

El Segundo Herald

The Weekly Newspaper of El Segundo

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The El Segundo Fire Department Training Hard to Keep Us Safe



ES Fire Department B-Shift getting in some ventilation training to start off 2021. Thank you for all your hard work. Photo courtesy El Segundo Fire Department.

Dr. Ellen Albertson Teaches Her Clients How to Choose a Partner

By Kiersten Vannest

Ellen Albertson has always felt safe here in El Segundo, a town where “everybody knows your name,” she says. Indeed, El Segundo is one of the not-so-secret secrets of the South Bay, a hidden small town gem next to the international hub of LAX. But behind the closed doors of every town, things are not always so pretty.

Dr. Albertson is a licensed marriage and family therapist, a certified domestic violence counselor, a certified alcohol/drug abuse counselor, and she is experienced in trauma-focused cognitive behavioral therapy for child sexual abuse victims. At her practice, Options Counseling, she provides court-ordered batterers’ intervention and victim group counseling. Her clients come from all over the south bay, often by court order. At Options, they participate in a psychoeducational treatment, typically fifty-two sessions about once a week. Groups speak with each other about domestic violence and anger management, and she walks them through a myriad of topics, from how to choose a partner to parenting guidance.

“A lot of people don’t know the difference between discipline and punishment,” she explains. This is the difference between an authoritarian approach to raising a child versus having structure. She states that using punishment can affect a child’s intelligence and school performance, as well as cause brain changes. “What they see at home, they repeat,” she says.

In evaluating a relationship, she describes something called the “cycle of violence.” It

starts with the event. Next comes the honeymoon phase, which includes lots of apologies, flowers, and kisses. After that, gradually, it cycles back to walking on eggshells, escalating up to the event again. Being equipped with information and learning to recognize red flags are two of the tools she provides in guiding clients on how to better choose a partner.

An El Segundo homeowner for 48 years, Dr. Albertson was born in Thunder Bay, Ontario, Canada. She says she has spent a lifetime reclaiming education. After a major personal incident in 1993 involving alcoholism, violence, and the suicide of her husband and the father of her children in her home, Albertson suffered post-traumatic stress disorder. This led to twenty years of therapy, an interest in domestic violence, and a career change. After volunteering at a battered women’s shelter, she became active in perpetrator groups in 1997. During this time, she received a year of individual training by the late George Thomas, a pioneer in her field.

“Our society, in general, does not understand the complicated dynamics of domestic violence,” says Albertson. For example, law enforcement focuses on crime and physical injury and typically only reports on such cases. However, studies focused on intent to harm show that domestic abuse is committed by about fifty-three percent of women and forty-seven percent of men. Having written her doctoral dissertation on female perpetrators of domestic abuse, Dr. Albertson wishes that police departments were better trained on domestic violence and their assessment when



Dr. Ellen Albertson

responding to domestic violence calls. The most frustrating part of her job, she says, is working with the Department of Children and Family Services (DCFS), children’s court, family court attorneys and some judges.

Without specialists involved in assessments, law enforcement often fails to identify the aggressor, and when confronted with co-combatants, are often reluctant to arrest both parties. When working with children, she cites an example of a child who confided in her that he was sexually abused by a family member, but when asked by law enforcement upon her reporting the incident, the four-year-old clammed up in the face of multiple officers, DCFS workers, and a barrage of questions. They deemed there was no proof and dropped the case entirely.

See Dr. Albertson, page 8

Weekend Forecast

Friday
Sunny
64°/50°



Saturday
Sunny
67°/50°



Sunday
Partly
Cloudy
68°/49°



Letters

Proposed Water and Wastewater Rate Increase Protest Forms

The City of El Segundo plans to increase water & wastewater rates! Please be aware that you will be receiving, or may have already received, the Proposed Water and Water Waste Rate Increase Protest Forms in your utility bill. These forms need to be returned by February, 16, 2021 6:00 PM! You must submit a properly completed protest form for each service that you wish to protest. Any protest submitted via email, facsimile, or other electronic means will NOT be accepted as a formal written protest. 1) Proposed Water Rate Increase Protest Form and 2) Proposed Wastewater Rate Increase Protest Form. If we don't return

these protest ballots, the City Council will be authorized to impose the rate increase!

- Kathy Benudiz

Bye George

Regarding George Hoopes' self-written obituary, December 24, 2020, El Segundo Herald, page 2. As a long time friend of Mr. George Hoopes I sadly mourn his passing. George cared very deeply about the state-of-society and that is why his feelings and his ability to express them ran so deep. George never said no to anyone who he could help and he expected nothing in return. George was the "Mr. Rogers" of his world. Bye George.

- Liz Garnholz •

Police Reports

Monday, December 28th

A found property report was taken at 1146 hours from the 800 block of South Douglas Street. Found was a driver license.

A vehicle was reported stolen at 1244 hours from the 600 block of West Imperial Avenue. Taken was a 2018 Aprilia motorcycle.

A found property report was taken at 1446 hours from Main Street and Grand Avenue. Found was a wallet.

An attempt burglary (vehicle) report was taken at 1549 hours from the 200 block of West Imperial Avenue. Unknown suspect(s)

attempted to break into the victim's vehicle.

A grand theft report was taken at 1825 hours from the 900 block of McCarthy Court. Unknown suspect(s) stole the catalytic converter from the victim's vehicle.

A misdemeanor hit and run report was taken at 2011 hours from the 800 block of Maryland Street, vehicle versus parked vehicle.

One male adult was arrested at 0239 hours from Mariposa Avenue and Pacific Coast Highway for driving a stolen vehicle.

See Police Reports, page 12

Community Briefs

Local Care Homes to Help Memory Using Touch

Local memory care homes operated by Family Connect Care are the first in Southern California to pioneer use of CranioSacral Therapy, or CST, to treat its residents with memory impairments.

