

Lawndale Tribune

AND LAWDALE 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 - October 22, 2015

Media Center Opens at Rogers MS

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Lawndale ESD staff and Board of Education celebrate the grand opening of the Chevron 21st Century Media Center at Rogers Middle School. This new and modern space will be used by the students of Lawndale to conduct research, create content, collaborate, share, and inquire critically about a wide range of subjects. Front row: (in chair) Shirley Bennett, Board Trustee. Second row (L-R): Rosalinda Barajas, Assistant Principal (RMS); Dr. Maurita De La Torre, Principal (RMS); Dr. Ellen Dougherty, Superintendent; Kathy Jakob-Garcia, Library Media Clerk (RMS); Ann Phillips, Board Trustee; Cathy Burris, Board Trustee; Joel Lopez, Network Coordinator; and Dr. Betsy Hamilton, Assistant Superintendent of Educational Services. Third row (L-R): Adam Jaquette, Principal at Anderson ES; Megan Galindo, Language Arts Specialist; John Vinke, Deputy Superintendent; and Seth Foster, Technology Teacher.

Lawndale Elementary School District Cares about Health & Wellness

By Nancy Peters

The Lawndale Elementary School District (LESD) has made a point of health and wellness being a priority for the students who attend the schools in the District and involve the parents as much as possible in the initiatives they advocate. The epidemic proportions of childhood obesity is higher in Lawndale than the average throughout Los Angeles County. The county made grants available for programs to be adapted in communities and luckily LESD was a recipient of several grants to make the initiatives a reality since the school year of 2013.

"Part of our District goals is to promote health and wellness by educating and empowering children, students, families, and the community," said Francis Villalpando, Community Outreach Specialist of the LESD. "Our Wellness Program is a component of the community outreach and LESD is doing its part to reduce childhood obesity."

The Champions for Change program fully involves the parents of enrolled students in LESD in a peer-to-peer program that trains parents about nutrition and exercise. The grant allows for eight parents, originally volunteers, to be part-time paid staff. A few have become certified as Zumba dance instructors to teach exercise techniques through dance.

Recipes are cooked so the parents can sample the nutritional foods. Over a five to six week training period, the parents are given cookbooks and encouraged to cook the recipes at home. Accompanying this cooking is the garden activity. Each school in the District has a garden, cultivated by the parents and children, to provide farm-to-table fresh vegetables.

In addition, the fresh vegetables are part of the campaign to get local grocers to display fruits and vegetables in attractive, colorful baskets to

make it more appealing to purchase seasonal produce. In fact, an initiative – The Corner Store Conversion – is currently taking place at La Fiesta Meat Market in Lawndale. The goal to promote advertising in the grocery store, to make displays and end-caps more appealing with healthy alternatives and discourage sales of sugary cereals, high calorie snacks, and foods filled in carbohydrates.

Parents are given ideas on how to make vegetables more appealing and for the children to want to eat them because of how they are cooked or what accompanies a vegetable, such as a dressing or dip a child really likes. Children are also taught how to participate with their parents in the kitchen, helping to prepare the dinner meal, lunches, and breakfasts. Children are taught lessons in safety of kitchen tools, stoves, ovens, and other cooking machines, such as a toaster oven, a toaster, a mixer, etc. Children can help with grocery shopping when they are given the chance to choose based on the lessons they learn about healthy choices.

Champions for Change offered 194 classes to 1,922 participants between October 1, 2014 and September 30, 2015. Some results prove the success of the program with a 29 percent increase in vegetable consumption of those families surveyed and 16 percent decrease in sugar-sweetened beverage consumption, as well as a 16 percent increase in choosing fruits and/or vegetables as a daily snack.

Another grant gave money to LESD for the Choose Health LA initiative, geared toward the zero to five year old age groups, encouraging healthy eating habits and appealing vegetables and fruits as soon as children begin eating solid foods. The program teaches parenting and nutrition classes over a six-week period through Headstart and Hope Through Housing with classes from nutritional value of specific foods to a class on how to deal with picky

eaters.

Choose Health LA additionally encourages restaurants to participate in eating healthy. The program teaches parents how to read the labels on packaging and understand those labels so that foods being purchased are healthy and nutritious, with less sodium, sugar, and trans fats.

Restaurants are part of the Choose Health LA program through an outreach in the communities of Lawndale, Hawthorne, and Inglewood to monitor portion control of their meals. The Kid's menu is also a target to provide less carbohydrates and sugary drinks offered for children.

"So far there are three non-chain restaurants participating in our local Choose Health LA Restaurant program," explained Villalpando. "In fact, we are having a ribbon cutting at our newest participant, the restaurant Que Pasa on Inglewood Avenue, at 9 a.m. on Monday, October 27. We are so pleased that restaurants are agreeing with the initiatives and want to congratulate the participants who are willing to change their menus and provide more nutritional items for children, and even their parents, to eat. Subway is also a participant.

"Our District policy is to encourage self-advocacy in restaurants, grocery stores, convenience stores, and advertising in these places by changing the displays at the Checkout Stands. If kids only see candy, sugary gum, and sugar-sweetened beverages at the checkout these will be all they want. We want to give the stores a reason to showcase healthy snacks, nuts, and various Trail Mix-type snack foods in their checkout shelving," Villalpando stated.

