-2998669#
Hawthorne Press Tribune 4/20, 4/27, 5/4/17
HH-25550



TO ALL PERSONS INTERESTED IN THE MATTER OF THE PROCEEDINGS FOR THE CALIFORNIA HOME FINANCE AUTHORITY CLEAN ENERGY PROGRAM AND PACE PROGRAM:

Golden State Finance Authority ("GSFA"), formerly known as California Home Finance Authority ("CHF") is seeking to amend the validation Judgment obtained in Sacramento County Superior Court, Case No. 34-2015-00174212, which authorized the finance or refinancing for acquisition, installation and improvement of energy efficiency, water conservation and renewable energy improvements affixed to or on real property and in buildings, whether the real property or buildings are privately or publicly owned and whether the real property or buildings are used for residential, commercial, industrial, or other purposes (the "Clean Energy Program") and authorized the CHF Property Assessed Clean Energy ("PACE") Program to include the financing of the seismic strengthening infrastructure for all types of property located in GSFA jurisdictional areas.

GSFA is now seeking to amend the validation Judgment, to include (1) Resolution No. 2016-05, (2) to amend the Program Report for the PACE program to authorize the financing of seismic strengthening improvements that are permanently fixed to residential, commercial, industrial, agricultural or other real property in California pursuant to AB 811, and (3) to authorize the levy of a special tax to finance or refinance Authorized Improvements which shall include seismic improvements pursuant to AB 2618.

Any person who wishes to challenge the amendment to the validation Judgment must provide written notice to Danielle Sakai at Best Best & Krieger LLP, 3390 University Ave., 5th Floor, Riverside, CA 92501, phone number (951) 686-1450, by May 22, 2017, or appear at the hearing on May 30, 2017 at 9:00 a.m. in Department 54 of the Sacramento County Superior Court located at 720 9th Street, Sacramento, CA 95814.

4/27, 5/4, 5/11/17
CNS-3001593#
Hawthorne Press Tribune Pub. 4/27, 5/4, 5/11/17
HH-25555

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 E. SIMON ESQ
SBN 43706
LAW OFFICE OF
DAVID E. SIMON
841 APOLLO STREET
STE 450
EL SEGUNDO CA 90245
CN936727 PENFIELD Apr 27, May 4, 11, 2017
Lawndale Tribune Pub. 4/27, 5/4, 5/11/17
HL-25559

NOTICE OF PUBLIC HEARING ZONE AMENDMENT 2017ZA02

PUBLIC NOTICE is hereby given that the City Council of the City of Hawthorne will hold a public hearing to consider the following matter: **ZONE AMENDMENT NO. 2017ZA02:** An amendment to the Hawthorne Municipal Code to: 1) add new provisions for freestanding billboard signs in regional shopping centers, and 2) clarify height limits for billboard signs. **PROJECT LOCATION:** Regional Shopping Centers (greater than 20 acres) within the Freeway Overlay Zone - City of Hawthorne, Los Angeles County, California

MEETING DETAILS:
Day: Tuesday
Date: May 9, 2017
Time: 6:00 p.m.
Place: City Council Chambers
4455 West 126th Street
Hawthorne, CA 90250

Those interested in this item may appear at the meeting and submit oral or written comments. Written information pertaining to this item must be submitted to the Planning and Community Development Department prior to 5:30 PM May 8, 2017, at 4455 West 126th Street, Hawthorne, California 90250 or emailed to bjames@cityofhawthorne.

org. For additional information, you may contact Brian James at (310) 349-2970 or at the email noted above.

ENVIRONMENTAL REVIEW: Zone Amendment 2017ZA02 is addressed by the Mitigated Negative Declaration prepared for the Freeway Overlay Zone (Billboard Overlay) and adopted by the City Council on September 13, 2016, through Ordinance 2122. The proposed Ordinance does not expand the land area for the Freeway Overlay Zone, does not intensify the development standards for billboards, does not increase height or area limitations for billboards, and does not allow new signage into the Freeway Overlay Zone not already allowed in the underlying CR Zone.

PLEASE NOTE that pursuant to Government Code Section 65009: In an action or proceeding to attack, review, set aside, void, or annul a finding, determination or decision of the Planning Commission or City Council, the issues raised shall be limited to those raised at the public hearing in this notice or in written correspondence delivered to the Planning Commission or City Council at or prior to the public hearing.

