

El Segundo Herald

The Weekly Newspaper of El Segundo

Herald Publications - El Segundo, Hawthorne, Lawndale & Inglewood Community Newspapers Since 1911 - (310) 322-1830 - Vol. 109, No. 23 - June 4, 2020

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Showing Love to Our Seniors



Only one week until the end of the school year! Students, you're doing a great job with distance learning and congratulations to our graduating seniors! Let's finish strong, Eagles! Photo El Segundo High School.

Davis and DeRosa Aim to Take the Ache out of the Headache

By Duane Plank

The definition of "headache" is very straightforward: "a continuous pain in the head." But the age-old treatments to alleviate the headache have typically revolved around taking a dose of aspirin or Advil, maybe drinking a glass or two of water, and then waiting for the pain to subside. Very passive, wait-and-hope treatment.

The therapists at El Segundo's Davis and DeRosa Physical Therapy, Inc., located on Main Street, believe in taking a more aggressive approach to mitigating a headache, revolving around treatments for the neck and cervical spine area that hopefully pinpoint the specific cause of recurring headaches.

Co-owner Chris DeRosa recently shared that his cadre of twelve therapists had taken part last summer in a course taught by the American Headache Institute, based in Rochester, Michigan, that touts an innovative process to combat the all-too-common headache. The AHI posits that many headaches emanate from issues related to the neck, and that, by treating the neck region with gentle manipulation, headache relief will follow.

DeRosa said that once the perceived problem area in the neck has been isolated and treated, he has seen dramatic results in many of his patients.

"In the big picture of things," DeRosa said, "we are trying to make people aware that

your neck and cervical spine area can cause a myriad of symptoms, headaches being one of them." The AHI training system notes ten specific cervical spine symptom areas, which can lead to what is termed "referred pain" in other areas of the body. By isolating the ten centralized symptom zones on the patient, the therapists at Davis and DeRosa can design a treatment protocol that is both corrective and specific to that patient. DeRosa said that he had seen a quick abatement of symptoms in some of his patients in just a few office visits.

Once the patient returns home, the goal is to have the patient proficient in self-treatment so that he or she can practice pain-relieving techniques learned in the office visit in the comfort of their own residence.

Quick aside, but DeRosa did confirm that the innovative headache treatment was not going to help someone suffering from the dreaded, self-induced hangover headache. "That is a different type of headache," laughed DeRosa. "Those types of headaches, I am not going to be able to cure, though I would make a million dollars if I could cure hangovers."

El Segundo resident Jen Ralls, who has been a patient of Davis and DeRosa, off-and-on for 15 years, swears by the treatments she has received. While not suffering from headaches, she said she was experiencing "weird mouth symptoms" for the past year-and-a-half, including dry-mouth. Symptoms are so

bad that she had to sleep with a washcloth in her mouth. She had visited experts, as well as an ear-mouth-throat specialist, but "nobody could figure it out." She went to see DeRosa, who started Ralls on a protocol of "gentle neck stretching." He developed a treatment for Ralls, which she can implement at her home, that would position her neck in a way that would stop her symptoms and discomfort. Game-changer, Ralls said. "It's an amazing thing."

Davis and DeRosa have plied their trade in El Segundo since 2003. Troy Davis and DeRosa started the business in 2003, occupying a spot-on Richmond Street for the first couple of years, then re-locating their business to its current Main Street address in 2005.

DeRosa, originally from New York, says physical therapy was a logical career choice for him because making people feel good has always been a part of his DNA. "Following physical therapy allowed me to interact with people on a daily basis and provide them with help to feel better and live their lives fully," he said. He received his Bachelor of Science in Exercise Physiology in 1994 from Adelphi University in New York, followed in 1998 by his Bachelor of Science in Physical Therapy from the Robert Gordon University in Aberdeen, Scotland, and then began his career as a physical therapist in New York.

See Davis and DeRosa, page 5

Weekend Forecast

Friday

Partly
Cloudy
70°/61°



Saturday

Mostly
Sunny
67°/59°



Sunday

Sunny/
Wind
71°/61°





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Letters

Senior Class Thanks Herald
As Senior Governor of the class of 2020 I would like to express the gratitude of the class of 2020 for all of the hard work that has gone into recognizing this year's graduating class. The Herald has been instrumental in helping us regain some of what we lost in these trying times and we are extremely thankful. There is so much that's goes on behind the scenes to make things like this happen and it means the world to us. Thank you so much!

– Jake Layne
Thank you, Jake. We are proud of your senior class and how you all have handled yourselves during this challenging time, and we are honored to be assisting your school in reflecting that. We wish you all the best and brightest future. Congratulations Graduates! H.M.

El Segundo For All
This morning on my regular walk around town, a few simple standard-sized sheets of paper caught my eye. Simple white pages with black print fluttered in the light morning breeze. One

included resources, just a few websites, articles, and books, to educate oneself about the difficult and dark events of recent days. Another was a simple checklist asking members of El Segundo to reflect on how their experience of the world might differ from the experiences of those from a different race. I felt proud to see these simple flyers. A harmless message to our neighbors of color, simply saying "We see you. We support you. We're trying." On my afternoon walk, I was dismayed to see the flyers had, all but one, been torn down. The one remaining had scrawled across the page expletives and white supremacy narratives. Shameful. I would expect more from a community that prides itself on its small, hometown feel. I sincerely hope that "small" feeling doesn't extend to small mindedness. Neighbors and community members, we must ask ourselves: what kind of community do we want? What kind of El Segundo will we promote? I hope it's one that is capable of self-reflection, understanding, and kindness. El Segundo, we can do better. We must do better. El Segundo for all.

– Kimberly Kelly •

Police Reports

Monday, May 25th
A vehicle was reported stolen at 0743 hours from the 500 block of Whiting Street. Taken was a 2015 GMC Acadia.
A found property report was taken at 0854

hours from the 600 block of East Imperial Avenue. Found was a wallet.
A person was reported missing at 1008 hours from the 1300 block of East Grand Avenue. A male adult was reported missing.
A court order violation report was taken at 1026 hours from the 300 block of Loma Vista Street.
A burglary (residential) report was taken at 1231 hours from the 900 block of McCarthy Court.
One male juvenile was detained at 2021 hours from Hughes Way and Imperial Highway for resisting arrest.
One male juvenile was detained at 2040 hours from Hughes Way and Imperial Highway for petty theft and vandalism.
One male juvenile was detained at 2040 hours from Hughes Way and Imperial Highway for vandalism.