Developed by Dr. John Upledger in 1975, CST is a hands-on but gentle method of enhancing the function of the body's natural healing capability. It's a noninvasive technique that promises to relieve pain and stress from compression, using gentle pressure on the neck, back, and head. It's increasingly being used to treat patients with concussion, brain injury, Alzheimer's and dementia, fibromyalgia, and many other conditions. "I'm wary of big promises from alternative therapies," said Lauren Mahakian, owner of Family Connect Care. "Not only does CST have great promise, but there is also

no downside. Residents are not subjected to pain, and physical touch is independently known to be beneficial to mental well-being. It's a win-win situation."

Mahakian points out that all of her residents will continue to receive the finest memory care possible along with all medically appropriate treatments. CST is intended to complement traditional therapies and medical practices, not replace them. Mahakian plans to begin integrating the technique into health care protocols at two of its care homes, Family Connect Memory Care and South Bay Memory Care, later this month. Staff at both locations will be trained by a licensed practitioner, who will oversee its use. For more detailed information on CST and its application contact Mahakian at (310) 383-1877.

Newly Elected El Segundo Board of Education Members Take Oath of Office

The El Segundo Unified School District held a swearing-in ceremony for its Board of Education (BOE) members on December 14, 2020. Two of the five BOE seats were up for

election during the November 3, 2020 general election. Current Board members Paulette B. Caudill, Emilee M. Layne, and Tracey I. Miller-Zarneke have two more years of service remaining on their four-year terms. With the election of new Board members Michael D. Wagner and Dieema A. Wheaton, the District has all five seats filled on its Board.

As part of its annual organizational meeting on Dec. 14, 2020, the Board of Trustees also elected officers. Tracey Miller-Zarneke was elected president, Emilee Layne was elected vice president, and Paulette Caudill will serve as clerk. ESUSD Superintendent Melissa Moore was appointed secretary. •



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Love Thy Neighbor

Dear El Segundoians,

The Herald staff and I only know so many El Segundoians, but we want to learn about more of you. With 8,000 residents, we're sure there are some gems we may have overlooked or not been aware of them. Do you have an interesting friend, neighbor or student? With most of El Segundo sports and events on hold, we are looking to do more El Segundo residents' profiles. All you have to do is ask their permission and send us their contact information. Send your suggestions in to letters@heraldpublications.com

Of course, if you find yourself fascinating, send us your information too.

- Best to you all. HM.



Entertainment

Black Bear is Fueled by Aubrey Plaza's Dark Comedy

By Morgan Rojas for cinemacy.com

If you've already watched the trailer for *Black Bear*, and think you know what this film is about, I can already tell you, you're wrong. In what I can only describe as a more consumer-friendly version of a Charlie Kaufman story, *Black Bear* is a twisty drama that blurs the boundaries between reality and



Black Bear, courtesy Momentum Pictures.

fantasy. Now available to stream on Spectrum on Demand and VOD.

Aubrey Plaza anchors the film as Allison, a washed-up actress-turned-film director, who, in an attempt to beat writer's block, arrives at the remote cabin of Gabe (Christopher Abbott) and his pregnant girlfriend, Blair (Sarah Gadon). The creative compound is meant to serve as a breeding ground for artists to work on their craft, and Allison seems to be lacking the inspiration that she hopes the cabin will offer.

Allison's first interaction with the couple is pleasant enough, but it's clear that Gabe and Blair's own relationship is hanging on by just a thread. Bickering, fragile egos, and messy accusations eventually lead to a jealousy-based blowout, pitting baby mama against house guest in a competition for male

attention. Allison is like a splinter in between your fingers, in this case, Gabe and Blair's relationship; you don't know how it got there, but it hurts like hell. Inserting herself into their private life seems irresponsible, but is drama the inspiration that Allison is after? Or is it something more?

It takes about 45 minutes for the film to reveal a major twist that makes you rethink everything you just saw. The patience in writer/director Lawrence Michael Levine's approach to this cerebral drama is well worth the wait. The chaotic energy between the characters bubbles until it's just about to burst and that anticipation is calculated cinematic masochism at its finest.

For Aubrey Plaza, *Black Bear* feels like her first "grown-up" film. She stays true to her dark humor, while also offering a depth that I haven't seen before. She gets vulnerable and, in turn, relatable. Christopher Abbott is the perfect counterbalance to Plaza, his performance being another knockout. Abbott has never disappointed in a role, he always seems to mold into his characters and the same is true here.

If you're looking for a smart, sharp film with a strong vision, *Black Bear* is for you. This confident feature will keep you guessing all the way up until the end credits roll. In short, it's bear-y good. •



Morgan Rojas

Kathryn Tubbs Paddles Her Way Through the Pandemic

By Duane Plank

If you happen to see an SUV, a Subaru Crosstrek, heading towards the beach, with an 18-foot, 6-inch pink Bark paddleboard strapped to the top of the vehicle, there is an excellent chance that Kathryn Tubbs inhabits the driver's seat. Tubbs, a 10-year resident of El Segundo, is an avid prone paddleboarder and seeks out ongoing physical challenges through participation in adventure racing and trail running.

Adventure racing is a team sport, with squads normally consisting of three men and one woman. Races can range from a few hours long to several days' duration. Tubbs said that she became so enthralled with the sport that back in 1999, she started what she called "a grassroots group" called HiddenFear that designed and organized adventure races in the Los Angeles area for the next decade. The races were called "Scrambles," and Tubbs designed "goofy T-shirts" for the themed events, including a Halloween Pumpkin Scramble.

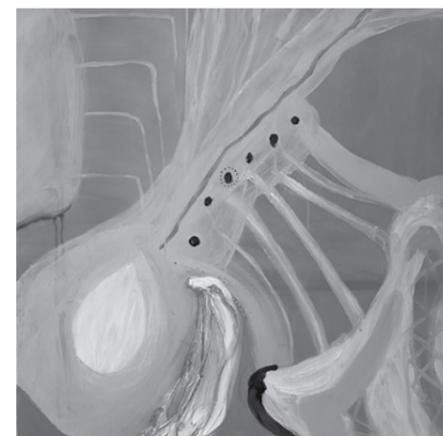
Adventure racing is all about teamwork. The challenge is to get all your team members across the finish line as quickly and as efficiently as possible. The challenges involve shrewd navigation of the terrain (no GPS allowed), running, mountain biking, and water paddling. Tubbs said that the longest race she has taken part in was back in 2003, a seven-to-ten-day race, covering about 450 miles, over terrain in the Lake Tahoe environs.