Hawthorne Press Tribune Pub. 4/27/17
HH-25556

NOTICE OF PUBLIC HEARING GENERAL PLAN AMENDMENT 2016GP03 AND CHANGE OF ZONE 2016CZ05

PUBLIC NOTICE is hereby given that the City Council of the City of Hawthorne will hold a public hearing to consider the following matter: **GENERAL PLAN AMENDMENT 2016GP03 AND CHANGE OF ZONE 2016CZ05:** The proposed project consists of a General Plan Amendment and a Change of Zone for a 0.94-acre property. The General Plan Amendment would result in a change in the General Plan map from the High Density Residential (HDR) designation to the General Commercial (GC) designation and the Change of Zone would result in a change in the Zoning Map from the Maximum Density Residential (R-4) zone to the General Commercial-Mixed Use Overlay [CG (MU)] zone.

The purpose of these proposed amendments are to allow greater flexibility in development types, provide for a development that is consistent with the character of the surrounding uses, and provide a suitable transitional use between the commercial and residential uses in the vicinity.

PROJECT LOCATION: 14115 Cordary Avenue in the City of Hawthorne, Los Angeles County, California (APN 4051-030-016)

MEETING DETAILS:
Day: Tuesday
Date: May 9, 2017
Time: 6:00 p.m.
Place: City Council Chambers

4455 West 126th Street
Hawthorne, CA 90250

Those interested may appear at the meeting and submit oral or written comments. Written information pertaining to this item must be submitted to the Planning and Community Development Department prior to 5:30 PM May 8, 2017, at 4455 West 126th Street, Hawthorne, California 90250, or emailed to jramirez@cityofhawthorne.org. For additional information, you may contact John Ramirez at (310) 349-2970 or at the email noted above.

ENVIRONMENTAL REVIEW: Pursuant to the provisions of the California Environmental Quality Act, a Mitigated Negative Declaration has been deemed appropriate for this project and has been circulated for public review and comment in accordance with the guidelines for implementing CEQA. Copies of the Initial Study and the proposed Mitigated Negative Declaration may be obtained at the address above and are on file at the Planning Department and library.

PLEASE NOTE that pursuant to Government Code Section 65009: In an action or proceeding to attack, review, set aside, void, or annul a finding, determination or decision of the Planning Commission or City Council, the issues raised shall be limited to those raised at the public hearing in this notice or in written correspondence delivered to the Planning Commission or City Council at or prior to the public hearing.

Hawthorne Press Tribune Pub. 4/27/17
HH-25557



PUBLISH YOUR PUBLIC NOTICES HERE

ABANDONMENTS:
\$125.00

ABC NOTICES:
\$125.00

DBA (Fictitious Business Name):
\$75.00

Beauty is the promise of happiness. - Edmund Burke

PUBLIC NOTICES

Fictitious Business Name Statement 2017062798

The following person(s) is (are) doing business as 1) MELT GELATO & CREPE CAFÉ, 730-A ALLIED WAY, EL SEGUNDO, CA, 90245, LOS ANGELES COUNTY; 2) 909 E. WALNUT AVENUE, EL SEGUNDO, CA, 90245. Registered Owner(s): EL SEGUNDO BEACH, LLC, 909 E WALNUT AVENUE, EL SEGUNDO, CA, 90245. This business is being conducted by a Limited Liability Partnership. The registrant commenced to transact business under the fictitious business name or names listed above on: 04/2008. Signed: EL SEGUNDO BEACH, LLC., OWNER, MYUNGJA ASHWORTH. This statement was filed with the County Recorder of Los Angeles County on March 13, 2017.

NOTICE: This Fictitious Name Statement expires on March 13, 2022. A new Fictitious Business Name Statement must be filed prior to March 13, 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. 4/6, 4/13, 4/20, 4/27/2017 **H-1613**

Fictitious Business Name Statement 2017079803

The following person(s) is (are) doing business as NEXTHOME NEST BROKER, 1730 E HOLLY AVE, EL SEGUNDO, CA, 90245, LOS ANGELES COUNTY; 4917 W. 116TH STREET, HAWTHORNE, CA, 90250, A#ON: C3941632. Registered Owner(s): NEST BROKER, INC., 1730 E HOLLY AVE, EL SEGUNDO, CA, 90245. This business is being conducted by a corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: BITANIA GIRMA, PRESIDENT. This statement was filed with the County Recorder of Los Angeles County on March 30, 2017.

