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Weekend Forecast

Friday
Sunny
75°/64°



Saturday
Sunny
79°/64°



Sunday
Partly Cloudy
77°/64°



Mural Brightens Vincent Park Pool



A cheerful fish mural by Ron Lewis, aka REZIN, located at the Edward Vincent Junior Park swimming pool in Inglewood. Photo from Inglewood Public Art.

School Board Approves Agreement for Architectural, Engineering Services

By Cristian Vasquez

Members of the Hawthorne School Board unanimously approved architectural service agreement between the Hawthorne School District and Bryant Palmer Soto, Inc. for architectural and engineering services.

The approved architectural service agreement between HSD and Bryant Palmer Soto, Inc. will benefit Eucalyptus Elementary School through a proposal to install four relocatable structures on the campus.

Through Government Code Section 53060 the district is has the authority to “negotiate fees and execute a contract for professional services without a formal bid for such services,” states the report attached to the agenda. The scope of work for the four proposed relocatable structures is set at \$89,500 and is broken up into three sections.

Of the total cost for the A/E fee projections, \$39,000 fall under the label of basic architectural services, which includes the development of architectural plans for permit processing at DSA, permit processing at DSA and fire, and modular building permit plans, coordination and permitting.

Under engineering and additional services, expenses are projected to be \$29,000 and will cover: utility research and evaluation of existing utilities, conceptual electrical site plan and load estimate for electrical service, project meeting allowance, initial modular coordination, reimbursable expense allowance and they are all part of the preliminary design phase. In the plan for permit phase, part of the expenses include: site electrical plan and coordination, fire alarm/clocked bell/intrusion plan allowance, Cal Green 2013/conformance specifications, project meeting allowance and

reimbursable expense allowance.

The last portion of funds, \$21,000, covers construction support services and covers preconstruction/budgeting assistance, bid assistance, construction start up assistance, construction support during construction and DSA project close out and certification assistance.

Through Government Code Section 53060 the district is has the authority to “negotiate fees and execute a contract for professional services without a formal bid for such services,”

“BPS has a positive and responsible history with the Hawthorne School District,” is states in the agenda. “Several projects during the past fifteen (15) years reflect no design-based change orders and significant savings for the District.”

Board Members Agree To Arts Instruction Program For Three Elementary Schools

A unanimous vote by members of the school board will allow for Dream a World of Education, Inc. to provide arts instruction for kindergarten students at Eucalyptus, Jefferson, and Kornblum Elementary Schools.

The total cost of the program and all associated materials is capped off at \$45,866, but makes an exception with regards to the reimbursement of processing fees approved by the District.

Dream A World Education, Inc. is a non-profit organization committed to making a

significance difference in the lives of children by using art to help them develop critical thinking skills, social literacy and cultural understanding. Dream A World Education’s programs rely on the arts to instill in kids that they can use their skills to make a change in their world, and in that of those around them, as well. Through the use of professional artists and educators, this non-profit creates memorable arts experiences to children in grades K-2 in private and public schools, as well as community centers, churches and other special events.

Each campus has its own rationale and goals established for the program. For Eucalyptus the program is expected to “strengthen and expand arts education (including visual, performing and dance) in order to foster collaboration among students.” Jefferson’s rationale included strengthening and expanding “arts education in order to extend understanding of the arts, foster student collaboration, demonstrate skills to participate in authentic performances, and to build vocabulary,” while Kornblum students “will have the opportunity to participate in music, art and theater.”

For the Hawthorne School District, the cost for the agreement will be \$23,866 for Eucalyptus Elementary School, which averages out to \$73.43 per student and will benefit 325 students. The expense for Jefferson Elementary School is set at \$8,000 at an average cost of \$111.11 per student and will benefit 72 students. Lastly, the total cost for Kornblum Elementary is projected to be \$14,000 at an average cost of \$103 per student and will benefit 135 students. The funding source for these expenses is the Supplemental Concentration Enrichment Art. •

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.

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APARTMENT FOR RENT
1 Bed/1 Bath, in Southwest corner of town, w/ lots of storage both in unit and carport. Laundry on site, NO PETS. \$1350/mo. For more info call (310) 897-0035.

EMPLOYMENT
FINANCIAL MGRS
Square Enix. has an opportunity in El Segundo, CA for a Chief Financial Officer. Exp w/US GAAP & SOX compliance & Japan GAAP & SOX compliance. 10% domestic & int'l travel required. Reqs incl Master's

deg in Fin, Bus Admin or rel & 8 yrs exp. Mail resume to Attn: HR, 999 N. Sepulveda Blvd., 3rd Fl, El Segundo, CA 90245, Ref #ESKHA. Must be legally auth to work in the U.S. w/out sponsorship. EOE

SERVICES OFFERED
I will walk your med size, well trained on leash dog for free. El Segundo area only. Call 310-322-2587

YARD SALE
Going to college yard sale! Surfboard. Furniture. Toys. Clothes. And much much more! CASH ONLY! 300 Maryland St, ES Sat. 7am.

FOR LEASE
122 W. Imperial, ES 1,900sq.ft office space for Lease \$4,500/Month. Call 310-647-1635

FOR LEASE
1718 Mariposa Ave, El Segundo 1 bed 1 bath \$1,650.00/Month. Please call Sarah at Bill Ruane's office 310-647-1635

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Film Review

Straight Outta Compton is an Impassioned Tour N.W.A.'s Rise to Fame

By **Jared Anderson** for **CINEMACY**

Arguably, the film of the moment is F. Gary Gray's *Straight Outta Compton*. Propelled by an excellent marketing campaign (because, y'know, Dr. Dre was involved) and reverence for the film's subject, the film has stood out in the August box office doldrums. There's always a lot of generalizing about American audiences being "simpleminded," but if a 2.5-hour music drama can be the biggest hit

It's also inevitably self-referential for not only its producers (Ice Cube, Dre, and Easy-E's widow Tomica Woods-Wright) but also for F. Gary Gray, since the production of Friday is included here – he directed that too. This is probably why the film feels incredibly detailed and honest; it offers insight rather than hagiography. There's a real love for hip-hop demonstrated, and Gray especially highlights the creativity and energy of the medium in



Straight Outta Compton. Courtesy of Universal and Legendary Pictures.

of late summer, then we're probably doing just fine. Especially when it's one as fiery, comprehensive, and entertaining as this one, millions of fans aren't wrong.

