

Seniors

Is Hidden Salt Hurting Your Health? Five Tips for Taking Control

(BPT) - A typical soup and sandwich lunch can seem like a healthy meal. However, the bread, cold cuts and soup can be packed with something that can have a negative impact on your overall wellness: salt.

“Even meals that seem healthy, like a turkey sandwich with a side of cottage cheese, can have high levels of salt. It may not even taste salty,” says John Meigs, Jr., MD, president of the American Academy of Family Physicians.

Meigs says one of the biggest mistakes people make is to assume if they aren’t adding salt with a salt shaker, their sodium levels are under control. The truth: The Centers for Disease Control and Prevention estimates Americans get 77 percent of their salt from processed foods and restaurant meals, compared to 6 percent from the salt shaker at the table and 5 percent added during home cooking.

According to the CDC, the top 10 foods that contribute to a significant amount of the salt Americans consume are:

- 1. Breads and rolls
- 2. Cold cuts and cured meat (e.g., deli or packaged ham or turkey)
- 3. Pizza
- 4. Fresh and processed poultry

- 5. Soups
- 6. Sandwiches such as cheeseburgers
- 7. Cheese
- 8. Pasta dishes (not including macaroni and cheese)
- 9. Meat-mixed dishes such as meatloaf and tomato sauce
- 10. Snacks such as chips and popcorn

Some salt is necessary for the body to function properly, but too much can contribute to high blood pressure, heart disease and stroke. The CDC says most people should limit total salt intake to 2,300 milligrams a day or less.

“There are 2,300 milligrams of sodium - the chemical name for salt - in a single teaspoon of table salt,” Meigs notes. “It’s a real challenge to reduce salt intake, even for people who are highly motivated to do so.”

Meigs offers some easy strategies to lower hidden salt intake and take control of your nutrition:

Know your Numbers

Talk with a doctor about your blood pressure, cholesterol levels, family health history and ways to prevent health problems before they start. Visit familydoctor.org to learn more.



Read Nutrition Labels

It takes mere seconds to read nutrition labels to see which items are high in sodium. Sometimes this information is even printed on the front of the package.

Keep in mind, different brands of the same foods often contain varying levels of salt. For example, a slice of white bread can range anywhere from 80 to 230 milligrams of salt. Salt

levels in a can of chicken noodle soup can range from 100 to 900 milligrams per serving.

Be a Smart Diner

Dining out can still be a healthy treat with a little proactive effort. If nutrition information isn’t included on the menu, do some homework in advance by visiting the restaurant’s website. You may be surprised to find that items billed as “light or healthy fare” are often high in salt.

Opt for Whole Foods

Whether eating out or dining in, filling your plate with whole foods - items in their natural state or close to it - will help you lower your sodium levels. Non-processed fresh foods that are high in fiber are ideal, for example, fresh fruits, vegetables, lean meat and whole grains.

Prepare Food at Home

It’s easier to regulate salt consumption by preparing meals at home. Not only can you select healthy ingredients and pack your plate with whole foods, you can control the salt you add to dishes by manipulating recipes and including flavor-enhancing alternatives like fresh herbs.

World Salt Awareness Week is March 20–26, 2017. •

PUBLIC NOTICES

**AVISO DE AUDIENCIA PÚBLICA Y DISPONIBILIDAD PARA REVISIÓN DEL BORRADOR DE LA ENMIENDA SUSTANCIAL #1 AL PLAN CONSOLIDADO 2015-2019; BORRADOR DE LA ENMIENDA SUSTANCIAL #1 A LOS PLANES DE DESEMPEÑO 2015-2016 Y 2016-2017**

**POR MEDIO DE LA PRESENTE SE NOTIFICA** que el Ayuntamiento de la Ciudad de Hawthorne ha preparado el borrador de la Enmienda Sustancial #1 al Plan Consolidado 2015-2019, Plan de Desempeño Anual 2015-2016 y Plan de Desempeño Anual 2016-2017. La publicación de este aviso es el inicio del periodo de revisión de 30 días requerido bajo el Reglamento Federal 21 CFR 91.105 (b) (2). El periodo de revisión pública y los comentarios por escrito comienzan en Abril 15, 2017 y corre hasta Mayo 15, 2017.

**ADEMÁS, POR MEDIO DE LA PRESENTE TAMBIÉN SE NOTIFICA** que el Ayuntamiento de la Ciudad de Hawthorne llevará a cabo una Audiencia Pública, y las Enmiendas Sustanciales al Plan Consolidado y Planes de Desempeño Anuales serán presentados al Consejo Municipal del Ayuntamiento para su aprobación en la fecha que se indica enseguida:   
FECHA: Mayo 9, 2017   
HORA: 7:00 P.M.   
LUGAR: Cámara del Consejo Municipal 4455 W. 126th Street, Hawthorne 90250

**BORRADOR DE LA ENMIENDA SUSTANCIAL #1 AL PLAN CONSOLIDADO 2015-2019**

El Plan Consolidado de Cinco Años describe un plan estratégico identificando ocho (8) necesidades de alta prioridad alineados con ocho (8) objetivos de plan estratégico los cuales serán dirigidos a través de la implementación de actividades durante el periodo de los cinco años del Plan Consolidado. El borrador de la Enmienda Sustancial al Plan Consolidado propone la eliminación de una necesidad prioritaria y su objetivo alineado con el propósito de dirigir mejores resultados que beneficiarán a los residentes de la Ciudad de Hawthorne a través de necesidades de alta prioridad y objetivos existentes los cuales expanden el abastecimiento de vivienda asequible. Necesidad Prioritaria Propuesta Para Ser Eliminada Prevenir y Eliminar la Destitución/Carencia de Hogar a través de Asistencia Para la Renta Basado en Arrendadores

**Objetivo e Indicador de Resultado Propuesto Para ser Eliminado**

Prevención de Destitución/Carencia de Hogar a través de Asistencia para la Renta Basado en Arrendadores   
BORRADOR DE LA ENMIENDA SUSTANCIAL #1 A LOS PLANES DE DESEMPEÑO 2015-2016 Y 2016-2017   
El Plan de Desempeño Anual asigna actividades específicas para ser financiadas a través de los programas de Subsidios Globales para el Desarrollo Comunitario (CDBG, por sus siglas en inglés) y Asociación para Inversiones en Vivienda HOME (HOME, por sus siglas en inglés). El borrador de la Enmienda Sustancial al Plan de Desempeño 2015-2016 y al Plan de Desempeño 2016-2017 propone cambios a los fondos asignados a actividades implementadas con los fondos de HOME durante ambos Programas Anuales. Las siguientes actividades recomendadas para modificar su financiamiento son de la siguiente manera:

**PROGRAMA HOME**

Vivienda Asequible de HOME - Actividad y Nivel de Financiamiento Propuesto con Fondos del Programa Anual 2015-2016 y 2016-2017 *Nota: No se tradujo el nombre de las actividades intencionalmente.*   
COMENTARIO PÚBLICO   
Copias del actual borrador de dichos documentos estarán disponibles para la revisión pública en los siguientes lugares:   
City of Hawthorne   
Oficina del Secretario Municipal   
4455 West 126<sup>th</sup> Street   
Hawthorne, CA, 90250   
(310) 349-2915   
City of Hawthorne   
Departamento de Recursos Humanos   
4455 West 126<sup>th</sup> Street   
Hawthorne, CA, 90250   
(310) 349-2976   
Hawthorne Press Tribune Pub. 4/13/17 **HH-25547**

Nombre de la Actividad	Financiamiento Original	Enmienda #1	Financiamiento Propuesto
Homebuyer Assistance Program (PY 2015-2016)	\$371,781	(\$278,219)	\$93,562
CHDO Project – Acquisition, Rehab/ Re-construction, and Re-sale of Affordable Unit(s) (PY 2015-2016)	\$0	\$278,219	\$278,219
Tenant-Based Rental Assistance Program (PY 2016-2017)	\$278,219	(\$278,219)	\$0
Homebuyer Assistance Program (PY 2016-2017)	\$0	\$278,219	\$278,219

**NOTICE OF PUBLIC HEARING AND AVAILABILITY FOR REVIEW OF THE DRAFT SUBSTANTIAL AMENDMENT #1 TO THE 2015-2019 CONSOLIDATED PLAN; DRAFT SUBSTANTIAL AMENDMENT #1 TO THE 2015-2016 ACTION PLAN AND 2016-2017 ACTION PLAN**

**NOTICE IS HEREBY GIVEN** that the City of Hawthorne has prepared the drafts of the Substantial Amendment #1 to the 2015-2019 Consolidated Plan, 2015-2016 Action Plan, and 2016-2017 Action Plan. The publication of this notice is the beginning of the 30-day public review period required under Federal Regulation 21 CFR 91.105 (b)(2). The public review and written comment period begins April 15, 2017 and runs through May 15, 2017.

