

Hawthorne Press Tribune

The Weekly Newspaper of Hawthorne

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Hawthorne Citizen of the Year



Hawthorne Chamber of Commerce names Jan Vogel, executive director of the South Bay Workforce Investment Board, Hawthorne Citizen of the Year for 2017-18. Pictured are Jan and his wife, Sandy, at the 2018 State of the City Address Luncheon featuring Mayor Alex Vargas. (Photo courtesy of City of Hawthorne). •

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Weekend Forecast

Friday
Partly
Cloudy
63°/58°



Saturday
Showers
62°/56°



Sunday
Sunny
66°/56°



Hawthorne Chamber Names Jan Vogel 2017-18 Citizen of the Year

More than 450 business leaders, civic officials and community members were on hand for the 2018 State of the City Luncheon featuring Hawthorne Mayor Alex Vargas on March 21 at the Hawthorne Memorial Center. Prior to the mayor's address, Patricia Donaldson, Hawthorne Chamber CEO, announced that the surprise recipient of the Citizen of the Year Award was none other than the annual event's perpetual master of ceremonies, Jan Vogel. The award was presented by last year's recipient -- and longtime personal friend -- Dennis Wild.

For more than 35 years Vogel has served as the Executive Director for the South Bay Workforce Investment Board (SBWIB), based in Hawthorne. He has also been a resident of the South Bay for more than 55 years. Literally thousands of lives throughout the region have been changed for the better because of Vogel through his efforts to connect job-seekers with business. His foresight has strengthened the regional economy through his persistence to collaborate -- by bringing public and private organizations, businesses, educational institutions and government leaders together to form partnerships for developing a trained and capable workforce and creating a business-friendly environment throughout the South Bay.

Born in Brooklyn in 1949, Vogel was raised in a baseball-loving household -- more specifically a Dodgers household. Ever since he could walk and talk, he had a love for playing baseball and watching the Dodgers. And luckily for the SBWIB and Hawthorne, his parents were such diehard Dodger fans that they relocated to Los Angeles to follow the team when he was 11 years old.

Vogel's family moved to Baldwin Hills and eventually settled in Rancho Palos Verdes where he excelled in academics and baseball. After graduating in 1967, he enrolled at Harbor College where he continued playing baseball and was elected as the first-ever freshman class [resident]. He transferred to Cal State Dominguez Hills and graduated with a Bachelor's degree, double majoring in Political Science and Economics. He earned his teaching credential and Master's degree at Cal State Dominguez Hills and went on to earn his administrative service credential at Cal State Long Beach.

Vogel is the first and only executive director of SBWIB and is now in his 36th year in that capacity. He founded and shaped the SBWIB to be a leader in workforce innovation and has received national awards for performance of workforce development activities for employment and business services.

Vogel formulated a variety of pre-apprentice programs leading to registered apprenticeships that were incorporated into a region-wide training directory called I-TRAIN to ensure providers delivered approved quality education and training to students and job-seekers. He was also instrumental in the SBWIB receiving two of the largest federal National Emergency Grants in history from the Department of Labor and was responsible for training tens of thousands of laid-off workers, local residents and youth.

Over the years, Vogel has also given his time and expertise to numerous Hawthorne area public and nonprofit organizations and boards such as the Hawthorne Education Foundation, the Centinela Valley Union High School District Foundation, the Centinela Valley YMCA, the advisory boards for Cal State Dominguez Hills and Inglewood Unified School District, Southern California Regional Occupational Center, El Camino College Foundation, and the Hawthorne Rotary Club (serving as president), to name a few.

While living in Lomita, Vogel met his wife Sandy and they settled in Torrance. They will celebrate their 43rd wedding anniversary in May, along with their three grown children Jason, Cammie and Ariana.