Each of the initiatives is also about exercise, movement, and increased activities, either through recreation in after-school programs, through activities during the school day with

School District, page 8

Weekend Forecast

Friday
Partly
Cloudy
79°/64°



Saturday
Partly
Cloudy
81°/66°



Sunday
Partly
Cloudy
82°/64°



Hawthorne Happenings **Police Reports**

News for the 'City of Good Neighbors'

From City Clerk Norb Huber



LAST OF THE CANDIDATES FORUMS - TONIGHT

The last opportunity for voters to hear the candidates will be tonight, Thursday, October 22 at Ramona School starting at 6:30 p.m. with refreshments. This forum is sponsored by the Ramona Neighborhood Association. Make sure to get out and vote on Tuesday, November 3rd or mail in your absentee ballot. Every vote will make a difference in these low-voter turnout elections. Who ever is elected mayor will serve four years this time.

BOOK READING AND SIGNING THIS SATURDAY

You are invited to a really neat event coming up this Saturday, October 24. William Snyder, a Hawthorne native, will be reading and signing his recently released book entitled, "How 'bout them Apples". It's shorts stories from his 29 years in the teaching biz. He is a graduate of Hawthorne High School and will be returning to his hometown for this event which begins at 12 noon with an informal reception. The program will begin at 1 p.m. and run until 3 p.m. Food and some Beach Boys music will also be on the schedule that day at the Hawthorne Museum.

SHREDDING EVENT

Republic Services is offering to shred your personal documents for free at the city hall parking lot on Saturday October 24 from 10 a.m. to 12 noon. At the same time you can help yourself to free compost for your garden or lawn. Bring your small truck or large plastic bags to haul the good stuff away.

WATER HARVEST

The Water Harvest Festival will be held this Saturday, October 24, 2015 Time: 10 am - 2 pm Place: Edward C. Little Water Recycling Facility 1935 S. Hughes Way, El Segundo, CA 90245

"BASEBALL IN HAWTHORNE"

Our next meeting will be Monday night, October 26 at 6:30 p.m. Our speaker will be Jerry Florey, who has been involved with baseball and softball in Hawthorne for over 50 years. The discussion will be related to "Baseball in Hawthorne". It should be interesting to hear just how many famous players have come out of our area.

FREE RAIN BARRELS

Come on down to the City Hall parking lot on Saturday, October 31st and you will be able to pick up a free rain barrel. The barrels are designed to catch valuable water run off from your roof or just from the down pours that we expect to have this winter. You do need to pre-register. The number is 310-371-4633. 270 of the 400 have been reserved. If you come down without pre-registering, then you will have to wait until the end of the event. Former Mayor Danny Juarez is coordinating the event.

PANCAKE BREAKFAST AT RAMONA PARK

The Ramona Neighborhood Association will be hosting a pancake breakfast on Saturday, October 31 starting at 8 a.m. Any kids dressed up for Halloween will receive a free pancake.

ODDS AND ENDS

Not much to cheer about these days if you follow the local sports teams. The Dodgers, Bruins, and Trojans have lost big recently. I guess the Kings and Ducks are doing okay for the start of the season. The NFL is waiting until the end of the season to tell us whether or not a team will move to Carson or Inglewood in the near future. The NBA is about ready to begin, we shall see soon if the Lakers can improve. It's so depressing that LA sports fans will really need a few "cold ones" to get them through the wet winter ahead. "Lets Go Mets!"

Classifieds

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

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

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

EMPLOYMENT

Help Wanted: We are accepting applications for kitchen help and a cashier at Valentino's Pizza, Manhattan Beach location. Some experience necessary. 310-318-5959.

EMPLOYMENT

Freelance Writer wanted for local community newspapers. Area to be covered is El Segundo, Torrance and nearby cities. Topics include local events, people and other items of interest, possibly a city council or school board meeting. You must have some writing experience. Please send a sample of your writing and resume to management@heraldpublications.com. No phone calls please.

FOR RENT

3 bedroom 2 full bath complete remodel. \$3650 10+ location, family room, fireplace, 2 car garage. 527 Sheldon front house. SL Property Management 310-350-4096

FOR SALE

For Sale- Player Piano, Lagonda, many rolls of music, \$750, OBO. 310-505-2528

HOUSE FOR RENT

335 Penn, ES Home for Rent 2 bed 1 bath Available Nov.1st Call Bill Ruane's office-310-647-1635

HOUSE FOR RENT

1219 Mariposa, ES Home for rent 2 bed 1 Bath \$2,850.00 Available

Oct. 20th - Call Bill Ruane's office 310-647-1635

SEEKING ROOM FOR RENT

Single man, 32, employed, no drink/smoke/drugs/pets/kids. Lfne long El Segundo Resident. 310-322-2192. 310-625-1843.

YARD SALE

Sale of upscale clothes/housewares/furniture. 2419 Gramercy Ave., Torrance. 10/24 & 10/25. 8-12 noon.