**NOTICE IS HEREBY FURTHER GIVEN** that the City will conduct a Public Hearing, and the Consolidated Plan and Action Plans Substantial Amendments will be presented to the City Council for approval, on following date:

DATE: May 9, 2017   
TIME: 7:00 p.m.   
LOCATION: City Council Chambers 4455 W. 126th Street, Hawthorne 90250

**DRAFT 2015-2019 CONSOLIDATED PLAN SUBSTANTIAL AMENDMENT #1**

The Five-Year Consolidated Plan sets forth a strategic plan identifying eight (8) high priority needs aligned with eight (8) strategic plan goals which will be addressed through the implementation of activities during the five-year period of the Consolidated Plan. The draft Substantial Amendment to the Consolidated Plan proposes the elimination of a priority need and its aligned goal with the purpose of addressing outcomes benefiting the residents of the City of Hawthorne through existing high priority needs and goals which expands the supply of affordable housing. Proposed Priority Need to Be Eliminated Prevent and Eliminate Homelessness through Tenant Based Rental Assistance   
**Proposed Goal and Outcome Indicator to Be Eliminated** Homeless Prevention through Tenant-Based Rental Assistance   
**DRAFT SUBSTANTIAL AMENDMENT #1 to 2015-2016 and 2016-2017 ACTION PLANS** The One-Year Action Plan sets forth activities to be funded through the Community Development Block Grant (CDBG) and HOME Investment Partnership (HOME). The draft Substantial Amendment to the 2015-2016 and the 2016-2017 Action Plans proposes changes to the

funding allocations to the activities implemented with HOME funds during both program years. The following activities recommended for funding modifications are as follows:

**HOME PROGRAM HOME Affordable Housing Proposed Activity and Funding Level with FY 2015-2016 and FY 2016-2017 Funds**

Activity Name	Original Funding	Amendment #1	Proposed Funding
Homebuyer Assistance Program (PY 2015-2016)	\$371,781	(\$278,219)	\$93,562
CHDO Project – Acquisition, Rehab/ Re-construction, and Re-sale of Affordable Unit(s) (PY 2015-2016)	\$0	\$278,219	\$278,219
Tenant-Based Rental Assistance Program (PY 2016-2017)	\$278,219	(\$278,219)	\$0
Homebuyer Assistance Program (PY 2016-2017)	\$0	\$278,219	\$278,219

**PUBLIC COMMENT** Copies of the latest drafts of this document will be available for public review at the following locations:

City of Hawthorne   
City Clerk's Office   
4455 West 126<sup>th</sup> Street   
Hawthorne, CA, 90250   
(310) 349-2915   
City of Hawthorne   
Human Resources Department   
4455 West 126<sup>th</sup> Street   
Hawthorne, CA, 90250   
(310) 349-2976   
The public is invited to submit written comments on the One-Year Action Plans and Consolidate Plan Substantial Amendments. All comments relative to the draft document should be submitted to the City of Hawthorne, Human Resources Department no later than 4:00 p.m. May 9, 2017. Questions and written comments regarding the drafts of the One-Year Action Plans and Consolidated Plan Substantial Amendment may

be addressed to Mari Guerrero, CDBG/HOME Coordinator, with the Human Resources Department 4455 West 126th Street, Hawthorne, CA 90250. You may also call (310) 349-2976 with any questions concerning the above documents. **ACCESSIBILITY TO MEETINGS AND DOCUMENTS** It is the objective of the City to comply with

Section 504 of the Rehabilitation Act of 1973, as amended, the Americans with Disabilities Act (ADA) of 1990 and the ADA Amendment Act of 2008, the Fair Housing Act, and the Architectural Barriers Act in all respects. If you require public documents in an accessible format, the City will make reasonable efforts to accommodate your request. If you require a disability-related accommodation to attend or participate in a hearing or meeting, including auxiliary aids or services, please contact the City Clerk's Office at least 48 hours prior to the meeting at (310) 349-2915.   
Norb Huber   
City Clerk

Publish: April 14, 2017   
Hawthorne Press Tribune Pub. 4/13/17 **HH-25546**



**CITY OF INGLEWOOD INVITATION TO SUBMIT BID (Specifications and Conditions Governing Bid Award)**

Project Subject to Bid: **"INGLEWOOD NEW WELL NO. 7 PROJECT - DRILLING AND EQUIPPING"**

The City of Inglewood invites and will receive bids duly filed as provided herein for the furnishing of labor and materials and/or completing the above-designated project.

A mandatory job walk for interested bidders will be conducted on **Wednesday, April 26, 2017 at 10:00 a.m.**, at the Public Works Department, on the Third Floor of Inglewood City Hall, One Manchester Boulevard, CA, 90301.

Contact Thomas C. Lee, at (310) 412-5333 should you require further information.

Each bid to be considered must be delivered to and received by the City Clerk no later than **11:30 a.m. on Wednesday, May 17, 2017** at the Office of the City Clerk, Inglewood City Hall, One Manchester Boulevard, Inglewood, CA 90301.

Each bid shall be submitted and completed in all particulars using the form entitled, "Bidder's

Proposal and Statement" attached hereto and must be enclosed, together with the requisite bid security in a sealed envelope addressed to the City Clerk with the designation of the project: **"INGLEWOOD NEW WELL NO. 7 PROJECT - DRILLING AND EQUIPPING"** appearing thereon.

Each bid shall state the unit price of each item if called for on the Bidder's Proposal and Statement form. In the event alternative bids are called for in said form, each alternative bid shall be completed.

Bids will be opened in public in the **City Clerk's Office** and will then and there be announced to all persons present.

Specifications and other bid documents for the above items are on file in the Public Works Department, and may be obtained upon request. Each bid must be accompanied by a deposit in the form of cash, a cashier's or certified check made payable to the City of Inglewood, or a bid bond, for an amount of not less than ten percent (10%) of the aggregate of the bid, as a guarantee that the successful bidder will, within the time specified, enter into an agreement as provided in the bid document and furnish bonds

when required in the Special Provisions; one for faithful performance in the amount of the contract sum, and another for contractor's labor and materials in the amount of the contract sum. The City Council reserves the right to reject any or all bids and to waive any irregularities in any bid, and to take bids under advisement for a period not to exceed sixty (60) days from and after the date bids are opened and announced. Attention is directed to the provisions of Sections 1777.5 and 1777.6 of the California Labor Code concerning the employment of apprentices by the Contractor or any subcontractor under them. The Contractor or any subcontractor shall comply with the requirements of said sections regarding the employment of apprentices. Information relative to apprenticeship standards and administration of the apprenticeship program may be obtained from the Director of Industrial Relations, San Francisco, California, or the Division of Apprenticeship Standards and its branch offices. Notice is hereby given that the City Council has ascertained the prevailing rates of per diem wages in the locality in which the work is to be done for each craft or type of work-

man or mechanic needed to execute the contract in accordance with the provisions of Section 1770, et. seq. of the Labor Code; said prevailing rates are on file in the Office of the City Clerk and are incorporated herein by reference. Copies shall be made available to any interested party on request. Attention is directed to the provisions of Public Contract Code Section 10164 concerning Contractor's licensing laws. This contract requires at least a valid California Contractor Class "C57" Water Well Drilling Contractor License for Drilling works and License Class "C10" Electrical License for electrical works at the time of bid. In addition, a City of Inglewood business license will also be required. The successful bidder must obtain and maintain current until completion of the project an Inglewood City Business License.

