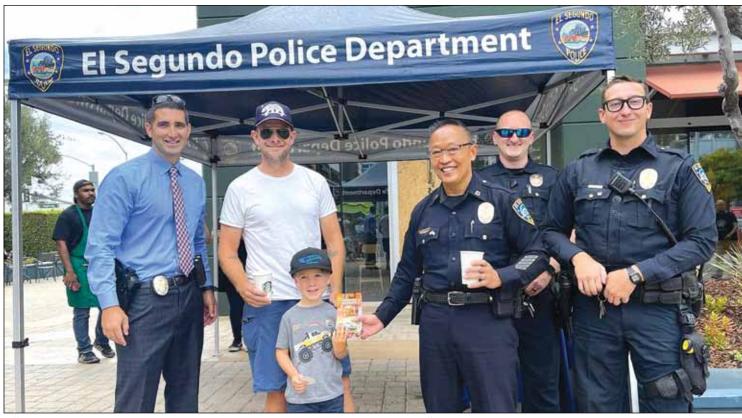
Fil Segundo File Weekly Newspaper of El Segundo

Herald Publications - El Segundo, Hawthorne, Lawndale & Inglewood Community Newspapers Since 1911 - (310) 322-1830 - Vol. 111, No. 28 - July 14, 2022

Weekend Forecast Friday AM Clouds/ PM Sun 74°/66° Saturday AM Clouds/ PM Sun 77°/67° Sunday Sunny 78°/67°

Welcoming Back Another Successful Coffee with a Cop



Coffee with a Cop has no agenda or speeches, just a chance to ask questions, voice concerns, and get to know the officers in your neighborhood. Thank you to Starbucks and to everyone who joined this wonderful event. Photo courtesy El Segundo Police Department.

Darrell George Takes Over as the Permanent El Segundo City Manager

By Duane Plank

Most American workers look forward to the day they can retire, relax around their domicile, travel, indulge in their hobbies, spend time with their grandkids, and claim their social security money.

Well, apparently, Darrell George is not "most Americans." George, who has served multiple cities in the governmental public sector, unretired in March of this year to become the interim city manager of El Segundo. He replaced Scott Mitnick and was elevated to the permanent city manager position, capturing a 5-0 vote at the City Council meeting on June 21.

George was born and raised in Worcester, Massachusetts. He picked up his undergraduate degree from The University of Massachusetts in Amherst, then traveled across the country to Southern California in the early 80s, where he earned his master's degree in public administration from USC's public policy school, acing their three-year program.

"They had a great program," George said. Because he was working at the Los Angeles County Urban League as an entry-level planner while attending USC, George said he could take advantage of evening and weekend class offerings.

After finishing his graduate studies, George scored a gig with the City of Santa Monica, where he was the Economic Development Manager. He worked for Santa Monica "for about eight years." He was an integral cog as the project manager for the development of Santa Monica's Third Street Promenade sprawling project, as well as the amusement park on the Santa Monica Pier.

After his work was completed in Santa Monica, George moved on to draw his

paycheck from the city of Pomona, where he served as their Redevelopment Director for four and a half years. The next stop highlighted on George's resume is a stint he spent with the city of Downey, where he served as Community Development Director for eight years. One of the legacy projects that George left behind in Downey: was Downey Landing, which was the 160-acre development of an old Boeing site that had been abandoned by the aircraft giant.

The next stop on George's public service tour took him to the City of Duarte, where he served as the city manager for sixteen years and laid the groundwork for the City

See Darrell George, page 6



Darrell George. Photo provided by the City of El Segundo.

Chevron Manhattan Beach Grand Prix Returns

By Duane Plank

Local cycling fans do not have many opportunities to watch their professional sporting heroes compete. They used to be able to follow the Amgen Tour of California, but that tour tanked. Of course, cycling fans can get up exceedingly early in the morning in the month of July, flip on the tube, and watch the professional cyclists careen and crash around the terrain of France, competing in the Tour de France, which is set to wrap-up on July 24.

Well, cycling enthusiasts can view the final Tour de France race on that Sunday, then head out to view some live racing. For the first time since 2019, neighboring

Manhattan Beach will be hosting the 59th Chevron Manhattan Beach Grand Prix [MBGP] on July 24, with festivities kicking off at 7 a.m. and culminating with cycling races along the Manhattan Beach pavement on the 1.3-mile course laid out on the downtown city streets of Valley Drive and Ardmore Avenue.

Men's and Women's professional bike races will take center stage, with cash prizes awarded to the top finishers. Those races are scheduled to commence at 1 p.m.