Tuesday, May 26th
A grand theft report was taken at 1026 hours from the 400 block of East Maple Avenue. Unknown suspect(s) stole a catalytic converter from the victim's vehicle.
Two male adults were arrested at 0726 hours from the 800 block of South Aviation Boulevard for suspicion of burglary. One of the male adults was also arrested for suspicion of possession of stolen property and one outstanding ESPD misdemeanor warrant.
A robbery report was taken at 1155 hours from the 2200 block of East Rosecrans Avenue. The suspect entered the business and ordered the victim to give him the money in the register.
A vehicle was reported stolen at 1217 hours from the 400 block of West Walnut Avenue. Taken was a 2016 Toyota Tacoma.
A battery report was taken at 1646 hours from the 700 block of South Allied Way. The suspect assaulted the victim.
A petty theft report was taken at 1646 hours from the 800 block of South Douglas Street. Unknown suspect(s) stole the hub caps from the victim's vehicle.
One male adult was arrested at 1947 hours from the 500 block of North Pacific Coast Highway for robbery, three LASD misdemeanor warrants and one LAPD misdemeanor warrant.

Wednesday, May 27th
One female adult was arrested at 1343 hours from the city of South Gate for robbery, carjacking and felony evading a peace officer.
A stolen vehicle report was taken at 1602 hours from the 600 block of South Douglas Street. Taken was a Interstate Carrier trailer.
A vandalism report was taken at 1828 hours from the 800 block of Bungalow Drive. A known suspect damaged the victim's property.
An online report was taken at 0350 hours from the 1400 block of East Palm Avenue. Unknown suspect(s) stole the victim's laptop computer from his unlocked vehicle.

Thursday, May 28th
See Police Reports, page 5













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SchoolSpotlight

Lauren Davis Looking Forward to Her Future

By Gregg McMullin

For several weeks, I've introduced our community to some interesting, intelligent, and well-grounded seniors of the class of 2020. Lauren Davis is one of those individuals who once you meet her, you can't get enough of her time. You get the feeling that one day she could lead a Fortune 500 company with her leadership skills and articulate outlook.

Lauren says she is dealing with her senior year by not dwelling on what was missed. "Every student dreams of their senior year of high school, from the first-day-of-school with our friends to the final culmination of the past thirteen years as we walk, in cap and gown to claim our newfound membership into the rest of the world." She says she was looking forward to her senior prom and graduation ceremony but believes that this absence cannot break true friendships of physicality. "We are instead strengthened by the challenges it poses."

School has been important to Lauren. She has been active in her class, the school, and the extracurricular activities. "I will miss my friends terribly, from our daily conversations at lunch to the fun we had in class."

With an exceptional 4.38 GPA, Lauren enjoys all of her classes, but her favorite class is Choir, though she readily admits to not being a singer. Course teacher, Mrs. Summers, allowed her to perform as the accompanist for the past two years. "Being a pianist, I quickly realized that even though there were so many voices, there was just one piano." She added, "It wasn't the numbers that mattered but rather the feeling conveyed through every instrument in the room."

Lauren will be attending the University of Pennsylvania in the fall, pursuing a major in Fine Arts and a minor in Creative Writing. Her athleticism helped in the decision of her college with her running attributes and

successes. Lauren intends on running on the track team for the Quakers in a highly competitive Ivy League.

She says her father introduced her to track at a young age that can be traced back to second grade running on the blacktop. Years later, she and her older brother would train for track under the guidance of her father. She was hooked and became more serious and dedicated as she got to high school.

She is the school record holder in the 100-yard dash, the 200m, and part of the 4x400m school record group from 2019. She is in the top three for all sprint/hurdle categories and was a top ten finisher at the California Winter Championships. Though her season was cut short, her track coach Marcos Bolanos says she was primed to break all sprints records. She will leave ESHS as one of the most decorated and significant athletes in school history. She helped the Eagles secure their first girl's league title in 2019.

With all the successes and meets she's run in, she says her favorite meet was the Ocean League Finals of 2019. It was the last time she and her entire team ran together. It marked the triumphant success of the girls' varsity team. "Even though I was tired from running the 4x400m relay, there was nothing that could have dampened my spirits after rejoicing with my teammates and coaches on the field. The trophy in Coach B's hand, representing the hard work and dedication of all of us, was a highlight of my four years in high school."

As to Lauren's immediate goals, she aims to solidify her passions, extending her knowledge and craftsmanship in both writing and art in preparation for the years ahead. "I do not plan to limit myself to these endeavors but rather explore the various other interests I possess as well, including archaeology,

See Lauren Davis, page 4



Lauren Davis, who broke several school records in track, will be attending the University of Pennsylvania in the fall and run for the Quakers.

Your Neighborhood Therapist

Dear Neighborhood Therapist,

How do I talk to my kids about the difficult news they see on TV?

– A Loving Parent, El Segundo

Dear Loving Parent,

I want my son to spend summers swinging from a rope into a lake and biking around the neighborhood with his friends. I want him to have weekends full of sports and picnics and playdates. I want our evenings to include family time of conversation and laughter as we sit around the dinner table.

Of course I want to hand him all the tools he needs in order to reach his full potential. I want him to feel confident and secure in his interactions. I want him to make the right kinds of mistakes - like breaking an arm falling out of a tree that was just a little bit too tall for his admirable ambitions - where he learns a lesson and has a good story, but no permanent damage.

We all have our visions of what a perfect childhood looks like, and it is almost always a romanticized golden age unblemished by the outside world. It's also not the way the world works, and we all know it. Both traditional psychology and Disney endings have popularized the idea we will inevitably mess up our children if we give them anything less than a perfect childhood. That's false. Plenty of people with traditionally imperfect childhoods end up with deeply satisfying lives. Plenty of people with "perfect" childhoods run into big problems later on.

The excellent World War II museum in Gdansk, Poland does an excellent job of illustrating the horrors of war to children. In the children's section, visitors pass three times through the same family dining and living room: the first

time is at the beginning of the war, where food is plentiful, the newspapers are delivered and tell the truth, and life looks "normal." The second time, the room is the same, but the small luxuries are missing or replaced with something simpler. In the final version of the room, towards the end of the war, one of the walls has been destroyed and the room is stripped nearly bare. The message - war is terrible - is clear, but the children have been spared the gory details that adults so often seek out (if you don't believe me just ask Stephen King or Wes Craven).