The film spans about a decade of time, from the latter days of the Reagan era right into the median of Clinton's, and chronicles the origins of hip hop group N.W.A. as well as the rise to stardom that follows. One appeal of the film is how it manages to convey the story from the perspectives of the collective's members. The ones most prevalently featured are Eric Wright, O'Shea Jackson, and Andre Young (a.k.a. Easy-E, Ice Cube, and Dr. Dre, respectively). The narrative admirably keeps up with the individuals as it moves along, which gives an intimate quality to the film.

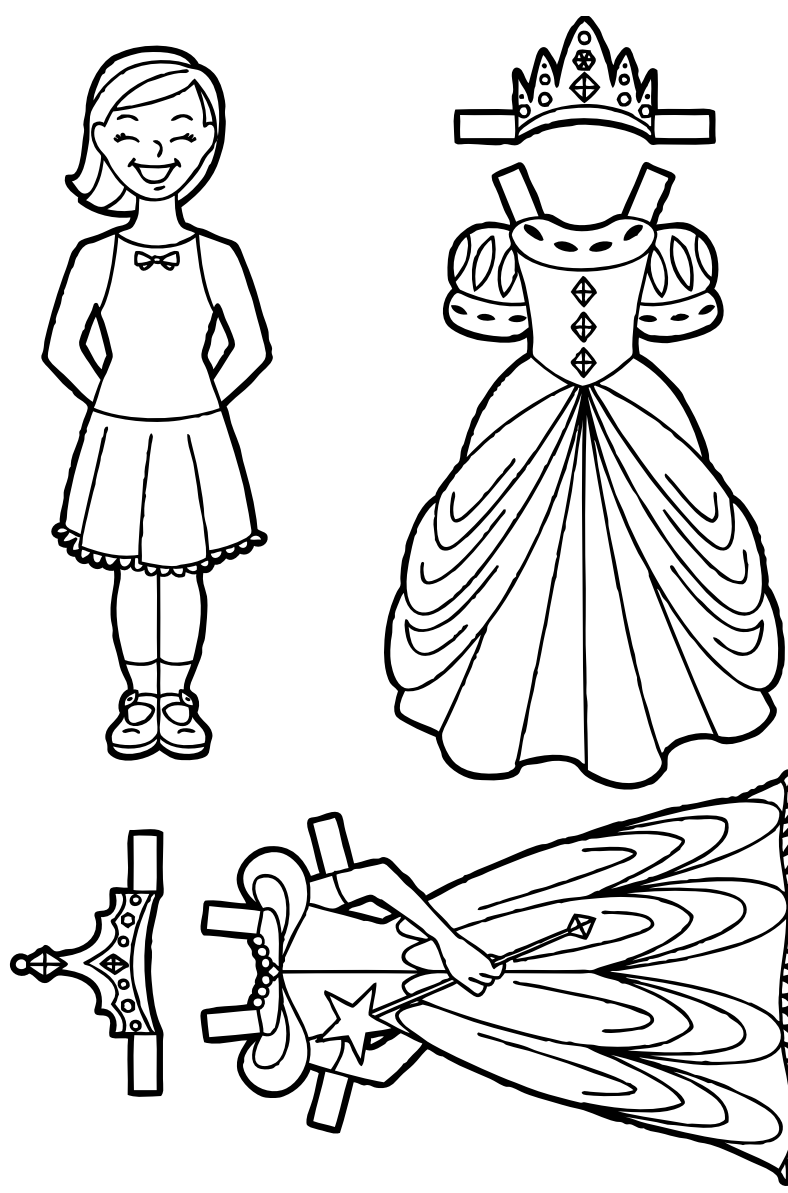
the recording sequences. Equally impressive are the N.W.A. concert scenes in the first half, which recapture a couple of the group's performances – including an infamous Detroit show that provoked a riot.

Straight Outta Compton is strongly acted across the board. Jason Mitchell and Corey Hawkins shine as E and Dre, as does O'Shea Jackson Jr. in portraying the ferocious talent of his father Ice Cube. Also excellent is the always-reliable Paul Giamatti as N.W.A. manager Jerry Heller (playing the snooty musician's manager for the second time this summer). And for the aforementioned run time, it zips along surprisingly well. It's absolutely one film that deserves the hype. *Straight Outta Compton* is now playing in theaters everywhere. •


Police Reports

Mon 8/17/15 to Sun 8/23/15
ROBBERY 2800 W 120TH ST PARKING LOT, GARAGE, PAID Mon 08/17/15 11:38
Property Taken: M&K Black Purse, M&K Black Wallet, \$1500, \$100's And \$20's, CDL
ROBBERY 14000 S PRAIRIE AV PARK-PLAYGROUNDS Mon 08/17/15 10:30
Property Taken: Black Leather, Misc. Bills, Current And Expired Id's, Net Spend 0 Balance Debit Card, Ms323 Model, Metro Pcs, Cracked Screen
ROBBERY 12800 S CRENSHAW BL CONVENIENCE STORE Fri 08/21/15 18:18
Property Taken: (2) Gold Samsung Galaxy S6 Cellphones, White Samsung Galaxy S6 Cellphone, (5) Silver Samsung Prime Cellphones, \$4,000.000 Us Currency
ROBBERY W 139TH ST/S KORNBLUM AV STREET, HIGHWAY, ALLEY Sat 08/22/15 09:50
Property Taken: White Samsung Galaxy S6
ROBBERY 4200 W EL SEGUNDO BL MOTEL & HOTEL ROOM Sat 08/22/15 14:19
Property Taken: Four Hundred Dollars Cash, Boost Mobile Lg Cell Phone
ROBBERY W 137TH PL/S RAMONA AV OTHER Sun 08/23/15 00:29
BURGLARY – RESIDENTIAL 13300 S DOTY AV APARTMENT/CONDO Mon 08/17/15 01:34
Property Taken: \$120.00 (6-\$20.00 Bills), (1) Apple Iphone 6 (White)
BURGLARY – RESIDENTIAL 12800 S PRAIRIE AV APARTMENT COMMON AREAS (LNDRY,CLB HSE,ETC) Mon 08/17/15 04:05
Property Taken: Unknown Object
BURGLARY – COMMERCIAL 3800 W ROSECRANS AV GROCERY, SMALL STORE Mon 08/17/15 02:19
Property Taken: Drugs, Narcotics
BURGLARY 5000 W 120TH ST Mon 08/17 16:28