Multiple other bike races, the first starting at 7 a.m., will take place over the day that will include distinct categories and levels of bikers, including novice

See Grand Prix, page 13

Your Neighborhood Therapist

Dear Neighborhood Therapist,

My girlfriend and I have just graduated from high school and we're going to separate colleges in the fall. Neither of us wants to break up, but we know that it is going to be hard to maintain a long distance relationship. We already have plans to see each other at breaks, but we're on opposite ends of the country and it's not really going to be practical to see each other more than a few times a year for a while. Is there anything we can do to make sure our relationship stays as strong as it is?

- Off to College, El Segundo

Dear Off to College,

What an exciting time of life! Congrats to both of you. I would love to tell you that there is a secret, or that there are a series of steps you can take to ensure that your relationship stays strong and committed. But unfortunately, I don't think there is anything you can do to the relationship stays as strong as it is - or, at least, as strong as you would like it to be. That is not because there is nothing you can do, but rather because it's impossible to be sure that any relationship doesn't change.

What you can do is make a commitment to work as hard as you possibly can, and do everything you possibly can think of, to keep the connection strong. Based on what I've seen working with people in long-distance relationships they were happy with, frequent communication (texts and calls and FaceTime), scheduled visits you can look forward to, time at home together during the holidays and big occasions, and staying in close contact with mutual friends certainly seems to help.

That's one end of the spectrum of possibilities. But working as hard as you possibly can to maintain the relationship is going to have high costs, and it's worth evaluating those costs. It's inevitable that your relationship to each other will evolve at a different pace from the other parts of your lives. College is a time of life when we often learn a great deal about our interests and preferences. We form new friendships and seize new opportunities. Some disappointments are inevitable. What is going to happen when your regularly scheduled FaceTime conflicts with your new friends' idea to take a spontaneous road trip? What is going to happen when one of you is having a really bad day, and the other one is having a great day, and you misread the tone of each other's texts? These situations are common and often they are very bridgeable gaps, but distance can make them more difficult.

Relationships, like people, do not exist in suspended animation. Relationships, like people, exist in a place (or places) and at a time, and they are affected by those tidal forces as much as anyone else. You will each have powerful forces acting on you, and these powerful forces will affect your relationship to your relationship; perhaps they will inspire you to redouble your efforts, or perhaps these forces will cause you to commit less energy to the relationship.

Recognize that as you and your girlfriend evolve, so will the relationship - perhaps in ways that neither of you expects, and for reasons that neither of you causes. The more you anticipate these changes, and the more you talk about them, the better you will be able to respond when the time is right.

Please write to tom@tomandrecounseling. 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. •



Tips for Buying a Boat

(BPT) - Spending time with your crew on the water this summer? There's no better place to be! Boating, a longstanding American pastime, has seen a surge in popularity as millions of people recognize it gives you the freedom to explore and is one of the most fun, relaxing ways to escape stress on land. Plus, studies show being on the water improves health and wellness. It makes sense why a record number of newcomers purchased their first boat over the past two years.

Whether you're new to boating or an experienced captain still navigating best practices for enjoying a day on the water, remember it should be fun - not intimidating. Understanding the basics on what to

the necessary training or certificates in your state, you will not only protect yourself and your passengers but also other boaters on the water.

Take a class. Take the helm and become a confident boater. Sign up for a boating lesson to hone your powerboating, sailing or watersports skills by mastering the basics while having fun along the way. On-water training courses, watersports camps, youth boating programs and more are offered across the U.S.

Visit a boat show. Boat shows are an ideal place to immerse yourself in the boating lifestyle and provide a unique opportunity to meet face-to-face with - and shop - a



do and what to bring will help make you a safer, more confident boater while creating lasting memories.

"If you are looking for fun and adventure this summer, on the water with friends and family is where it's at. There's nothing more enjoyable and relaxing than a day on a boat with your favorite people," said Ellen Bradley, senior vice president of Discover Boating. "Before you take the helm, learning the basic boating essentials will help ensure a fun and safe experience for all involved."

Discover Boating is a helpful one-stop resource for everything from finding the boat that's right for you to maintenance checklists and how-to's, boating destinations and boating education topics. Additionally, with Discover Boating's new Dealer Finder tool, you can conveniently locate and connect with verified boat dealers in your area.

Below are five tips from Discover Boating to improve your nautical know-how in no time to ensure the best possible experience on (and off) the water.

Learn the rules of the water. It is important to have the boating information and certifications you need to be a safe and responsible boater. Develop a safety checklist and obtain variety of boat dealers and marine product companies all under one roof. Most boat shows also offer educational opportunities (often complimentary) whether you're a seasoned skipper looking to improve your skills or a new boater looking for tips on everything from boating safety to navigation and boat operation. Find a boat show in your area.

Look for the seal of approval. When shopping for a boat, whether at a boat show, online or at a dealership, check to make sure it is NMMA Certified. NMMA Certified boat and trailer manufacturers have been independently inspected to ensure they meet strict industry standards for safety and construction, as well as all federal regulations. Look for the NMMA Certified sticker near the helm of a boat.