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

10/07/15 17:00

Property Taken: Smasung Galaxy Note 3 White, Hp Tablet, Microsoft Xbox One Gaming Console

BURGLARY - RESIDENTIAL 11600 S VAN NESS AV HOUSE Fri 10/09/15 17:15
Property Taken: .357 Arminius Revolver, .357 Rounds

BURGLARY - RESIDENTIAL 2300 W IMPERIAL HY GARAGE DETACHED Sat 10/10/15 11:45

Property Taken: Silver Mac Book Pro, Two Gateway Hard Drives, Misc Electric Equipment, Craftsman Tools, 20" Chevy Camaro SS Stock Wheels, Stock Harley Davison Wheels

BURGLARY - RESIDENTIAL 14000 S CHADRON AV APARTMENT/CONDO Sat 10/10/15 11:38

Property Taken: Misc Jewlery, Macbook Computer, Silver, 13', Ipad First Addition, Sil, Louis Vuitton Purses, (1) \$790 (2) \$1,100.

BURGLARY 11900 S CRENSHAW BL Sat 10/10 14:17

Property Taken: Cd Center Console Stereo, Sound Stream Amp With Pre-Amp, Speaker Box With Hdmi 12" Speaker

BURGLARY - RESIDENTIAL 4800 W 120TH ST HOUSE Sat 10/10/15 19:30

BURGLARY - RESIDENTIAL 4600 W 142ND ST HOUSE Sat 10/10/15 21:45

Property Taken: 3 Ft X 3 Ft Safe, Alien Registration Card, Home Deed, \$800 Us Currency

BURGLARY - COMMERCIAL 13600 S HAWTHORNE BL DOCTOR & DENTIST OFFICE, CLINIC Sun 10/11/15 12:29

"Life's more amusing than we've thought."

- ANDREW LANG



We're watching for your protection. And ours.

Metro takes the safety of all of our patrons seriously. Our camera system monitors you and your ride from start to finish, because everyone deserves a safe trip. Go Metro.

Metro Briefs

SOUTH BAY

Metro Introduces New Safety and Security Technologies

As we continue to make safety our top priority, Metro has introduced three major safety technologies and patrol innovations. This includes deploying elevated security towers, installing security kiosks, and expanding use of the LexRay mobile application, which allows law enforcement to access real-time video from stations and rail platforms. To learn more, visit metro.net/safety.

Taste of Soul Festival A Success

Thousands turned out for live music, delicious food, local crafts and more at this year's Taste of Soul festival in the Crenshaw District. Plenty of people stopped by the Metro booth and took the pledge to Eat, Shop and Play at participating businesses, while entering to win great prizes. For more info, check metro.net.

Metro Lost & Found Facility

Each month, Metro finds hundreds of items left behind by people traveling on its buses and trains. If you've lost something, it could be at our Lost & Found facility located adjacent to the Gold Line Heritage Square station. The facility is open Monday - Saturday, 9am - 5pm. Learn more at metro.net/lostandfound.

October is Girls Empowerment Month in LA County

Metro supports Girls Build LA - a program designed to educate and empower young women with the skills they need to develop solutions to the challenges they face every day. To get involved, visit lafund.org/girlsbuildla.



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Sports

Morningside Loses First Game to Redondo

By Joe Snyder
Photos by Joe Snyder

Morningside High's football team from Inglewood had a great six-game run but it was faced with a very stiff test in a key Bay League game at Redondo, which entered the game as the second ranked team in the CIF-Southern Section Western Division.

The Monarchs entered the game rated eighth in the division but played mostly a weaker schedule than the Sea Hawks, who played the likes of Mission Viejo (their only loss to a team that is top rated in the Southern Section West Valley Division and seventh in California) and North Torrance, which Redondo handed its only loss at the start of the season. The Saxons, led by highly-regarded all-around player Mique Juarez, are third in the Western Division and won six straight since their loss to the Sea Hawks that included an impressive 35-17 victory at cross town rival West Torrance last Friday.

It was a match-up between two very talented and athletic squads with good speed. Redondo (6-1 overall and 2-0 in league) quickly got off the starting gate and went on to soundly defeat the Monarchs (6-1, 1-1) 49-20 in the



Morningside ballcarrier Jaylin Wright runs upfield with the ball in last Friday's Bay League football game against Redondo. The Monarchs will attempt to rebound from their first loss of the season as they host Palos Verdes at Coleman Stadium Friday at 7 p.m.



Morningside's Jonathan Hill carries the ball in last Friday's Bay League football game against Redondo.

Sea Hawks' homecoming game.

The Sea Hawks wasted no time on Morningside. On just their fourth play from scrimmage, senior quarterback Jacob Silvera found six-foot-five junior wide receiver Warren Jackson for a 39-yard touchdown for a 7-0 lead. After holding Morningside on downs, sophomore running back Jermar Jefferson sprinted 50 yards for a TD and Redondo already held a 14-0 advantage with 7:50 left in the first quarter.

Only 1:15 later, though, Silvera threw an interception to senior cornerback Aaron Berry who went 38 yards for the score. Senior Marcus Turnage brought in the ball for a two-point conversion giving the Monarchs hopes to rally from an early 14-0 hole for the second straight game, as it did a week earlier at Peninsula in a 24-21 victory.

The Sea Hawks, though, came back for a 21-8 lead with 1:35 remaining in the first period on a 36-yard touchdown run from senior Jerone Jackson.

That would start Redondo's string of 35 unanswered points. The Sea Hawks added three second-quarter TDs on a blocked punt recovery in the end zone by junior lineman Dan Zimmerman, a four-yard run from junior running back Dallas Branch and a 20-yard quarterback

keeper by Silvera for a 42-8 halftime lead.

