

South Bay Cities

Featuring the Weekly Newspapers of Hawthorne, Lawndale, Torrance and Inglewood

Hawthorne Press Tribune
The Weekly Newspaper of Hawthorne

Lawndale Tribune
AND LAWDALE NEWS The Weekly Newspaper of Lawndale

Torrance Tribune
The Weekly Newspaper of Torrance

Inglewood News
The Weekly Newspaper of Inglewood

Herald Publications - El Segundo, Hawthorne, Lawndale, Torrance & Inglewood Community Newspapers Since 1911 - (310) 322-1830 - Vol. 8, No. 29 - July 16, 2026

Inside This Issue

Book Review.....	2
Classifieds	2
Contact Information	2
Hawthorne.....	3
Lawndale	4
Torrance.....	5
Inglewood.....	6
Legals	7
Pets.....	8

Weekend Forecast

Friday
Mostly Sunny
69°/82°



Saturday
Mostly Sunny
68°/79°



Sunday
Mostly Sunny
67°/80°



Celebrating Our Centinela Hospital Residency Graduates



To our graduating physicians: thank you for your commitment to patients, teamwork, and lifelong learning. Your training has prepared you to make a difference in moments that matter most. Your future is bright, and we can't wait to see the care you'll deliver with confidence and purpose. Best wishes for what's next. Photo courtesy of Centinela Hospital Medical Center Facebook page.

It is Pizza and a Whole Lot More

By Ron Sokol

Gema Cruz was born in Guadalajara, Mexico. At the age of two, she and her brother came here with their mom to settle down in the United States of America. Sadly, her mom was involved in a very serious car accident and was in a coma for six months. So, just like that, Gema and her brother are sent back to Guadalajara, where Gema will live with her grandmother. As her mom eventually recovers, she brings the two kids back in 1989. This determination by Gema's mom may be part of why Gema is so stalwart today.

She will attend local schools. This includes two years at El Camino College, where Gema focuses on business administration. She also starts her role as a mom at the ripe old age of 19. Now, just a few decades later, she has five kids, ranging from 10 to 26; four of whom are boys. A very dutiful mother indeed, Gema also often works 7 days a week. Each of the children is impressive, doing very well in school, and each has qualities you will find in Gema: Determination and drive. She talks of them with a big smile, and the word "blessed" is repeated several times. This is a proud mama. She is also a lot of other good things.

At the age of 14, Gema began working at McDonald's. In three years, she became the Shift Leader, a management role. She will move to become an assistant manager at a Subway, and then spend ten years as an assistant manager at an International House of Pancakes.

The year 2010 is a watershed. The Pizza Show has been a staple in the City of Hawthorne since 1958. It has always been described as family-owned, and is, indeed, family. But don't let the name give you the wrong impression: Pizza Show also has pasta, salads, spaghetti, appetizers, beer, wine, and very delicious sandwiches. It is located at 13344 Hawthorne Boulevard, is good-sized, and, with any luck, will expand in the next few months to include an additional 70-person

room. How many restaurants do you know that, after nearly 70 years, actually seek to have more room?

Soon after Gema began with Pizza House, she became assistant manager. The owner, Gary and his wife, have homemade recipes that are trade secrets. I wish I knew at least one of them because the sandwiches are so delicious.

Covid happened, however, and that was very difficult. They got by largely through take-out orders. Keep in mind that for all the years Pizza Show has been part of Hawthorne, there have been a great many gatherings: Soccer parties, birthdays, company events, Christmas gatherings, anniversaries, even celebrations of life. On occasion, a private party takes over the restaurant, which presently has a capacity of some 75. This has included a wedding party.

Gema talked with the owner, Gary, after Covid started to lift. It is then 2023. She encouraged him to take some steps he had not yet taken, including using social media and integrating a Point of Sale system. Gema, as it turns out, is a born marketer. By nature,

she is outgoing, warm, engaging, and sincere. It won't surprise you to read that she does volunteer work. At Church she is a Lector at Sunday Mass. Her boys are altar servers, and the kids usher with her on Sunday as well. She has been the President of the HMSA Parent Club for the past 5 years, and is now a dedicated and very helpful part of the Hawthorne Kiwanis Club.