Preserve your boat with proper maintenance. Similar to car maintenance, there are a few areas that require regular maintenance by the owner, and a few areas that require maintenance at routine intervals, which most leave to the professionals. Prepare a boat maintenance checklist that covers everything from engine needs to cleaning to electrical systems to ensure your boat has a long lifespan. •

Police Reports

Monday, July 4th

A recovered stolen license plates report was taken at 1108 hours from Douglas Street and Rosecrans Avenue.

One male adult was arrested at 1613 hours from Imperial Avenue and Main Street for one LAPD misdemeanor warrant, one LASD misdemeanor warrant and one CHP misdemeanor warrant.

Tuesday, July 5th

A vandalism report was taken at 0808 hours from the 1400 block of East Grand Avenue. Unknown suspect(s) damaged a gate.

A found property report was taken at 1005 hours from the 300 block of Main Street. Found was a Citibank MasterCard.

A found property report was taken at 1044 hours from the 300 block of West Grand Avenue. Found was a lanyard with miscellaneous keys attached.

A found property report was taken at 1045 hours from the 300 block of Main Street.

Found was Toyota car key.

A hit and run report was taken at 1539 hours from the 100 block of North Continental Boulevard. Vehicle versus parked vehicle.

An incident report was taken at 1706 hours from Maple Avenue and Virginia Street. A dog bit another dog.

A missing person report was taken at 2302 hours from the 1400 block of East Imperial Avenue. A female adult was reported missing.

An armed robbery report was taken at 0135 hours from the 900 block of Main Street. The suspect produced a handgun and demanded money.

A trespassing report was taken at 0111 hours from the 200 block of Loma Vista Street. A possibly intoxicated male entered the victim's residence.

Wednsday, July 6th

A stolen vehicle report was taken at 0624 hours from the 1400 block of East Sycamore

See Police Reports, page 4

Love Thy Neighbor

Dear El Segundoans,

We love the profiles we've done, and we've learned so much about El Segundo's residents. We want to do more, so please keep the suggestions coming. With over 16,000 residents, we're sure there are some gems we may have overlooked or not been aware of them. Do you have a unique and interesting friend, neighbor, co-worker, colleague or student? All you have to do is ask their permission and



send us their contact information. Of course, if you find yourself fascinating, you are welcome to send us your information too.

- Best to you all. HM.
Send your suggestions in to letters@heraldpublications.com

Please have your nominee's approval before you submit them as a nominee.





All-Stars Advance to **National Tournaments**

By Jordan Lane

The 2022 El Segundo Girls Softball 12U Gold and 10U Gold teams both advanced to National tournaments in the past couple weeks in Lancaster. These National tournaments will round out what has been a stellar All-Star season for the Gundo Girls. El Segundo's 10U Gold All Stars competed in the USA Softball State Tournament in Lancaster earning a 4-2 record. They finished an outstanding 7th out of 51 teams, securing their bid to Regionals in San Diego later in July. Regionals draws teams from all over the western United States. Similarly, the 12U Gold also finished with a strong 4-2 record at their USA Softball State tournament in Lancaster. They finished in the

from a run deficit putting up ten in the fifth inning. Tied 11-11 in the sixth inning, San Pedro singled on a 0-1 count, scoring one run to end the game.

12U Gold, also with a State tournament record of 4-2 defeated, three San Diego area teams. This includes Carlsbad, 4S Ranch and North Shore as well as Orangecrest, from Riverside. They lost to Scripps Ranch and Ventura. The Gundo Girls had a nailbiter again North Shore that was determined in extra innings in a tiebreaker situation. The Gundo Girls loaded the bases and hit in a winning, walk of run to advance in the tournament.

We wish the 10U and 12U Gold All Star teams the best of luck as they continue their



Photo Back row: Elise Howling, Delaney McAndrews, Tracy McAndrews (coach), Erin MacKusick, Charlee Cline, Alicia Cline (coach), Valerie Williams, Lily Dull, Raymond Markarian (coach), Isla Ortega, Gabriella Sanchez; Front Row: Ava Markarian, Sullivan Zivalic, Samantha Sandoval and Angelina Garcia.

top eight and will represent El Segundo in a National tournament later this month.

The 10U Gold team defeated Alpine twice, Ventura, and La Habra. They lost to Ranch Trabuco, and in their final game of the tournament, they were defeated in a heartbreaker to San Pedro 11-12. This game against their cross-town rival was, arguably, the most exciting match-ups of the tournament. The stands were packed with off duty umpires, players from opposing teams, and anxious friends and family as the rivals hit the field. San Pedro's bats were hot from the start, but the tenacious Gundo Girls battled back run at a National level later this month representing El Segundo.