BURGLARY – RESIDENTIAL 11400 S GREVILLEA AV HOUSE Mon 08/17/15 17:00
BURGLARY – RESIDENTIAL 3900 W 119TH ST HOUSE Wed 08/19/15 17:56
Property Taken: Cash
BURGLARY 11600 S BIRCH AV Thu 08/20 05:40
BURGLARY – RESIDENTIAL 4100 W 132ND ST HOUSE Thu 08/20/15 08:54
Property Taken: Lockbox Containing House Key
BURGLARY – RESIDENTIAL 5000 W 118TH PL HOUSE Thu 08/20/15 17:23
Property Taken: Wht Apple Ipad Air 32gb, Blk Dell Laptop, Misc. Perfumes And Lotions, Black And Gold Wrist Watch, 2 Gold Chain Neclaces, Gold Heart Shaped Diamond Ring, 2 Gold W/Misc Stone Rings, Gold Diamond And Ruby Ring, Yellow Gold Earrings, Wht Gold Earrings
BURGLARY 14000 S CORDARY AV Fri 08/21 10:08
BURGLARY – COMMERCIAL 14200 S PRAIRIE AV BARBER, BEAUTY SHOPS Fri 08/21/15 10:00
Property Taken: Black Sharp Cash Register, \$80 US Currency, 10 Bottles Of Salem Hair Protein, 3 Bottles Of Salem Hair Gel
BURGLARY – COMMERCIAL 13800 S PRAIRIE AV LIQUOR STORE Sat 08/22/15 11:26
Property Taken: Lighters, Boxes Of Cigarettes, 20-\$1's / 3-\$10's / 5-\$5's
BURGLARY 11700 S MENLO AV Sat 08/22 10:52
BURGLARY 13600 S YUKON AV Sat 08/22 17:10
BURGLARY 3500 W 139TH ST Sat 08/22 19:48
Property Taken: (1) Auxiliary Phone Cord, (1) Parking Gate Remote (Grey W/White Button) •



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Community Briefs

Small Business Institute Seminars

The Small Business Institute of Hawthorne will provide a series of seminars for community businesses and organizations at 12519 Crenshaw Blvd., from 10am-12pm. The following areas will be covered in the SBI: taxation, payroll, bank products (qualifying), organizational structure, and doing business in Hawthorne. RSVP sbaker@hawthorne-chamber.com

LA County DPSS in Partnership with SBWIB Offers Transitional Subsidized Employment Program

The South Bay Workforce Investment Board (SBWIB) is reaching out to businesses, public agencies and nonprofit organizations throughout Los Angeles County to take advantage of the Transitional Subsidized Employment Program (TSE) that provides entry-level employees, whose wages in some cases can be fully subsidized for up to eight months. These employees' wages, taxes, and Workers Compensation costs are covered by the SBWIB, which serves as the employer of record.

The LA County DPSS GAIN Program recruits and screens job applicants who are then referred to participating career centers and eventually get interviewed by potential work sites which makes the final determination of hiring and training them. Entry-level employees hired by nonprofit and public/governmental agencies receive the minimum wage and can work up to 40 hours/week for an eight-month period. The employer then has the option to retain the employee or not.

TSE employees selected by private for profit businesses are fully subsidized for the first two months while the employer provides them with job skills and other training to help them succeed. During the next four months the employer hires them for on the job training and can receive a monthly subsidy up to \$550 per employee. After the four months the business retains the worker on their staff. Interested employers wanting to sign up for the TSE Program, or needing further information should contact Teresa Akins or David Nelms at the SBWIB GAIN Unit at 310-970-7796.

Diversity Employment Day Career Fair

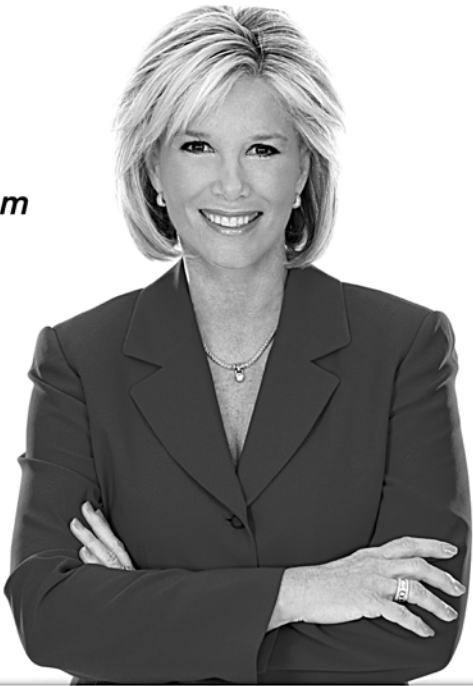
The 15th annual Diversity Employment Day Career Fair will be held Thursday, Sept 10 at the Holiday Inn LAX (9901 S La Cienega Blvd) from 11am to 3pm. The career fair is free and open to the general public 18 years of age and older. Business attire and resumes are required. Resumes can also be emailed to fastrack@citycareerfair.com with BAY AREA II in the subject line. •

“Bad laws are the worst sort of tyranny”.
- EDMUND BURKE

Finding Senior Housing
can be complex,
but it doesn't have to be.

“You can trust
A Place for Mom
to help you.”

– Joan Lunden



Call A Place for Mom. Our Advisors are trusted, local experts who can help you understand your options. Since 2000, we've helped over one million families find senior living solutions that meet their unique needs.