You do not have to share the worst of everything with children. Instead, try talking about the effects of the bad things - especially if other kids are affected - and invite your child to reflect on how her own experience may be similar or different. Then - and here is the most important part - ask her opinion about those effects. If she is old enough to think about right and wrong, then she is old enough to tell you what she thinks. Is it fair or unfair that some kids have more than others, and why? Is it good or bad that some parents work longer hours than others? And so on. You may find that instead of tiptoeing around what to say and what not to say, you end up having a rich conversation about what your child values in this world.

Please write to tom@tomandreccounseling.com or text to 310.776.5299 with questions about handling what is affecting your life, your family, the community or the world. Tom Andre is a Licensed Marriage & Family Therapist (LMFT119254). The information in this column is for educational purposes only and nothing herein should be construed as professional advice or the formation of a therapeutic relationship. •

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Notice of Availability Draft Environmental Assessment for Proposed Space and Missile Park Los Angeles Air Force Base

The 61st Air Base Group announces the availability of a Draft Environmental Assessment (EA) for the proposed Space and Missile Park at Los Angeles Air Force Base. Implementation of the Proposed Action would include the development of a park functioning as an educational development and ensuring the preservation of important representative artifacts documenting the Space and Missile Systems Center's history. The proposed park would also serve as a gathering place for SMC personnel and visitors to enjoy the outdoors, improving morale and welfare at the base. While several details such as a complete inventory and orientation of static displays are still under development, the conceptual designs for the proposed park call for up to six artifacts displayed in either vertical or horizontal alignment. Each static display – including required concrete foundations – would be engineered individually based on the specific artifact to be installed. Each of the static displays would feature informational plaques and educational signage. There would be two formal entrances to the park – one of which would be compliant with the Americans with Disabilities Act of 1990 (ADA) – and there would be several seating areas, with shade trees intended to provide inviting areas for congregation.

Pursuant to the Council on Environmental Quality (CEQ) regulations and in accordance with the National Environmental Policy Act (NEPA), this draft EA serves as a concise public document that provides evidence and analysis for determining whether a Finding of No Significant Impact (FONSI) is appropriate or an Environmental Impact Statement (EIS) should be prepared. The draft EA presents the purpose and need for the action, the proposed action and alternatives, a description of the affected environment, and an analysis of environmental consequences. It also documents cumulative impacts from projects which are proposed, under construction, recently completed, or anticipated to be implemented in the near future. No significant environmental impacts have been identified in the draft EA.

The public is invited to review and make comments on the draft EA, which is available at the online at www.losangeles.af.mil. Comments must be received no later than June 30, 2020. The public may submit written comments to the address below:

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“You may say I’m a dreamer, but I’m not the only one. I hope someday you’ll join us. And the world will live as one.”
— JOHN LENNON

Lauren Davis

from page 3

ancient mythology, and astronomy.”

Lauren’s future goals are limitless, and she won’t predict exactly how things will work out. She intends on building a career as a poet/author and artist or potentially becoming a video game designer. Travel could be in Lauren’s future too. Since she was a child, hers was her dream to travel to Italy and Greece, two globally-known centers of the arts. “Expanding my knowledge and skills through more than just the many books I’ve read countless times.”

Lauren is grateful to many people for where she is in life. “I would like to thank my teachers, my friends, my coaches, and my family for building me into whom I am now.”

Lauren says there have been many people who have been an enormous influence in her life. She says her brothers were very influential growing up. “Being the middle child, a girl with two brothers, their interests

certainly merged with my own. It was their accomplishments that have pushed me to be a better me.”

Lauren’s teachers were also very important to her and influenced her. Her sixth-grade teacher, Mr. Brandlin, was her Social Studies, Literature, and Language teacher. “He was the person who pushed me to pursue my poetry. It is now one of my absolute biggest passions, so thank you, Mr. Brandlin.”

Lauren’s strongest and most influential supporters have always been her dad. “From teaching me tennis when I was little and to watch me at every single tournament. He introduced me to track and was my hurdle coach at school.” She added, “he helped me achieve what I believed I could.” What she’ll cherish remembering is, “My father going to work every day then coming home and watching Jeopardy with me every night. Thank you for everything—I love you, Dad.” •



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

WEEKLY CROSSWORD
See Answers Next Week

1	2	3	4		5	6	7	8		9	10	11	12
13					14				15		16		
17					18					19			
	20				21			22		23		24	
			25			26		27			28		
29	30	31				32	33			34			
35					36				37			38	39
40				41				42			43		
44			45				46				47		
		48				49				50			
	51				52		53	54					
55				56			57	58			59	60	
61			62		63			64			65		66
67					68						69		
70						71					72		

Across
1. Santa checks it twice
5. Mental keenness
9. Test centers
13. Smell
14. Family beginnings
16. Run at the light
17. Protein source
18. Like helium
19. Balanced
20. Young sheep
22. Envelope closer
24. Terminal
25. Places
27. On the train
29. Birds in many magic acts
32. Tatoo letters often
34. Word with “collection” or “critic”
35. Kind of pricing
36. Tooth support
37. Fesses up
40. Top hold'em card
41. Hall-of-Famers
43. “Steady as __ goes”
44. Causing destruction
46. Word on a nickel
47. Penny-pinching
48. After-tax amount
49. Tree juice

50. Accountant’s review
51. Levelheadedness
53. Snacks
55. Metallic cash cow
56. Tree dwelling
58. Neutral color
61. Metric work
63. Go off course
65. Enrobed
67. Ultimatum ender
68. Years of youth
69. Halo, e.g.
70. Perceived
71. “Miracle” workers of 1969
72. Give temporarily

Down
1. Parcel
2. Sacred cow
3. Couch
4. Ballyhoo
5. Bracelet location
6. Suffix with “invent”
7. Some are big, some are little
8. Current
9. Recline
10. Promoted
11. Mix
12. Fax button
15. Direct insult

21. Commuting option
23. Oodles
26. More than self-confident
28. Coat part
29. Kind of income
30. Children’s story start
31. Hanoi resident
33. Greek alphabet ender
36. Hair holder
37. Annex
38. Spicy cuisine
39. On its way
41. Famous quarter
42. Yep’s opposite
45. Setter
47. Melodious
49. Betting strategy
50. Broke bread
51. Grabbed a base
52. Try
54. Gulf
55. Mimics
57. Yew or eucalyptus
59. Stickum
60. Deserve
62. Pawns and knights, e.g.
64. Little pantry pest
66. Family sitcom role

Last Week’s Answers

1	2	3	4	5	6	7	8	9	10	11	12
13	14	15	16	17	18	19	20	21	22	23	24
25	26	27	28	29	30	31	32	33	34	35	36
37	38	39	40	41	42	43	44	45	46	47	48
49	50	51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70	71	72

SUDOKU Medium

5		8		3			4	
	2	4				6		
		9						5
				8			5	4
				2	5			
7			9					
3							7	6
					3	9		
	8	6					3	

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.