This notice is given by order of the City Manager of the City of Inglewood, California, and is dated this 13th day of April, 2017.

Artie Fields, City Manager   
City of Inglewood, California   
Inglewood Daily News Pub. 4/13/17 **HI-25544**

**PUBLISH YOUR PUBLIC NOTICES HERE**

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**ABC NOTICES: \$125.00**   
**DBA (Fictitious Business Name) \$75.00**   
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Police Reports

**March 27 - March 30**  
**Robberies**  
13300 S. PRAIRIE AV. STREET, HIGHWAY, ALLEY. Crime Occurred: Mon 03/27 11:27. Property Taken: Apple iPhone 5S with purple cover.  
13500 S. HAWTHORNE BL. STREET, HIGHWAY, ALLEY. Crime Occurred: Mon 03/27 11:30. Attempted.  
S. INGLEWOOD AV. /W. ROSECRANS AV. Crime Occurred: Mon 03/27 12:34. Attempted.  
133TH ST. AND HAWTHORNE BLVD. STREET, HIGHWAY, ALLEY. Crime Occurred: Sun 03/26 18:30 to Sun 03/26 19:00. Property Taken: Freefly bikes black tires gold handlebars.  
13900 YUKON AVE. STREET, HIGHWAY, ALLEY. Crime Occurred: Tue 03/28 13:30.  
3900 W. ROSECRANS AV. SHOPPING CENTER. Crime Occurred: Wed 03/29 19:41. Property Taken: One gold-colored with black case (310)567-9946, \$300.00 in US currency. Weapon: Firearm.  
14100 S. PRAIRIE AV. PUBLIC PARK, PLAYGROUND. Crime Occurred: Wed 03/29 00:01. Property Taken: Black/turquoise Axis bluetooth speaker.  
13800 S. YUKON AV. STREET, HIGHWAY, ALLEY. Crime Occurred: Thu 03/30 10:08. Property Taken: Gold chain, Apple cellphone 7.  
**Burglaries**  
13200 S HAWTHORNE BL. CLEANERS. Crime Occurred: Mon 03/27 10:00. Property Taken: One black cash drawer. Method of Entry: Other.

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**Crenshaw/LAX Transit Project Updates**  
Construction of the Crenshaw/LAX Transit Project is in full swing. Metro riders are encouraged to check Metro's Service Alerts at [metro.net/advisories](http://metro.net/advisories) for information regarding bus services. Thank you for your patience; for more information about the project and to view construction notices, please go to [metro.net/crenshaw](http://metro.net/crenshaw).

**Choose TAP Over Cash**  
When you use TAP to pay for your ride instead of cash, you get more. Riding with a TAP card is fast, safe and convenient. It offers you increased travel options and protection from loss or theft when your card is registered. TAP is available online at [taptogo.net](http://taptogo.net), by calling 866.TAPTOGO, at over 400 vendor locations and at TAP vending machines.

**Metro Seeks Input on 2018 Fiscal Year Budget**  
Metro's annual budget sets transportation priorities across LA County for the coming year. Metro will gather comments on the 2018 fiscal year budget at the Regional Service Council Meetings in May, and a public hearing on May 17th, before formal adoption by the Board of Directors. For meeting information or to provide your comments, go to [metro.net/budgetcomments](http://metro.net/budgetcomments).

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DEADLINES

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

LATE CANCELLATIONS WILL BE CHARGED 50% OF AD



HERALD PUBLICATIONS

EMPLOYMENT

**Computer/IT:** Avanade Inc. seeks Microsoft Dynamics AX Functional Lead in El Segundo, CA to coordinate team efforts to design, program, test & deploy Microsoft Dynamics AX Retail Solutions for use w/in the int'l telecomm. & wireless retail ind. S/he will serve as SME & primary point of contact between clients & functional/tech. consulting resources during full project lifecycle. Full scope ERP project mgmt. duties include: performing pre-sales analysis in connection w/RFPs; performing reqs. gathering; leading client demonstrations of tech. solutions; performing stakeholder analysis & eliciting approvals; performing impact analysis; planning/identifying project attributes through Go-Live & Post Go-Live phases; coordinating onshore/offshore collaboration of team deliverables; leading work plan tasks; leading team efforts & contributing to team knowledge base w/in global telecomm. market; engaging in ongoing project metrics & measurement reporting; & building/maintaining client relationships. Employee will spend 80% of his/her time traveling to client sites. Position reqs. at least a bach. deg., or foreign equiv., in Comp. Sci. & at least 6 yrs. progressively-resp., post-bacc. exp. in the position offered, or as Software Consultant, or in closely rel. IT position w/in the telecomm. & wireless ind. Must have exp. with: full lifecycle, multi-phase dev. & global implementation of Microsoft Dynamics AX Retail Solutions for use w/in the retail telecomm. & wireless retail ind. (AX4.0, AX2009, AX2012 & AX7 versions), incl. requirements gathering, bus. process design, system config., & provision of Go-Live & Post Go-Live support; app. dev. in a Microsoft X++ tech. environ.; implementing Microsoft Solutions w/in. the Azure Life Cycle Service environ.; implementing Dynamics AX Bus. Intelligence Data Cubes for Financial Analytics; ERP project mgmt. w/in. a global environ.; conducting risk analysis/risk mgmt. for complex IT projects; providing pre-sales support for solutions based on Microsoft technologies, inclu. defining bus. needs & recommending/demonstrating appropriate tech. solutions; and leading and/or coordinating efforts of offshore tech./functional resources. Apply online at [www.avanade.com](http://www.avanade.com) [Select Careers; United States; El Segundo, CA; Job Requisition ID#44789]

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**For Lease:** 1,000 sq. ft. retail space on Main Street in El Segundo. \$3.25/sq. ft. NNN. Available April 15, 2017. For further information please call Bill Ruane: 310-877-2374

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Community Briefs

Inglewood Native Serves Aboard Navy's Most Advanced Submarine



A 2010 Morningside High School graduate and Inglewood native is serving in the U.S. Navy as part of a crew working aboard one of the world's most advanced ballistic missile submarines, USS Alaska. Petty Officer 2nd Class Saad Shoroye, an electronics technician, serves aboard the Kings Bay-based boat, one of 14 Ohio-class ballistic missile submarines. As an electronics technician, Shoroye is responsible for maintaining communications equipment aboard the submarine. "I like my job because I really enjoy the company of the other sailors who are in my division," said Shoroye. "We work together as a team to get the job done,

and when our equipment is working well, we take pride in that."

The Navy's ballistic missile submarines, often referred to as "boomers," serve as undetectable launch platforms for intercontinental ballistic missiles. They are designed specifically for stealth, extended patrols and the precise delivery of missiles, and they are the only survivable leg of the nation's strategic nuclear forces, which also include land-based missiles and aircraft. The Ohio-class design allows the submarines to operate for 15 or more years between major overhauls.

"The best thing about serving on a submarine is the mission we do, and how important it is," said Shoroye. "The strategic deterrence mission is crucial, and I am honored to serve on an SSBN." As a member of one of the U.S. Navy's most relied-upon assets, Shoroye and other sailors know they are part of a legacy that will last beyond their lifetimes. "The Navy has taught me more self-discipline and kept me in great physical shape. It has also given me technical knowledge that I will be able to use in the civilian world, if I decide to transition out of the Navy." - Content Provided by Rick Burke, Navy Office of Community Outreach

Hawthorne Rotary Club Awards Grants to Local Teachers

The Hawthorne/LAX/Lennox Rotary Club has announced winners of its annual Salute to Education teacher grant program. This program awards monetary grants to local teachers to fund special projects in their classrooms. Applications are annually provided to teachers from the Hawthorne, Wiseburn and Lennox School Districts as well as Centinela Valley Union High School District and Cimarron Elementary School in Hawthorne. This year, 15 applicants were awarded grants covering a range of projects from

marine biology laboratories to youth leadership workshops. Grants will be awarded at special ceremonies held at each district. Funding for this program came from the Hawthorne/LAX/Lennox Rotary Club and Rotary District 5280. Though most well-known for its efforts to eradicate polio, Rotary International works hard to promote education and literacy worldwide. This teacher grant program supports that effort and serves to enrich the local community by improving our children's education.