Tubbs said she ended up residing in El Segundo after sampling the environs of Santa Monica, where she said she "didn't really like it" and was looking for new digs. Some paddle-boarding acquaintances lived in El Segundo and touted the charms of the local landscape. Tubbs said she initially rented "a cute little apartment near Recreation Park."

But she thought she had made a mistake moving to town because in her first week living in El Segundo, on a chilly December

night, she heard sirens blaring in her neighborhood. She said she fearfully "hit the floor; I thought there was some kind of a drug bust going on," she chuckled. It was not until the next day when a neighbor inquired, "did you go see Santa last night?" that she realized that the cacophony that she had heard was screeching sirens heralding the yearly arrival of Santa Claus as he toured the neighborhood in his faux sleigh.

Born and raised in Cypress, California, to what she describes as a "large and close-knit family," Tubbs left the Golden State to traipse



Tubbs artwork entitled: *Tell Me How It Ends*.

to the often-chilly confines of Evanston, Illinois, where she received her undergraduate degree from Northwestern University. Why? Tubbs was asked, would a California girl attend college in Illinois? "They gave me the most money," she said matter-of-factly. She returned to California in pursuit of a master's in fine arts in printmaking at Cal State Long Beach, then delved into cultural studies at the Claremont Graduate School.

Printmaking is an artistic process based on transferring images from a matrix onto another surface, most often paper or fabric. Traditional printmaking techniques include woodcut, etching, engraving, and lithography.

See Tubbs, page 8



Tubbs and her adventure racing team.



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

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Staff and Departments

Editor-in-Chief: Heidi Maerker

Classifieds: Clara Nilles • class@heraldpublications.com

DBA: Debbie Waite • dba@heraldpublications.com • For Fictitious Business Name (DBAs) filings

Display Ad Sales: Debbie Waite • marketing@heraldpublications.com

Production: Michael Gonzales • ads@heraldpublications.com

Legals: Debbie Waite • legalnotices@heraldpublications.com
For legal notices, name changes, obituaries

Letters to the Editor: letters@heraldpublications.com

Marketing: Debbie Waite • marketing@heraldpublications.com

Real Estate: Clara Nilles • graphics@heraldpublications.com • For new realtors, contracts, ads

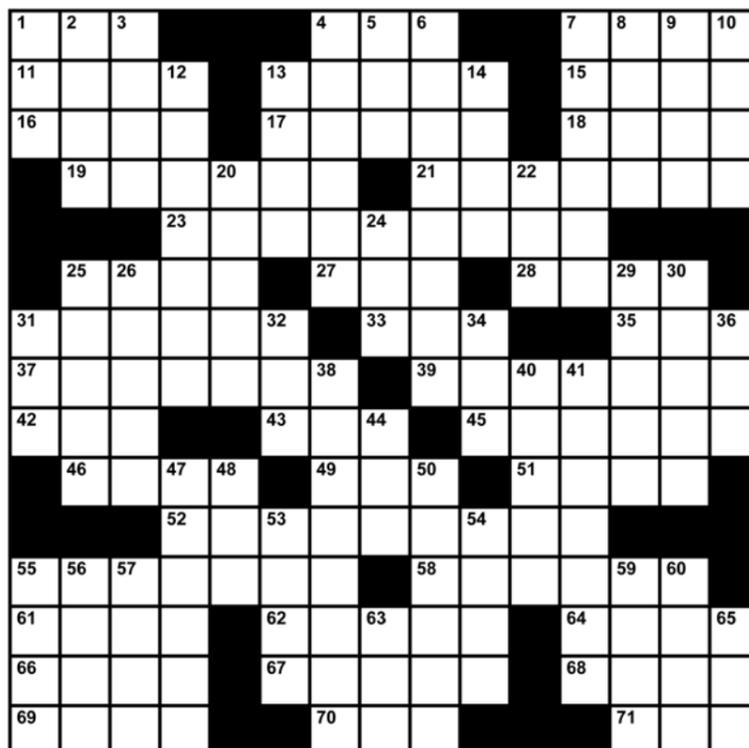
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WEEKLY CROSSWORD

See Answers Next Week



Across

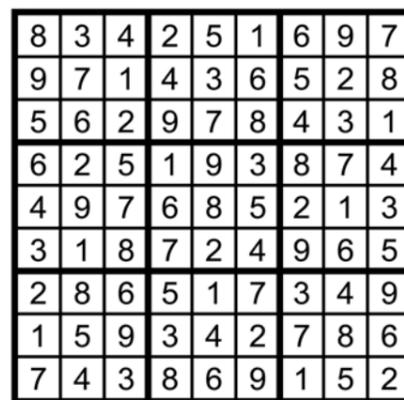
- Throw in
- Made a fool of
- ___ up the tank
- Calls on
- Bottoms
- Healthy berry
- Beatle album
- Pitch
- Bust
- Game equipment
- Major units of Roman armies
- He takes shots
- On the same page
- "Dear" one
- Audience surprise reaction at a game
- Conked out
- Entreat
- Drink with jam and bread...
- Gypsum
- Hidden info
- Loft
- Took off
- Dog rewards
- Screen
- Medic
- Futilely
- Paused