Davis and DeRosa

from front page

He later settled in El Segundo because he found the town not only financially affordable but also because he was drawn to the area that he equated to a small town in the Midwest or upstate New York. DeRosa said that before moving to El Segundo, he was working in Manhattan Beach and Downey. Still, his local patients bemoaned the fact that there was not a convenient physical therapy



Chris DeRosa

treatment option in El Segundo. So, the co-owners took a shot, establishing their company on Richmond Street. He touts El Segundo as “a tight community, and business-friendly.”

Davis and DeRosa strive to give back to the community that has supported their endeavors for nearly two decades, supporting myriad community events, like the Run for Education.

Linal Harada, the high school’s college and career advisor, said that “Chris DeRosa and his team have been supporting ESHS students for nearly over a decade. They have hosted student interns each semester, providing skill development, work-based learning, as well as valuable hands-on experience. This internship is especially popular with our PLTW biomedical pathway. Also, Chris has been a regular participant at the ESHS College and Career day each spring. We are thankful for the kindness, professionalism, and generosity we have received as community partners.”

DeRosa acknowledges that the devastation that the COVID-19 pandemic has unleashed

on society has taken a toll on his business. Once the pandemic rolled in, it “was horrible, to be honest,” he said. “We lost about 70% of our business in two weeks. We went from seeing 600 patients a week, pre-pandemic, to about 200 weekly. “We were so busy, having the best beginning of the year, ever...then it just got trounced. We figured that we were going to progressively shut down slowly, but



Troy Davis

we had patients who were in horrific pain (some had just had surgeries), so we could not abandon them.”

He said that the business is slowly seeing an uptick and that he is trying to bring back some of their physical therapists as their caseloads slowly increase. He acknowledges the challenges ahead. “We are going to have to restructure the way that we work,” he said. “It is going to be a little different.”

When not plying his physical therapy trade, DeRosa said that he likes to cook, and exercise, touting El Segundo’s SoulCycle as one of his fitness hangouts.

As our phone interview concluded, DeRosa was asked why the co-owners selected the business name Davis and DeRosa and not DeRosa and Davis? He said that Davis and DeRosa “sounds better,” and, in a nod to the long-ago days when the behemoth Yellow Pages business directory was heaved onto the front porch every year, noted that in the book’s listings, Da comes before De. “That’s how old we are,” he quipped. •

Police Reports

from page 2

A burglary (residential) report was taken at 0818 hours from the 900 block of Main Street.

A burglary (vehicle) report was taken at 0929 hours from the 1800 block of East Sycamore Avenue.

A vandalism report was taken at 0944 hours from the 1200 block of East Acacia Avenue. Unknown suspect(s) broke the windshield of a 2018 Honda.

A reported stolen vehicle was recovered at 1319 hours from the 700 block of Indiana Court. Recovered was a 1997 Nissan Maxima.

A burglary (commercial) report was taken at 1558 hours from the 800 block of South Aviation Boulevard. Unknown suspect(s) broke into a storage unit.

Friday, May 29th

A petty theft report was taken at 0905 hours from the 400 block of Whiting Street. Taken was a black wallet.

A stolen trailer was recovered at 1141 hours from the 100 block of South Pacific Coast Highway.

A stolen vehicle report was taken at 1205 hours from the 2100 block of East El Segundo Boulevard. Stolen was a 2001 Ford Explorer.

An annoying phone calls report was taken at 1447 hours from the 400 block of California Street.

A lost property report was taken at 1447 hours from the 400 block of California Street. Lost was a Los Angeles County Identification.

One female adult was arrested for grand theft auto at 2128 hours from the 100 block of Continental Boulevard.

A stolen vehicle report was taken at 0248 hours from the 100 block of West Imperial Avenue. The 2017 Honda Accord was later

recovered on Irene Court.

One male adult was detained and transport to MLK Exodus for a 72 hour psychiatric evaluation.

Saturday, May 30th

A courtesy stolen plates report was taken at 0642 hours from the 500 block of North Pacific Coast Highway.

A stolen vehicle plates report was taken at 0642 hours from the 500 block of North Pacific Coast Highway.

One male adult was detained at 0805 hours from the 100 block of North Continental Boulevard and transported to MLK medical center for a 72 hours psychiatric evaluation.

A burglary (commercial) report was taken at 1642 hours from the 800 block of South Aviation Boulevard.

A dead body report was taken at 1738 hours from the 200 block of West Imperial Avenue. An elderly male passed away from natural causes.

An online petty theft report was taken at 0253 hours from the 400 block of Indiana Street. Unknown suspect(s) entered the victim’s vehicle and stole 20 dollars in US currency and a harmonica.

A lost property report was taken at 0347 hours from the 1400 block of Elin Pointe. Lost was a credit card.

A felony reckless driving report was taken at 0403 hours from East El Segundo Boulevard and South Pacific Coast Highway.