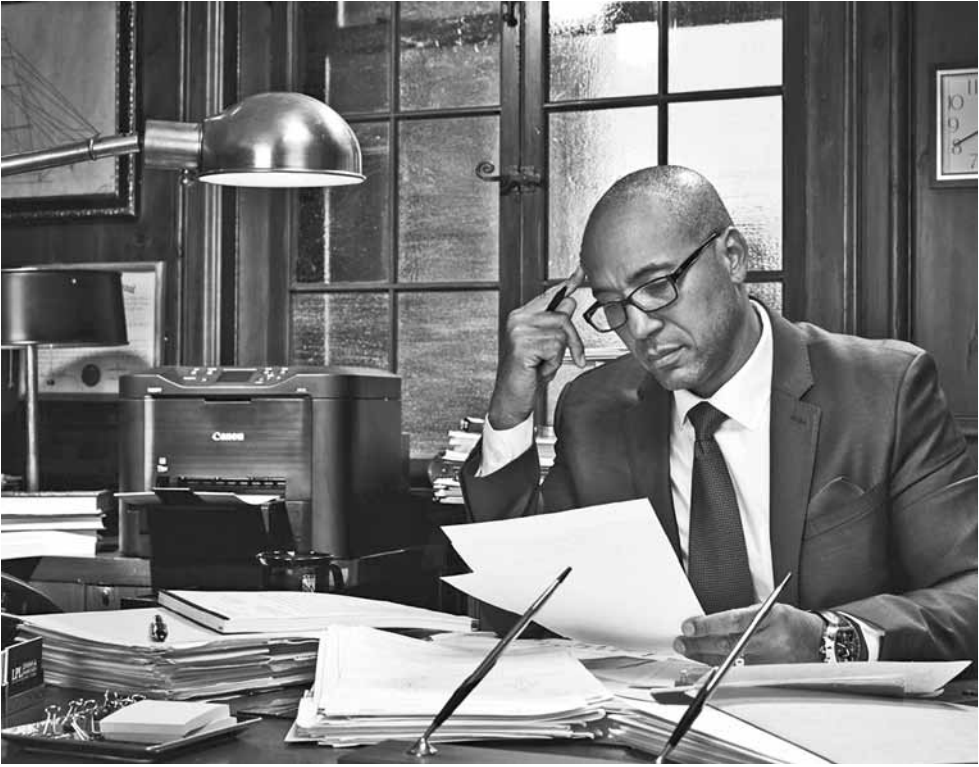


A Free Service for Families.
(800) 605-7996

A Place for Mom is the nation's largest senior living referral information service. We do not own, operate, endorse or recommend any senior living community. We are paid by partner communities, so our services are completely free to families.

Finance

Five Ways To Make Your Home Office Efficient And Productive



(BPT) - Working from home is a growing trend, with 3.3 million people telecommuting at least half the time, according to the 2012 American Community Survey conducted by Global Workplace Analytics. The cost savings for not having to commute, being able to work in the comfort of your own home and having fewer distractions are all benefits to setting up a home office.

If you're working from home full-time, or just one day a week, having your home office designed for increased efficiency is important. Here are some tips for layout and design so you can enjoy spending time at the office - while at home.

- **Make it a comfortable space** - A comfy work chair, space to pace if you like to walk while chatting on the phone, a clear desk space dedicated to work-related materials ... all of these elements are important for designing an efficient home office. Just be careful you don't get too comfortable. For example, a bean bag instead of a chair doesn't provide a professional ambiance, and that can reduce your productivity.
- **Install good lighting** - You can put a home office anywhere in the house, including the basement or garage if these areas are temperature-controlled. To help ensure that it's an enjoyable space in which to work, install quality lighting. Even if you have a window, you'll need good quality lighting on cloudy days so you can boost your mood, energy and productivity.
- **Have efficient technology** - The company office will likely have copy machines to sort, print, staple and even email documents for you. When you work from home, you need a printer that provides you with quick, quality prints, preferably without having to spend a lot of money. The Canon MAXIFY MB2320 Home Office Inkjet Printer holds a full ream of paper in the paper tray and delivers a high-page yield with its XL ink tanks. The MAXIFY MB2320 printer is built to last for all your home-business needs and is supported by Canon U.S.A.'s 100 percent U.S.-based customer service and support.
- **Connect with the outside world** - Just because you're working from home doesn't mean you won't be working consistently with others. A strong Wi-Fi connection is a necessity for a home office. Wi-Fi connectivity will allow you to work in your home office, and also anywhere in your home. Additionally, a quality headset for your phone or cellphone will allow you to communicate with co-workers and clients without forcing them to compensate for the background noises in your home, like your washing machine or barking dog.
- **Keep it homey** - Office furniture, by its nature, is very industrial; and you don't necessarily want your home looking that way. Decorate your office like you would the rest of your home. For example, if you need to store files, instead of using a file cabinet, tuck them into a cedar chest or an ottoman. And for drawer storage, consider incorporating other home furniture like a buffet or a wardrobe to keep everything handy - as well as hidden when you're not working.

Working from home isn't just for entrepreneurs any more, as technology is making it very easy for employees of companies of all sizes to work away from the office. If your home office is arranged so you can work efficiently and comfortably, you'll enjoy the benefit so much more. •

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Sports

Morningside Outlasts Leuzinger in Season Opener

By Joe Snyder
Photo by Joe Snyder

Morningside High's football team opened the season with a 48-36 win over Leuzinger High in a non-league game last Friday at Coleman Stadium in Inglewood. The Monarchs were led by Adarrus Wilson, who scored two touchdowns, including a game-clinching 50-yard interception return.

Morningside started fast with a 34-6 third quarter lead before seeing the Olympians rally to grab a 36-34 advantage midway in the fourth quarter when running back Lionel Smith scored on a 10-yard run. Charles Akanno came back and gave the Monarchs the lead for good on a three-yard touchdown run with about four minutes left. Wilson, then, sealed the game on his scoring interception.

Wilson, also a CIF-Southern Section sprint qualifier in track and field, added a 90-yard kickoff return. Smith scored three TD's on runs. The Monarchs visit CIF-Los Angeles City Section school University Friday at 7 p.m.

Things will not get much easier as the Olympians host defending Ocean League champion El Segundo at the same time. The Eagles lost most of their top players from last season, including premier quarterback Lars Nootbar, who is now at University of Southern California on a baseball scholarship, but El Segundo, under a very good head coach in Steve Shevlin, will continue to be very tough and a top contender for the league crown.

CARDINALS SEEK OCEAN CROWN

Last year, along with El Segundo, Lawndale High joined the Ocean League and the Cardinals had one of their best seasons in their second stint (2002-date) of the school by placing second in league behind the Eagles.

Lawndale advanced to the CIF-Southern Section Western Division playoffs against eventual champion Palos Verdes. The Cardinals pushed the Sea Kings to the limit before falling on the short end of a 35-28 score. P.V. won the crown by topping a very good Ventura team 32-24 on the road.

The Cardinals will be highlighted by fourth-year starting varsity quarterback Chris Murray. If he keeps his success, he should have an



Quarterback Chris Murray prepares to throw to a receiver during a Lawndale football game last season. Murray hopes to key the Cardinals to an Ocean League and, possibly, a CIF-Southern Section Western Division championship this year. The Cardinals open the season at home against South Torrance Friday at 7 p.m.

outstanding season and hopes that he'll be heavily recruited by Major NCAA Division I colleges. Last year, Murray combined for more than 2,000 yards passing and rushing as he dominated several teams. When he passes, he will have two targets in all-around player Bryant Perkinson and Boise State University-commit wide receiver-defensive back Jaylen Walker. Both are also returning all-league seniors.

According to first year head coach Travis Clark, Perkinson will be used a running back, wide receiver and defensive back. Senior running back Zach Cooper will lead Lawndale's ground attack.

"At this part, things are working," Clark

said. "We're trying to change the culture."