Down

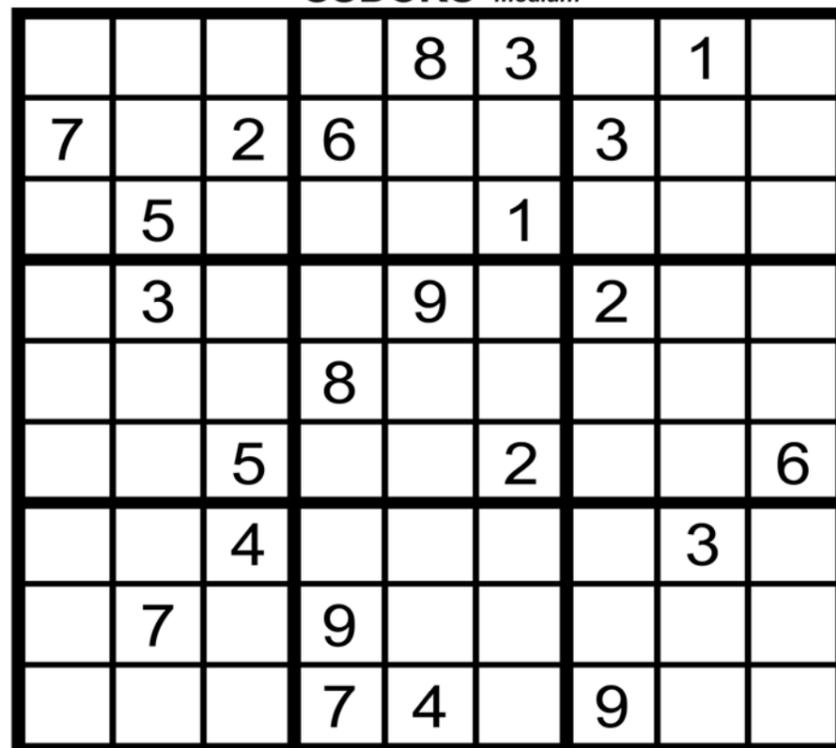
- Volcanic fallout
- Profound
- Sandwich maker
- "Hold your ___" (relax)
- Bass, e.g.
- Proclaims
- Cereal flour
- UN flyers' org. abbr.
- Reposed
- Eye closers
- Breed
- Feel
- Part of a flower
- West Point student

- Joke
- Can be prime...
- World religion
- Cutting edge
- Big bargain
- Trifling
- Software program, briefly
- Part of a price
- Acquire
- Nincompoop
- Extremists
- Exclaimed
- Like an Irish terrier, colorwise
- ___ only that
- Contours
- Chicken creator
- Candid ___
- Story
- Oral exam
- "The Sun ___ Rises"
- ___ the dice
- Jello frame
- Big, ugly, clumsy people
- Finger tip
- Sight ___
- Stab

Last Week's Answers



SUDOKU Medium



Each Sudoku puzzle consists of a 9x9 grid that has been subdivided into nine smaller grids of 3x3 squares. To solve the puzzle each row, column and box must contain each of the numbers 1 to 9.

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\$2,295,000



**8100 OSAGE AVENUE
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3 BEDS | 2 BATHS

Light filled home | Spacious living area | Fireplace | Private backyard with patio | Vegetable & Fruit garden

\$1,295,000



**215 W PALM AVE #301
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2 BEDS | 2 BATHS | 1,136 SQ. FT.

Bright & Spacious Condo | Fireplace | Private Balcony | Community amenities include Pool & Spa

\$740,000



**513 W SYCAMORE AVE
EL SEGUNDO**

5 BEDS | 4 BATHS | 4,274 SQ. FT.

Cathedral Ceilings | Fully Remodeled Kitchen | 3 Fireplaces | Surround Sound system | Private backyard with built-in barbecue and fire pit



**812 PENN ST
EL SEGUNDO**

3 BEDS | 3 BATHS | 2,335 SQ. FT.

Formal living room & family room | Vaulted ceilings | Fireplace | Large deck & patio

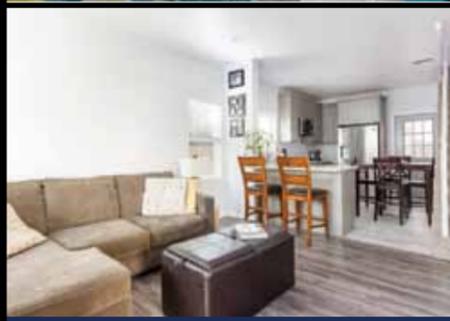


**948 LOMA VISTA ST
EL SEGUNDO**

4 BEDS | 3 BATHS | 2,600 SQ. FT. + SEPARATE DETACHED GUEST QUARTERS

Hand scraped teak hardwood floors | Features large detached rec room

\$1,629,000



**115-117 W MAPLE AVE
EL SEGUNDO**

FRONT HOUSE: 4 BEDS | 2 BATHS
BACK HOUSE: 3 BEDS | 3.5 BATHS
Updated Kitchen | Stainless-steel Appliances | Large backyard | Ample storage and parking

\$1,749,000



**745 LOMA VISTA ST
EL SEGUNDO**

3 BEDS | 2 BATHS

Turnkey single-story home | Beautifully remodeled | Modern kitchen with stainless-steel appliances | Large private backyard

\$1,400,000

SOUTH BAY LISTINGS



**534 S FRANCISCA AVE
REDONDO BEACH**

5 BEDS | 3 BATHS | 3,103 SQ. FT.

Impeccably Remodeled home | Stylish Chef's Kitchen | Master bedroom with Fireplace | Beautifully landscaped front and back yards

\$1,899,000



**224 SHELL ST
MANHATTAN BEACH**

4 BEDS | 3 BATHS | 1,736 SQ. FT.

Amazing panoramic white water views
Remodeled duplex | Upper unit features 2 beds 2 baths | Large deck with unobstructed ocean views



**1622 WOLLACOTT ST
REDONDO BEACH**

4 BEDS | 3.5 BATHS | 2,451 SQ. FT.

Newly Renovated Three-Story Home | Top of the line Kitchen with Stainless-steel appliances | Large Private Backyard with Fire-pit, Waterfall, Pool & Spa

\$1,699,000



**2108 GATES AVE #B
REDONDO BEACH**

4 BEDS | 4 BATHS | 2,420 SQ. FT.

Newly Built Townhome | Finest Amenities Soaring High Ceilings | Private yard & deck

\$1,499,000

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Real Estate



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Jumping on the Real Estate Boom?