Sunday, May 31st

A vandalism report was taken at 0755 hours from the 300 block of North Pacific Coast Highway. A window was smashed to a business. •

Entertainment

Film Review

No Justice, No Peace in
The Hate U Give

Morgan Rojas for cinemacy.com

This review originally ran on October 19, 2018. Starr Carter (Amandla Stenberg) is a high school teen stuck between two worlds. At her home in Garden Heights, a rough and predominantly black neighborhood littered with drugs and gangs, she is seen as an outsider. At her private high school in the wealthier and white part of town, she is seen as a diversity statistic. Despite her personal struggles, the support from her family never falters. From a young age, her father (Russell Hornsby) always told her about the power and pride she and her brothers should feel as a young black person in America, despite the injustice their people face every day. When Starr witnesses the shooting death of her unarmed best friend by a white police

The Hate U Give, an adaptation of the YA novel written by Angie Thomas, is a hard watch, especially as white woman who is critically aware of being in the fortunate position of not being faced with violence and a cultural identity crisis on the daily. Just being female in a male-oriented world can come with its own set of restraints and hurdles. In this case, director George Tillman Jr.’s exposé is an eye-opening account of an all too familiar scenario, but just because we may not like what we see, doesn’t mean we should turn away and pretend it’s not happening.

A timely conversation centering around the Black Lives Matter movement and the injustice of racial profiling within law enforcement and beyond, The Hate U Give, available to rent on VOD, is a heartbreaking and emotional



The Hate U Give, courtesy of 20th Century Studios.

officer, her world is turned upside down. As the only witness to Khalil’s wrongful death, Starr feels pressure from the community to testify against the officer in court. and is faced with a life-changing decision: stay quiet and let life pass her by, or stand up and speak her truth.

Amandla Stenberg gives a groundbreaking and emotionally stirring performance as the young protagonist, Starr. In nearly every scene, tears stream down Stenberg’s face and we can’t help but feel our hearts break along with hers. Her range as an actor is on full display as she brings life and powerful charisma to every moment. Equally as affecting is Russell Hornsby’s performance as her protective father. His tough exterior protects his gentle heart as he puts his family’s well-being above his own, claiming that family is the only people he lives and dies for.

account of one young African American woman’s struggle of living in America and the burden she carries as a result. •



Morgan Rojas

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wants to **sincerely thank**
all the **advertisers** that are sticking
with us, during this difficult time.

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WELCOME BACK THE MARKET IS RECOVERING

BEAUTIFUL CUSTOM MEDITERRANEAN STYLE HOME



JUST LISTED

841 CALIFORNIA ST., EL SEGUNDO

4 BEDS | 4 BATHS | 2,869 SF | 6,006 SF LOT \$1,950,000

Stunning curb appeal | Living room and formal dining room | High ceilings | Lovely tiled fireplace with mantle | Elegant dining room with granite wet bar | Large Custom kitchen with electric fireplace, Kraftmaid cupboard with custom drawer inserts and pullout shelves | Backslash is imported Italian tile, AGA stove with 2 convection ovens | Master bedroom features two large closets and double doors to a large balcony | Luxurious Master with dual rain-shower heads, granite counters and towel warmer | Lush private backyard with patio, fire pit, outdoor kitchen space and built-in BBQ | Attached 2-Car Garage

TWO-STORY CALIFORNIA COASTAL HOME



JUST LISTED

948 LOMA VISTA ST., EL SEGUNDO

4 BEDS | 3 BATHS | 2,600 SQ. FT. | 4,711 SQ. FT. LOT \$1,795,000

Hand scraped teak hardwood floors | Granite countertops | Custom-made maple cabinetry | Stainless-steel appliances | Spacious master suite with walk-in closet | Features large detached rec room | Oversized 2-Car Garage

FULLY REMODELED GEM



COMING SOON

18038 FAYSMITH AVE, TORRANCE

4 BEDS | 2 BATHS | 1,768 SF | 5,406 SF LOT

Curb appeal galore | Bright and spacious | Engineered hardwood floors throughout | Dramatic A-Frame open-beamed ceilings with skylight | Crown moldings and baseboards | Family room has large built-in shelves | Contemporary open plan kitchen with large gas stove | Custom cabinets | Stone Fireplace | Fully updated bathrooms | LED lights | Stainless-steel appliances | Backyard and side patio area | 2-Car Detached Garage

BRAND NEW OCEAN VIEW HOME



VIRTUAL TOUR 650WESTMAPLE.COM

650 W. MAPLE AVE., EL SEGUNDO

5 BEDS | 6 BATHS | APPROX. 4,500 SQ. FT. \$3,785,000

Incredible Views | Custom-Built | Chef's kitchen with oversized island, quartz countertops, and Bauformat cabinetry | Elegant living room with linear fireplace | Media Room | Top floor dedicated to master suite with walk-in closet and contemporary bathroom | Hansgrohe faucets and shower controls | Private outdoor entertaining space with cooking station hook-ups and a cozy fire pit

MODERN FULL REHAB 2-STORY HOME



COMING SOON

935 CYPRESS ST., EL SEGUNDO

5 BEDS | 4 BATHS | 3,500 SQ. FT. | 6,000 PLUS SQ. FT. CORNER LOT | ADU

Rooftop deck with 360 ocean, mountain and city views | Large private yard with entertainment space and custom decks | Large, designer kitchen | Custom basement wine cellar | Oversized fireplaces, closets and bathrooms | Smart home features | Custom landscaping | Private driveway | Pre-sell Available

GREAT INVESTMENT PROPERTY



COMING SOON

741 CENTER ST., EL SEGUNDO

4 BEDS | 4 BATHS | 3,219 SQ. FT.

New Construction | 2-Story Home | Pre-sell Available

PLAYA'S SILICON BEACH STRAND - ON THE BEACH



VIRTUAL TOUR 6209OCEANFRONTWALK.COM

6209 OCEAN FRONT WALK, PLAYA DEL REY

4 BEDS | 8 BATHS | 7,282 SQ. FT. \$7,950,000

Live like you're on vacation | Panoramic Ocean Views from Catalina to Malibu | Custom-built coastal estate by Tomaro Design Group Professional Chef's kitchen | Master suite with stunning views, sumptuous bath and large walk-in closet | Home theater | Elevator | Immense Deck with Spa

STUNNING HOME IN AN EXCLUSIVE NEIGHBORHOOD



VIRTUAL TOUR 7040VISTADELMARLANE.COM

7040 VISTA DEL MAR LN., PLAYA DEL REY

4 BEDS | 3 BATHS | 2,438 SQ. FT. \$2,499,000

Panoramic Ocean Views | Minutes away from Pristine white water | Top floor hosts a serene Master bedroom with private deck facing the ocean | Charming ocean view bedrooms each with built-in lofts | Spacious light filled kitchen | Fireplace | Retreat-like garden | Ideal outdoor space for entertaining and private events | Bonus room and plenty of storage space | 2-Car Garage