— Source: SBWIB •



Entertainment

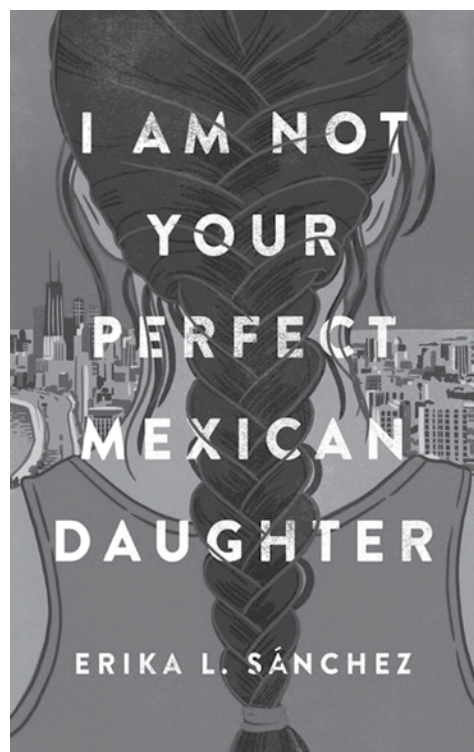


Check It Out

I Am Not Your Perfect Mexican Daughter Dashes Expectations

Reviewed by Tommy Vinh Bui,
MLIS, Associate Librarian,
Inglewood Public Library

This is a riveting and rambunctious read that tugs all the right heartstrings unabashedly and without hesitation. Erika L. Sanchez has tapped into a rich reservoir of relatable and poignant characters who are flawed, vulnerable, and muster the courage to grow and change into better people by book's end. This is young adult fare that will have mass appeal and man-



I Am Not Your Perfect Mexican Daughter by Erika L. Sanchez.

age to get you flipping fervently page by page and rooting for our young female protagonist.

We follow teenage Julia as she navigates the rigors and pitfalls of growing up in a strict Mexican-American household that upholds familial responsibility supreme. But Julia has an independent streak that runs directly counter to that value and the friction between her and her mother is fraying her thin. To compound her frustrations, Julia suffers the slings and arrows of overcoming daily stereotypes. She yearns for more. The book is incredibly layered as it explores themes of self-identity, LGBTQ discrimination, loss and grief, and teen mental illness. These are all very sensitive issues that

are dealt with by incorporating an appropriate amount of levity and gravity. It's a tough one-two to maintain throughout.

Julia carries this novel single-handedly. Her voice is authentic and you're immediately yanked into her trials and tribulations from the first chapter. Julia is a firebrand, but also has a sensitivity to her: a febrile fragility. This is a complex character study that confounds and compels and the writing percolates with flair. From the farcical to the solemn, every tone and idiosyncrasy is captured with gusto. There's also a myriad of fleshed-out and memorable secondary characters to help prop up our primary protagonist, from the ever-kvetching mother to the sassy and sometimes absurd circle of friends. Every voice is singular and unique and ably captured. Top marks.

It's so much beyond just a coming-of-age tale. It's a modern day bildungsroman in the vein of *Jane Eyre*. It's just angrier and more relevant to today's diverse audiences. There's a smidge of *Catcher in the Rye* in there too. The author captures a voice of cynicism that is just a disguised cry for help, so there's sincerity in that sardonic tone. The struggles and challenges of growing up are timeless. And the writer here manages to carry on this rich literary tradition while also melding other aspects of popular genres such as mystery, social critique and race politics. It's an ambitious and culturally-timely piece -- and a successful one that merits a look-through.

A wholehearted recommend. Read and be ravished by the book's insights and cultural shrewdness. •



Tommy Vinh Bui.

"Once you have read a book you care about, some part of it is always with you."

— LOUIS L'AMOUR



HERALD
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Film Review

Lean on Pete Is a Stunning Companion Film Full of Heartache and Triumph

By Morgan Rojas for www.cinemacy.com

Last year, it was Luca Guadagnino's visceral drama *Call Me By Your Name* that transported audiences to the remote village of Crema, Italy where we felt the warm summer breeze on our skin, tasted the juices of the perfectly-ripened fruit, and got that all-too-real pit in our stomach that only first love

life. Charley experiences various tragedies and Pete becomes a sort of emotional support animal for him. It is a heartwarming moment once realized that just as Charley saved Pete from an unethical death, Pete is saving Charley from total loneliness.