(BPT) - Over the past several months, everyone's lives have been upended, with consequences nobody predicted. One unexpected result of the pandemic? A real estate boom.

With so many more people working from home, people are re-evaluating their living spaces, including those who need to factor in homeschooling. Some families are realizing they need more bedrooms, larger yards or just more space in general. Others who have suffered financial setbacks may be looking to downsize. And many city dwellers are trying to move away from congested areas to smaller towns or suburbs. All of these changes, plus the low mortgage rates, have resulted in plenty of activity in the housing market.

Long before you make any large purchase, whether it's a car or a home, you should check your credit score and your credit report.

Before you even start scoping out neighborhoods, visit AnnualCreditReport.com, a site where you can access for free your credit report - these days, on a weekly basis. Also be sure to review the report to ensure

there are no errors. You can also check your VantageScore credit score for free at websites like CreditKarma.com, MyLendingTree.com and MyCreditGuide from American Express.

The VantageScore model, widely used by lenders, helps both consumers and lenders by providing a more accurate representation of the risk for someone to default on a payment on his/her loan. It also provides more consistent scores regardless of which national credit reporting company provides your score, which is helpful especially for first-time home buyers.

If your credit score is not up to par, improve it by:

* Making timely payments on bills, especially credit cards, and pay more than the minimum when you can.

* Reducing the percentage of revolving credit you're using by paying down some of your cards. Under 30% of the maximum credit available is optimal.

* Asking for your credit limits to be increased. If you increase the credit limit but don't charge more on your card, you'll

be using a smaller percentage of your limit.

* Keeping a neglected credit account active by making a small purchase on it that you can quickly pay off.

No matter which strategies you use, allow a few months for your improved credit habits to show up on your report before applying for a mortgage.

Being pre-qualified makes you a much more attractive buyer.

The first step in getting pre-qualified is checking your credit score (see above). Next, crunch some numbers. You'll need to figure out your debt-to-income ratio (DTI) based on the anticipated mortgage monthly payment: How much (percentage) of your gross monthly income goes toward debt (student loans, credit cards, car payments, etc.)? Most mortgage lenders look for a DTI of 36% or lower. If your DTI is high, see if you can decrease your debt by paying some down and/or increase your income (perhaps with a part-time job).

Apply with a number of lenders - some will give you better rates than others. Before

applying, ask what information and documents you (and your co-borrower, if there is one) will need. This will include proof of employment and income, plus previous tax returns.

Also, be sure to apply to all the lenders within a span of two weeks. That way, only one "credit inquiry" will impact your VantageScore credit score.

Whether you're buying and/or selling, don't let the emotions of the moment push you into making a hasty decision. Make sure you know your budget and the acceptable terms or conditions for the purchase (or sale). If the seller (or buyer) suddenly changes something about the deal - from the closing date to the offer or asking price - don't make a snap decision. Tell them you'll think about it overnight and discuss it with your real estate agent. Weigh the pros and cons before agreeing.

For more financial tips and information about credit, visit www.yourvantagescore.com.



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Dr. Albertson

from front page

“What would be ideal,” she says, “is if they took someone experienced in domestic violence to go out with them and help them assess.” She goes on to say that it’s a case-by-case basis; in an ideal world, a trained mental health professional specializing in whatever traumatic event occurred would accompany law enforcement as they answer the call. However, she understands that the police are under high pressure right now and stresses that they do not need or deserve criticism.

Albertson is very easy to talk to and very personable. She says that her clients trust her, respect her and that they work together. She adds that if she gets a client who is belligerent or not ready to do the work, she doesn’t keep them in the group. This allows the group to be vulnerable and open with each other, especially the men, who she says are often confiding in other men for the first time.

These days, due to the pandemic, all of her sessions are remote, which she says has actually helped her program greatly. “On Zoom, they seem to feel safer and more confident,”



Dr. Albertson and son Ryan in home office.

says Albertson, going on to say that group members are more cohesive, willing to share, and more supportive of each other. She hopes to continue virtual sessions into the future. Her son Ryan, also a certified domestic violence counselor, along with his partner, Amy, help her to run the administrative side of things.

“Dr. Mom,” as her son affectionately refers to her, “is one of the most experienced domestic violence experts in possibly the world. She never stops,” he says.

Albertson hopes to continue working for as long as she is able. She is committed to and rewarded by her work with people, and her greatest inspiration is her clients. “They are a gift and a testimony to the human spirit’s ability to heal and grow,” she says of her clients.

If you or someone you know If you or someone you know might be in a situation involving domestic abuse, you can call Options Counseling and speak with Dr. Albertson for more information at (310) 210-4383. She takes phone calls all week and conducts two two-hour sessions back to back on group days. •

Tubbs

from page 3

while modern artists have expanded available techniques to include screen-printing. So now you know.

Regarding her forays into the artistic world, Tubbs emailed that “my artwork creates beauty from what is often considered grotesque. I depict human disease, injuries, wounds, scars, surgeries, and the body’s interior and microscopic matter.” She said she became interested in that form of art depiction while her young niece, who was terminally ill with cancer, lived in the same household as Tubbs.

“I saw what she was going through,” Tubbs said. She viewed the medical scans that her niece brought home, and that spurred Tubbs to begin focusing on making those images “beautiful,” trying to portray whatever positive experiences could be gleaned, trying to make the viewer of her art efforts come away with a “positive memento.” This created a way to inject “positivity,” she said, into a somber subject matter. She said she has notched “a lot” of commissions to paint for medical survivors or from family members looking for a beautiful, permanent creation to help remember their loved one who had died.

“I work to create messages of hope, beauty, and positivity in and through trauma. I make mixed media prints and drawings, and acrylic paintings,” Tubbs said. She said she also enjoys designing interiors and gardens, as

well as the occasional piece of furniture, and dabbling in what she terms “garden art.”