Gary and his wife had run the Pizza Show all those years, but here is Gema, in her thirteenth year there, now a co-owner. Gema Cruz has another child now, except this one is a restaurant.

Among the tasks that Gema tends to are marketing the Pizza Show, payroll, hiring, ordering food supplies, keeping tabs on inventory, addressing any customer complaints, and, bottom line, making sure the Pizza Show enterprise is running well.

It is, after all, one thing to work there, another to be a co-owner. You make it or break it.

I have never seen Gema in a bad mood. I see her, and she is smiling. She is listening,

See Pizza, page 4



The Pizza House. Image Provided by Gema Cruz.

Check It Out

Crumble, Written by Meredith McClaren, Illustrated by Andrea Bell

By Cathie Hinkle, Library Assistant-El Segundo Public Library

Sometimes a cookie or two helps. But sometimes it doesn't. This graphic novel gently explores the hard feelings surrounding grief, the depths of friendship and baking as an emotional outlet.

When the bell rings for school dismissal in this touching graphic novel the reader will find Emily, her Aunt Gina and Emily's best friend Dae baking tasty treats in the family bakery called Om Nom. Emily's mom is on the road promoting the bakery full-time, so Emily is being raised by her Aunt Gina. Emily loves her aunt and enjoys cooking with her in the family bakery daily. Most of the recipes that come out of the kitchen are tried and true delicious treats. There is a unique feature to the treats that come out of the bakery; they are magical! If you have received a bad grade on a test or maybe just need to boost your spirits, they have a shortbread or cheesecake that will help. The magic that they use in their baking does have a rule: "Never bake a bad feeling."

But when Emily's Aunt Gina dies in a tragic car accident, everything, including the rules for baking, are upended for Emily. She is dealing with so many hard feelings and

even though she has her best friend Dae to talk to and her mom is now in the picture, she feels like she can't truly talk to her mom and that her best friend just doesn't understand. Emily feels that the only way to help her deal with these feelings is to go back into the kitchen and cook, even if it means breaking the rules of magic.

What Emily finds is that the familiarity of cooking numbs her pain but does not make it go away-so she keeps cooking with the hope that things will go back to "normal." The trouble intensifies when she shares her baked crumble recipe with fellow classmates at a bake sale. It looks disgusting and even though they don't really enjoy it, they can't stop eating it. All of Emily's sadness, confusion, pain, and grief are baked into this crumble and her classmates encounter unexpected ramifications.

The subject matter of grief, friendship and using baking as an emotional outlet are handled sensitively and in a way that is relatable. The artwork complements the story and lightens the heaviness of the themes. There are delicious recipes for the reader and their grown-up to try scattered throughout the novel. Overall, I enjoyed this sweet read and would recommend to fans of Real Friends or for anyone looking for a graphic novel about friendship and the importance of our feelings.

To check-out this graphic novel and other enjoyable titles, please visit El Segundo Public Library. •



Crumble, written by Meredith McClaren, illustrated by Andrea Bell



Cathie Hinkle

Seniors

How to Protect Yourself from a Smartphone Scam

(Feature Impact) The first sign is unexpectedly losing access to your cell phone. Soon after, when you connect to Wi-Fi, the gravity of the situation sinks in: a criminal has gained access to your cell phone number and is trying to siphon money from your credit cards and bank accounts.

The scam is called SIM swapping, or SIM hijacking, and it's a concern for law enforcement in the United States and abroad as more than 5,000 people have reported SIM swapping scams to the FBI since 2022. Older adults, caregivers and families can benefit from understanding the warning signs of SIM swapping and taking simple security steps to prevent it from happening.

How SIM swapping works

A SIM card, or its digital version known as an eSIM, helps connect a phone number to a carrier network. In a SIM swapping scam, a criminal collects basic information about their victim, such as their name, birthdate and address, to try to move the victim's phone number to a SIM card or eSIM profile the criminal controls.

Once complete, the scammer gains access to accounts you may be logged into on your phone, such as bank accounts or credit card

apps, without touching your phone or being near you.