The 12U Gold All Star team includes Sadie Gramajo, Olivia Galaviz, Molly McAndrews, Maya Bonner, Madeleine Ferrier, Layla Yermain, Kathleen Lane, Grace Linares, Ella Sabosky, Catherine Reed, Brooke Englehardt, Breezy Laurent and Ava Waters.

The 10U Gold All Star team includes Valerie Williams, Sullivan Zivalic, Samantha Sandoval, Lily Dull, Isla Ortega, Gabriella Sanchez, Erin MacKusick, Elise Howling, Delaney McAndrews, Charlee Cline, Ava Markarian and Angelina Garcia. •



Photo Back row: Dave Reed (coach), Matt Sabosky (coach), Steve Cleland (coach), Brian Galaviz (coach); Middle Row: Breezy Laurent, Maya Bonner, Layla Yermain, Ava Waters, Sadie Gramajo, Catherine Reed, Grace Linares, Kathleen Lane; Bottom row: Brooke Englehardt, Molly McAndrews, Ella Sabosky, Olivia Galaviz and Madeleine Ferrier

By Gregg McMullin

July brings all-star baseball and softball to the forefront of sports action in El Segundo and just about every other community across the nation. The El Segundo Little League 10U team advanced to the championship final before getting beat. The 11U team opens their Section 4 tournament on Saturday at Palos Verdes Little League. The El Segundo 13-15-year-old all-stars advanced to the Southern California State final, while the 14's dropped into the loser's bracket after splitting their first two games.

ESLL 10s Lose District 36 Final

El Segundo faced Palos Verdes in an elimination championship final and fell 14-7.



Ryan Stetson delivers a strike in the District 36 championship



Griffin Goshi singles to right field in the fifth inning against

It was a disappointing loss, but El Segundo never conceded and played with passion even when they were on the verge of being mercy-ruled.

El Segundo took an early first-inning lead when Ben Baker walked to open the game and scored on an RBI single by Charlie Snyder. In PV's half of the first, they tied the game with Bennett Lopes' ground ball. In the second inning, PV scored four runs, highlighted by a two-run double by Hudson Sheffield to take a 5-1 lead.

El Segundo stormed back, in the third inning, with a four-run inning. Snyder, Jude Hansen and Ryan Stetson each had RBIscoring singles as El Segundo tied the game at 5-5. Palos Verdes would score a single run in the bottom half of the third inning to take a 6-5 lead. In the fourth inning, PV sent 14 batters to the plate, pounded out six hits, and scored eight runs to take a 14-5 lead. In the sixth inning, El Segundo put together a rally. Logan Meyer opened the inning with a double, Snyder had an RBI single, and Stetson's sharp grounder scored Snyder to make it 14-7.

Griffin Goshi hit a ball up the middle destine for a single. He was robbed by PV shortstop Bennett Lopes who made the force at second base ending the game and ESLL all-star season.

The roster of Ben Baker, Logan Meyer, Charlie Snyder, Jude Hansen, Ryan Stetson, Jack Richmond, Asher Aguilar-Abdelshife, Mikey Fennell, Cruz Wagner-Bogues, Tanner Burton, Griffin Goshi, Scotty Nicol and Bodi Campbell will look to have a remarkable 11-year old year next season and build on

See All-Star Teams, page 6



Ben Baker played flawless defense and anchored the infield



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Classifieds

The deadline for Classified Ad submission and payment is Noon on Tuesday to appear in Thursday's paper. Advertisements must be submitted in writing by mail, fax or email. You may pay by cash, check, or credit card (Visa or M/C over the phone).

Errors: Please check your advertisements immediately. Any corrections and/or changes in an ad must be requested prior to the following Tuesday deadline in order to receive a credit. A credit will be issued for only the first time the error appears. Multiple runs will only be credited for the first time the error appears. No credit will be issued for an amount greater than the cost of the advertisement.

Beware: Employment offers that suggest guaranteed out-of-state or overseas positions may be deceptive or unethical in nature. If you have any doubts about the nature of a company, contact the local office of the Better Business Bureau, (213) 251-9696. Herald Publications does not guarantee that the advertiser's claims are true nor does it take responsibility for those claims.

FOR RENT

1bd/1ba detached back unit for rent. Located in cul-de-sac near Rec Park. \$2850/month. Available September 1. Please call 424,471,9087

WANTED

WANTED. Vinyl, records, vinyl, anything musical. Collectibles/ antiques. Typewriters, sewing machines, military, silver, Japan, records, stamps, coins, jewelry,

Chinese, ANYTHING. Buy/Sell/Trade. We sell for you on EBAY. Studio Antiques, El Segundo. 310.322.3895.

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

Police Reports

from page 2

Avenue. Taken was a 2018 blue Porsche.

A recovered stolen vehicle report was taken at 0924 hours from the 1500 block of East Maple Avenue. Recovered was a 1997 Honda Civic.

A petty theft report was taken at 0929 hours from the 200 block of Illinois Street. Unknown suspect(s) took property from the victim's locked vehicle.