A longtime friend from the Cypress days, Bonnie Shrewsbury, touted not only Tubbs’ artwork, which she termed “abstract,” but also her “garden art” landscaping skills. “Have you seen what she has done with her backyard?” asked Shrewsbury, calling it “an enchanted space...it is amazing what she has done with that backyard.” Shrewsbury said Tubbs has enhanced her backyard, which features “a little pathway, a picnic table, a little sitting area,” and said that “all of the decorations are amazing,” highlighting Tubbs’ “eclectic style. The backyard is so her.”

A quick tour of Tubbs’ backyard yielded the view of what Tubbs termed “a very fun oasis, filled with silly faux taxidermy of sea creatures, mermaids, and broken toy planters!”

Barbara Boland, also an El Segundo resident and artist, has known Tubbs for about a year and a half. As a fellow artist, Boland said that she and Tubbs have had “great conversations” about Tubbs’s unique creations. She said that when she appraises Tubbs’ artwork, she views it in a “macro/micro way,” noting the intricacies and details that Tubbs infuses into her medically-based creations.

After her sojourn to Illinois to continue her schooling, Tubbs returned to California. A stint teaching art at Whittier College ensued, but, she said, “I was happier in the business

world,” where she has toiled for 20 years, all the while quenching her passion for art by creating canvas magic in her spare time.

During her two years teaching at Whittier College, Tubbs was concurrently enrolled in a Ph.D. program at Claremont Graduate School, studying, among other disciplines, museums. At this point, she decided teaching was not for her. She did not like the feeling that she was “on stage all day” while she was instructing students. As luck would have it, while researching at the Getty Institute, she met a woman who was working in the field of finance and was looking for an assistant to help her start an office in Los Angeles.

“I just sort of fell into this job,” Tubbs related, noting she “immediately fell in love with the job.” She is currently the office manager and an executive assistant for Athene/Apollo Solutions Group in El Segundo on Rosecrans Boulevard.

Tubbs, like a lot of people, is currently working from home, which she said is “great for my artwork,” because that allows her, when she has a few spare minutes during the day, to embellish her newest artistic creations.

She lives in a 1920’s Spanish style house that she has painstakingly restored, and, conveniently for Tubbs, includes a small art studio. As an exhibiting artist, Tubbs said she has participated in multiple El Segundo Art Walks, and she said she hopes to get

back to participating in Walks when it is safe to do so.

“They are wonderful,” she said, mentioning that the Walks have become staples for El Segundo art-lovers, typically taking place over three Thursdays in the summer. Tubbs has participated as both an artist and as a hosting venue at her house. She said she enjoyed hosting a Walk, which allowed her to open her home to art aficionados and enabled her to meet some of her neighbors that she may not have been acquainted with.

As a decade long resident of El Segundo, Tubbs said that “the community is a laid-back, eclectic and supportive and friendly place to make art and live a life close to friends, family, and the beach.”

The El Segundo community is “very welcoming,” Tubbs said. “Neighbors will introduce themselves to you,” Tubbs said, saying it fits her personality because the city is not “fancy, but has a surf-town vibe. The restaurants have great food, but you do not have to dress-up, put on airs. Everybody is very down to earth.”

With four paddleboards stashed away in her backyard, and a couple more strategically located in other beachy spots, Tubbs seems set to ride-out this tumultuous pandemic. “Who knew my paradise would be found,” she said, “smack dab between an airport, a water treatment plant, and a refinery!” •

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Finance

Money Moves To Kick Off 2021

(BPT) - Just imagine: Holiday shopping is behind you, the egg nog has officially worn off and the seasonal coffee drinks have lost their allure. A new year is beginning and it's time to prepare.

"As you gear up for a new year, it's important to take a hard look at your finances, and decide what financial habits you should carry into 2021 and which ones you need to kick to the curb," stated Navy Federal Credit Union's Senior Vice President of Savings Products Jaspreet Chawla.

Don't Ignore Your Debt

Tackling debt can be intimidating, but also can't be ignored. Make a game plan to strengthen your financial situation and get yourself back on track. For example, set a deadline for yourself and figure out exactly how much money you can put toward your debt on a regular basis to meet that deadline.

If you have more than one credit card or other loans, you may be able to consolidate those debts into one payment at a lower interest rate. This helps simplify everything by giving you one payment each month instead of multiple payments and due dates. Talk to your trusted financial institution to see what options are available to you.

Keep Your Emergency Fund Top-Of-Mind

You don't want to be left scrambling if your car breaks down or basement floods, or worse, if you lose your job. And COVID-19 has taught us how important it is to be prepared for the unexpected. It can be daunting to know where to begin, especially if you don't have a fund to cover emergencies yet.

First, start small. Try putting a set amount each month into a savings account specifically for emergencies and make transfers into this account automatic. If you already have an emergency fund, consider increasing your contributions or exploring other tools to diversify your savings portfolio. In the event you need to tap into your emergency fund, it's important to focus on rebuilding it as soon as you can.

Differentiate "Needs" From "Wants" in Your Budget.

It's a good idea to identify "needs" versus "wants" to eliminate unnecessary expenses. Do you have to have the extra streaming service or bi-weekly manicure? Or what about frequent take-out meals or the daily trip to your favorite coffee shop? A few simple, mindful lifestyle changes now can make your dollar go a lot farther in the long run. You might be surprised how much of a difference it'll make.

Take Advantage of a Mix of Savings Tools

Your future self will thank you! From basic savings accounts to certificates to money market accounts and beyond, you have many options to make your money really work for you. Also explore digital savings tools like mobile apps to help support your short-term and long-term financial wellness.

"We work to provide our members with the tools to improve their financial circumstances every day and we're always here to help," continued Chawla. "Changing just a few habits can really make a positive impact on your financial future."

Overall, these tips can help pave the way for a more financially fit year ahead. •

Seniors

Tips To Help Seniors Exercise During The Pandemic

(BPT) - By now, most seniors are aware that they're among the most vulnerable demographic groups when it comes to contracting COVID-19.