How to protect yourself from SIM swapping scams

Preparation is the best protection against SIM swapping. Cell phone users should use strong, unique passwords for each online account - password managers are a helpful tool in creating complex and randomized passwords. Use two-factor authentication where it's offered; this adds an extra layer of security when accessing sensitive accounts.

Next, consumers should protect personal information they share online, whether on social media or in texts or emails asking for identifying data, such as PIN numbers, birthdates or one-time security codes. Be wary of anyone pushing you to share personal information, particularly if they're pushy with their request or make it sound urgent.

Check your mobile carrier to see if it offers SIM protection. For example, Verizon customers can toggle on a protection feature on the carrier's website or app to lock lines on their account to help prevent SIM changes.

If you get an unprompted notification that

See Seniors, page 6

Classifieds

PLEASE NOTE OUR CLASSIFIED ADS POLICY:

- Classified ads must be submitted in writing by email. Send ad copy to: class@heraldpublications.com.
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VINYL RECORDS, cassettes, CD's, 78's, anything musical & collectible. T-shirts, programs, posters, tickets, audio equipment. Buy/Sell. Studio Antiques & Vinyl. 310.322.3895. El Segundo.

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EMPLOYMENT
MATTEL SALES CORP. has the following positions available in El Segundo, CA: **Associate Manager, Global Brand Marketing (MAT-AA)**: Support business growth by carrying out research on consumers, competitive landscape & market trends, & synthesize data to draw

insights, formulate reports & create recommendations. Annual salary range: \$131,106 - \$151,106. **Associate Manager, Logistics Network Improvement (MAT-MM)**: Collaborate closely with DC network improvement team, packaging suppliers, Demand Planning, Distribution & Logistics teams, as well as external partners to support product launches, promotions, & new builds. Annual salary range: \$97,830 - \$117,830. **Associate Manager Global Brand Marketing (MAT-BT)**: Work closely with the Product Design, Packaging & Development teams to bring innovative & compelling toys to market on time & on budget backed by Consumer Insights. Ensure all brand marketing projects are supported by business strategy, objectives & insights. Assist in gaining buy-in to global product strategies at all levels, as well as executional commitment from internal partners to activate across key markets

& key lines of business. Annual salary range: \$139,984 - \$159,984. **Associate Manager Global Brand Marketing (MAT-AB)**: Work closely with the Product Design, Packaging & Development teams to bring innovative and compelling toys to market on time & on budget backed by Consumer Insights. Monitor key trends, brands & competitors' performance in all markets. Work alongside the brand marketing team to contribute to the planning & execution of global brand building activities, development of global marketing tools & development of content with internal & external groups, all through a product-focused lens. Annual salary range: \$148,884 - \$168,884. **Send resume to: talentacquisition@mattel.com. Must reference job title and job code.**

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PLEASE NOTE: Our web@heraldpublications in no longer working and our website can no longer take inquires or emails

*Our newspapers are adjudicated of general circulation accordance with the laws of California. El Segundo Herald, Case Number 372819; Hawthorne Press Tribune, Case Number 187530; Inglewood Daily News, Case Number 601550; Lawndale Tribune, Case Number 479346.

Love Thy Neighbor

Dear South Bay Cities Neighbors,

We love the profiles we've done, and we've learned so much about South Bay City residents. We want to do more, so please keep the suggestions coming. With over 200,000 residents, we're sure there are some gems we may have overlooked or not been aware of them. Do you have a unique and interesting friend, neighbor, co-worker, colleague or student? All you have to do is ask their permission and send us their contact information. Of course, if you find yourself fascinating, you are welcome to send us your information too. 😊

- Best to you all. HM.

Send your suggestions in to letters@heraldpublications.com



Please have your nominee's approval before you submit them as a nominee.

Hawthorne Police Department Celebrates Safe and Successful FIFA Games



What an experience for the Hawthorne Police Department to be able to participate in the safety of FIFA games while hosted in LA. Thank you for all your hard work. Photo courtesy of Hawthorne Police Department.

Community Briefs

Storytime at Hawthorne Public Library

Kids and adults alike had a wonderful time listening to our officers read during our last Storytime. We even had some guests from

Kinecta Federal Credit Union who volunteered to read. Hope to see some new faces at our next storytime on August 25th. •



Photos courtesy of Hawthorne Police Department.