Coming off of last year's role as the kidnapped J. Paul Getty III in *All the Money in*



Lean on Pete. Courtesy of A 24.

can give. While the "cinematic" year is just getting started, it seems like *Lean on Pete* is British-born director Andrew Haigh's answer to last year's aforementioned Best Picture Oscar nominee. The visual and emotional vibrancy of *Lean on Pete*, plus the powerful performance from breakout star Charlie Plummer, radiates from the screen and will easily make its way into your heart.

Sixteen-year-old Charley Thompson (Plummer) and his father Ray (Travis Fimmel) have a dysfunctional relationship, which is apparent from early on. They love each other dearly, but Ray is not financially stable and his emotional capacity is constantly being distracted by the various women he brings home. Because of his upbringing (Charley's mother left the family when he was young), he has always been an independent boy longing for connection -- so when he finds a job at a local horserace track working alongside Del Montgomery (Steve Buscemi) and jockey Bonnie (Chloë Sevigny), Charley finally feels complete. Del and Bonnie fill the role of "family" and Charley becomes emotionally attached to one of Del's older horses named Lean on Pete. However, when Charley learns that Pete is being sent to the slaughter after failing to win a race, he feels not only betrayed by the people he considered his chosen family, but heartbroken at the thought that his best friend was going to be discarded in such a horrific way. Charley won't let that happen and so, with Pete in one hand and a couple bucks in his pocket, he sets out across the Midwest to escape the harsh reality in hopes of a promising future ahead in the great unknown.

While the story isn't an original idea -- Haigh adapted *Lean on Pete* from Willy Vlautin's novel of the same name -- the director turns this story into an unforgettable cinematic experience. Heartbreaking and beautiful, we follow Charley as he makes his way through rough terrain -- both literally and figuratively -- navigating through the harsh environments and a messy personal

the World, Plummer does an outstanding job holding it all together as the headstrong yet naive and underprivileged teen. The tension bubbles and tears well behind his eyes, but the attitude he adopts as Charley doesn't allow him to let his vulnerability show. It is during certain moments of the film when this vulnerability peaks through his tough exterior that we see a child who is aching for stability in any form. The supporting performances from Buscemi and Sevigny are full of depth and evoke a wide range of emotions. The environment is also very much a character in itself as the brutal landscape and places within it provide Charley and Pete with benefits or deterrents. However, Charley seems to always come out the other side having learned from the experience.

Lean on Pete is divided into three distinct parts, perhaps serving as an homage to the book. At times, it can feel like three different movies. The motivation deters slightly throughout each part, but the emotional impact of Charley's end goal remains consistent and strong. It will be hard to get through the film with dry eyes, but its lasting satisfaction and tenderness make it all worth it.

121 minutes. *Lean on Pete* is rated R for language and brief violence. Opening this Friday at The Landmark and ArcLight Hollywood. •



Morgan Rojas.

Seniors

Navigating Medicare: 5 Allies Who Can Help

(BPT) - Enrolling in Medicare for the first time or starting coverage under a new plan? It might bring you back to that first day starting a new job. You knew some of the basics, but you also knew there was a lot more to learn. More than likely, you got help from colleagues who have been around for a while and helped show you the ropes.

Don't worry. With Medicare, you have the same kind of knowledgeable support. You've got a team on your side that can help make navigating the health care system easier. Goodbye hassles, hello helpers.

Here are five allies in your corner:

1. Your Primary Care Physician. This physician is the "go-to" doctor who provides guidance on your health care needs, taking the time to really get to know you, your medical history and your health goals. Think of your Primary Care Physician as the "quarterback" of your medical team - someone who can take charge of knowing the ins and outs of your health status and help drive decisions to get you on the right track and keep you there.

2. A caregiver. Perhaps the "unsung hero" of your health care team, caregivers are the ones you know you can count on - the ones you know are there to offer support and care for you, whenever you need it. Whether a family member, neighbor, friend or professional assistant, these are the people in your life who help you along the way. Their

assistance can span everything from bringing you to appointments or getting prescriptions filled to making meals or offering emotional support.

3. Your pharmacist. This team member keeps an eye on the medications you take - prescription and over-the-counter - to make sure they work safely together. Your pharmacist is a great person to talk with about how medications are making you feel and answer any questions you have on topics including what side effects to expect, what to do if you miss a dose, or how to store your meds.