Lawndale begins the season Friday at home against South Torrance, a team that the Cardinals played against in the Pioneer League up until moving to the Ocean last year. Last season, the Spartans placed fourth in the highly competitive Pioneer League before falling to Ventura in the first round of the Western Division playoffs.

South should continue to be very competitive in the Pioneer with 11 returning starters, led by a very experienced quarterback Gabe Zuniga.

"He's a good player," Clark said of Zuniga. "He's real dangerous."

It will definitely be a good match-up between Zuniga and Murray. Zuniga has

two very good receivers in returning starters Carl Richardson and Noa Harrison. South's defense is led by returning all-Pioneer League defensive back Tanner Thompson.

HAWTHORNE SEEKS TO MOVE UP

Over the past several seasons, Hawthorne High's football program has gone through a dark age but it hopes that it can finally pull through for a better season. The Cougars are getting some hope with key returning starters in senior running back-strong safety Benjamin Del Gado, senior wide receiver-free safety Jaylen Morgan, junior offensive lineman David Gonzalez and junior wide receiver-cornerback Marte Matu. Matu is also a candidate for the starting quarterback, along with junior Redondo transfer Andrew Kalenski.

"We're mostly junior dominated," Hawthorne head coach Donald Paysinger said. "We only have eight or nine seniors. We have some experience. We'll keep working. We're still learning."

Hawthorne opens its season at home against Lynwood Friday at 7 p.m.

SENTS BEGIN UNDER NEW COACH

Inglewood High's football team starts its season at home against Laguna Hills under new head coach James Sims Friday at 7 p.m. The Sentinels lost head coach Jason Miller and top assistant James Durk, who opted to move to Dominguez High in Compton. Along with them, Inglewood lost several players who transferred to other schools, including some who chose to follow Miller to Dominguez.

Inglewood has just four returning starters but some are good including junior Kevin Lucas, a returning all-Bay League junior. Others are senior linebacker-fullback Roderick Long, senior lineman Eric King and sophomore linebacker-tight end Jerome Cook.

Last year, the Sentinels finished 4-6 overall, including two forfeit losses caused by an early game ending scuffle in a non-league game against North Torrance where most players were ejected and were ineligible to play the next game against L.A. University. Inglewood ended up forfeiting that game to the Wildcats. •

Seniors

Customized Knee Implants Offer Advantages To Patients

(BPT) - By 2030, the number of people turning to knee replacement surgery to end pain and regain mobility will likely increase to 3.5 million annually, according to the American Academy of Orthopaedic Surgeons. For many patients, recovery from knee replacement surgery is painful and slow, and the results are often not what people expect. Multiple clinical studies have found that on average one in five patients who have a knee replacement are dissatisfied with the result because of pain after surgery or because their new knee feels unnatural.

Seventy-two-year-old Ohio resident Tedd Boomershine went from running daily to having trouble walking and completing day to day tasks. When the pain became so severe it was debilitating, he decided to look into replacement surgery for both of his knees. His doctor told him about his options, including a customized implant from ConforMIS, Inc. called iTotal(R) that is now available for total knee replacements. He liked the idea that the implant would be specifically designed to fit his anatomy based on a CT scan of his knees.

"I had no second thoughts about surgery at all. I wanted to get back to my active lifestyle and enjoy my evening walks with my dog, Stella, again," says Boomershine. "Two weeks



after my bilateral surgery with the ConforMIS customized knees, I was walking without the assistance of a cane or a walker and I was able to drive. Now after eight months, my knees are pain free and have total flexibility, my legs are straighter, my stride is better and

I no longer have lower back pain. The best part is that I have been able to resume my evening walks with Stella."

Seven weeks after surgery Boomershine was able to walk to his fitness center, ride the bike and do weight machines and then

walk back home, a total of three miles daily. Dr. Dan Dunaway, of Far Oaks Orthopedists in Dayton, Ohio reports that Boomershine's recovery is similar to other iTotal recoveries he has seen.

"Tedd has had an outstanding recovery, which is something we are now regularly seeing for patients who have both total and partial knee replacements with ConforMIS customized implants. Patients are able to get back to their normal routines much faster and with less pain. With an implant that is designed to fit that patient, the surgery often involves less blood loss and we can retain more of the patient's natural knee. This is a major advance in knee replacement surgery," says Dunaway.

Dunaway suggests that all patients ask their surgeon some important questions before making a decision about knee surgery:

- Is a customized knee implant that is designed based on my own anatomy an option for me?
- Could a customized knee mean less pain and a faster recovery?
- Will I be able to enjoy an active lifestyle again?

For more information about ConforMIS customized implants please visit: www.conformis.com. •

PETSPETS **Pets** PETSPETS

Wowser Schnauzers



Romi is a little girl who needs lots of love.

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 Highway Redondo Beach 90277, from noon-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!

I'm **Romi**, a three-year old female purebred Miniature Schnauzer who was most likely dumped because my previous owners had a baby. They relinquished me to a shelter because I was "throwing up and had diarrhea" but truthfully, I think I was just having some adjustment issues with the new addition to the family. When the MSFR folks rescued me, they took me directly to their Vet where I had x-rays, and a fecal test done. There were no underlying medical problems, however, I was put on a special diet just to be safe and given precautionary medications. Since being rescued, I have exhibited no symptoms and I'm no longer on a special diet or medications. I've been spayed, had a dental exam, an umbilical hernia repaired and I'm now ready for my new home. I will admit that I am a picky eater most likely because I was an only dog and a free feeder rather than being on a feeding schedule. I'm not a very big girl, only 15 pounds but with my natural ears, docked tail and huge expressive eyes, I am a real cutie. If you are interested in Romi please email info@msfr.org for more information.

If I may, let me introduce myself. My name is **Charlotte** and I'm a two-year old glistening white female Miniature Schnauzer who is looking for someone to love. The MSFR folks rescued me just as my previous owner was returning me to a LA county shelter. I still can't believe I got returned because their Yorkie was too aggressive with me. What's a cute, little 12 pound gal to do? For six weeks I tried my best to be the perfect "daughter" and who is it that get's dumped? ME!!! I get along very well with dogs - at least those that are civilized to me - but I'm a bit shy at first meeting. Once I get to know you, I'll be your best friend and loyal companion. If you are interested in Charlotte please email info@msfr.org for more information.