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The Weekly Newspaper of Lawndale

Herald Publications - El Segundo, Hawthorne, Lawndale, Torrance & Inglewood Community Newspapers Since 1911 - (310) 322-1830 - Vol. 85, No. 29 - July 16, 2026

The Cutest Pirates to Ever Sail the Sandbox



Our summer State Preschool and ESY students at our Carson campus had a blast at their pirate themed Fun Friday. Thank you to our amazing staff for creating fun learning experiences for our youngest students. If you are interested in State Preschool or the LEAP program, fall registration is open. Visit ece.lawndalesd.net for more information. Photo courtesy of Lawndale Elementary School District Facebook page.

Pizza

from front page

doing, or talking about a goal that often involves helping someone else. Think of Gema as a pizza with all sorts of good things on it. The sort of things that makes someone likeable, trustworthy, and admirable.

Pizza House offers an incentive to kids who get good grades; namely, free food. Kids can also come in and make their own pizzas. This is done outside the dining room with tables set up. They make pizza dough, pat the dough, add the sauce, cheese, you name it; a true, fun build-your-own.

Build your own. Actually, that could be the alternative title of this column.

So far, being a co-owner is going well for Gema. She even says that maybe someday, maybe, there will be a second location.

Presently, there are fourteen employees, three of whom are part-time. Gema makes

clear that you want to be sure, if at all possible, to have a good chef, good cooks, and diligent staff. It is not just serving good eats. You want customers to enjoy their time and want to return. I am one of those customers.

Back some years ago, Gary, now one of Gema's co-owners, was skeptical she would ever actually open a restaurant. Technically, he is right. She did not open Pizza House. She is, however, doing a whole lot to make it even better than it has been. Gary has since retired. His wife and Gema are the ones on the front line today.

To be certain, Gema is not retiring. Instead, I have a clear feeling she is just getting started. Maybe they will have to rename the Pizza Show to the Pizza Spectacular. Wouldn't surprise me at all. •



Gema and the Kids.



This Place Has History. Images Provided by Gema Cruz.



An Inviting Interior

Torrance Tribune

The Weekly Newspaper of Torrance

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A Fun Summer Night at Movies in the Park



Thank you to everyone who attended Movies in the Park at Hickory Park this past Saturday. We loved seeing so many families and friends come together for an evening of fun. Guests enjoyed the Kid Zone, visited community information booths, grabbed FREE popcorn, and relaxed under the stars for a great movie. Thank you for helping make it a memorable night. A special thank you to the sponsors for making this event possible. Photos courtesy of Torrance Parks and Recreation Facebook page.



GUNDOGRAM

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Garlic Butter Ribeye

Provided by Chef Janice Tsuji / McCormick & Company, Inc.

Rub McCormick® GRILL MATES Garlic Butter Seasoning generously over ribeye steaks before grilling to add rich, buttery flavor with a savory garlic kick.



Ingredients

- 1 pound boneless ribeye steak, about 1-inch thick
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Send us a photo and recipe of your favorite dish.

We'd love to share it with the community. Send to: web@heraldpublications.com

Directions

- **Step 1:** Coat steak on all sides with Seasoning. Let stand 5 minutes at room temperature.
- **Step 2:** Grill over medium-high heat 4 to 5 minutes per side, or until desired doneness. Let rest 5 minutes before slicing and serving.

Another Unforgettable Wood Cup in the City of Champions



Thank you for celebrating at the Wood Cup, that brought our community together with food, entertainment, and fun. The open-street festival zones provided broad entertainment for all age groups. Photos courtesy of City of Inglewood Facebook page.