4. An insurance agent. Original Medicare. Medicare Supplement. Part D. Medicare Advantage. There are many options and decisions to make when it comes to your Medicare coverage, and a licensed insurance agent can help you find the right plan, or plans, for you. Once you've selected a plan, you can also always call your agent to ask questions if your health or coverage needs change or if your plan changes from year to year.

5. Your insurance company. Within your insurance company, there are more people than you likely realize who are working hard on your behalf to ensure you get the medical care and support you need. Insurers can offer tools, resources and support that can help you live a healthier life.

For more information to help you navigate Medicare, visit MedicareMadeClear.com. •

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.

ESTATE SALE
ESTATE SALE. 302 W Maple. Friday & Sat 8am-1pm. Everything must go!

FOR RENT
Westchester/Kentwood, Upper 3bd/1.5bh, Remodeled, Immaculate, Parking, Ocean Views. Avail April 10th. \$2595. 8424 Fordham Rd. 310.365.1481 Or 310.641.2148.

FOR RENT
CHARMING 2BD/1BA with hardwood floors, stove, microwave, dishwasher, washer & dryer. Small back yard & patio + one off-street parking space. Excellent location center of town. \$2195. 310.615.0082.

GARAGE SALE
Garage Sale: 909 McCarthy Court, El Segundo. Sat. 4/7. 8am-11am.

Furniture, housewares, games, golf equipment, antiques, clothing, misc.

MOVING SALE
HUGE MOVING SALE! April 6 & 7, 302 W Maple Ave., El Segundo, weather permitting.

WANTED
WANTED. Collectibles/antiques. Typewriters, sewing machines, military, silver, Japan, coins, jewelry, Chinese, ANYTHING. Buy/Sell/Trade. We sell for you on EBAY. Studio Antiques, El Segundo. 310.322.3895.

APARTMENT FOR RENT
North Redondo 2 bedroom 1 bath apt; 2 blcks from Manhattan Beach. Fully renovated, light and bright w all appliances including washer/dryer in unit. Comes w nice backyard,

detached garage and parking space. Excellent public schools. Rent: \$2395 per mo. Call Pauline (310) 594-2766.

EMPLOYMENT
Part-time Sales. Looking for motivated part-time workers. Inside sales: work from home and make sales calls. 15% commission on all sales. Outside sales: territories are Torrance and El Segundo. Includes walking and interacting with business owners. 20% commission on all sales. Seniors and students welcome. Send resume to management@heraldpublications.com.

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

Calendar of Events

Deadline for Calendar items is the prior Thursday by noon. Calendar items are \$1 per word. Email listings to marketing@heraldpublications.com. We take Visa and MasterCard.

THURSDAY, APR. 5

- Maker Space for Teens, 3:00 PM., free, Crenshaw Imperial Branch Library, 11141 Crenshaw Blvd., Call: 310-412-5403.
- Adult Book Club, 4:00 PM., free, Crenshaw Imperial Branch Library, 11141 Crenshaw Blvd., Call: 310-412-5403.
- Digital Drop-In, 3:00 PM., free, Crenshaw Imperial Branch Library, 11141 Crenshaw Blvd., Call: 310-412-5403.
- Computer Essentials, 4:00 PM., Inglewood Public Library, 101 W. Manchester Blvd., Call: 310-412-5380 to enroll in this class.
- Crafts for Adults, 4:00 PM., Inglewood Public Library, 101 W. Manchester Blvd., Call: 310-412-5380.

FRIDAY, APR. 6

- FREE Educational Program, 12:30 PM. - 2:00 PM., at the Water Education Center (at SEA LAB) - Registration required, Call: 310-650-1239.
- Teen Club, 4:00 PM. - 5:00 PM., Inglewood Public Library, 101 W. Manchester Blvd., Call: 310-412-5380.