South Bay Workforce Investment Board Receives Award of Merit

The South Bay Workforce Board (SBWIB) was named the recipient of the 2016 Award of Merit for Economic Development Promotion by the California Association of Local Economic Development (CALED) during its annual training conference, March 21-23, in San Diego. The SBWIB was the only workforce board to be recognized at the event.

The award recognized the SBWIB for its innovative way of marketing a region by launching the first South Bay regional business portal called SouthBayBusiness.org, a website designed to aid businesses, chambers of commerce and city governments with critical data they need to make important business and economic development decisions. The website

project was developed as a public/private partnership resulting from a regional collaboration among South Bay Cities, led by the South Bay Workforce Investment Board (SBWIB), to support business retention, layoff aversion and business attraction efforts. The website profiles each city with its own landing page and provides an array of tools that include a comprehensive commercial real estate search engine, detailed demographics, incentives available, workforce and labor information, key contacts for each city and information about the communities... everything a business needs in one place. Plus, there are no passwords or logins required for access and all of the comprehensive data is available to the general public.

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# Sports

## Hawthorne Volleyball Wading in Ocean League

By Adam Serrao

For the Hawthorne boys’ volleyball team, this year has been a tale of two seasons. The Ocean League is always sure to present its share of rough currents and big waves for all those who play games within the division. The Cougars and head coach Christine Regadio-Auberry are learning that fact firsthand this season. After an excellent start to the year, divisional play has presented Hawthorne with its own share of problems and setbacks. Despite the team’s struggles against their rivals, however, two victories over the Beverly Hills Normans have certainly helped to ease the Cougars’ pain a bit.

The boy’s volleyball team simply couldn’t lose at the beginning of the season. The Cougars weren’t just winning, either. They were shutting other teams out. Hawthorne began the year with eight straight victories, including their league-opening 3-2 victory over their division rivals, the Beverly Hills Normans, on the road at the Normans’ own gym. Of the Cougars’ first eight victories, six were shutouts. Behind the offensive efficiency of senior outside hitter Ryan Jotie and the defensive prowess of junior middle blocker Alejandro Caso, Hawthorne was very rarely giving up a set, let alone a match.

The Normans learned just how lethal the Cougars could be. Hawthorne jumped on Beverly Hills right away in the Ocean League opener, taking the first set by a final of 25-23. No divisional matchup is ever going to be as easy as those played against non-league opponents, similar to the ones in which the Cougars previously enjoyed so much success. That being said, Beverly Hills, of course, battled back. The Normans took the lead by capturing two straight sets against Hawthorne, but behind the hitting skills of Caso, the Cougars were able to get right back into the match.

Caso finished the afternoon with 15 kills, which were just one more than his teammate Jotie was able to accrue. Jotie finished the day with three service aces, but it was Caso who was a beast on the net. He finished the game with 11 total blocks, nine of which were solo, as the Cougars rallied in the fourth set for a 25-21 win to tie the game at two sets apiece. With momentum back on their side, there was no stopping Hawthorne from there. Caso and Jotie sparked the Cougars to a 15-10 victory in the fifth and final set to finally pull out the close victory in extra time.

Hawthorne went on to win its second game of the season against Beverly Hills last Wednesday afternoon at home. The Normans took the first set of the match, but Hawthorne rallied to win three straight and take the 3-1 victory. Despite

Hawthorne’s recent success against Beverly Hills, the team has been struggling against all other Ocean League opponents. After Hawthorne’s great 8-0 start, the Cougars dropped three of their next four games to Santa Monica (twice) and Culver City. A 9-3 overall record is only tarnished by a below average 2-3 record in league play, which has dropped Hawthorne to fourth place in the standings. A rematch against Culver City and games against Lawndale and El Segundo remain before the season comes to a close. If the Cougars string together a few victories over their divisional foes coming up, they may just have a chance at climbing up the standings and gaining a spot in this year’s CIF playoffs.

### LAWNDALE HIGH

The Lawndale Cardinals have been led by their captains Anthony Sanchez and Randy Fuentes in a season that had previously started out much better than it has currently become. Sanchez, a senior outside hitter, and Fuentes, a senior setter and defensive specialist, have been instrumental in the Cardinals’ six victories this season. Unfortunately for Lawndale, not one of those six victories has come inside of Ocean League play. Wins against Morningside, Leuzinger and Marquez got the Cardinals off to a fantastic 4-1 record to start the year. Inter-division competition always proves to be much tougher, however, and that’s when the Cardinals’ (6-6, 0-4) season took a turn for the worse.

Three straight losses to Santa Monica, Culver City and El Segundo immediately put Lawndale in a bad position and gave the team an uphill battle to get themselves back into good positioning within the Ocean League. With games still remaining on the schedule against Hawthorne and Beverly Hills, the opportunity for wins remains alive for the Cardinals. As a team that currently sits in last place out of six squads, however, Lawndale will most likely need an extreme transformation in a hurry in order to get back into the thick of things within its own division.

### INGLEWOOD HIGH

The Inglewood Sentinels find themselves competing in a Bay League division that is stockpiled with volleyball superpowers. Matches against the Redondo Union Sea Hawks, Mira Costa Mustangs and Palos Verdes Sea Kings give Inglewood almost no chance at competing for a top seed within its own division. The Sentinels have already lost six straight games to begin the season and have been shut out five times. Inglewood’s best chance for a win comes in its last game of the season when it will take on the 0-5 Morningside Monarchs

## Calendar

### Inside Inglewood

Calendar listings are \$1.00 per word. Email your listing to [class@heraldpublications.com](mailto:class@heraldpublications.com). Thank you for your business.

#### TUESDAY, APRIL 18

• Rotary Club meeting 11:30 - 12:30, at The Salvation Army, 324 E. Queen St.

#### SATURDAY, APRIL 22

• “Dream Of The Red Chamber” Performances in Vincent Park Amphitheater Set For April/MayThe six-hour play is offered on three Saturdays in the City of InglewoodPlaywright Henry Ong’s six-hour stage adaptation of Dream of the Red Chamber, based on the beloved 18th century Chinese classic, will be presented in four acts over three weekends on Saturdays in April and May. Ed Vincent Park Amphitheater, 714 Warren Lane in Inglewood 90302

In order to view the entire play, the public may select performances from the following schedule in the Upcoming section.

• Rotary Club meeting 11:30 - 12:30, at The Salvation Army, 324 E. Queen St.

#### UPCOMING

• “Dream Of The Red Chamber” Performances in Vincent Park Amphitheater Set For April/MayThe six-hour play is offered on three Saturdays in the City of InglewoodPlaywright Henry Ong’s six-hour stage adaptation of Dream of the Red Chamber, based on the beloved 18th century Chinese classic, will be presented in four acts over three weekends on Saturdays in April and May.

Ed Vincent Park Amphitheater, 714 Warren Lane in Inglewood 90302

In order to view the entire play, the public may select performances from the following schedule: **Saturday, May 20**, 10:30am Act III and Act IV with one intermission; Act IV starts at 12:30pm. **Saturday, May 27**, 10:30am Acts I, II, III, IV with three intermissions; Act II starts at 12:30pm; Act III at 2:30pm; Act IV at 4:30pm •

## Hawthorne Happenings

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



#### SADNESS TURNS TO JOY

You ever had something happen to you that you perceived was bad for you that later really ended up being good? That is the irony of Good Friday. The crucifixion of Jesus on that Friday many years ago actually was the best thing that ever happened. Jesus was forsaken by God the Father for our sake and for the sake of all humans. He paid the price for the sins of the entire world and for all humans who ever have lived or will live. In Jesus’ time, the cross was a symbol of death, humiliating death. But now the cross has become the symbol of hope for Christians. Jesus died an earthly death but he arose on Easter Sunday. He overcame death and won victory for those who have been given faith. We have been given life, eternal life. The sadness of death is overwhelmed by the exceeding joy of Jesus’ triumph over death. No matter what comes our way, we can have that assurance that Jesus is waiting for us to come home. That is the joy we share every Easter and every day of our lives. Celebrate! Rejoice! A blessed Easter to all!