RARE DEVELOPMENT OPPORTUNITY



6935-6939-6943 VISTA DEL MAR LN., PLAYA DEL REY

3 ADJACENT LOTS | 8,005 SQ. FT. | 7,295 SQ. FT. | 6,486 SQ. FT.

Incredible white water views | Lots can be sold separately or with two other contiguous parcels | Unobstructed views of the Pacific Ocean, Sandy beaches, Catalina, Palos Verdes Peninsula, Queen's Necklace, and Marina Del Rey

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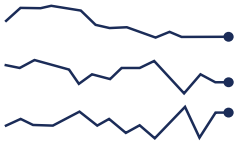
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EL SEGUNDO MARKET UPDATE

STRONG SELLER'S MARKET

Average Active List Price
Market Action Index
Inventory



\$1,399,000
47
9

\$774
Average Price
per SQ. FT.

61
Average Days
on Market

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JUST LISTED

842-848 PENN ST., EL SEGUNDO

3 UNITS EACH BUILDING | BACK PATIOS | 7,267 SQ. FT. LOT

Each Triplex Features: 2 x 1 BED | 1 BATH and 1 x 2 BEDS | 1 BATH | Modern upgrades | Hardwood floors | Double-pane windows | Forced air heat with wall thermostats | Electric and gas are separately metered

A RARE GEM – COMPLETELY REMODELED DUPLEX



JUST LISTED

742 LOMA VISTA ST., EL SEGUNDO

TURNKEY DUPLEX | 3-CAR GARAGE

Front house: 3 BEDS and 2 BATHS and a garden like front yard | Separate back house over the garage: 2 BEDS and 1 BATH | Fenced backyard with patio and large deck | Ample parking

DUPLEX WITH UNOBSTRUCTED WHITE WATER VIEWS



VIRTUAL TOUR 224SHELL.COM

224 SHELL ST., MANHATTAN BEACH

2 BEDS AND 2 BATHS | 2 BEDS AND 1 BATH

Upper level home 2 BEDS and 2 BATHS | Deck with breathtaking panoramic ocean views | Vaulted ceilings | Completely remodeled kitchen and bathrooms | Lower level home 2 BEDS and 1 BATH Completely remodeled kitchen and bathroom | 1 block from the beach

4 BRAND NEW CONSTRUCTION TOWNHOMES



COMING SOON

129 W. PALM AVE., EL SEGUNDO

ROOFTOP DECK | YARD | PATIO STARTING AT \$1,449,000

UNIT #1 - 4 BEDS | 3 BATHS | 1,974 SQ. FT. UNIT #3 - 4 BEDS | 3 BATHS | 2,034 SQ. FT.
UNIT #2 - 4 BEDS | 3 BATHS | 2,021 SQ. FT. UNIT #4 - 4 BEDS | 3 BATHS | 1,902 SQ. FT.

EL SEGUNDO COMMERCIAL



727 N. DOUGLAS ST., EL SEGUNDO

EL SEGUNDO'S CENTRAL BUSINESS DISTRICT | 2,670 SQ. FT.

Restaurant/Retail/Medical/Office Building | Large Patio with approved plans for 800 Sq. Ft. mezzanine | Next to the LA Lakers Training Facility and officescommunity

COMMERCIAL – BRAND NEW CONSTRUCTION



134 PENN ST., EL SEGUNDO

HEART OF SMOKY HOLLOW | 4,400 SQ. FT.

Creative custom building | 25' high ceiling with exposed bow truss | Be a part of the El Segundo business community

MASSIVE LOFT / CREATIVE SPACE



122 SHELDON ST., EL SEGUNDO

5,640 SQ. FT. | \$3,595,000 (\$637/ SQ. FT.)

Textured with Brick, Steel, Wood and Cement | Built In Reception / Waiting Area | Large Executive Office / Conference Area | 4 Private Offices | Massive Bullpen Area with 22 Built In Workstations | Gourmet Kitchen | Employee Lounge | Storage Room | Server/Mechanical Room | Upstairs Wet Bar | Full Bathroom Shower | HVAC Heating Throughout | Rooftop Gated, Remote-Controlled 12-17 Car Parking Area

CREATIVE ALLEY SIDE OFFICE



114 STANDARD ST., EL SEGUNDO

IN THE SMOKY HOLLOW CREATIVE COMMUNITY | 3,600 SQ. FT.

Roll Up door | Heating and Air Throughout | Bathroom | Kitchenette | Bullpen Area | Ownership to Construct a Conference Room Area and Possible 2nd Office | Property will be delivered plug and play condition | 4-Car Parking

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SENIOR OUTREACH
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BRE No. 01905428

Quote for the Week:
You are never too old to set another goal or to
dream another dream. C.S. Lewis

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ceilings. Fantastic u-shaped kitchen.
Hardwood floors, skylights + Massive 4
car garage. Asking \$1,399,000.

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- 902 Esplanade - Ocean front, white water views! 2 buildings, 7 units.
- 10002 Mattock Avenue, Downey, CA SOLD!
- Spacious El Segundo home SOLD!
- 141 Arena Street, El Segundo - 6,230 sq. ft. IN ESCROW! office / flex

RENTALS

- 2 bedroom, 1 bath, El Segundo - coming soon
- El Porto studio - steps to the beach w parking! \$1,950
- Fantastic Smoky Hollow flex space, loading dock, high ceiling -
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Showcase Your Outdoor Space with Framing