SATURDAY, APR. 7

- Household Hazardous & E-Waste Recycling Roundup, 9:00 AM. - 3:00 PM., Betty Ainsworth Sports Center, 3851 W. El Segundo Blvd., For more info: 1-800-238-0172.
- STEAM for Kids, 2:00 PM., free, Crenshaw Imperial Branch Library, 11141 Crenshaw Blvd., Call: 310-412-5403.
- Semi-Annual Book Sale, 10:00 AM. - 3:00 PM., Hawthorne Library, 12700 Grevillea Ave., Call: 310-679-8193.

MONDAY, APR. 9

- Hawthorne City Hall - CLOSED
- Family Story Time, 4:00 PM., free, Crenshaw Imperial Branch Library, 11141 Crenshaw Blvd., Call: 310-412-5403.

TUESDAY, APR. 10

- Hawthorne City Council Meeting, 6:00 PM., Hawthorne City Hall, 4455 W. 126th Street.
- Brick Building/Board Games, 3:30 PM., free, Crenshaw Imperial Branch Library, 11141 Crenshaw Blvd., Call: 310-412-5403.
- Family Movies, 4:00 PM., free, Inglewood Public Library, 101 W. Manchester Blvd., Call: 310-412-5380.
- Resume Building for Young Adults, 3:00 PM., free, Crenshaw Imperial Branch Library, 11141 Crenshaw Blvd., Call: 310-412-5403.

WEDNESDAY, APR. 11

- Building Bricks/Board Games, 3:30 PM., Inglewood Public Library, 101 W. Manchester Blvd., Call: 310-412-5380.
- Toddler Story Time, 11:30 AM. - 12:00 PM., 18 months - 3 years, free, Hawthorne Library, 12700 Grevillea Ave., Call: 310-679-8193.
- Baby Story Time, 12:15 PM. - 12:30 PM., 0-18 months, free, Hawthorne Library, 12700 Grevillea Ave., Call: 310-679-8193.
- All Abilities Live Children's Concert: Kerry Fenster, 5:00 PM - 6:00 PM., free, therapy concert for children with special needs, Hawthorne Library, 12700 Grevillea Ave., Call: 310-679-8193.

- Inglewood Visionaries Toastmasters Club #4404 Meeting, 6:00 PM., Inglewood Center for Spiritual Living, 525 No. Market St., For more info: www.ing4404.toastmastersclubs.org.

THURSDAY, APR. 12

- Digital Drop-In, 3:00 PM., free, Crenshaw Imperial Branch Library, 11141 Crenshaw Blvd., Call: 310-412-5403.
- Adult Book Club, 4:00 PM., free, Crenshaw Imperial Branch Library, 11141 Crenshaw Blvd., Call: 310-412-5403.
- Adult Coloring, 4:00 PM., Inglewood Public Library, 101 W. Manchester Blvd., Call: 310-412-5380. •

TOO TOXIC TO TRASH

Household Hazardous Waste & Electronic Waste Roundup

Saturday, April 7, 2018
9:00 am - 3:00 pm

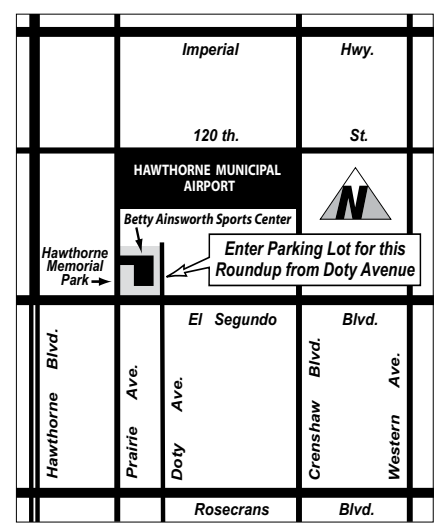
Betty Ainsworth Sports Center

3851 W. El Segundo Blvd.,
El Segundo Blvd. and Doty Ave.

Hawthorne

For more information
or an event schedule, contact:
1(888) CLEAN-LA,
www.CleanLA.com
or 1(800) 238-0172
www.lacsd.org

Old paint. Solvents. Batteries. Computer monitors. These are some of the household hazardous waste and electronic waste items you can bring to a Roundup for recycling. It's a great opportunity to clean out your garage and clean up the environment. Our free drive-thru, drop-off events are a quick, convenient, and common-sense way to dispose of materials too toxic to trash, pour down a sink, or dump in a storm drain.