Jackson scored his second touchdown of the game on a 15-yard run to give Redondo a 49-8 lead with 7:42 to go in the third period. From there, Morningside went to its big play offense starting behind senior quarterback Travion Magee's TD passes of 71 yards to senior wide receiver Darren Morgan and 56 to senior wide receiver Adarrus Wilson.

Penalties and mistakes plagued both teams including preventing further scoring.

"We were star struck early," Morningside head coach LaFayette Fletcher said. "We'll be ready next week. We can still win league. We got to get better each game."

The Monarchs come home to Coleman Stadium and face defending four-time league champion and last year's Southern Section Western Division champion Palos Verdes Friday at 7 p.m. Last Friday, the Sea Kings won their 25th consecutive Bay game over host Inglewood 49-6.

LAWDALE CRUSHES SAMO

Lawndale High head coach Travis Clark was looking forward to coaching against his former team and alma mater. He was happy about the Cardinals' 62-0 rout of hapless and winless Santa Monica (0-7, 0-2) last Friday at Santa Monica City College but he might have felt sorry for them, as well.

Fourth-year starting senior quarterback Chris Murray continued to dominate his foes. He completed eight of 14 passes for 98 yards and three touchdowns and rushed for 69 yards and one TD.

Zach Cooper ran for 130 yards and three touchdowns on nine carries. Reserve quarterback Erick Willis passed for a TD and, as a defensive back, returned an interception for a score. Defensively, Lawndale held the Vikings to just 75 total offensive yards. The Cardinals come home to face another winless squad from Beverly Hills (0-7, 0-2) Friday at 7 p.m.

HAWTHORNE WINS SECOND STRAIGHT

For the first time since 2004, Hawthorne High's football team won more than one Ocean League game after outlasting Beverly Hills 42-35

last Friday at Hawthorne. Quarterback Marte Mapu threw for three touchdowns, including a winning one of 48 yards to Jaylen Morgan with 2:35 remaining in the game.

Carlos Jacobo caught two of them from 20 and 30 yards out. The Cougars improved to 2-0 in league and are tied atop the Ocean with El Segundo and Lawndale. Hawthorne is 2-5 overall. Hawthorne visits El Segundo Friday at 7 p.m. The Eagles (7-0 overall) are coming off a 42-31 home win over Culver City last Friday.

LEUZINGER ROLLS OVER TORRANCE; PV ROUTS INGLEWOOD

Leuzinger High's football team recorded an impressive 60-0 home rout of Torrance to even its Pioneer League record to 1-1 last Friday in the Olympians' homecoming contest. Leuzinger will host South Torrance Friday at 7 p.m.

Inglewood High's football team fell to 0-2 in the Bay League and 1-6 overall after falling to Palos Verdes 49-6 last Friday at Coleman Stadium. Mahleek Gordon had a 67-yard touchdown run for the Sentinels. Inglewood visits Mira Costa in Manhattan Beach Friday at 7 p.m. •



Morningside quarterback Travion Magee prepares to throw in last Friday's Bay League football game against Redondo. The Monarchs lost their first game of the season to the Sea Hawks 49-20.

Hawthorne Hosts Annual Free Shredding and Compost Event at City Hall

By Derrick Deane

It doesn't have to be spring in order for you to clean up clutter.

The city of Hawthorne will once again host their annual free paper shredding and electronic waste collection event on Saturday, October 24 from 9 a.m. to noon at City Hall.

"What we do is we provide a truck where we shred your secure documents and all those bills and bank statements you have at home," Sam Pena, a representative of the Public Works Department said.

There is no limit to the amount of paper residents can bring. Last year, more than two tons of paper was collected and recycled. Every ton of paper that is recycled saves 7,000 gallons of water, between 17 and 31 trees, 4,000 kilowatts of electricity, and 60 pounds of air borne pollutants from being expelled into the air.

Of course, the biggest incentive to shredding documents is to prevent identity theft which affects 11 million people a year at a cost of almost \$54 billion.

"We don't want you to throw secure documents away with your regular trash because we know there are people out there looking for commodities that are in the waste and recycle stream," Pena said. "They look for

aluminum cans, cardboard, and they look for your identity."

So which papers should you keep and which ones can you get rid of?

As a general rule, you should save tax returns for seven years in case you get audited. The IRS website states that it generally only goes back three years for an audit, but that "additional years can be added if a substantial error is identified," that can stretch the process as far back as six years.

Anything with bank account numbers that you no longer need should be shredded, including monthly paper bank statements. You can also take an extra step in security by switching to emailed paperless statements. The same goes for utility bills as most now have a paperless billing option.

Credit card offer forms and "convenience checks" as well as outdated pay stubs and canceled checks are also items that should be shredded. ATM receipts, address labels from junk mail, outdated resumes, travel itineraries, used airline tickets, and paid utility bills also make the list for paper items that you should shred.

In addition to shredding secure documents, the event will also be accepting electronics such as computers, tablets, TVs, DVD players,

cell phones, and similar devices for recycling.

"This is one of the ways we like to help out the residents in the city of Hawthorne. If you bring your documents that you have laying around at home, we shred them for you for free," Pena said. "The cost of this to residents, like I said, it's free, but if you were to go to a document company to shred these papers, they usually average \$25 a box to have them shredded."