Hi there, I'm **Linus**! I'm a nine-month old male Miniature Schnauzer mix who got lost and ended up at a LA county shelter as a stray. I had some folks interested in me and even had a family that was scheduled to adopt me. Sadly, they must have changed their minds at the last minute because they never came to make it official. The MSFR folks literally came to my rescue and I am so very thankful to them. They always tell me that I super sweet and what a great little (only 14 pounds) guy I am. I'm very friendly with other dogs and love people. I'm not exactly a non-shedder because I'm a mix but you could call me a low shedder because it's not very much. The best news is that when I get groomed I can get a Schnauzer cut or



Linus is very sweet and doesn't shed a lot.

you can just let me go au naturel! If you are interested in Linus, please email info@msfr.org for more information.

Hello - my name is **Stuart Little**. I am a two-year old male terrier mix who will steal your heart. I was rescued from a high-kill shelter in San Bernardino after what is considered a lengthy stay of three weeks. My personality and temperament made me stand out and I became a shelter favorite in no time. I really am a joyful, sweet, fun-loving, guy. Everyone loves me and I love

everyone. I'm very friendly with people and I get along great with other dogs - both large and small. I've got lots of energy and like to play but I also love to lie quietly in a lap to be petted. I'm only 14 pounds and full grown so I won't outgrow your lap and I'm a great cuddle bug! I travel well in the car and I'm crate trained so what more can you ask for? Stuart Little can be seen anytime at Yellow Brick Road Doggie Playcare in El Segundo Call 310-606-5507 or email southbaydoggie@hotmail.com for appointment. •



Charlotte is a little shy at first but soon warms up.



Stuart Little is very loving and wants to play.



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PUBLIC NOTICES

T.S.No.14-4147-11 NOTICE OF TRUSTEE'S SALE NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED 注：本文件包含一个信息摘要 참고사항: 본 첨부 문서에 정보 요약서가 있습니다. NOTA: SE ADJUNTA UN RESUMEN DE LA INFORMACIÓN DE ESTE DOCUMENTO TALA: MAYROONG BUOD NG IMPORMASYON SA DOKUMENTONG ITO NA NAKALAKIP LUJY Y: KEM THEO ĐẦY LÀ BẢN TRÌNH BÀY TÓM LƯỢC VỀ THÔNG TIN TRONG TÀI LIỆU NÀY PLEASE NOTE THAT PURSUANT TO CIVIL CODE § 2923.3(d)(1) THE ABOVE STATEMENT IS REQUIRED TO APPEAR ON THIS DOCUMENT BUT PURSUANT TO CIVIL CODE § 2923.3(a) THE SUMMARY OF INFORMATION IS NOT REQUIRED TO BE RECORDED OR PUBLISHED AND THE SUMMARY OF INFORMATION NEED ONLY BE MAILED TO THE MORTGAGOR OR TRUSTOR YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 6/4/2004. 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. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state will be held by the duly appointed trustee as shown below, of all right, title, and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The 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 the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. Trustor: JAIME CUEVAS AND ELIZABETH M. CUEVAS, HUSBAND AND WIFE AS JOINT TENANTS Duly Appointed Trustee: The Wolf Firm, A Law Corporation Recorded 6/14/2004 as Instrument No. 04 1502789 of Official Records in the office of the Recorder of Los Angeles County, California, Street Address or other common designation of real property: 4709 WEST 171ST STREET LAWDALE, CA A.P.N.: 4081-005-016 Date of Sale: 9/17/2015 at 9:00AM Place of Sale: At the Vineyard Ballroom, Doubletree Hotel Los Angeles-Norwalk, 13111 Sycamore Drive, Norwalk, CA 90650 Amount of unpaid balance and other charges: \$177,281.38, estimated The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown above. If no street address or other common designation is shown, directions to the location of the property may be obtained by sending a written request to the beneficiary within 10 days of the date of first publication of this Notice of Sale. 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

To: Defendant, Illegally Uninsured Employer Applicant: HELIODORO MEZA; ADJ. 9341946 Defendant: CHARLES ANDRE CHARVET, an individual dba A CITY OF ROOFING NOTICES 1) A lawsuit, the Application for Adjudication of Claim, has been filed with the Worker's Compensation Appeals Board against you as the named defendant by the above - named applicant. You may seek the advice of an attorney in any matter connected with this lawsuit and such attorney should be consulted promptly so that your response may be filed and entered in a timely fashion. If you do not know an attorney, you may call an attorney reference service or a legal aid office. You may also request assistance/information from Information and Assistance Officer of the Division of Worker's Compensation (see telephone directory.) 2) An answer to the Application must be filed and served within six days of the service of the Application pursuant to Appeals Board rules; therefore, your written response must be filed with the Appeals Board promptly, a letter or phone call will not protect your interests. 3) You will be served with a Notice(s) of Hearing and must appear at all hearings or

NOTICE OF PETITION TO ADMINISTER ESTATE OF: LOUISE MARIE GREENE CASE NO. BP165978 To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of LOUISE MARIE GREENE. A PETITION FOR PROBATE has been filed by MICHAEL ANTHONY GREENE in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that MICHAEL ANTHONY GREENE 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 with limited authority. (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: 09/23/15 at 8:30AM in Dept. 29 located at 111 N. HILL ST., LOS ANGELES, CA 90012 IF YOU OBJECT to the granting of the petition,

conferences. After such hearing, even absent your appearance, a decision may be made and an award of compensation benefits may issue against you. The award could result in garnishment of your wages, taking of your money or property, or other relief. If the Appeals Board makes an award against you, your house or other dwelling or other property may be taken to satisfy that award in a non-judicial sale, with no exemptions from execution. A lien may also be imposed upon your property without further hearing and before the issuance of an award. 4) You must notify the Appeals Board of the proper address for the service of official notices and papers and notify the Appeals Board of any changes in that address. Name and address of Appeals Board: Worker's Compensation Appeals Board 6150 Van Nuys Blvd. Rm 110 Van Nuys, CA 91401 Name of Applicant's Attorney Robert D Blinder Esq./ Glazer & Blinder 23945 Calabasas Rd, Suite 200 Calabasas, CA 91302 Inglewood News Pub. 8/13, 8/20, 8/27, 9/3/15 **HL-24817**

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 DAVID J. WORKMAN SBN 165891 LAW OFFICES OF DAVID J. WORKMAN 21515 HAWTHORNE BLVD #1150 TORRANCE CA 90503 9/3, 9/10, 9/17/15 CNS-2790824# LAWDALE NEWS Pub. 9/3, 9/10, 9/17/15 **HL-24832**