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Home-generated sharps waste such as hypodermic needles, pen needles, syringes, lancets, and intravenous needles SHOULD NOT be placed in your trash. Bring them to the Roundups or visit www.CLEANLA.com for alternate disposal options.

You can also take your used motor oil to more than 600 oil recycling centers in Los Angeles County. Call 1(888) CLEAN-LA for a complete listing.

CITY COUNCIL • SCHOOL BOARD • EVENTS CALENDAR • LOCAL NEWS

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EL SEGUNDO HERALD • HAWTHORNE PRESS TRIBUNE

Lawndale Tribune

AND LAWDALE NEWS

Former Dodgers Great Makes Visit to Encourage Local Students



Former Dodger World Series hero Mickey Hatcher visited FDR Elementary on Super Saturday to encourage students on the importance of education, being kind and working hard to achieve your goals. Photo: Lawndale ESD.

PUBLIC NOTICES



PUBLIC NOTICE

In accordance with Sec. 106 of the Programmatic Agreement, T-Mobile West, LLC proposes to install a new antenna structure at 3611 Manhattan Beach Boulevard Lawndale, CA 90260. Please direct comments to Gavin L. at 818-898-4866 regarding site LA74680D. 4/5, 4/12/18

CNS-3116680#
LAWDALE NEWS
Lawndale Tribune Pub. 4/5, 4/12/18
HL-25956



NOTICE OF TRUSTEE'S SALE Trustee Sale No. 136365 Title No. 95518578 NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED. YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 01/12/2000. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On 04/18/2018 at 11:00 AM, The Mortgage Law Firm, PLC, as duly appointed Trustee under and pursuant to Deed of Trust recorded 01/21/2000, as Instrument No. 00 0089480, in book xx, page xx, of Official Records in the office of the County Recorder of Los Angeles County, State of California, executed by Dianne R. Rodriguez a Married Woman, as Her Sole and Separate Property, WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK/CASH EQUIVALENT or other form of payment authorized by 2924(h)(b), (payable at time of sale in lawful money of the United

States), By the fountain located at 400 Civic Center Plaza, Pomona, CA 91766. All right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State, described as: FULLY DESCRIBED IN THE ABOVE DEED OF TRUST. APN 4076-009-077. The street address and other common designation, if any, of the real property described above is purported to be: 15111 Freeman Avenue #58, Lawndale, CA 90260. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligation secured

by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is: \$111,582.75. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and written Notice of Default and Election to Sell. The undersigned caused a Notice of Default and Election to Sell to be recorded in the county where the real property is located. Dated: 3/13/2018 THE MORTGAGE LAW FIRM, PLC Adriana Durham/Authorized Signature 27455 TIERRA ALTA WAY, STE. B, TEMECULA, CA 92590 (619) 465-8200. FOR TRUSTEE'S SALE INFORMATION PLEASE CALL 714-730-2727. The Mortgage Law Firm, PLC, may be attempting to collect a debt. Any information obtained may be used for that purpose. NOTICE TO POTENTIAL

BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one

or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (714) 730-2727 for information regarding the trustee's sale or visit this Internet Web site -www.servicelinkASAP.com- for information regarding the sale of this property, using the file number assigned to this case: 136365. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. A-4650743 03/29/2018, 04/05/2018, 04/12/2018
Lawndale Tribune Pub. 3/29, 4/5, 4/12/18
HL-25943

Microwave Cheese & Pepper Coffee Cup Scramble

Recipe provided by Brandpoint

Ingredients

- 2 eggs
- 2 tablespoons milk
- 2 tablespoons cheddar cheese
- 1 tablespoon chopped tomato
- 1 teaspoon minced pickled jalapeño pepper
- Pinch each salt and pepper



Preparation

1. Whisk together eggs, milk, cheese, tomato, jalapeño, salt and pepper.
2. Pour into well-greased, 12-ounce microwave-safe mug.
3. Microwave on High for 30 seconds, then stir. Microwave for 70 to 80 seconds or until eggs are puffed and set.