As if that wasn't enough, residents can also pick up free compost courtesy of Republic Services.

Compost will enrich soil and help conserve water, a welcome benefit as some residents have seen their water bills skyrocket during the past few months after the City Council enacted Stage 2 water conservation protocols.

"I think this is the third time we've done this, is that we're going to be giving away free compost. This is not cheap, bad compost, this is fertilizer and you can bring a truck or some bags and you can take as much as you want," Pena said.

Composting also helps ward off plant diseases and increases soil nutrients helping plants to grow. Recent research shows that soil treated with compost tends to produce plants with fewer pest problems.

"We will have what we call a 20-yard roll-off container filled with compost," Pena said. "I think last time we had a little bit left over so we were able to donate over to the Parks and Recreation Department so they could spread on their fields and grass."

Interested residents should bring their own bags or containers to be filled with as much compost as desired. Compost will be available on a first-come, first serve basis.

"These things usually cost \$20 or \$30 at Lowes or Home Depot if you go and buy a few bags of fertilizer or compost, so come prepared and take as much as you want," Pena said.

For most vegetable and flower gardens, 1 to 3 inches of compost is ideal while lawns need only about a half of an inch of compost. For trees, 2 to 4 inches should be applied, but not at the tree base. Rather, compost should be placed 4 to 6 inches away from the trunk.

The city will also be giving away free emergency supply containers while supplies last. The containers are durable, water-tight containers that can store vital emergency supplies.

If interested in the event, residents may contact Hawthorne Public Works at 310-349-2987 for more information. •

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PUBLIC NOTICES

NOTICE OF INTENT TO REQUEST RELEASE OF FUNDS

October 20, 2015
City of Hawthorne
4455 West 126th Street
Hawthorne, CA 90250
(310) 349-2976
On or about November 10, 2015 the City of Hawthorne will submit a request to the HUD Los Angeles Field Office for the release of HOME funds under the HOME Investment Partnership Program, Title II of the Cranston-Gonzalez National Affordable Housing Act (P.L. 101-625), as amended, to undertake the following projects known as Tenant Based Rental Assistant (City) – Tenant based rental assistance program for individuals or families that are homeless or at risk of becoming homeless. The amount of HOME funding is \$150,000. Location: Community-Wide Homebuyer Assistance Program (City) – Assistance to low income first time homebuyers with the purchase of a single-family home. The amount of HOME funding is \$521,781. Location: Community-Wide
The activities proposed are categorically excluded under HUD regulation at 24 CFR Part 58 from the National Environmental Policy Act (NEPA) requirements. An Environmental Review Record (ERR) that documents the environmental determinations for this project is on file at the City of Hawthorne Department of Planning and Community Development at 4455 West 126th Street, Hawthorne, CA 90250 where the ERR can be examined or copied weekdays (closed alternating Fridays) from 7:30 A.M. to 5:30 P.M.
PUBLIC COMMENTS
Any individual, group, or agency may submit written comments on the Environmental Review Record (ERR) to the City of Hawthorne Planning Department at the above stated address. Please submit all comments by November 5, 2015.
RELEASE OF FUNDS

The City of Hawthorne certifies to the HUD Los Angeles Field Office that Arnold Shadbeh in his capacity as Interim City Manager consents to accept the jurisdiction of the Federal Courts if an action is brought to enforce responsibilities in relation to the environmental review process and that these responsibilities have been satisfied. HUD's approval of the certification satisfies its responsibilities under NEPA and related laws and authorities and allows the City of Hawthorne to use Program funds.
OBJECTIONS TO RELEASE OF FUNDS
The HUD Los Angeles Field Office will accept objections to its release of fund and the City of Hawthorne's certification for a period of fifteen days following the anticipated submission date or its actual receipt of the request (whichever is later) only if they are on one of the following bases: (a) the certification was not executed by the Certifying Officer of the City of Hawthorne; (b) the City of Hawthorne has omitted a step or failed to make a decision or finding required by HUD regulations at 24 CFR part 58; (c) the grant recipient has committed funds or incurred costs not authorized by 24 CFR Part 58 before approval of a release of funds by HUD; or (d) another Federal agency acting pursuant to 40 CFR Part 1504 has submitted a written finding that the project is unsatisfactory from the standpoint of environmental quality. Objections must be prepared and submitted in accordance with the required procedures (24 CFR Part 58, Sec. 58.76) and shall be addressed to the HUD Los Angeles Field Office, (Attn: Environmental Officer), Los Angeles Field Office, Office of Community Planning and Development 611 West 6th Street, Ste 1000, Los Angeles, CA 90017. Potential objectors should contact HUD to verify the actual last day of the objection period.
Arnold Shadbeh, Interim City Manager
City of Hawthorne
Hawthorne Press Tribune Pub. 10/22/15
HH-24888