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 (800) 280-2832 or visit this Internet Web site www.auction.com, using the file number assigned to this case 14-4147-11. 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. Date: 8/7/2015 The Wolf Firm, A Law Corporation 2955 Main Street, 2nd Floor Irvine, California 92614 Foreclosure Department (949) 720-9200 Sale Information Only: (800) 280-2832 Auction.com Sindy Clements, Foreclosure Officer NPP0254053 To: LAWDALE TRIBUNE 08/20/2015, 08/27/2015, 09/03/2015 Lawndale Tribune Pub. 8/20, 8/27, 9/3/15 **HL-24826**

Order to Show Cause for Change of Name Case No. SS028361 Superior Court of California, County of Petition of: Rachel Kristen Johndrow for Change of Name TO ALL INTERESTED PERSONS: Petitioner filed a petition with this court for a decree changing names as follows: Rachel Kristen Johndrow to Rachael Kristen Jeandreau The Court orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. Notice of Hearing: Date: September 18, 2015, Time: 8:30am, Dept: K The address of the court is 1725 Main St., RM 102 Santa Monica, CA 90401 A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: Hawthorne Press Tribune Date: JUL 24 2015 Gerald Rosenberg Judge of the Superior Court Hawthorne Press Tribune Pub. 8/13, 8/20, 8/27, 9/3/15 **HH-24811**

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Looking Up

Stunning New Images from Dwarf Planet Ceres



Ceres's Gaue Crater, 52 miles long, in a photo taken by NASA's Dawn Spacecraft from a distance of 915 miles on August 18, 2015. Dawn, a project of the NASA Discovery Program, is managed by JPL for NASA's Science Mission Directorate. Credit: NASA/JPL-Caltech/UCLA/MPS/DLR/IDA.

Based off press releases from NASA, provided by Bob Eklund

Striking 3-D detail highlights a towering mountain, the brightest spots and other features on dwarf planet Ceres in a new video from NASA's Dawn mission. The video is available at: <http://www.jpl.nasa.gov/video/details.php?id=1392>

A prominent mountain with bright streaks on its steep slopes is especially fascinating to scientists. The peak's shape has been likened to a cone or a pyramid. It appears to be about 4 miles high, with respect to the surface around it, according to the latest estimates. This means the mountain has about the same elevation as Mount McKinley in Denali National Park, Alaska, the highest point in North America.

"This mountain is among the tallest features we've seen on Ceres to date," said Dawn science team member Paul Schenk, a geologist at the Lunar and Planetary Institute, Houston. "It's unusual that it's not associated with a crater. Why is it sitting in the middle of nowhere? We don't know yet, but we may find out with closer observations."

Also puzzling is the famous Occator (oh-KAH-tor) crater, home to Ceres' brightest spots. A new animation simulates the experience of a close flyover of this area.

The crater takes its name from the Roman agriculture deity of harrowing, a method of pulverizing and smoothing soil.

In examining the way Occator's bright spots reflect light at different wavelengths, the Dawn science team has not found evidence that is consistent with ice. The spots' albedo—a measure of the amount of light reflected—is also lower than predictions for concentrations of ice at the surface.

"The science team is continuing to evaluate the data and discuss theories about these bright spots at Occator," said Chris Russell, Dawn's principal investigator at the University of California, Los Angeles. "We are now comparing the spots with the reflective properties of salt, but we are still puzzled by their source. We look forward to new, higher-resolution data from the mission's next orbital phase."

Ceres, with a diameter of 584 miles, is the largest object in the main asteroid belt between Mars and Jupiter. At its current orbital altitude of 915 miles, Dawn takes 11 days to capture and return images of Ceres' whole surface. Each 11-day cycle consists of 14 orbits. Over the next two months, the spacecraft will map the entirety of Ceres six times.

The spacecraft is using its framing camera to extensively map the surface, enabling 3-D modeling. Every image from this orbit has a resolution of 450 feet per pixel, and covers less than 1 percent of the surface of Ceres. At the same time, Dawn's visible and infrared mapping spectrometer is collecting data that will give scientists a better understanding of the minerals found on Ceres' surface.

Engineers and scientists will also refine their measurements of Ceres' gravity field, which will help mission planners in designing Dawn's next orbit as well as the journey to get there. In late October, Dawn will begin spiraling toward this final orbit, which will be at an altitude of 230 miles.

Dawn is the first mission to visit a dwarf planet, and the first to orbit two distinct solar system targets. It orbited protoplanet Vesta for 14 months in 2011 and 2012, and arrived at Ceres on March 6, 2015. •



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Fictitious Business
Name Statement
2015204941

The following person(s) is (are) doing
business as iBody Sports Therapy, 240
Center Street, El Segundo, CA 90245, Los
Angeles County. Registered Owner(s):
Yolanda Richeson, 824 E. Grand Ave #6,
El Segundo, CA 90245. This business
is being conducted by an Individual.
The registrant commenced to transact
business under the fictitious business
name or names listed above on: N/A.
Signed: Yolanda Richeson, Owner. This
statement was filed with the County
Recorder of Los Angeles County on
August 6, 2015.

NOTICE: This Fictitious Name Statement
expires on August 6, 2020. A new Fictitious
Business Name Statement must be filed
prior to August 6, 2020. The filing of this
statement does not of itself authorize the
use in this state of a Fictitious Business
Name in violation of the rights of another
under Federal, State, or Common Law
(See Section 14400 ET SEQ., Business
and Professions Code).

El Segundo Herald: Pub. 8/13, 8/20,
8/27, 9/3/2015. H-1302

Fictitious Business
Name Statement
2015196568

The following person(s) is (are) doing
business as New Horizons Aircraft Ignition
Repair, 308 #B E. Franklin Ave., El
Segundo, CA 90245, Los Angeles County.
Registered Owner(s): 1) Howard R.
Johnson, 1049 E. Acacia Ave., El Segundo,
CA 90245; 2) Nancy L. Johnson, 1049 E.
Acacia Ave., El Segundo, CA 90245. 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:
Aug. 21, 1987. Signed: Howard R.
Johnson, Owner. This statement was filed
with the County Recorder of Los Angeles
County on July 28, 2015.

NOTICE: This Fictitious Name Statement
expires on July 28, 2020. A new Fictitious
Business Name Statement must be filed
prior to July 28, 2020. The filing of this
statement does not of itself authorize the
use in this state of a Fictitious Business
Name in violation of the rights of another
under Federal, State, or Common Law
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El Segundo Herald: Pub. 8/13, 8/20,
8/27, 9/3/2015. H-1306

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(Fictitious Business Name):
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Fictitious Business
Name Statement
2015193686

The following person(s) is (are) doing
business as 1) "Powell-Contract: UCC
Treasury Trust Account.", 2) Exemption ID:
409155639, 4024 W 165 ST, LAWNDAL, CA
90260, LOS ANGELES COUNTY. Registered
Owner(s): BRYAN ONEAL
POWELL, 4024 W 165 ST, LAWNDAL, CA
90260. This business is being
conducted by an Individual. The registrant
commenced to transact business under
the fictitious business name or names
listed above on: July 7th. Signed: BRYAN
ONEAL POWELL, Owner. This statement
was filed with the County Recorder of Los
Angeles County on July 24, 2015.