EMPLOYMENT

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LEGAL NOTICES: Wednesday at 11:00 am.
REAL ESTATE ADS: Monday at noon.
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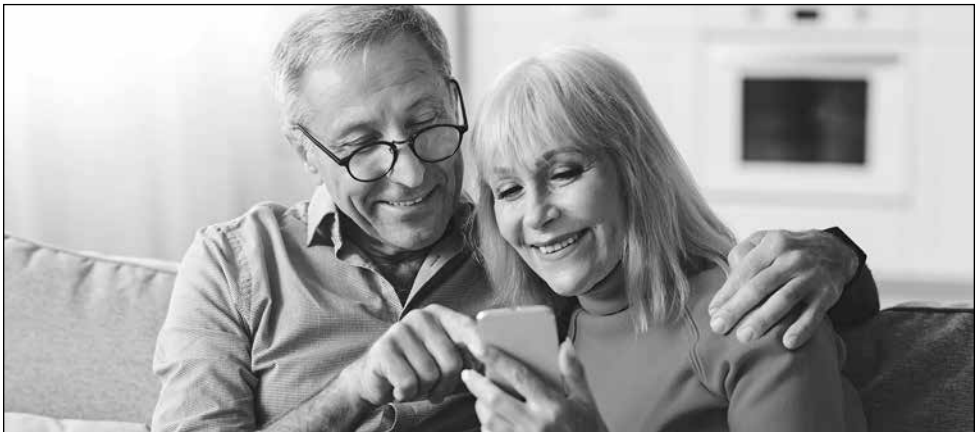
Seniors

from page 2

your SIM has been changed, or otherwise suspect you've been targeted in a SIM swapping scam, contact your banks immediately and have them freeze your accounts, including ones the criminals may not have targeted yet. Next, work with your cell phone provider to help regain access to your mobile device. If you're able, share as much information as possible with law enforcement so they can investigate, or at least document trends, in how often this scam occurs.

To find more advice to protect against smartphone scams, visit Verizon.com.

– Source Provided by Verizon •



Finance

How to Move on a Budget This Summer: 5 Packing Tips for Big Savings

(StatePoint) - Summer is peak moving season—and peak pricing season, too. In fact, nearly half of all U.S. moves take place between Memorial Day and Labor Day weekends each year, according to U-Haul, and, with gas prices on the rise, costs are expected to reach new heights.

Whether you’ve just begun to browse, or a brand-new set of keys are jingling in your pocket, these simple steps can help you save money on moving, without sacrificing your sanity.

1. Get a head start on savings. Time is money when it comes to moving, so aim to begin planning a minimum of six to eight weeks before the big day. Set a timeline for key stages of the move and thoroughly research vendors for moving services, truck rentals and flexible, short-term storage units to compare quotes. By investing your time up front, you can avoid the expensive missteps that come from last-minute decisions.

2. Declutter strategically. Moving companies charge by weight and volume, so avoid packing outdated or unwanted items that don’t belong in your next chapter. For bulky furniture pieces you plan to leave behind, consider contacting local thrift stores or charities to explore donation options. Many organizations offer free pickup for in-demand

items like couches and dining tables, saving you the cost of transport or disposal.

3. Pack like a pro. Poorly packed boxes can lead to costly replacements when items shift during transit or deteriorate in storage. Save on material costs by collecting large, sturdy boxes from liquor stores, grocery store produce departments and online no-buy groups—but avoid reusing deflated bubble

wrap or limp box filler. Instead, minimize movement by filling boxes completely and stuffing empty spaces with high-quality cushioning, like Duck Brand Small Bubble Cushioning Wrap.

4. Spend where it counts. Using old or poor-quality packing tape can have expensive consequences, especially for boxes that may sit in storage for weeks or months. Ensure that

your belongings are protected from seeping water, bugs and other debris by fully sealing box seams with premium packing tape, like Duck Brand EZ Start Packing Tape. Designed with Frustration-Free technology, the tape always unrolls smoothly, easily and quietly. Plus, the adhesive bond strengthens over time for a long-lasting seal that you can trust.

5. Head off hidden costs. Whether you’re hiring professional movers or handling the drive yourself, keep an eye out for the fine print so you’re not blindsided by unexpected charges. To start, read cancellation and re-scheduling policies thoroughly to find hidden fees. And, before purchasing add-on protection for your belongings, don’t forget to check your credit card benefits along with your homeowner’s or renter’s insurance policy for moving insurance that you may unknowingly be paying for.

For more tips and affordable moving solutions, visit DuckBrand.com.