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HH-24889

Notice of Public Hearing

NOTICE IS HEREBY GIVEN that the Mayor and Council Members of the City of Inglewood, California will hold a public hearing on Tuesday, November 3, 2015, at the hour of 2:00 p.m., in the City of Inglewood, California to Adopt a Resolution to vacate a portion of Grosvenor Street, between La Brea Avenue and Beach Avenue. The portion to be vacated is specifically described as:
A strip of land situated in the City of Inglewood, County of Los Angeles, State of California, as shown on the Townsite of Inglewood, as recorded in Book 43, Page 81 of Miscellaneous Records, in the Office of the County Recorder of the County of Los Angeles, described as follows:
Commencing at the intersection of Grosvenor Street and Beach Avenue (formerly Hawthorn Street) thence North 44 degrees 32 minutes 31 seconds East, along the centerline of said Grosvenor Street, a distance of 30.45 feet, to its intersection with the prolongation of the northeasterly right-of-way line of Beach Avenue, said point also being the True Point of Beginning; Thence North 55 degrees 16 minutes 54 seconds West, along said prolonged line, a distance of 40.60 feet, to the northwesterly right-of-way line of Grosvenor Street, said right-of-way line is 40.00 feet northwest of the centerline of Grosvenor Street;
Thence North 44 degrees 32 minutes 31 seconds East, along said northwesterly right-of-way line of Grosvenor Street, a distance of 403.05 feet, to the northeasterly line of the City of Inglewood Armory Site per the document on file with the City of Inglewood;
Thence South 32 degrees 48 minutes 10 seconds East, along the prolongation of said northeasterly line, a distance of 41.00 feet to the centerline of Grosvenor Street;
Thence South 45 degrees 27 minutes 29 seconds East, perpendicular to the centerline of Grosvenor Street, a distance of 20.00 feet to a point on the

existing southeasterly right-of-way line of Grosvenor Street;
Thence South 44 degrees 32 minutes 31 seconds West, along said southeasterly right-of-way line, a distance of 383.68 feet, to the northeasterly right-of-way line of Beach Avenue;
Thence North 55 degrees 16 minutes 54 seconds West, along the prolongation of said northeasterly right-of-way line of Beach Avenue, a distance of 20.30 feet, to the True Point of Beginning. This description contains 23,512 square feet (0.5398 acres) more or less.
Written comments may be mailed or delivered on or before November 10, 2015, to:
Office of the City Clerk
City of Inglewood
One West Manchester Boulevard, 1st Floor
Inglewood, CA 90301
All interested persons/business owners may appear before said Council and be heard with reference to this matter.
This notice is given by the order of the Mayor and Council Members of the City of Inglewood, dated October 13, 2015.
Yvonne Horton, City Clerk
CITY OF INGLEWOOD, CALIFORNIA
If you require special accommodations due to the disability, please contact the Office of City Clerk (310)412-5280 or FAX (310)412-5533, One Manchester Boulevard, 1st Floor, Inglewood, California, 90301. All requests for accommodations must be received 48 hours prior to the day of hearing.
"If you challenge the aforementioned public hearing in court, you may be limited to raising only those issues you or someone else raised at the public hearing described in this notice, or in written correspondence delivered to the City Council at, or prior to, the public hearing."
Date of Publication: October 15, 2015, October 22, 2015,
Inglewood News Pub. 10/22/15
HI-24887

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Community Briefs

Inglewood Director Earns DiLA Award

Dr. Dyke Redmond, Creative Director of the Heart & Soul Design Communications Center, is the 2015 winner of a Digital Innovation in Learning award. Dr. Redmond designed a project called CHIME, where counselors assist students in after school programs in creating video/film, digital photography and graphics that not only make a difference, but

provide a unique and productive medium in which they can express themselves. Dr. Redmond knows the value of and the need for knowledgeable, proactive teachers. Their role in the lives of children is imperative and can have a lasting – negative and positive – impact. Dr. Redmond's goal is to have more of the latter and less of the former.

Skechers Friendship Walk

On Sunday, October 25th, California's largest charity event will kick off at 9am in Manhattan Beach with a special performance by the Clippers Dance Team. Over 12,000 people will join together for SKECHERS' 7th annual Friendship Walk supporting children with special needs and education!

Since its inception in 2009, over \$4 million has been raised for The Friendship Circle (www.gotfriends.com), a non-profit

organization that assists children with special needs and their families, as well as education foundations. The funds raised have been used to implement free programs at The Friendship Circle and has helped save teachers' jobs, preserve critical academic programs, and enhance libraries and school technology. This year we're on track to raise \$1.2 million! For more information visit <http://www.skechersfriendshipwalk.com>.

El Camino College DUI Awareness Fair

El Camino College will sponsor its 15th Annual South Bay DUI Awareness Fair, featuring displays and interactive demonstrations that convey the dangers of driving under the influence of alcohol and/or drugs. The event will run from 10 a.m. to 1:00 p.m. Oct. 29, near the ECC Library Lawn, 16007 Crenshaw Boulevard, Torrance.

The DUI Awareness Fair is designed to increase community awareness about the dangerous consequences that can come from driving under the influence, or getting into a car that is operated by someone under

the influence.

New this year, the El Camino College Police Department will sponsor a "Coffee with a Cop" event in conjunction with the DUI Awareness Fair. Coffee with a Cop brings together students, ECC employees, community members and police to discuss issues and learn more about each other. For more information, call the El Camino College Police Department at 310-660-3100. The DUI Awareness Fair is free and open to the public. On-campus parking is \$3. •

"Every successful individual knows that his or her achievement depends on a community of persons working together."