#### “STAND YOUR GROUND” SYMPOSIUM

The Hawthorne community is invited to attend a symposium entitled, “Stand Your Ground”- Fighting Sexual Assault Together. The non-profit, Resolve to Rise, has partnered with the Hawthorne Police Department to bring the community this first annual symposium. It is scheduled to take place Saturday, April 15th at 10:00 in the Hawthorne Memorial Center. Resolve to Rise is a nonprofit in the city of Hawthorne dedicated to stopping and preventing sexual assault by raising awareness, education, empowerment and prevention. Many topics will be covered in this very informative symposium. Sexual assault and human trafficking are on the rise. We all need to be aware and help prevent these crimes from happening.

#### HISTORICAL SOCIETY’S HALL OF FAME BANQUET

The Hawthorne Historical Society is

sponsoring their annual Hawthorne Hall of Fame banquet on Friday, May 19th at the Ayres Hotel. The 2017 inductees include: Mr. John Baker, founder of “Cougartown.com”, The 100 year-old Woman’s Club of Hawthorne, Mihaly “Michu” Meszaros, longtime resident of Hawthorne, was a circus performer/entertainer and stuntman and is best

remembered as a performer with Ringling Bros. and Barnum & Bailey Circus and for his role in the NBC sitcom ALF. He was 2 feet 9 inches (84 cm) tall. The shortest street in Hawthorne is named after him. Eddings Brothers has been selected as the business honoree for their long time service to the community. Tickets to the banquet are now on sale. For more information regarding this festive evening, please contact the Historical Society at 310-643-9157.

#### SERVICE PROVIDER FAIR

Councilmember Angie Reyes English and the City of Hawthorne present the annual Service Provider Fair at Memorial Park this year on April 22nd. There will be many vendors giving out great information. Lunch and prizes are always a big hit with the attendees each year.

#### VOLUNTEER APPRECIATION DAY

The volunteers of Hawthorne will be honored once again with a special event hosted by the Hawthorne Presidents Council on Sunday, April 23rd at the Memorial Center.

#### COMING THIS SUMMER: A BIGGER AND BETTER GOOD NEIGHBORS DAY.

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

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

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PUBLIC NOTICES

**NOTICE OF PUBLIC HEARING  
ZONE AMENDMENT 2017ZA01**  
PUBLIC NOTICE is hereby given that the City Council of the City of Hawthorne will hold a public hearing to consider the following matter: **ZONE AMENDMENT NO. 2017ZA01:** A proposed ordinance amending portions of the Hawthorne Municipal Code to incorporate State mandated standards for water efficient landscaping and irrigation, and a proposed resolution adopting the Water Efficient Landscape Guidelines, which will contain the working details that implement the new ordinance. **PROJECT LOCATION:** City Wide - City of Hawthorne Los Angeles County, State of California  
**MEETING DETAILS:**  
Day: Tuesday  
Date: April 25, 2017  
Time: 6:00 p.m.  
Place: City Council Chambers  
4455 West 126th Street  
Hawthorne, CA 90250  
Those interested in this item may appear at the meeting and submit oral or written comments. Written information pertaining to this item must be submitted to the Planning and Community

Development Department prior to 5:30 PM April 24, 2017, at 4455 West 126th Street, Hawthorne, California 90250 or emailed to: bjames@cityofhawthorne.org. For additional information, you may contact Brian James at (310) 349-2970 or at the email noted above. **ENVIRONMENTAL REVIEW:** ZoneAmendment 2017ZA01 is categorically exempt from the requirements of the California Environmental Quality Act (CEQA) per Section 15307, which exempts actions taken to protect the environment. The proposed amendment will incorporate State standards intended to conserve water resources. **PLEASE NOTE** that pursuant to Government Code Section 65009: In an action or proceeding to attack, review, set aside, void, or annul a finding, determination or decision of the Planning Commission or City Council, the issues raised shall be limited to those raised at the public hearing in this notice or in written correspondence delivered to the Planning Commission or City Council at or prior to the public hearing.  
El Segundo Herald Pub. 4/13/17  
HH-25539

**NOTICE OF PETITION TO  
ADMINISTER ESTATE OF GREGORY KEITH AUGER**  
**Case No. 17STPB02418**  
To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of GREGORY KEITH AUGER  
APETITIONFOR PROBATE has been filed by Pamela Krajewski in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that Pamela Krajewski be appointed as personal representative to administer the estate of the decedent. THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The

independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A HEARING on the petition will be held on April 24, 2017 at 8:30 AM in Dept. No. 9 located at 111 N. Hill St., Los Angeles, CA 90012. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California

Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. **Attorney for petitioner:**  
**CHRISTOPHER P. WALKER, ESQ.**  
**SBN 174533**  
**LAW OFFICE OF**  
**CHRISTOPHER P WALKER PC**  
**505 S VILLA REAL DR**  
**STE 103**  
**ANAHEIM HILLS CA 92807**  
**CN936103 BSC214579 Apr 6, 13, 20, 2017**  
**Lawndale Tribune Pub. 4/6, 4/13, 4/20/17**  
**HL-25521**



**LIEN SALE:** 2015 FORD MUSTANG  
**VIN:** 1FATP8EM7F5371581  
**DATE OF SALE:** 4/27/17  
**ADDRESS:** 14201 S. HALLDALE AVE.  
GARDENA, CA 90249  
**INGLEWOOD DAILY NEWS:** 4/13/17  
HI-25548

**LIEN SALE:** 2013 FORD ESCAPE  
**VIN:** 1FMCU0GX4DUC93772  
**DATE OF SALE:** 4/27/17  
**ADDRESS:** 14201 S. HALLDALE AVE.  
GARDENA, CA 90249  
**INGLEWOOD DAILY NEWS:** 4/13/17  
HI-25549

T.S.No.: 9646-0054 TSG Order No.: 8635537  
APN: 4078-001-039 NOTICE OF TRUSTEES SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 12/20/2014. 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. NBS Default Services, LLC, as the duly appointed Trustee, under and pursuant to the power of sale contained in that certain Deed of Trust Recorded 12/29/2014 as Document No.: 20141411364, of Official Records in the office of the Recorder of Los Angeles County, California, executed by: TODD NIXON, A SINGLE MAN, as Trustor, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable in full at time of sale by cash, a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the

Financial Code and authorized to do business in this state). 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, and as more fully described in the above referenced Deed of Trust. Sale Date & Time: 04/27/2017 at 10:00 AM Sale Location: Behind the fountain located in Civic Center Plaza, 400 Civic Center Plaza, Pomona CA The street address and other common designation, if any, of the real property described above is purported to be: 4727 W 147TH ST 141, LAWDALE, 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 in an "AS IS" condition, 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 the Deed of Trust, estimated fees, charges and expenses of

the Trustee and of the trusts created by said Deed of Trust, to-wit: \$264,565.98 (Estimated). Accrued interest and additional advances, if any, will increase this figure prior to sale. It is possible that at the time of sale the opening bid may be less than the total indebtedness due. 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, 916-939-0772 for information regarding the trustee's sale or visit this Internet Web site, www.nationwideposting.com, for information regarding the sale of this property, using the file number assigned to this case, T.S.# 9646-0054. 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. 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. NBS Default Services, LLC 301 E. Ocean Blvd. Suite 1720 Long Beach, CA 90802 800-766-7751 For Trustee Sale Information Log On To: www.nationwideposting.com or Call: 916-939-0772. NBS Default Services, LLC, Nicole Rodriguez, Foreclosure Associate This communication is an attempt to collect a debt and any information obtained will be used for that purpose. However, if you have received a discharge of the debt referenced herein in a bankruptcy proceeding, this is not an attempt to impose personal liability upon you for payment of that debt. In the event you have received a bankruptcy discharge, any action to enforce the debt will be taken against the property only. NPP0304323 To: LAWDALE TRIBUNE 04/06/2017, 04/13/2017, 04/20/2017  
Lawndale Tribune Pub. 4/6, 4/13, 4/20/17  
HL-25525