That said, a recent nationwide poll by Tivity Health, a national provider of senior fitness, nutrition and healthy lifestyle solutions, including SilverSneakers, a community fitness program designed for older adults, indicates many are probably not getting the exercise they need to maintain optimal health.

In the poll, 46% of adult and senior respondents said the pandemic is preventing them from attending in-person exercise classes at local gyms, although 84% noted they'll return within a month once attendance is deemed safe by authorities.

A core challenge is reduced gym access, as quarantines prove problematic for many older Americans trying to continue exercise regimens. Exercise remains critical for seniors to maintain a healthy immune system that's able to fight off disease. Regular workouts can also increase balance and strength and help prevent falls.

For seniors, falls are an all-too-common threat and crisis; Johns Hopkins University reports that 25% of adults 65 or older fall, and three million are treated in emergency rooms each year for injuries caused by falls.

"This pandemic has brought great challenges and stress for seniors. But the good news is, there are ways to exercise safely and maintain an active lifestyle," says Tivity Health president and CEO Richard Ashworth. "Exercise is vital for maintaining optimal health, and through easy-to-access digital and in-person options, it is our hope seniors can continue or renew exercise regimens quickly and safely."

Maintaining regular exercise during COVID-19 need not be difficult. If you're a senior wanting to maintain effective workouts each day, here are some tips you can follow even if you're practicing social isolation.

1) Start slowly. If you haven't been exercising, you'll want to ease into your new routine gradually. Studies indicate just two weeks of inactivity (or a 75% reduction in daily steps) can decrease your muscle strength by 8%, while dropping 1,000 to 1,500 steps each day can raise inflammation and blood pressure. Jump-start your new regimen with safe exercises like squats, wall push-ups, light weightlifting regimens and taking walks (keeping distance from others for safety).

2) Subscribe to a digital exercise program. You do not need to leave your home to exercise each day. That's especially true if you sign up for a high-quality digital regimen that fits well with your exercise goals and preferences.

In fact, 56% of seniors responding to the poll said their future workout plans call for participating in online classes two to three times per week. Instructor-led online exercise sessions are being offered to all SilverSneakers members. In addition, free Facebook Live classes led by SilverSneakers national trainers are broadcast multiple times a week. The national fitness membership organization designed the virtual series to help seniors stay in shape while still following precautions during the pandemic.

3) Avoid prolonged sitting. Even if you must set a timer to remind yourself, take frequent breaks from sitting and engage in rejuvenating strolls - or simply take part in activities that involve standing. The point is to avoid being sedentary for long intervals of time.

4) Use others as motivation. In the poll, 44% of responding seniors said they're motivated to return to their fitness centers to see and socialize with friends. If you feel more motivated when not exercising all by yourself, you might optimize FaceTime, Zoom or even a quick phone call to interact with fitness-minded others as you work out at home.

5) Check out local fitness centers. Before attending local gyms, learn what they're doing to keep their customers safe and to align with recommended CDC guidelines. If you feel safe enough to participate, exercise in open spaces where you can maintain six feet of distance from others. You might also check out low-intensity options such as water exercise classes, yoga or Tai Chi.

Whether you're staying at home or practicing safe social distancing while out and about, there's no need to give up the exercise that can help you maintain optimal health during the pandemic. Take steps now to ensure you're taking good care of yourself through age-appropriate workouts and movement.

For more information, visit silversneakers.com.

PUBLIC NOTICES

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The following person(s) is (are) doing business as GSE TECHS, 225 REES STREET, PLAYA DEL REY, CA 90293, LOS ANGELES COUNTY. Registered Owner(s): THOMAS ANDREW SPIEGEL, 225 REES ST, PLAYA DEL REY, CA 90293. 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: THOMAS ANDREW SPIEGEL, THOMAS ANDREW SPIEGEL, Owner. This statement was filed with the County Recorder of Los Angeles County on November 18, 2020. NOTICE: This Fictitious Name Statement expires on November 18, 2025. A new Fictitious Business Name Statement must be filed prior to November 18, 2025. 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. 12/17, 12/24, 12/31, 1/7/21 H-2038

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Fictitious Business Name Statement 2020224618

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GUNDOGRAM

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COOK TIME: 45 minutes • SERVINGS: 4



Ingredients

- Canola or olive oil cooking spray
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- 4 teaspoons canola oil
- 1 1/2 teaspoons Cajun or Creole seasoning, divided
- 2 cups cornflakes
- 1/4 cup all-purpose flour
- 1/4 teaspoon salt
- 2 large egg whites, beaten
- 1 pound cod or haddock, cut into 4 portions

Directions

Position racks in upper and lower third of oven; preheat to 425°F. Coat a large baking sheet with cooking spray. Set a wire rack on another large baking sheet; coat with cooking spray. Place potatoes in a colander. Thoroughly rinse with cold water, then pat dry completely with paper towels. Toss the potatoes, oil and 3/4 teaspoon Cajun (or Creole) seasoning in a large bowl. Spread on the baking sheet without the rack. Bake on the lower oven rack, turning every 10 minutes, until tender and golden, 30 to 35 minutes. Meanwhile, coarsely grind cornflakes in a food processor or blender or crush in a sealable plastic bag. Transfer to a shallow dish. Place flour, the remaining 3/4 teaspoon Cajun (or Creole) seasoning and salt in another shallow dish and egg whites in a third shallow dish. Dredge fish in the flour mixture, dip it in egg white and then coat all sides with the ground cornflakes. Place on the prepared wire rack. Coat both sides of the breaded fish with cooking spray. Bake the fish on the upper oven rack until opaque in the center and the breading is golden brown and crisp, about 20 minutes.