A petty theft report was taken at 1101 hours from the 200 block of Illinois Street. Unknown suspect(s) took property from the victim's locked vehicle.

One male adult was arrested at 1142 hours from the 400 block of Sheldon Street for one outstanding Torrance PD felony warrant.

A traffic collision (no injuries) report was taken at 1208 hours from the 1900 block of Hughes Way, vehicle versus bus.

A petty theft report was taken at 1622 hours from the 1300 block of East Imperial Avenue. Unknown suspect(s) took property from the business.

A missing person report was taken at 2307 hours from the 1400 block of East Imperial Avenue.

A found property report was taken at 2344 hours from the 600 block of North Pacific Coast Highway. A skateboard was found.

A found property report was taken at 0217 hours from the 300 block of Main Street. A set of keys were found.

A missing person report was taken at 0222 hours from the 1400 block of East Imperial Avenue.

Thursday, July 7th

A burglary (commercial) report was taken at 0955 hours from the 600 block of East Holly Avenue. Packages were taken from the mail room.

One male adult was detained at 1007 hours from the 2100 block of East El Segundo Boulevard and was transported to Harbor Exodus for a 72-hour psychiatric evaluation. A resisting arrest report was also taken.

One male adult was arrested at 1415 hours from the 800 block of North Pacific Coast Highway for possession of drug paraphernalia and possession of a controlled substance.

One female adult was arrested at 1410 hours from the 800 block of North Pacific Coast Highway for drunk in public.

A hit and run report was taken at 1522 hours from the 2200 block of East Rosecrans Avenue, vehicle versus vehicle.

A dead body report was taken at 1718 hours from the 1200 block of East Acacia Avenue. A female adult was found deceased.

A missing person report was taken at 1719 hours from the 1400 block of East Imperial

A shoplifting report was taken at 1904 hours from the 2500 block of East El Segundo Boulevard. The suspect took merchandise without paying.

A vandalism report was taken at 2110 hours from the 300 block of Main Street. Unknown suspect(s) scratched the victim's vehicle.

A missing person report was taken at 2043 hours from the 1400 block of East Imperial

A missing person report was taken at 0041 hours from the 1400 block of East Imperial Avenue.

A found property report was taken at 0418 hours from the 300 block of Main Street. A wallet was found.

A found property report was taken at 0418 hours from the 300 block of Main Street. A set of keys were found.

One male adult was arrested at 0442 hours from the 100 block of North Continental Boulevard for drunk in public and possession of a controlled substance.

Friday, July 8th

A grand theft report was taken from the 700 block of Loma Vista Street. Unknown suspect(s) stole the victim's packages from his front porch.

One male adult was arrested at 1234 hours from the 2100 block of East El Segundo Boulevard for one LAPD misdemeanor warrant and one Santa Monica PD misdemeanor warrant.

An attempt grand theft report was taken at 1232 hours from the 400 block of West Maple Avenue. Unknown suspect(s) attempted to steal the victim's catalytic converter from his vehicle.

A burglary (commercial) report was taken at 1517 hours from the 300 block of North Pacific Coast Highway. The suspect stole merchandise from the store and left without



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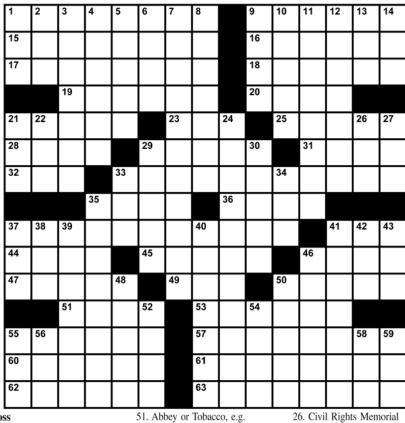
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WEEKLY CROSSWORD

See Answers Next Week



Across

- Most unrefined
- Loon-related birds
- 15. Loafer
- Renovate
- 17. Captivate
- 18. Mimosa family shrub
- 19. SLR, e.g.
- 20. Central points
- Newfoundland 21. St
- 23. Web site address ending
- 25. Cancels 28. Distress
- 29. "Basic Instinct" star
- 31. Inter 32. Classified abbr.
- 33. Restoring to life
- 35. Brandy flavor
- 36. Mr
- 36. Mr ___ guy 37. Christmas illuminations 41. Eats
- 44. Big name in luxury hotels
- 45. Agra attire 46. Don't believe it
- 47. PayPal product 49. Computer key
- 50. Pole position?