(BPT) - When determining the look of your outdoor living space, decking is only half of the equation. In many cases, it’s the deck railings that are most visible and the design element that makes the first impression. “Railings serve a necessary safety function, but they also play an important aesthetic role,” explains designer Alison Victoria, star of HGTV’s “Windy City Rehab” and “Rock the Block.” “They frame an outdoor space and define the setting’s style and personality.” Following are fresh ways to frame up your outdoor space for maximum enjoyment and curb appeal: Industrial styling is all the rage, as homeowners seek to replicate the clean lines and modern looks found in today’s hottest hotels, restaurants and craft breweries. In backyards across the country, this commercial-

to-residential trend can be seen in the increased use of aluminum railing styles that deliver sleek sophistication. One such example is Trex Signature Railing, which offers a range of designs, including horizontal rods, mesh panels or glass inserts, in addition to traditional spindles - all with the low maintenance and durability of aluminum. While railing matched to the decking remains perennially popular, an increasing number of homeowners are taking advantage of customizable design possibilities afforded by new railing materials, styles and finishes. Visual interest can be achieved by juxtaposing materials such as composite, aluminum, glass and brick. For an eye-catching color contrast, consider pairing chunky, white posts with slim, black balusters. Or, mix classic and contemporary looks by using a traditional,

wide railing to frame the deck while installing a slimmer railing style on staircases. If you want to enjoy your view, thin balusters finished in black are a great choice as they tend to optically blend into the environment, putting more visual emphasis on the natural surroundings. Glass panels are also ideal, of course, as are cable and rod rail designs. Conversely, if you have nosy neighbors or a view you’d rather minimize, opt for railings with thicker posts and more tightly spaced balusters to enhance privacy. In certain cases, deck railings can be as practical as they are pretty. One of the biggest trends is “cocktail railing” or a “drink rail.” This approach uses a deck board as a top rail to create a flat ledge at just the right height for holding drinks and plates. This level surface also offers an ideal resting

spot for potted plants, candles and other decorative accessories. By using boards that match the decking, you can achieve a look that complements your deck, while making great use of space. Augment the beauty of your railing and lengthen the time you can spend enjoying your deck with discreet outdoor lighting that can be integrated into railing posts and caps. Not only will lighting set the mood, it also adds safety and security. Consider LED dimmable options to maximize energy efficiency, such as Trex Outdoor Lighting, which also are weatherproof and salt-air proof - ensuring they will last for years. To learn more about different railing options and outdoor living trends, visit www.Trex.com.

PUBLIC NOTICES

NOTICE OF PUBLIC HEARING ON THE BUDGET OF EL SEGUNDO UNIFIED SCHOOL DISTRICT OF LOS ANGELES COUNTY
The Governing Board of El Segundo Unified School District will hold public hearing on the BUDGET OF THE DISTRICT FOR THE YEAR ENDING JUNE 30, 2021, PRIOR TO Final Adoption as required by Education Codes 42103 and 52062. The public hearing will be held virtually. Information on how to access and make public comment can be found at <https://go.boarddocs.com/ca/esusd/Board.nsf/> Public on June 23, 2020 at 2:00 p.m. The public is cordially invited to attend this meeting. The proposed Budget will be on file and available for public inspection should members of the public wish to review the Budget prior to the public hearing, at the following location(s): 641 Sheldon Street, El Segundo, CA 90245 from June 19, 2020 to: June 23, 2020 during the hours of 9:00 am. to 3:00 p.m. Debra Duardo, M.S.W., Ed.D. Los Angeles County Superintendent of Schools 6/4/20 CNS-3366629# EL SEGUNDO HERALD El Segundo Herald Pub. 6/4/20 H-26786

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Fictitious Business Name Statement 2020076466
The following person(s) is (are) doing business as INFINITEA FRESH GRILL, 1) 22950 VANOWEN ST., STE B, WEST HILLS, CA 91307, 2) 21151 S WESTERN AVE., STE 284, TORRANCE, CA 90501, LOS ANGELES COUNTY. AI #ON: 4299335. Registered Owner(s): INFINITEA CAFE, INC., 22950 VANOWEN ST., STE B, WEST HILLS, CA 91307. 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: INFINITEA CAFE, INC., REYNOSA ESPADERO, CEO. This statement was filed with the County Recorder of Los Angeles County on May 5, 2020. NOTICE: This Fictitious Name Statement expires on May 5, 2025. A new Fictitious Business Name Statement must be filed prior to May 5, 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. 5/14, 5/21, 5/28, 6/4/20 H-2166

Fictitious Business Name Statement 2020081341
The following person(s) is (are) doing business as QUALITY PACKING & CRATING, 1502 W 132ND ST, GARDENA, CA 90249-2108, LOS ANGELES COUNTY. AI #ON: 2762212. Registered Owner(s): BIPAKABA, INC., 1502 W 132ND ST, GARDENA, CA 90249-2108. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: 01/2005. Signed: BIPAKABA, INC., BIPLOB K. SHAMSROUF, CEO. This statement was filed with the County Recorder of Los Angeles County on May 13, 2020. NOTICE: This Fictitious Name Statement expires on May 13, 2025. A new Fictitious Business Name Statement must be filed prior to May 13, 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. 5/28, 6/4, 6/11, 6/18/20 H-2169

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“The very least you can do in your life is figure out what you hope for. And the most you can do is live inside that hope. Not admire it from a distance but live right in it, under its roof.”
— BARBARA KINGSOLVER



GUNDOGRAM

SUBMIT YOUR YUM DISH!!

Szechuan Peanut Chicken

Provided by Brandpoint
Prep Time 10 Minutes • Total Time 25 Minutes
Serves 4 People

Pace® Picante Sauce provides the flavor punch to this peanut sauce seasoned with soy, ginger and garlic. Stir-fried chicken and spaghetti are tossed with this Szechuan-inspired sauce for an out-of-the-ordinary dinner dish.



Ingredients

- 1 pound skinless, boneless chicken breast halves, cut into strips
- 2 tablespoons soy sauce
- 1 teaspoon ground ginger or 1 tablespoon minced fresh ginger root
- 1/8 teaspoon garlic powder or 1 small clove garlic, minced
- 1 tablespoon vegetable oil
- 1/2 cup Pace® Picante Sauce
- 2 tablespoons creamy peanut butter
- 3 green onion, thickly sliced (about 3/4 cup)
- 8 ounces (1/2 of a 1-pound package) thin spaghetti, cooked and drained (about 4 cups)

Directions

- **Step 1:** Stir the chicken, soy, ginger and garlic in a medium bowl.
- **Step 2:** Heat the oil in a 10-inch skillet over medium-high heat. Add the chicken mixture and stir-fry until it's well browned and cooked through. Remove the chicken mixture from the skillet and set it aside.
- **Step 3:** Stir the picante sauce, peanut butter and onions in the skillet. Return the chicken mixture to the skillet and heat until it's hot and bubbling. Serve over the spaghetti.

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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Legacy

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If just 2% of the pet-owning households in America fostered one pet a year, we could stop euthanizing healthy pets in shelters.