Send us a photo and recipe of your favorite dish. We'd love to share it with the community. Send to: web@heraldpublications.com

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PETSPETS **Pets** PETSPETS

Featured Pets of the Week

Provided by Hannah Collett, spcaLA

Broly, a 1 year old male, like many huskies, is actually part cat. He takes a minute to warm up, he rubs on you, and he uses his front paws to bat at you when feeling playful. He enjoys pouncing on toys but doesn't demean himself to fetch. He would do best with kids 13 yr+. <https://spcala.com/adoptable/pet/?ss=21-01244>

Hello my friends! My name is **Gumball** and I am a 2 year old white and orange female Tabby. I am looking for my forever home where I am given my space to lounge around and nap! <https://spcala.com/adoptable/pet/?ss=21-00597>

You know what goes great with the holiday season! Some **Pozole**! I am a male black and white 7 month old kitten on the lookout for my Friend for Life. I am looking for a home where I can play with toys and nap all day! <https://spcala.com/adoptable/pet/?ss=21-01063>

I am **Peppa Pig**, a pretty 6 year old Stafford Terrier Mix lady who enjoys training and snuggling time with the humans here. I am very smart and sweet and generally a lot of fun to be around. I would do best as the only pet in an adult home. <https://spcala.com/adoptable/pet/?ss=21-00571>



Pozole



Broly



Peppa Pig



Gumball

Happy Tails

While the spcaLA South Bay Petr Adoption Center may be closed to the public, all sheltering services continue to operate, including adoptions and fostering. In fact, spcaLA Foster Volunteers have fostered 400 animals since the pandemic began! The majority of the fosters

have been kittens, like Ana. Through donations of funds and needed items from the community, and the service of a dedicated crew of foster volunteers, these tiny kittens are being nurtured until they are available for adoption. If you would like to help, visit spcala.com/foster.



Congratulations to Ana and her new foster family.

Police Reports

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Tuesday, December 29th

A grand theft report was taken at 0940 hours from the 200 block of West Imperial Avenue. Unknown suspect(s) stole a package with gift cards.

One male adult was detained at 2115 hours from the 1400 block of East Oak Avenue and transported to Martin Luther King Hospital for a 72-hour psychiatric evaluation.

An online identity theft report was taken at 0424 hours from the 900 block of Camber Lane. Unknown suspect(s) attempted to open an account in the victim's name.

Wednesday, December 30th

One male adult was detained at 0742 hours in the 2100 block of East El Segundo Boulevard and transported to Mission Community Hospital for evaluation and treatment.

One male adult was arrested at 0805 hours from the 700 block of California Street for identity theft, driving a vehicle without consent, possession of a controlled substance, possession of drug paraphernalia, and possession of a switchblade.

A burglary report was taken at 0839 hours from the 100 block of East Oak Avenue. Multiple packages were taken over the course of several days.

A vehicle was reported stolen at 1213 hours from the 500 block of Penn Street. Taken was a 2019 Volkswagen Atlas.

A traffic accident (with injuries) occurred

at 1217 hours on Alaska Avenue and South Douglas Street, vehicle versus bicycle.

A grand theft report was taken at 1228 hours from the 800 block of Virginia Street. Unknown suspect(s) stole the catalytic converter from the victim's vehicle.

A shoplifting report was taken at 1339 hours from the 600 block of North Pacific Coast Highway.

A found property report was taken at 1717 hours from Main Street and Maple Avenue. A car key fob was found.

A found property report was taken at 1718 hours from the 800 block of South Pacific Coast Highway. A credit card was found.

An attempt petty report was taken at 1804 hours from the 1100 block of East Acacia Avenue. Unknown suspect(s) ransacked the victim's vehicle.

Thursday, December 31st

One female adult was detained at 0839 hours from the 1000 block of East Pine Avenue and transported to College Hospital for a 72 hour psychiatric evaluation.

A female adult was detained at 2115 hours from the 1900 block of East Mariposa Avenue and transported to Harbor General Hospital for a 72 hour psychiatric evaluation.

A felony evading report was taken at 0047 hours from Mariposa Avenue and Pacific Coast Highway.

A vandalism report was taken at 0313 hours from the 800 block of North Douglas Street. Unknown suspect(s) smashed the victim's window of his business.

An online identity theft report was taken at 0433 hours from the 400 block of Sierra Street. Unknown suspect(s) opened an account and made fraudulent purchases.

Friday, January 1st

A petty theft report was taken at 0642 hours from the 2100 block of East Maple Avenue. Unknown suspect(s) stole luggage.

A found property report was taken at 0857 hours from Center Street and East Imperial Avenue.

A grand theft report was taken at 1226 hours from the 600 block of North Pacific Coast Highway. The victim's friend drove away with his belongings.

One female adult was arrested at 2156 hours from the 3400 block of North Sepulveda Boulevard for misdemeanor DUI and possession of a controlled substance.

One male adult was arrested at 0009 hours from the 1400 block of East Imperial Avenue for possession of marijuana for sale and misdemeanor DUI.

Saturday, January 2nd

A male adult was detained at 1251 hours from the 2300 block of East El Segundo Boulevard and transported to UCLA Harbor Hospital for a 72 hour medical evaluation and treatment.

A female adult fell off her bicycle and sustained minor injuries at 1342 hours from Grand Avenue and Kansas Street.

A battery report was taken at 1400 hours from Grand Avenue and Pacific Coast Highway.

A burglary report was taken at 1502 hours from the 300 block of Virginia Street. Taken was a bicycle.

One male adult was arrested at 2228 hours from Pacific Coast Highway and Rosecrans Avenue for being under the influence of an unknown substance.

Sunday, January 3rd

A vehicle was reported stolen at 1414 hours from the 400 block of North Continental Boulevard. Taken was a 2019 Ford Mustang.

Property Report – A lost property report was taken at 1642 hours from the 1900 block of East Mariposa Avenue. Lost was a wallet.

One male adult was arrested at 2045 hours from Main Street and Sycamore Avenue for possession of a stolen vehicle and conspiracy to commit a crime.

One male adult was arrested at 2045 hours from Main Street and Sycamore Avenue for driving a stolen vehicle and conspiracy to commit a crime.

One male adult was detained at 2324 hours from the 500 block of Indiana Street and transported to Martin Luther King Hospital for 72 hour psychiatric evaluation.

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