**NOTICE IS HEREBY GIVEN** that a public hearing/budget workshop will be held by the City Council of the City of Hawthorne in the City Council Chambers of City Hall, 4455 W. 126th Street, Hawthorne, California, at 4:00 p.m., Tuesday, April 25, 2017 to consider the following: Proposed Annual Budget including Revenue and Expenditure Details for Fiscal Year 2017-2018. Any person may appear at the public hearing/budget workshop on Tuesday, April 25, 2017 at 4:00 p.m. and offer written or oral information, or may, prior to the hearing, direct written communication to the Hawthorne City Clerk, 4455 W. 126th Street, Hawthorne, CA 90250.  
Hawthorne Press Tribune Pub. 4/13/17  
HH-25533



**NOTICE OF PETITION TO  
ADMINISTER ESTATE OF  
RONALD K. LOWE**  
**Case No. 17STPB02497**  
To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of RONALD K. LOWE A Petition for Probate has been filed by FELECIA HALL in the Superior Court of California, County of Los Angeles. The Petition for Probate requests that FELECIA HALL be appointed as personal representative to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause

why the court should not grant the authority. A hearing on the petition will be held in this court as follows: April 25, 2017 at 8:30 a.m., Dept.: 99, Room 615, Superior Court of California, County of Los Angeles, 111 N. Hill Street, Los Angeles, CA 90012. If you object to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. If you are a creditor or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Probate Code section 9100. The time for filing claims will not expire before four months from the hearing date noticed above. You may examine the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. Felecia Hall, Petitioner In Pro Per, 4934 Hillcrest Drive, View Park, CA 90043  
Inglewood Daily News Pub. 4/6, 4/13, 4/20/17  
HI-25529

**NOTICE TO CREDITORS OF BULK  
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ALCOHOLIC BEVERAGE LICENSE**  
(U.C.C. 6101 et seq. and B & P 24073 et seq.)  
Escrow No. 67761-SH  
Notice is hereby given that a bulk sale of assets and a transfer of alcoholic beverage license is about to be made. The name and address of the Seller/Licensee is: GEORGIA FRANCES STONEKING ANTHONY, 15109 GERKIN AVE, LAWDALE CA 90260  
The business is known as: EAGLE'S NEST SALOON  
The name and address of the Buyer/Transferee is: STEVE HAROLD DAVIS, 5499 E. OCEAN BLVD, LONG BEACH CA 90803  
As listed by the Seller/Licensee, all other business names and addresses used by the Seller/Licensee within three years before the date such list was sent or delivered to the Buyer/Transferee are: BIG BEAR MORTUARY, 321 BIG BEAR BLVD, BIG BEAR CITY, CA 92314  
The assets to be sold are described in general as: FURNITURE, FIXTURES, EQUIPMENT, GOODWILL, TRADE NAME, LEASEHOLD INTEREST, LEASEHOLD IMPROVEMENTS, INVENTORY OF STOCK, COVENANT NOT TO COMPETE AND TYPE 42ABC LICENSE and are located at: 15150 S. PRAIRIE AVE, HAWTHORNE CA 90250

The ABC License to be transferred is: Type: ON-SALE BEER AND WINE - PUBLIC PREMISES License No. 42-530752 now issued for the premises located at: 15150 S. PRAIRIE AVE, HAWTHORNE CA 90250  
The anticipated date of the bulk sale is UPON ISSUANCE OF THE PERMANENT ABC LICENSE TO BUYER at the office of: FEDERAL ESCROW, INC, 23734 VALENCIA BLVD #100A, VALENCIA, CA 91355  
The amount of the purchase price or consideration in connection with the transfer of the license and business, including the estimated inventory, is the sum of \$90,000.00, which consists of the following: DESCRIPTION, AMOUNT: CASH \$90,000.00  
It has been agreed between the Seller/Licensee and the intended Buyer/Transferee, as required by Sec. 24073 of the Business and Professions Code, that the consideration for the transfer of the business and license is to be paid only after the transfer has been approved by the Department of Alcoholic Beverage Control.  
Date: FEBRUARY 28, 2017  
GEORGIA FRANCES STONEKING ANTHONY, Seller(s)/Licensee(s)  
STEVE HAROLD DAVIS, Buyer(s)/Transferee(s)  
LA1794616 HAWTHORNE PRESS 4/13/17  
Hawthorne Press Tribune Pub. 4/13/17  
HH-25536

**NOTICE OF PUBLIC HEARING  
ZONE AMENDMENT 2016ZA013**  
PUBLIC NOTICE is hereby given that the City Council of the City of Hawthorne will hold a public hearing to consider the following matter: **ZONE AMENDMENT NO. 2016ZA013:** An amendment to Title 17, Zoning, of the Hawthorne Municipal Code, Amending Chapter 17.87 (Mixed Use Overlay Zone) of Title 17 (Zoning Code) to: modify permitted uses and development standards for the Mixed Use Overlay Zone; provide additional live-work unit standards; to change planning commission to department review for certain matters; and to allow mixed use development on sites less than three acres in size. **PROJECT LOCATION:** City Wide for properties within the Mixed Use Overlay Zone - City of Hawthorne Los Angeles County, State of California  
**MEETING DETAILS:**  
Day: Tuesday  
Date: April 25, 2017  
Time: 6:00 p.m.  
Place: City Council Chambers  
4455 West 126th Street  
Hawthorne, CA 90250  
Those interested in this item may appear at the meeting and submit oral or written comments. Written information pertaining to this item must be submitted to the Planning and Community

Development Department prior to 5:30 PM April 24, 2017, at 4455 West 126th Street, Hawthorne, California 90250 or emailed to: bjames@cityofhawthorne.org. For additional information, you may contact Brian James at (310) 349-2970 or at the email noted above. **ENVIRONMENTAL REVIEW:** Staff determined that since the proposed amendments to the Hawthorne Municipal Code do not increase the density, intensity or number of units allowed within the Mixed Use Overlay Zone, the amendments are within the scope and analysis conducted under Draft Environmental Impact Report (DEIR), State Clearinghouse No. 2009061099, prepared for the Mixed Use Overlay and R-4 (Maximum Density) Zone project and notified by the City Council on May 24, 2011. **PLEASE NOTE** that pursuant to Government Code Section 65009: In an action or proceeding to attack, review, set aside, void, or annul a finding, determination or decision of the Planning Commission or City Council, the issues raised shall be limited to those raised at the public hearing in this notice or in written correspondence delivered to the Planning Commission or City Council at or prior to the public hearing.  
Hawthorne Press Tribune Pub. 4/13/17  
HH-25538

**NOTICE TO CREDITORS OF  
BULK SALE  
(UCC Sec. 6105)**  
**Escrow No. 9056-AK**  
NOTICE IS HEREBY GIVEN that a bulk sale is about to be made. The name(s), business address(es) to the Seller(s) are: LUCKY CHOPSTICKS GROUP INC, A CALIFORNIA CORPORATION, 10001 HAWTHORNE BLVD, INGLEWOOD CA 90304  
Doing Business as: NEW CHINA MONGOLIAN BBQ  
All other business name(s) and address(es) used by the Seller(s) within three years, as stated by the Seller(s), is/are: NONE  
The name(s) and address of the Buyer(s) is/are: BCBG GROUP INC, A CALIFORNIA CORPORATION, 10001 HAWTHORNE BLVD, INGLEWOOD CA 90304  
The assets to be sold are described in general as: FURNITURE, FIXTURES, AND EQUIPMENT, TRADE NAME, GOODWILL, COVENANT NOT TO COMPETE, LEASE