- 53. A vitamin B
- Actress Plummer
- 57. Haphazardly 60. Last leftover
- 61. Cut
- 62. Advisories 63. Devotion

Down 1. Largest OH airport

- 2. Pal of Harry Potter 3. "H's"
- 4. Hair piece
- 5. Pants have them 6. Marine eagle
- 7. United Nations body
- 8. Trample 9. Tennis great, Steffi
- 10. Scout's mission
- 11. Clear out 12. Spore-producing bacteria
- 13. Longtime record label 14. Getaway
- 21. Dad's namesake, abbr.
- 22. Original manufactured item 24. Free from social convention

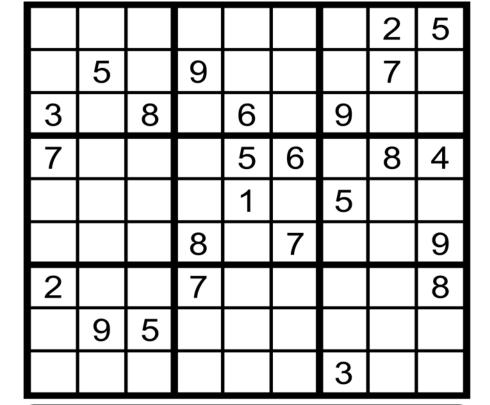
- 26. Civil Rights Memorial designer
- Actor's union 29. Old time signatures
- 30. Releases
- 33. Foreign leader 34. Temperature controls, briefly
- 35. Con 37. Hatfield to a McCoy
- 38. Car co. bought by Chrysler
- 39. Fuming 40. Nicaragua city
- Sonata
- 42. A.B.A. member, abbr.
- 43. Quiet!
- 46. Des _
- _ thought about it" 48. "I _
- 50. Start
- 52. Some parents 54. Mischievous
- _ time 55. One
- 56. Practice starter
- 58. Spanish bear 59. Rest room sign

Last Week's Answers

O N T R 63A

٠.										
	6	3	8	2	7	1	4	5	9	
	4	2	1	8	5	9	7	3	6	
	9	7	5	4	3	6	2	1	8	
	3	6	9	7	2	5	1	8	4	
	8	4	2	1	6	3	9	7	5	
	5	1	7	9	8	4	6	2	3	
	2	5	6	3	4	7	8		1	
	1	8	3	6	9	2	5	4	7	
	7	9	4	5	1	8	3	6	2	

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.



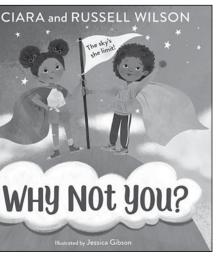
Check It Out

Why Not You? By Ciara and Russell Wilson

By Kristen Morell, Librarian I

Why Not You by Ciara and Russell Wilson is a very enjoyable and inspirational picture book all about following your dreams. The book is full of inspiring messages for young readers and would be a great choice to read aloud as a family or in a group setting. The message behind this book encourages children to dream big and think positively to make their dreams become a reality. Children of all ages, abilities and ethnicities are featured in this book and the illustrations are bright and bold. This book is geared towards children ages 4-8 years old, however, I think audiences of all ages could

benefit from this story, younger children may also find it enjoyable thanks to the rhyming text. The book also highlights what to do when there is a negative experience and says those are okay too and offers tips on how to approach these situations with a growth mindset. To place a hold on *Why Not You* and more fun picture books, visit www.elsegundolibrary.org. Read this or other diverse picture books to win prizes through our summer reading program, going on now through August 6th. We also have fun summer programs for all ages, check out our online calendar on our website for more details. See you around the library! •



Why Not You? by Ciara and Russell Wilson.



Kristen Morell

Seniors

Staying Socially Active May Enrich Mental Fitness

(BPT) - When you think about exercise, you likely think about the physical health benefits of working out. Many people exercise regularly to lose or maintain weight, improve muscle tone and strength or increase flexibility.

For seniors, physical activity can help them stay mobile and, as a result, stay independent for longer. However, the benefits of exercise go beyond the physical and can potentially enrich your social life and mental state.

Staying social as you age

Loneliness is a common problem for seniors and can have serious consequences on their overall well-being. According to the Centers for Disease Control and Prevention (CDC), more than a quarter of adults over 65 are socially isolated. Older adults are more likely to live alone and lose friends and family as they age. The CDC also reports that social isolation in adults 50 or older has been associated with higher risks of dementia, depression, anxiety and other health problems.

While these facts may be grim, there are many ways to combat loneliness, including group exercise. Health psychologist Kelly McGonigal in her book The Joy of Movement, explains that endorphins (the feel-good hormone) released during exercise also help us bond with others. If you've ever played team sports or regularly attended yoga or other group fitness classes, you've probably felt a camaraderie with those around you.

Programs like SilverSneakers by Tivity Health offer many types of group activities that make a difference in the lives of seniors. The company's 2021 Annual Member Survey revealed that 88% of members said that the program improved their quality of life and 52% made new and valuable friendships by participating.