NOTICE: This Fictitious Name Statement expires on March 30, 2022. A new Fictitious Business Name Statement must be filed prior to March 30, 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. 4/6, 4/13, 4/20, 4/27/2017 **H-1614**

Fictitious Business Name Statement 2017082898

The following person(s) is (are) doing business as JAGUAR TENNIS ACADEMY, LLC., 906 E. IMPERIAL AVE., APT 1, EL SEGUNDO, CA, 90245, LOS ANGELES COUNTY. AI #ON: 201707210495. Registered Owner(s): JAGUAR TENNIS ACADEMY, LLC., 906 E. IMPERIAL AVE., APT 1, EL SEGUNDO, CA 90245. This business is being conducted by a limited liability corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: 04/2017. Signed: JAGUAR TENNIS ACADEMY, LLC., OWNER, SERGIU BOERICA. This statement was filed with the County Recorder of Los Angeles County on APRIL 3, 2017.

NOTICE: This Fictitious Name Statement expires on APRIL 3, 2022. A new Fictitious Business Name Statement must be filed prior to APRIL 3, 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. 4/6, 4/13, 4/20, 4/27/2017 **H-1615**

Fictitious Business Name Statement 2017070683

The following person(s) is (are) doing business as SOUTH BAY POOL-POND & SPA RESTORATION, 816 CRENSHAW BLVD, TORRANCE, CA 90501, LOS ANGELES COUNTY. Registered Owner(s): HUGO DE AVILA MARQUEZ, 816 CRENSHAW BLVD, TORRANCE, CA, 90501. 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: HUGO DE AVILA MARQUEZ, OWNER. This statement was filed with the County Recorder of Los Angeles County on March 21, 2017.

NOTICE: This Fictitious Name Statement expires on March 21, 2022. A new Fictitious Business Name Statement must be filed prior to March 21, 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. 4/13, 4/20, 4/27, 5/4/2017 **H-1616**

Fictitious Business Name Statement 2017079367

The following person(s) is (are) doing business as MAILBOXES GALORE, 1820 W. CARSON ST., #202, TORRANCE, CA 90501, LOS ANGELES COUNTY. Registered Owner(s): 1) GINA T. RODRIGUEZ, 25925 AVOCADO ST., LOMITA, CA 90717. 2) JOHN RODRIGUEZ, 25925 AVOCADO ST., LOMITA, CA 90707. This business is being conducted by a Married Couple. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: GINA T. RODRIGUEZ, WIFE. This statement was filed with the County Recorder of Los Angeles County on March 30, 2017.

NOTICE: This Fictitious Name Statement expires on March 30, 2022. A new Fictitious Business Name Statement must be filed prior to March 30, 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. 4/13, 4/20, 4/27, 5/4/2017 **HT-1617**

Fictitious Business Name Statement 201709196

The following person(s) is (are) doing business as LUFTGEKUHLT, 1601 N. SEPULVEDA BLVD. #199, MANHATTAN BEACH, CA, 90266, LOS ANGELES COUNTY. Registered Owner(s): COGNITION COMPANY, 1601 N. SEPULVEDA BLVD. #199, MANHATTAN BEACH, CA, 90266. This business is being conducted by a JOINT VENTURE. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: COGNITION COMPANY, PARTNER, PATRICK LONG. This statement was filed with the County Recorder of Los Angeles County on March 30, 2017.

NOTICE: This Fictitious Name Statement expires on March 30, 2022. A new Fictitious Business Name Statement must be filed prior to March 30, 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. 4/13, 4/20, 4/27, 5/4/2017 **H-1620**

Fictitious Business Name Statement 2017090817

The following person(s) is (are) doing business as OFFICE MOVE GURU, 17103 EASTWOOD AVENUE, TORRANCE, CA 90504, LOS ANGELES COUNTY. Registered Owner(s): LMR ENTERPRISES LLC, 17103 EASTWOOD AVENUE, TORRANCE, CA 90504. 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: 03/2017. Signed: LMR ENTERPRISES LLC, OWNER, LAUREN MARIE RICHESON. This statement was filed with the County Recorder of Los Angeles County on April 11, 2017.

NOTICE: This Fictitious Name Statement expires on April 11, 2022. A new Fictitious Business Name Statement must be filed prior to April 11, 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. 4/13, 4/20, 4/27, 5/4/17 **HT-1621**

Fictitious Business Name Statement 2017078152

The following person(s) is (are) doing business as DELIGHT PROP, LCC, 4219 W 165TH ST., LAWDALE, CA, 90260, LOS ANGELES COUNTY. Registered Owner(s): DELIGHT PROP, LCC, 4219 W 165TH ST., LAWDALE, CA, 90260. 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: 08/2008. Signed: DELIGHT PROP, LCC, OWNER, EDUARDO OSORIO. This statement was filed with the County Recorder of Los Angeles County on MARCH 29, 2017.