AND LEASEHOLD IMPROVEMENT and are located at: 10001 HAWTHORNE BLVD, INGLEWOOD CA 90304  
The bulk sale is intended to be consummated at the office of: DETAIL ESCROW, INC, 13017 ARTESIA BLVD #106, CERRITOS, CA 90703 and the anticipated sale date is MAY 1, 2017  
The bulk sale is subject to California Uniform Commercial Code Section 6106.2.  
[If the sale is subject to Sec. 6106.2, the following information must be provided.] The name and address of the person with whom claims may be filed is: DETAIL ESCROW, INC, 13017 ARTESIA BLVD #106, CERRITOS, CA 90703 and the last day for filing claims shall be APRIL 28, 2017, which is the business day before the sale date specified above.  
Dated: MARCH 28, 2017  
BUYER: BCBG GROUP INC, A CALIFORNIA CORPORATION  
LA1794159 INGLEWOOD NEWS 4/13/17  
Inglewood Daily News Pub. 4/13/17  
HI-25537

Our Little Helpers, located at 4840 Valley Ridge Avenue, View Park, CA 90043, will be receiving sealed bids until Friday, April 28, 2017 for both the Child and Adult Food Program (CACFP) and the Summer Food Service Program (SFSF). All bids received by that date will be publicly opened and read aloud on Friday, April 28, 2017 at 1pm.  
Meals are to be cooked/prepared, daily, for an estimated 1500 school age children. Daily meals will be delivered to at least 10 locations Monday to Sunday. Meals will include supper or lunch and a snack. Meals are to be delivered in bulk and include milk. Our Little Helpers will assemble and serve the meals.  
All meals must meet the CACFP and the SFSF meal pattern guidelines.  
The contract will be awarded to the responsible bidder who possesses the ability to perform successfully under the terms and conditions of the proposed procurement and is lowest in price. Other factors shall be given consideration when there are sound documented business reasons such as contractor integrity, compliance with public policy, record of past performance, and financial and technical resources.  
Inglewood Daily News Pub. 4/13/17  
HI-25540

**CITY OF INGLEWOOD  
INVITATION TO SUBMIT BID  
(Specifications and Conditions  
Governing Bid Award)**  
Project Subject to Bid: **"INGLEWOOD NEW WELL, NO. 7 SITE IMPROVEMENTS AND PIPELINE PROJECT"**  
The City of Inglewood invites and will receive bids duly filed as provided herein for the furnishing of labor and materials and/or completing the above-designated project.  
A mandatory job walk for interested bidders will be conducted on **Wednesday, April 26, 2017 at 10:00 a.m.** at the Public Works Department, on the Third Floor of Inglewood City Hall, One Manchester Boulevard, CA, 90301.  
Contact Thomas C. Lee, at (310) 412-5333 should you require further information.  
Each bid to be considered must be delivered to and received by the City Clerk no later than **11:00 a.m. on Wednesday, May 17, 2017 at the office of the City Clerk, Inglewood City Hall, One Manchester Boulevard, Inglewood, CA 90301.**  
Each bid shall be submitted and completed in all particulars using the form entitled, "Bidder's Proposal and Statement" attached hereto and must be enclosed, together with the requisite bid security in a sealed envelope addressed to the City Clerk with the designation of the project **"INGLEWOOD NEW WELL, NO. 7 SITE IMPROVEMENTS AND PIPELINE PROJECT"** appearing thereon.  
Each bid shall state the unit price of each

item if called for on the Bidder's Proposal and Statement form. In the event alternative bids are called for in said form, each alternative bid shall be completed.  
Bids will be opened in public in the **City Clerk's Office** and will then and there be announced to all persons present.  
Specifications and other bid documents for the above items are on file in the Public Works Department, and may be obtained upon request. Each bid must be accompanied by a deposit in the form of cash, a cashier's or certified check made payable to the City of Inglewood, or a bid bond, for an amount of not less than ten percent (10%) of the aggregate of the bid, as a guarantee that the successful bidder will, within the time specified, enter into an agreement as provided in the bid document and furnish bonds when required in the Special Provisions; one for faithful performance in the amount of the contract sum, and another for contractor's labor and materials in the amount of the contract sum.  
The City Council reserves the right to reject any or all bids and to waive any irregularities in any bid, and to take bids under advisement for a period not to exceed sixty (60) days from and after the date bids are opened and announced.  
Attention is directed to the provisions of Sections 1777.5 and 1777.6 of the California Labor Code concerning the employment of apprentices by the Contractor or any subcontractor under them. The Contractor or any subcontractor shall comply with the requirements of said sections

regarding the employment of apprentices. Information relative to apprenticeship standards and administration of the apprenticeship program may be obtained from the Director of Industrial Relations, San Francisco, California, or the Division of Apprenticeship Standards and its branch offices.  
Notice is hereby given that the City Council has ascertained the prevailing rates of per diem wages in the locality in which the work is to be done for each craft or type of workman or mechanic needed to execute the contract in accordance with the provisions of Section 1770, et. seq. of the Labor Code; said prevailing rates are on file in the Office of the City Clerk and are incorporated herein by reference. Copies shall be made available to any interested party on request.  
Attention is directed to the provisions of Public Contract Code Section 10164 concerning Contractor's licensing laws. This contract requires at least a valid California Contractor License Class "A" License at the time of bid. In addition, a City of Inglewood business license will also be required.  
The successful bidder must obtain and maintain current until completion of the project an Inglewood City Business License.  
This notice is given by order of the City Manager of the City of Inglewood, California, and is dated this 13th day of April, 2017.  
Artie Fields, City Manager  
City of Inglewood, California  
Inglewood Daily News Pub. 4/13/17  
HI-25543

*If you can dream it, you can do it. - Walt Disney*



**Fictitious Business  
Name Statement  
2017062625**

The following person(s) is (are) doing business as 1.) HOF'S HUT RESTAURANT & BAKERY, 23635 CRENSHAW BLVD., TORRANCE, CA 90505, LA COUNTY. 2.) 2601 E. WILLOW STREET, SIGNAL HILL, CA 90755. Registered Owner(s): BARD ASSOCIATES, LLC, 2601 E. WILLOW STREET, SIGNAL HILL, CA 90755, CA. 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: 01/2017. Signed: BARD ASSOCIATES, LLC, BRAD HOFMAN, MANAGING MEMBER. This statement was filed with the County Recorder of Los Angeles County on MARCH 13, 2017.

**NOTICE:** This Fictitious Name Statement expires on MARCH 13, 2022. A new Fictitious Business Name Statement must be filed prior to MARCH 13, 2022. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). TORRANCE TRIBUNE: Pub. 3/23, 3/30, 4/6, 4/13/2017 **HT-1607**

The following person(s) is (are) doing business as DP HAULING, 4575 WEST 115<sup>TH</sup> STREET NO A, HAWTHORNE, CA 90250, LA COUNTY. Registered Owner(s): NAOMI VAIKAKALA TAUTUAA-POLLARD, 4575 W 115<sup>TH</sup> STREET NO A, HAWTHORNE, CA 90250, CA. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: 03/2017. Signed: NAOMI VAIKAKALA TAUTUAA-POLLARD, OWNER. This statement was filed with the County Recorder of Los Angeles County on: MARCH 28, 2017.

NOTICE: This Fictitious Name Statement expires on MARCH 28, 2022. A new Fictitious Business Name Statement must be filed prior to MARCH 28, 2022. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).

HAWTHORNE PRESS TRIBUNE: Pub. 3/30, 4/6, 4/13, 4/20/2017 HH-1612

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

NOTICE: This Fictitious Name Statement expires on March 30, 2022. A new Fictitious Business Name Statement must be filed prior to March 30, 2022. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).

TORRANCE TRIBUNE Pub. 4/13, 4/20, 4/27, 5/4/2017 HT-1617

The following person(s) is (are) doing business as Cyber Active, 4121 W. 147<sup>th</sup> Street, Lawndale, CA 90260, Los Angeles County. Registered Owner(s): 1) Pramesh K Singh, 4121 W 147<sup>th</sup> Street, Lawndale, CA, 90260. 2) Vijay D Singh, 4121 W 147<sup>th</sup> Street, Lawndale, CA, 90260. This business is being conducted by a General Partnership. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: Pramesh K Singh, Partner. This statement was filed with the County Recorder of Los Angeles County on March 16, 2017.