Here are a few of the precious cats and kittens waiting for their fur-ever homes.

Legacy is a funny, affectionate, loving, quirky boy with a head tilt that increases his adorable factor. To meet Legacy is to love him because he is just so darn loving and friendly. He enjoys meeting and making new friends because he knows it means more pets for him. Legacy would do best in a home without young children because the noise and excitement from little ones sends him running in the opposite direction. He tolerates other cats, but he would be happiest in a single-cat household. Legacy has seen a couple of different vets to find out why his head tilts like a puppy dog; they both concluded that he had an inner ear infection at some point that did permanent damage. Other than a super cute head tilt, Legacy is not in any pain and is a

healthy, playful kitty.

Poppy is the brother of two adorable sisters, **Lupine**, and **Buttercup**. They are too young to be adopted as solo kittens, but would love to be adopted as a pair, or even a trio. Or if you already have a kitty, waiting for a friend, one of them would so happy to become a part of your family. **Poppy** is Mr. Personality. The way he looks at you makes you think he understands what you are saying. He's so smart, so engaged and extremely playful and cuddly. Poppy is all the best qualities in a kitten. **Buttercup** is an angel kitty. She's very snuggly and likes to cuddle in your lap and reach up to your face for kisses. Buttercup is beautiful kitten who will make some lucky adopter incredibly happy. **Lupine** is absolutely stunning. She's a beautiful, sweet kitty who loves to play and cuddle. She has the most beautiful eyes that you will ever see on a kitten.

Sherry is such a sweetheart. She is very people friendly and will purr as you approach her. Sherry is energetic and fun and loves to explore and try new things. She is the Ying to her brother, Whiskey's Yang. She would love to be adopted with Whiskey as they make a great pair. Sherry will be a terrific companion and friend.



Lupine

Whiskey is a homebody. He loves to lounge about and be loved on. He is the purr-fect couch potato and binge-watching buddy. Whiskey is a mellow guy who doesn't let things get to him. He is happy to be with you and his sister, Sherry, who he would like to be adopted



Mom

with. They make a great pair! He is chill and she is adventurous. Whiskey is the pal you've been looking for.

Mom is a relaxed one-year old youngster and is a great kitty. She recently had a litter of kittens and was the best Mom on the planet. Now she is ready for her forever home. She *loves* a good brushing and chirps to tell you how happy she is. She also loves her afternoon treats, belly rubs, and mealtime. Mom wants to sit next to you and keep you company. She may be a little shy for the first couple of days in a new place but will warm right up to be your home companion. Mom is a very social girl, super curious and very smart.

These cats and kittens are available for adoption through Kitten Rescue, one of the largest cat rescue groups in Southern California. All our kitties are spayed/neutered, microchipped, tested for FeLV and FIV, dewormed and current on their vaccinations. Temporarily, adoption events are suspended. For additional information and to see these or our other kittens and cats, please check our website www.kittenrescue.org or email us at mail@kittenrescue.org.

With our city and state shut down, we are faced with the delicate balance to protect our fellow humans from the spread of COVID-19, while continuing our mission of saving the most vulnerable victims of the homeless cat crisis. We know that these are hard times for everyone. If you can give a little, it will go a long way. They are still counting on us during these difficult times.

Your tax-deductible donations for the rescue and care of our cats and kittens can be made through our website or by sending a check payable to Kitten Rescue, 914 Westwood Blvd. #583, Los Angeles, CA 90024.

If you remember Tricia Helfer from the



Whiskey

TV series *Battlestar Galactica*, she has a special message for you on the Kitten Rescue Facebook page about “Giving Tuesday”.

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



Poppy and Buttercup

Happy Tails

Two things that we are rich in at Kitten Rescue are kittens and amazing volunteers. This is a story of how a foster mama and her bottle baby survived COVID-19 together.

Little Elton was only around a week old when his foster mom got the call that he had been turned away from the city shelter and the person who found him needed help.

Elizabeth is one of our most skilled bottle baby feeders, so Elton was in good hands. A few days after Elton arrived, Elizabeth and her husband came down with the COVID-19. Since bottle babies need to be fed every few hours throughout the night and Elizabeth and her husband needed rest, we offered to place Elton into another foster home. But Elizabeth would not have it. She and her husband took turns taking care of Elton and he brought them comfort and joy during their recovery and isolation. Kitten Rescue volunteers brought groceries and medicine to Elizabeth's door during this time.

We are happy to report that Elizabeth and her husband are doing well, and little Elton is growing at a record rate!

Rescue does not stop for pandemics and Elizabeth and her husband are true heroes in this time of crisis. #quaranteenies. •



Little Elton and Elizabeth

GRADUATION 2020!

The Herald and the ESUSD want to create a special *commemorative pull out section* to celebrate our 2020 Graduating Seniors.

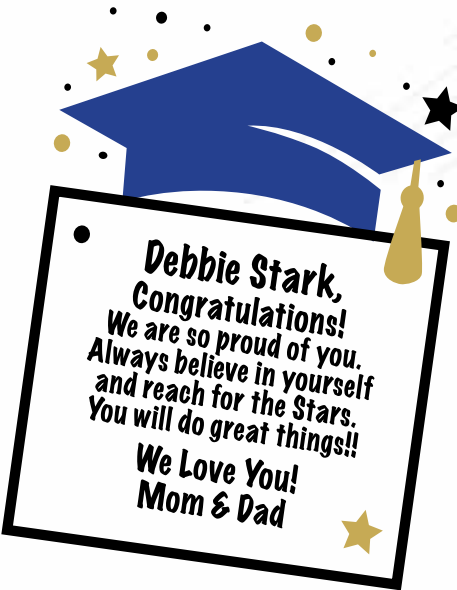
The School District has arranged to have every graduate's name and photo published in our June 11th issue

LAST CHANCE FOR PARENTS!

Parents can buy graduation caps (up to 30 words) for \$35. Please email text for caps to class@heraldpublications.com.



Sample ads



LAST CHANCE FOR BUSINESSES!

Businesses interested in participating & offering congratulations, please email: web@heraldpublications.com.

All cap ads must be prepaid. Payment can be made by check or credit card. Email class@heraldpublications.com for a credit card form. Please make checks payable to Herald Publications and mail to 500 Center St., El Segundo, CA 90245.