NOTICE: This Fictitious Name Statement
expires on July 24, 2020. A new Fictitious
Business Name Statement must be filed
prior to July 24, 2020. The filing of this
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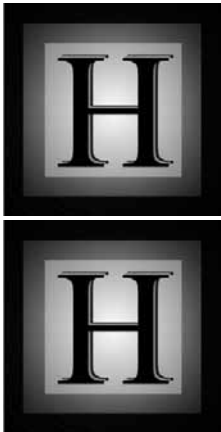
Lawndale Tribune: Pub. 8/13, 8/20, 8/27,
9/3/2015. HL-1303

Fictitious Business
Name Statement
2015193501

The following person(s) is (are) doing
business as COFFEE PLUS RM, 2525
W 190TH ST, TORRANCE, CA 90504,
LOS ANGELES COUNTY. Registered
Owner(s): 1) MOHAMED RASHEED
ABDUL LATHIEF, 1641 242ND PLACE
#E, HARBOR CITY, CA 90710; 2)
FATHIMA MUNAZZAH LATHIEF, 1641
242ND PLACE #E, HARBOR CITY, CA
90710. 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: MOHAMED
RASHEED ABDUL LATHIEF, OWNER.
This statement was filed with the County
Recorder of Los Angeles County on July
23, 2015.

NOTICE: This Fictitious Name Statement
expires on July 23, 2020. A new Fictitious
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Torrance Tribune: Pub. 8/13, 8/20,
8/27, 9/3/2015. HT-1304



Fictitious Business
Name Statement
2015217250

The following person(s) is (are) doing
business as FEED THE SOUL, 3650
EMERALD ST X-2, TORRANCE, CA
90503-3522, LOS ANGELES COUNTY.
Registered Owner(s): INDIAARA AZIBO,
3650 EMERALD ST X-2, TORRANCE,
CA 90503-3522. This business is being
conducted by an Individual. The registrant
commenced to transact business under
the fictitious business name or names
listed above on: 06/27/2015. Signed:
INDIAARA AZIBO, Owner. This statement
was filed with the County Recorder of Los
Angeles County on August 20, 2015.

NOTICE: This Fictitious Name Statement
expires on August 20, 2020. A new
Fictitious Business Name Statement
must be filed prior to August 20, 2020.
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Torrance Tribune: Pub. 9/3, 9/10, 9/17,
9/24/2015. HT-1308

Fictitious Business
Name Statement
2015196557

The following person(s) is (are) doing
business as ART'S AUTO SERVICE,
4712 ROSECRANS AVE., HAWTHORNE,
CA 90250, LOS ANGELES COUNTY.
Registered Owner(s): 1) VEKIN
YEGHAIYAN, 3731 W. 226TH ST.,
TORRANCE, CA 90505; 2) SILVA
YEGHAIYAN, 3731 W. 226TH ST.,
TORRANCE, CA 90505. 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: SILVA YEGHAIYAN, Wife. This
statement was filed with the County
Recorder of Los Angeles County on July
28, 2015.

NOTICE: This Fictitious Name Statement
expires on July 28, 2020. A new Fictitious
Business Name Statement must be filed
prior to July 28, 2020. The filing of this
statement does not of itself authorize the
use in this state of a Fictitious Business
Name in violation of the rights of another
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Hawthorne Press Tribune: Pub. 8/13,
8/20, 8/27, 9/3/2015. HH-1305

Fictitious Business
Name Statement
2015218108

The following person(s) is (are) doing
business as Le Wood Productions,
4924 Balboa Blvd. #434, Encino, CA
91316, Los Angeles County, AI #ON:
2418323. Registered Owner(s): Sherwood
Enterprises, Inc., 4924 Balboa Blvd.
#434, Encino, CA 91316. 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: Sherwood Enterprises Inc., Mark
Sherwood, President. This statement was
filed with the County Recorder of Los
Angeles County on August 21, 2015.

NOTICE: This Fictitious Name Statement
expires on August 21, 2020. A new
Fictitious Business Name Statement
must be filed prior to August 21, 2020.
The filing of this statement does not of
itself authorize the use in this state of a
Fictitious Business Name in violation of
the rights of another under Federal, State,
or Common Law (See Section 14400 ET
SEQ., Business and Professions Code).
El Segundo Herald: Pub. 9/3, 9/10,
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Every time you state what you
want or believe, you're the
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to both you and others about
what you think is possible.
Don't put a ceiling on yourself.

Oprah Winfrey

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Walnut Stuffed Cherry Tomato Halves



“Who doesn’t love a stuffed cherry tomato?” Guarnaschelli says. “A mixture of cheese, peppery arugula and juicy tomatoes brings out the great richness of the nuts. Stuffed cherry tomatoes are satisfying without being filling, and make a great alternative to bread-based starters. You can assemble these appetizers ahead of time and refrigerate them until you’re ready to serve.”

Yield: 12 servings
Prep time: 15 minutes

Ingredients

- 3/4 cup fresh arugula leaves, coarsely chopped
- 1/2 cup (2 ounces) coarsely chopped Fisher Walnut Halves and Pieces, toasted
- 1/2 cup finely grated Parmesan cheese
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon balsamic vinegar
- 1 teaspoon grated lemon zest
- 1/8 teaspoon salt
- 36 cherry tomatoes

Preparation

1. Toast the walnuts by placing them in a large non-stick skillet over medium heat. Stir frequently until the walnuts turn golden - about three to five minutes.
2. Combine the arugula with the walnuts, cheese, olive oil, vinegar and lemon zest; set aside.
3. Cut the tops off the tomatoes. Use a small spoon (such as an espresso spoon), the handle of a teaspoon or a melon baller to gently remove the majority of the seeds and pulp, taking care not to pierce the skin. Season the insides lightly with salt. Fill the tomatoes with the walnut and arugula mixture. Serve at room temperature.
4. “For a more Italian experience, use authentic Parmigiano Reggiano cheese in this recipe,” Guarnaschelli suggests. “It’s more expensive than domestic Parmesan, but it has a wonderfully rich and nutty flavor.”

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