NOTICE: This Fictitious Name Statement expires on MARCH 29, 2022. A new Fictitious Business Name Statement must be filed prior to MARCH 29, 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). Lawndale Tribune: Pub. 4/20, 4/27, 5/4, 5/11/2017 **HL-1622**

Fictitious Business Name Statement 2017084540

The following person(s) is (are) doing business as BACKSPIN ENTERTAINMENT, 2414 CABRILLO AVE, APT A, TORRANCE, CA, 90501, LOS ANGELES COUNTY. Registered Owner(s): SHERWIN-RYAN RUSTE, 2414 CABRILLO AVE, APT A, TORRANCE, CA, 90501. 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: SHERWIN-RYAN RUSTE, OWNER. This statement was filed with the County Recorder of Los Angeles County on April 6, 2017.

NOTICE: This Fictitious Name Statement expires on April 6, 2022. A new Fictitious Business Name Statement must be filed prior to April 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). Torrance Tribune: Pub. 4/20, 4/27, 5/4, 5/11/2017 **HT-1623**

2017077342 STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME Current File #2016192687

The following person has abandoned the use of the fictitious business name: CRAFT SHACK FUELED BY SIMMZY'S, 850 S SEPULVEDA BLVD, STE K200, EL SEGUNDO, CA 90245. The fictitious business name referred to above was filed in the County of Los Angeles ON MARCH 29, 2017. Registrants: SIMMZYS LLC, 1148 MANHATTAN AVE #1, MANHATTAN BEACH, CA 90266. This business was conducted by a LIMITED LIABILITY COMPANY. Signed: SIMMZYS LLC, MANAGING MEMBER. This statement was filed with the County Clerk of Los Angeles County on MARCH 29, 2017.

EL SEGUNDO HERALD: Pub. 4/20, 4/27, 5/4, 5/11/2017 **H-1624**

Fictitious Business Name Statement 2017095477

The following person(s) is (are) doing business as LO:LA, 222 N. SEPULVEDA BLVD., SUITE 2000, EL SEGUNDO, CA 90245, LOS ANGELES COUNTY. Registered Owner(s): LONDON:LOS ANGELES LLC, 222 N. SEPULVEDA BLVD., SUITE 2000, EL SEGUNDO, CA 90245. 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: 03/2017. Signed: LONDON:LOS ANGELES LLC, CEO, NICHOLAS PLATT. This statement was filed with the County Recorder of Los Angeles County on April 14, 2017.

NOTICE: This Fictitious Name Statement expires on April 14, 2022. A new Fictitious Business Name Statement must be filed prior to April 14, 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. 4/27, 5/4, 5/11, 5/18/2017 **H-1625**

Fictitious Business Name Statement 2017097163

The following person(s) is (are) doing business as BRIGHT HORIZONS COUNSELING SERVICES, 1) 1500 ROSECRANS AVE., MANHATTAN BEACH, CA, 90266, LOS ANGELES COUNTY. 2) 14123 JEFFERSON AVE., HAWTHORNE, CA, 90250, LOS ANGELES COUNTY. Registered Owner(s): BLESSY M. GIRON FRANCO, 14123 JEFFERSON AVE., HAWTHORNE, CA, 90250. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: 04/2017. Signed: BLESSY M. GIRON FRANCO, OWNER. This statement was filed with the County Recorder of Los Angeles County on April 17 2017.

NOTICE: This Fictitious Name Statement expires on April 17, 2022. A new Fictitious Business Name Statement must be filed prior to April 17, 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. 4/27, 5/4, 5/11, 5/18/2017 **H-1626**

Fictitious Business Name Statement 2017097515

The following person(s) is (are) doing business as MAYTAG LAUNDRY HAWTHORNE, 14345 INGLEWOOD AVE., HAWTHORNE, CA 90250, LOS ANGELES COUNTY. Registered Owner(s): MATTHEW IAN CLARK, 15307 EUCALYPTUS AVE., BELLFLOWER, CA 90706. 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: MATTHEW IAN CLARK, OWNER. This statement was filed with the County Recorder of Los Angeles County on April 18, 2017.