NOTICE: This Fictitious Name Statement expires on March 16, 2022. A new Fictitious Business Name Statement must be filed prior to March 16, 2022. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).

Lawndale Tribune: Pub. 3/23, 3/30, 4/6, 4/13/2017

**HL-1608**

The following person(s) is (are) doing business as 1) MELT GELATO & CREPE CAFÉ, 730-A ALLIED WAY, EL SEGUNDO, CA, 90245, LOS ANGELES COUNTY; 2) 909 E. WALNUT AVENUE, EL SEGUNDO, CA, 90245. Registered Owner(s): EL SEGUNDO BEACH, LLC, 909 E WALNUT AVENUE, EL SEGUNDO, CA, 90245. This business is being conducted by a Limited Liability Partnership. The registrant commenced to transact business under the fictitious business name or names listed above on: 04/20/2008. Signed: EL SEGUNDO BEACH, LLC., OWNER, MYUNGJIA ASHWORTH. This statement was filed with the County Recorder of Los Angeles County on March 13, 2017.

NOTICE: This Fictitious Name Statement expires on March 13, 2022. A new Fictitious Business Name Statement must be filed prior to March 13, 2022. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).

El Segundo Herald: Pub. 4/6, 4/13, 4/20, 4/27/2017

**H-1613**

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

NOTICE: This Fictitious Name Statement expires on March 30, 2022. A new Fictitious Business Name Statement must be filed prior to March 30, 2022. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).

El Segundo Herald: Pub. 4/13, 4/20, 4/27, 5/4, 5/20/2017

**H-1620**

The following person(s) is (are) doing business as 1.) SIEVERS BURNETT PRESS, 1750 E. HOLLY AVE. SUITE A, EL SEGUNDO, CA 90245, LA COUNTY. 2.) REDWOOD PRESS. Registered Owner(s): STUDIO PRINTING INC., 1750 E. HOLLY AVE. SUITE A, EL SEGUNDO, CA 90245, CALIFORNIA. 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: STUDIO PRINTING, EDWARD H. SUO, PRESIDENT. This statement was filed with the County Recorder of Los Angeles County on MARCH 10, 2017. NOTICE: This Fictitious Name Statement expires on MARCH 10, 2022. A new Fictitious Business Name Statement must be filed prior to MARCH 10, 2022. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). El Segundo Herald: Pub. 3/23, 3/30, 4/6, 4/13/2017 **H-1609**

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

**NOTICE:** This Fictitious Name Statement expires on March 30, 2022. A new Fictitious Business Name Statement must be filed prior to March 30, 2022. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).

El Segundo Herald: Pub. 4/6, 4/13, 4/20, 4/27/2021

**H-1614**

The following person(s) is (are) doing business as OFFICE MOVE GURU, 17103 EASTWOOD AVENUE, TORRANCE, CA 90504, LOS ANGELES COUNTY. Registered Owner(s): LMR ENTERPRISES LLC, 17103 EASTWOOD AVENUE, TORRANCE, CA 90504. This business is being conducted by a LIMITED LIABILITY COMPANY. The registrant commenced to transact business under the fictitious business name or names listed above on: 03/2017. Signed: LMR ENTERPRISES LLC, OWNER, LAUREN MARIE RICHESON. This statement was filed with the County Recorder of Los Angeles County on April 11, 2017.

NOTICE: This Fictitious Name Statement expires on April 11, 2022. A new Fictitious Business Name Statement must be filed prior to April 11, 2022. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law. (See Section 14400 ET SEQ., Business and Professions Code).

Torrance Tribune: Pub. 4/13, 4/20, 4/27, 5/4/17 **HT-1621**

The following person(s) is (are)  
doing business as BOB AND MARC  
PLUMBING, 3336 W ROSECRANS  
AVENUE, HAWTHORNE, CA 90250,  
LOS ANGELES COUNTY. Registered  
Owner(s): SANDAN PLUMBING CO.,  
INC. 3336 W 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: 01/19/94.  
Signed: SANDAN PLUMBING CO.,  
INC., DANIEL VIENS, PRESIDENT.  
This statement was filed with the County  
Recorder of Los Angeles County on  
MARCH 21, 2017.  
NOTICE: This Fictitious Name Statement  
expires on MARCH 21, 2022. A new  
Fictitious Business Name Statement  
must be filed prior to MARCH 21, 2022.  
The filing of this statement does not of  
itself authorize the use in this state of a  
Fictitious Business Name in violation of  
the rights of another under Federal, State,  
or Common Law (See Section 14400 ET  
SEQ., Business and Professions Code).  
HAWTHORNE PRESS TRIBUNE: Pub.  
3/30, 4/6, 4/13, 4/20/2017 **HH-1610**

The following person(s) is (are) doing business as JAGUAR TENNIS ACADEMY, LLC., 906 E. IMPERIAL AVE., APT 1, EL SEGUNDO, CA, 90245, LOS ANGELES COUNTY. AI #ON: 201707210495. Registered Owner(s): JAGUAR TENNIS ACADEMY, LLC., 906 E. IMPERIAL AVE., APT 1, EL SEGUNDO, CA 90245. This business is being conducted by a limited liability corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: 04/2017. Signed: JAGUAR TENNIS ACADEMY, LLC., OWNER: SERGIU BOERICA. This statement was filed with the County Recorder of Los Angeles County on APRIL 3, 2017. NOTICE: This Fictitious Name Statement expires on APRIL 3, 2022. A new Fictitious Business Name Statement must be filed prior to APRIL 3, 2022. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law. (See Section 14400 ET SEQ., Business and Professions Code).  
El Segundo Herald: Pub 4/6, 4/13, 4/20, 4/27/2017 **H-1615**

The following person(s) is (are) doing business as SIDEVARD PUBLISHING, 100 CORPORATE POINTE, SUITE 390, CULVER CITY, CA 90230, LOS ANGELES COUNTY. Registered Owner(s): ELEVEN ELEVEN MEDIA, LLC, 100 CORPORATE POINTE SUITE 390, CULVER CITY, CA 90230, CA. 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: ELEVEN ELEVEN MEDIA, LLC., KEVIN SHINNICK, CFO. This statement was filed with the County Recorder of Los Angeles County on: MARCH 21, 2017.

NOTICE: This Fictitious Name Statement expires on MARCH 21, 2022. A new Fictitious Business Name Statement must be filed prior to MARCH 21, 2022.

The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).

El Segundo Herald: Pub. 3/30, 4/6, 4/13, 4/20/2017 H-1611

The following person(s) is (are) doing business as SOUTH BAY POOL-POUNDING & SPA RESTORATION, 816 CRENSHAW BLVD, TORRANCE, CA 90501, LOS ANGELES COUNTY. Registered Owner(s): HUGO DE AVILA MARQUEZ, 816 CRENSHAW BLVD, TORRANCE, CA, 90501. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: HUGO DE AVILA MARQUEZ, OWNER. This statement was filed with the County Recorder of Los Angeles County on March 21, 2017.

NOTICE: This Fictitious Name Statement expires on March 21, 2022. A new Fictitious Business Name Statement must be filed prior to March 21, 2022. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State or Common Law (See Section 14400 ET SEQ., Business and Professions Code).

El Segundo Herald: Pub. 4/13, 4/20/  
4/27, 5/4/2017 **H-1616**

<h1>PUBLIC NOTICES HERE</h1>	<p><b>For DBA's email us at:</b> dba@heraldpublications.com</p> <p><b>All other legal notices email us at:</b> legalnotices@heraldpublications.com</p> <p><b>Any questions?</b> Call us at 310-322-1830</p>
<p><b>ABANDONMENTS:</b> <b>\$125.00</b></p> <p><b>ABC NOTICES:</b> <b>\$125.00</b></p> <p><b>DBA</b> <b>(Fictitious Business Name):</b> <b>\$75.00</b></p> <p><b>NAME CHANGE:</b> <b>\$125.00</b></p>	<div data-bbox="1596 1953 1690 2050"></div> <p><b>HERALD</b> PUBLICATIONS</p> <p><b>COMMUNITIES COUNT</b></p>
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