“Keep your energy levels high by adding bananas and egg whites to your diet.”
 – NARGIS FAKHRI

VALENTINO'S

Pizza, Pasta & More

“A Taste of Brooklyn”

Spaghetti with Meat Sauce, Garden Salad, Garlic Bread, and a drink

\$11.99
Plus Tax

No substitutions and coupon must be presented. Please mention coupon when ordering. One per customer. Expires 4/19/18.

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Now Open Sundays!

EL SEGUNDO
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310-426-9494

MANHATTAN BEACH
976 Aviation Blvd.
310-318-5959

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Gianna

We are looking for volunteers to help with our pet adoption fairs which are held every Saturday at the Petco located at 537 N. Pacific Coast Hwy., Redondo Beach 90277, from noon to 3: 30 p.m. If you are interested in volunteering and can commit to at least one Saturday a month, please contact us at info@msfr.org. You can also visit all of our Miniature Schnauzers & Friends rescues at the adoption fair or check out our website, www.msfr.org. If you have any questions about a particular dog's availability, you can email us at info@msfr.org. Schnauzers! Bet you can't adopt just one.

Hello, my name is **Gianna** and I recently learned a very valuable lesson. Venturing out on my own in search of some new friends wasn't a very smart thing to do for a tiny 5-year-old female Maltese/Terrier mix. It was scary and dangerous and how I ended

up at an LA County shelter as a stray. To make matters worse, I looked like something the cat dragged in with dreadlocks so matted that they had to sedate me to shave me down. Now I'm scared, *naked*, less than 6 pounds and hoping to be adopted even though I'm a nervous wreck. Surprisingly, my getting adopted actually looked very hopeful when the shelter had me listed as a 1-year-old. I had a large group of interested parties, but then they all backed off when the shelter changed my age to 7 years old. After being rescued and a trip to MSFR veterinarian, it was determined that I'm actually closer to 5 years old. Other than being a bit underweight (I should be closer to 10 pounds), I'm in good health. Even my dental went great and I have pearly white teeth and not a single extraction. I'm still a little



Ryan

nervous -- not aggressive, but jumpy -- so I would prefer an adult-only home. I'm a cutie with huge brown eyes and a lot of love to give."

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

"They call me **Ryan**, which is a Gaelic name meaning 'little king' and I thought I was until I got lost (picked up by animal control) and dropped off at an Inland Empire shelter where they changed my name to stray! They thought I was a Miniature Schnauzer... but in reality, I'm a 4-year-old male purebred Standard Schnauzer. At 41 pounds, there really isn't anything mini about me. I'm about 6 pounds overweight and I really need to work on that, so I'm looking for a forever home with a family who will help me exercise. I just had a great idea. Since I also need some leash training, walking would be the perfect answer to getting the pounds off! That way, while working on my leash training, I'll also be getting my exercise! I have a personality to match my frame and I just love everyone -- dogs and people alike. I'm very friendly with other dogs and super affectionate with people. Aside from the weight issue, I'm in great shape and have had a dental requiring only two extractions. I'm a really fun guy who will entertain and amuse you as well as love and adore you! Come to adoptions to meet me. You won't be sorry!"

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

"Have you ever seen a German Shepherd/Retriever/Border Collie mix? If not, you really need to meet me. Let me introduce myself. My name is **Rocky** and I'm sure it will be a pleasure to meet you. I'm about 3 or 4 years



Rocky

old and I weigh between 60 and 65 pounds -- you know how weight fluctuates! Besides being a real stunner, I'm neutered, house-trained and I sleep in a crate at night... but it has to be in a bedroom with my *people*. I get along great with other dogs and children. However sometimes, in my enthusiastic playful way, I have been known to knock a few over. I'm really friendly, have lots of energy and I'll play fetch if you want to or just entertain myself with my toys. I love to chew on antlers, but on the down side I have an insatiable appetite for toilet paper and napkins -- always have and I think I always will. I would be an excellent addition to a family that's active and enjoys hiking. I'm already neutered, chipped, up-to-date on all my vaccines and ready to go home."

If interested in **Rocky**, please contact Lynne of Whisker & Tails Foundation at amano@whiskerstails.org.

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