NOTICE: This Fictitious Name Statement expires on April 18, 2022. A new Fictitious Business Name Statement must be filed prior to April 18, 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). Hawthorne Tribune: Pub. 4/27, 5/4, 5/11, 5/18/2017 **HH-1627**

Fictitious Business Name Statement 2017098145

The following person(s) is (are) doing business as ZOFICALI, 1) 13102 ROSELLE AVE., #5, HAWTHORNE, CA, 90250, LOS ANGELES COUNTY. 2) PO BOX 1394, ATTN: SOPHIE REGNIER, EL SEGUNDO, CA, 90245, LOS ANGELES COUNTY. Registered Owner(s): SOPHIE REGNIER, 13102 ROSELLE AVE., #5, HAWTHORNE, CA, 90250. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: SOPHIE REGNIER, OWNER. This statement was filed with the County Recorder of Los Angeles County on April 18, 2017.

NOTICE: This Fictitious Name Statement expires on April 18, 2022. A new Fictitious Business Name Statement must be filed prior to April 18, 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). Hawthorne Tribune: Pub. 4/27, 5/4, 5/11, 5/18/2017 **HH-1628**

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Seniors

5 Simple Steps To Be Your Best At Any Age

(BPT) - They say you're only as young as you feel, and if you're an older American, the ability to feel young a little while longer is always appealing. Having a youthful state of mind goes a long way toward accomplishing this goal, but you can't ignore the importance of solid physical health.

To improve your physical and mental health and prove age is just a number, apply these five tips from Mayo Clinic today.

- **Find the perfect interval.** If you've never participated in high-intensity interval training before, here's a compelling reason to start. Researchers at the Mayo Clinic found high-intensity aerobic exercise actually reversed some cellular aspects of aging. The research also found that the exercise improved muscle proteins, enlarged muscles and increased energy levels.

- **The benefit of brain games.** A sharp mind is every bit as important as a healthy body, and exercising your brain can be a lot of fun. Spend time learning new things on the internet, enroll in a class for that craft you've always wanted to master, go out with friends or sit down and play a board game. All of these activities can greatly improve your mental health. For example, a Mayo Clinic study found playing games decreased a person's risk of mild cognitive impairment by 22 percent making this enjoyable activity healthy as well.

- **Supplementing your health.** Health supplements should never completely replace



whole food offerings, but they may offer you real health value as well. According to the Dietary Guidelines for Americans, supplements may be ideal for vegans and vegetarians or those who consume less than 1,600 calories per day. People with a condition affecting the way their body absorbs

nutrients and those who have had surgery on their digestive tract should also speak with their doctor about supplements that may improve their overall health.

- **The importance of sleep.** A good night's sleep offers health benefits at any age, but getting enough rest can be more difficult as

you get older. To get a better night's sleep, review your medications with your doctor to see if anything is impacting your rest. You should also try to limit your daytime napping (just 10 to 20 minutes per day is best) and avoid alcohol, caffeine or even water within a couple hours before bedtime.

- **Focus on your sexual health.** This topic may not be as widely discussed as your physical or mental health, but it is no less important. Men should talk to their doctors about their lessening testosterone levels, which drop about 1 percent per year after age 30. Women may experience a similar drop in estrogen levels as well and should consult their doctor for treatment options. Don't be shy about discussing sexual health issues with your doctor, from STDs to annual checkups, having a thorough understanding of your current sexual health - and what you need to do to protect or improve it - will benefit every other part of your life.

With aging comes new challenges and the need to be more vigilant in maintaining your overall well-being. By incorporating some of the tips above from the experts at Mayo Clinic, you'll make sure the best years of your life are still to come. You can learn more about improving your health at any age through the advice offered in Mayo Clinic on Healthy Aging, or visit <http://www.mayoclinic.org/healthy-lifestyle> for more healthy lifestyle ideas. •

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Yoga

from front page

activity have on the human brain. Through Eric Jensen's book *Teaching with the Brain in Mind*, Brown learned that movement can be an effective cognitive strategy to strengthen learning, improve memory and retrieval, and enhance learner motivation and morale--lessons she works to impart on the students.

"One of the biggest changes was seeing students have more awareness of themselves and realizing that they can do things with their bodies that they never realized," Brown said. "Kids knowing that they could do things they never imagined they could do has a great and positive impact on their self-awareness and self-esteem."

Members of the Inglewood School Board expressed interest in Brown's proposal, but can't

take on it as a full-time program. However, there are efforts to implement a schedule by the fall. For the time being Brown will continue using parts of the program as a volunteer service, but will be using it as a beta program for the future.

"I am excited to incorporate that within the school's programs because it can help with emotional and self-regulation, and we could incorporate academics with it such as learning different vocabulary words as we are learning poses," said Brown. "If I can plant some seeds and the children understand early on the importance of being active and healthy, it can lead to them having a healthier and happier life. That is where the driving force came from. I have all this knowledge and just want to share it." •



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