- PAUL RYAN

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Fictitious Business Name Statement 2015244419

The following person(s) is (are) doing business as 1) SOOHOO DESIGNERS, 2) SOOHOO, 1424 MARCELINA AVE., TORRANCE, CA 90501, LOS ANGELES COUNTY. AI #ON: 0997470. Registered Owner(s): PATRICK SOO HOO, INC., 1424 MARCELINA AVE., TORRANCE, CA 90501. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: 09/12/1980. Signed: PATRICK SOO HOO, INC., President. This statement was filed with the County Recorder of Los Angeles County on September 22, 2015. NOTICE: This Fictitious Name Statement expires on September 22, 2020. A new Fictitious Business Name Statement must be filed prior to September 22, 2020. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Torrance Tribune: Pub. 10/1, 10/8, 10/15, 10/22/2015. HT-1321

Fictitious Business Name Statement 2015235623

The following person(s) is (are) doing business as RILEY & ASSOCIATES INSURANCE SERVICES, 400 CONTINENTAL BLVD. 6TH FLOOR, EL SEGUNDO, CA 90245, LOS ANGELES COUNTY. Registered Owner(s): JOHN RILEY & ASSOCIATES, INC., 953 CEDAR STREET #4, 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: JOHN RILEY & ASSOCIATES, INC., President. This statement was filed with the County Recorder of Los Angeles County on September 11, 2015. NOTICE: This Fictitious Name Statement expires on September 11, 2020. A new Fictitious Business Name Statement must be filed prior to September 11, 2020. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). El Segundo Herald: Pub. 10/1, 10/8, 10/15, 10/22/2015. H-1322

Fictitious Business Name Statement 2015242360

The following person(s) is (are) doing business as SESAME COMMUNICATIONS, 909 N. SEPULVEDA BLVD., 11TH FLOOR, EL SEGUNDO, CA 90245, LOS ANGELES COUNTY. Registered Owner(s): MH SUB I, LLC., 909 N. SEPULVEDA BLVD. 11TH FLOOR, 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: 01/09/2015. Signed: MH SUB I, LLC., B. LYNN WALSH, Secretary. This statement was filed with the County Recorder of Los Angeles County on September 21, 2015. NOTICE: This Fictitious Name Statement expires on September 21, 2020. A new Fictitious Business Name Statement must be filed prior to September 21, 2020. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). El Segundo Herald: Pub. 10/1, 10/8, 10/15, 10/22/2015. H-1323

Fictitious Business Name Statement 2015245897

The following person(s) is (are) doing business as MASS AUTO SALE, 137 OREGON ST., EL SEGUNDO, CA 90245, LOS ANGELES COUNTY. Registered Owner(s): SHANE Y. ARFAI, 28623 COVERIDGE DR., RANCHO PALOS VERDES, CA 90275. 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: SHANE Y. ARFAI, OWNER. This statement was filed with the County Recorder of Los Angeles County on September 23, 2015. NOTICE: This Fictitious Name Statement expires on September 23, 2020. A new Fictitious Business Name Statement must be filed prior to September 23, 2020. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). El Segundo Herald: Pub. 10/8, 10/15, 10/22, 10/29/2015. H-1324

Fictitious Business Name Statement 2015242661

The following person(s) is (are) doing business as Y THE CACTUS, 518 Loma Vista St., El Segundo, CA 90245, Los Angeles County. Registered Owner(s): Katja Telp, 518 Loma Vista St., El Segundo, CA 90245. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: 9/15/15. Signed: Katja Telp, Owner. This statement was filed with the County Recorder of Los Angeles County on September 21, 2015. NOTICE: This Fictitious Name Statement expires on September 21, 2020. A new Fictitious Business Name Statement must be filed prior to September 21, 2020. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). El Segundo Herald: Pub. 10/8, 10/15, 10/22, 10/29/2015. H-1325

Fictitious Business Name Statement 2015233711

The following person(s) is (are) doing business as Live Action Dance Studio, 4551 W. Rosecrans Avenue, Lawndale, CA 90260, Los Angeles County. Registered Owner(s): Juan Rodriguez, 230 W. 10th Street Apt 1, San Pedro, CA 90231. 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: Juan Rodriguez, Owner. This statement was filed with the County Recorder of Los Angeles County on September 09, 2015. NOTICE: This Fictitious Name Statement expires on September 9, 2020. A new Fictitious Business Name Statement must be filed prior to September 9, 2020. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Lawndale Tribune: Pub. 10/8, 10/15, 10/22, 10/29/2015. HL-1326

Fictitious Business Name Statement 2015250574

The following person(s) is (are) doing business as LEVEL ONE INSURANCE AGENCY, 1) 1228 WEST 185TH STREET, GARDENA, CA 90248; 2) 21213-B HAWTHORNE BLVD. #5444, TORRANCE, CA 90503, LOS ANGELES COUNTY. Registered Owner(s): PINPOINT SOLUTION INSURANCE SERVICES, LLC., 1228 WEST 185TH STREET, GARDENA, CA 90248. 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: N/A. Signed: PINPOINT SOLUTION INSURANCE SERVICES, LLC., Greg Higa, President. This statement was filed with the County Recorder of Los Angeles County on September 29, 2015. NOTICE: This Fictitious Name Statement expires on September 29, 2020. A new Fictitious Business Name Statement must be filed prior to September 29, 2020. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). El Segundo Herald: Pub. 10/15, 10/22, 10/29, 11/5/2015. H-1327