To further improve seniors' social engagement, the program has partnered with Stitch, the world's largest social community helping older adults create enriching social connections. The platform is now available to SilverSneakers members in participating health plans and allows them to connect around shared interests, like traveling, books and physical activities, virtually and in person.

Boost your brain health through exercise Movement and activity can also improve

See Seniors, page 12

Film Review

Roadrunner: A Film About Anthony Bourdain Savors An Icon

By Morgan Rojas, Cinemacy

Where to watch: Now streaming on HBO Max

It still feels surreal to talk about Anthony Bourdain in the past tense. Anthony Bourdain was charismatic. He was revolutionary. And he definitely was gone too soon. When Bourdain passed away three years ago at the age of 61, the conversation around mental health struggles wasn't nearly as normalized as it is today. It was still prevalent, just conversationally taboo. But as director Morgan Neville explores in the documentary Roadrunner: A Film About Anthony Bourdain, the larger

of an Italian actress and early Harvey Weinstein #MeToo accuser Asia Argento, and this is when those closest to the TV personality noticed a shift in his demeanor. Interviews with the production crew, his ex-wife, and friends say Bourdain's complete obsession with her contributed to his downfall, although we should be careful not to blame Argento herself for his death. After all, he was the one who made the devastating decision to end his own life, no matter how heartbroken she made him feel.

Morgan Neville is the perfect person to capture this complicated figure, flaws and all.



Photo Courtesy: Anthony Bourdian in 'Roadrunner,' a film by Morgan Neville.

than life TV personality wasn't necessarily keeping quiet about the horrible disease that was depression and suicidal thoughts: he was crying out for help on camera. We just weren't watching closely enough.

Morgan Neville (20 Feet From Stardom, Won't You Be My Neighbor?) harmoniously captures the pleasures and pains of Bourdain colorful life, and is careful not to ruminate too long on his demons. Told through Bourdain's own voiceover narration (a very meta move), Roadrunner is an engrossing look at how he went from "dishwasher, to cook, to chef, to f**k-up" (his words). After the overnight success of his book Kitchen Confidential entered the cultural zeitgeist, Bourdain took his talents to TV. It's here where he became a household name, traveling the world in search of great food and bridging the gap between countries in his hit shows No Reservations and Parts Unknown.

In poignant narration, Bourdain admits that he had the greatest job in the world, but it was one he could never escape from. This affected his mental health, family life, and relationships with colleagues and friends. For as widely loved as he was, Bourdain was lonely. Despite his success and acclaim, he openly admits that he questioned everything constantly and had often thought about harming himself.

His addictive personality eventually moved from his work life to his love life in the form

Anthony Bourdain lived with an irreplaceable spark and charisma that made him feel like a close, personal friend and that's what makes this documentary so hard-hitting and culturally important. In one of the film's earlier scenes, Bourdain talks openly about dying. In his signature style of cheeky humor, he tells a colleague that thinking about his death is "therapeutic." Retroactively, though, it's clear that he was only half-joking. *Roadrunner* offers a glimpse into the inner thoughts of Bourdain himself and while it has a somber through line, there is optimism and peace sprinkled throughout.

And man, does it feel good to see him on the TV screen again. \bullet



Morgan Rojas

If you love El Segundo,









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Darrell George from front page

of Hope's future campus development and the Gold Line Metro Station.

With his schooling background in public administration planning, George said he was fortunate to land multiple employment positions that dovetailed with his educational background. "I ended up doing what I went to school for," he said, "and a lot of people do not get to do that.

"I loved the notion of helping cities, of helping communities grow and prosper," he said.

And help he did and is. Figuring that he had put in his time spearheading city developments, George retired in late 2019, "right before the pandemic," he said. He took a little time off and began offering his wealth of knowledge to entities as a consultant.

George said he was a bit discouraged when he retired, because the COVID lockdowns had scuttled any grandiose post-retirement plans he had formulated.

So, George did not stay retired for too long; he took the interim El Segundo city manager job when Mitnick left the post in March of this year, bringing his more than 30 years of public sector experience and leadership to the citizens of El Segundo. He said he was alerted to the city manager position opening by another retired city manager. George, who has "lived in the South Bay for thirty years,"

figured the El Segundo interim position was a good fit for him. He interviewed and was "asked to come on board in early March."

George said that the powers-that-be in the city started the recruiting process for a permanent city manager, but then circled back to George. He said he found the interim experience to be "exciting, fun, and rewarding. I really appreciated the 'forward thinking-ness' and energy of the City Council."

He felt that the assembled city staff was "excellent; I could see myself working with them long-term," and lo-and-behold, he signed on to the permanent position. He was approved for the job by a 5-0 vote of the City Council; his first day on the job as the permanent city manager was July 1.

In a statement, Mayor Drew Boyles lauded the selection of George. "Darrell's depth of experience was a key factor in the selection process," Boyles said. "An important aspect of being an employer of choice is developing and coaching future leaders internally. City Council is confident Darrell will lead the talented staff at City Hall to provide exceptional services to the community and prepare the organization for the future."