From the stress of finalizing financials to the logistics of settling in, putting down roots can drain both your wallet and your wellbeing. With a smart strategy however, your move can be easy and affordable.

– Source Provided by StatePoint Media, Inc. •



“Those who bring sunshine to the lives of others cannot keep it from themselves.”
– J. M. BARRIE

PUBLIC NOTICES

Notice is hereby given, StorQuest Self Storage will sell at public sale by competitive bidding the personal property of:
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A Tech Plus INC
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Keyona Lampley
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Kenya Ellis
LEONARD FULTON
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Estefania Esteban
Joseph Facer
Rodrigo Esteban
Jeffrey Little
Property to be sold: misc. household

goods, furniture, tools, clothes, boxes, toys, electronics, sporting goods, and personal content. Auction Company: www.StorageTreasures.com. The sale ends at 11:00 a.m., July 24th, 2026, at the property where said property has been stored and which is located at StorQuest Self Storage 4959 W 147th St, Hawthorne, CA 90250. Goods must be paid in cash and removed at the time of sale. Sale is subject to cancellation in the event of settlement between owner and obligated party.
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A black and white photograph of a small, dark-colored kitten with a white blaze on its face, sitting on a textured surface. The kitten has large, light-colored eyes and is looking directly at the camera. To the left, the lower part of another cat's face, including its whiskers and nose, is visible.

Since 1997, Kitten Rescue has rescued cats and kittens from a variety of situations. Young or old, tabby or Siamese, we care for orphaned and abandoned kittens that need to be bottle-fed around the clock, moms with litters, cats that need socialization, and sick or injured animals. When they are finally ready for their fur-ever home, we will help match you with the purr-fect one. When you adopt, you save a life... and in turn enrich your own.

So many wonderful kittens and cats are often overlooked by no fault of their own... senior cats, bonded pairs, blind or deaf kitties, FELV+ cats and black cats (whose black canine counterparts are also passed by). All would cherish the chance to become a member of your family. Kitten Rescue would love the opportunity to answer any questions you may have.

Kitten Rescue operates solely on the time, energy, and dedication of our generous volunteers. In fact, Kitten Rescue could not survive without the help of our volunteers! We have many volunteer opportunities and ways you can get involved. Training can be provided. If you have experience or would



A black and white photograph of a white cat with dark facial markings, looking directly at the camera. The cat has large, expressive eyes and prominent whiskers. The background is blurred, showing some foliage.

Mezzelune is a sweet little gal looking for a comfy home with a friendly, confident kitty companion.. She is a funny little enigma, comfortable in her independence at some times of day doing just fine on her own, or at other times, she will approach when you are sitting to snuggle up and sit with you for pets. Mezzelune is gentle in approach with new people and animals but also knows how to stand up for herself and her personal space when needed. She is enjoyable and amusing little kitty who will blossom into a lifelong friend. Email her foster parent to set up a meet and greet: heather.parlato@gmail.com

Jupiter is a wonderful boy with startling eyes and gorgeous markings. He enjoys attention, playtime and love. Jupiter's original foster parent had a dog and they did very well together, so it is likely he will be okay with a canine buddy. While he is an energetic guy who loves playing with his toys, Jupiter is great at just chillin' and wanting pets, too. For more information, contact his foster: orlyahar@gmail.com

These cats and kittens are available for adoption through Kitten Rescue, one of the largest cat rescue groups in Southern California.

All our kitties are spayed/neutered, micro-chipped, tested for FeLV and FIV, dewormed and current on their vaccinations. For additional information to see these or our other kittens and cats and for a list of our weekend adoption events, please check our website www.kittenrescue.org.

The donations and support we receive from individuals like you, who share our love and commitment to helping cats and kittens in Los Angeles, are the sole reason we are able to do what we do. We are grateful for your financial help. By making even a small donation today, you can touch the lives of the many deserving, wonderful animals in our care. There are many ways you can donate and help, and every dollar means so much. Kitten Rescue is a 501(c)(3) nonprofit. 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, 3519 Casitas Ave., Los Angeles, CA 90039.

Saving one animal won't change the world, but the world will surely change for that animal. •



“Cats are connoisseurs of comfort.”
— JAMES HERRIOT