Fictitious Business Name Statement 2015252465

The following person(s) is (are) doing business as AUTO PARTS PLEX, 7677 ALAMEDA ST., LOS ANGELES, CA 90001, LOS ANGELES COUNTY. Registered Owner(s): BIG TWO AUTO PART INC., 7677 ALAMEDA ST., HUNTINGTON PARK, CA 90001. 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: BIG TWO AUTO PART INC., JUAN M. CADENA, President. This statement was filed with the County Recorder of Los Angeles County on October 1, 2015. NOTICE: This Fictitious Name Statement expires on October 1, 2020. A new Fictitious Business Name Statement must be filed prior to October 1, 2020. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). El Segundo Herald: Pub. 10/15, 10/22, 10/29, 11/5/2015. H-1328

Fictitious Business Name Statement 2015255677

The following person(s) is (are) doing business as CAMPEAU AND ASSOCIATES, 7858 FLIGHT AVE APT 3/4, LOS ANGELES, CA 90045, LOS ANGELES COUNTY. Registered Owner(s): BRIAN CAMPEAU, 7858 FLIGHT AVE APT 3/4, LOS ANGELES, CA 90045. 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: BRIAN CAMPEAU, Owner. This statement was filed with the County Recorder of Los Angeles County on October 5, 2015. NOTICE: This Fictitious Name Statement expires on October 5, 2020. A new Fictitious Business Name Statement must be filed prior to October 5, 2020. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). El Segundo Herald: Pub. 10/15, 10/22, 10/29, 11/5/2015. H-1329

Fictitious Business Name Statement 2015249518

The following person(s) is (are) doing business as RENEW SEWER AND PIPELINE, 3336 ROSECRANS AVENUE, HAWTHORNE, CA 90250, LOS ANGELES COUNTY. AI #ON: 01741331. Registered Owner(s): SANDAN PLUMBING CO., INC., 3336 ROSECRANS AVENUE, HAWTHORNE, CA 90250. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: 07/29/2015. Signed: SANDAN PLUMBING CO., INC., DANIEL VIENS, President. This statement was filed with the County Recorder of Los Angeles County on September 28, 2015. NOTICE: This Fictitious Name Statement expires on September 28, 2020. A new Fictitious Business Name Statement must be filed prior to September 28, 2020. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Hawthorn Press Tribune: Pub. 10/15, 10/22, 10/29, 11/5/2015. HH-1331

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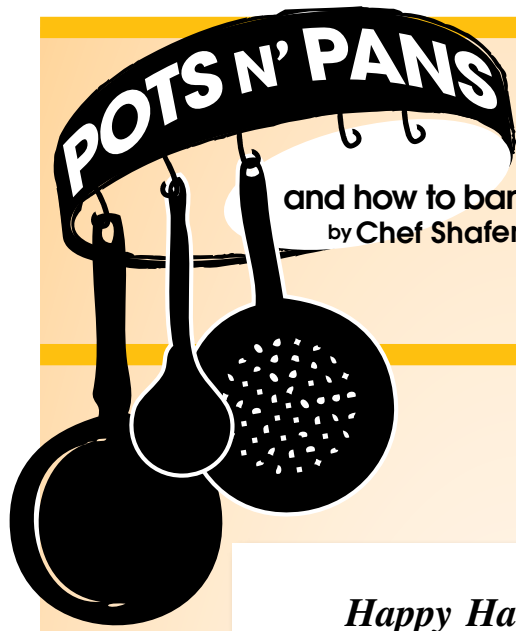
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The Chef

Roasted Garlic and Tomato Basil Fondue

Ingredients

- 1 Cup whole peeled garlic cloves fresh
- ½ Cup olive oil
- Teaspoon salt
- 1 Tablespoon course ground black pepper
- 10 Basil leaves chopped
- 2 Cup fresh diced tomatoes
- 2 8 Oz. Packs cream cheese
- ½ Cup fresh parmesan

Preparation

1. Prep casserole dish with olive oil.
2. In casserole dish layer the garlic then top with the basil and tomatoes then parmesan.
3. Pepper and salt.
4. Spread out the softened cream cheese to cover the dish. Bake at 350 for 20 to 30 minutes or until golden brown and bubbling.

Serve with crispy bread and enjoy!

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School District

from cover page

exercise on the playground during recess, or with classes in physical education.

With another grant from Kaiser Permanente Thriving School Partnership, Lawndale Elementary School District has set up a minimum requirement of 200 minutes, every 10 days, of exercise and increased movement in the elementary classrooms. Teachers participate in a training program for facilitating specific activities that can contribute to a proper amount of exercise.

"Much like the peer-to-peer parenting initiative, we have a program whereby students in the mentoring and leadership programs take the initiative to encourage and lead activities to get the message to the other students," said Villalpando. "We are encouraged by the participating parents who continue to take

the classes and want to be part of any new initiative for health and wellness.

"We know we are making an impact with the Wellness Program as the children talk about the gardening, the new foods they try at home and bring for school snack, and the parents who share their successful nutritional lessons with each other," she concluded.

Encouragement to children from an early age, cooperative restaurants and grocery stores, and parents participating to curb eating unhealthy foods are contributing to less weight gain by the children in the Lawndale Elementary School District. Wellness and health are important for all, regardless of age, and are more easily accomplished when the schools and families are in a spirit of cooperation with common goals in these two vital areas. •