Mayor Pro Tem Chris Pimentel was equally enthusiastic about the George selection. "Darrell combines a strong resident focus with a keen business sense and has a history of fiscally prudent management and expanding revenue sources, including new business attraction and strategic development projects,"

Elias Sassoon, the El Segundo Public Works Department director, has also been extremely impressed in the brief time he has worked with George. He is "very positive," Sassoon emailed. "He is extremely supportive and a good listener.

"His background in finance" is key, continued Sassoon noting that George is proficient in "delegating the work and empowering staff, [while]being result-oriented with [a] hands-on coaching/approach if needed. He is extremely courteous and very professional,

"He not only cares for employees, but he also cares a lot for the community and the City."

George has dived into his job serving the community since he commenced his interim city manager duties. "I have been able to much more intimately understand the community and the communities needs," he said while leveraging what he labels "the positive environment at City Hall." He has been meeting with members of the community, as well as committee members and business leaders, noting the city's "vibrant economic engine. And I want to be a part of making that grow."

George, as leaders do, knows that the city

faces current and future challenges, but sees them as "positive challenges." He mentioned the issues dealing with our neighbor to the North, the Los Angeles International Airport, the Hyperion Treatment Plant, and the ongoing countrywide issues dealing with not only the scourge of COVID, but also the scourge of inflation and runaway gas prices.

As for a slice of George's personal life, he currently lives in Long Beach and has three adult children. He likes to recreate involving reading, fine wine, and fine dining and is an avowed "news junkie."

Asked about his vision for the city, George said that he would "like to continue the economic developments that the city has made and continue to collaborate with the community to maintain safety" while keeping the environs "aesthetically pleasing" and our parks at a "premium level."

And he wants to continue to work with small businesses and their owners to get the word out about all of "the good things that are happening in El Segundo."

George should be around a while, he said, noting that he has a two-year contract with a third-year option.

Last add from George: "I have an opendoor policy. My philosophy is managing by walking around, and I plan to do a lot of that here." •

All-Star Teams

this years' experience as all-stars.

The 11-year-old all-stars, the District 36 champions, continue their all-star season on Saturday at 3 p.m. in the Section 4 Little League all-star tournament being played at Palos Verdes Little League. They'll face the District 25 champion from the West LA area.

El Segundo Babe Ruth 13-15-Year-Old All-Stars Reach Final

The 15-year-old all-stars reached the Southern California State Babe Ruth League championship game against Torrance but fell in a thriller 11-10 to be eliminated.

El Segundo dropped into the loser's bracket to get to the finals after being defeated by Torrance 4-2 in the tournament opener. They went on to defeat Hartwell 23-0 and Westchester 14-1 to advance to play Torrance in the championship game.

In El Segundo's opener against Torrance, the locals had problems at the plate figuring out Torrance starter Anthony Macias. In fact, through the first six innings, their only hit was a double by Lincoln Quaintance. Trailing 3-0 in the fourth inning, a short-lived rally of a walk to Reed Abrams and Robert Cantu getting hit with a pitch with one out fizzled out when Macias got two strikeouts to end the threat. In the seventh inning, trailing 4-0, El Segundo mounted another comeback attempt. Tyler Cohen and Ethan Ayler each singled, and Mateo Heredia hit a two-run double to close the deficit to 4-2, but that was as close as El Segundo would get.

El Segundo faced Long Beach's Heartwell in their next game. In what only could be described as a thorough trouncing, El Segundo sent twenty players to the plate and scored 16 first-inning runs on their way to a 23-0 win. El Segundo had eight hits and benefitted by walking five times and two hit batters. They sent 11 players to the plate before making a first out, and Mateo Heredia was 3-for-3, including two doubles in the first inning alone.

El Segundo faced rival Westchester in the elimination bracket final game and throttled them. In another mercy-rule game, tensions ran high with El Segundo's aggressiveness on the base paths. It may have been because of the seven stolen base attempts when leading 13-1. Nevertheless, El Segundo's bats were hitting on all cylinders, pounding out 12 hits, and took advantage of three walks and a hit batter who each scored. The game was essentially out of reach when El Segundo scored seven second-inning runs and followed that up with a six-run third inning.

El Segundo faced Torrance in the championship game and was looking for a measure of revenge after falling 4-2 earlier in the tournament. El Segundo's bats came alive early and scored seven first-inning runs on a surprised Torrance squad. The first four hitters had consecutive hits, including Mateo Heredia, Lincoln Quaintance and Ethan Ayler,



Lincoln Quaintance gave his team an 8-0 lead in the first inning on this three-run double against Torrance.

who each singled, and Gavin McKinnon, who had a two-run double. Kyle Whalen's double cleared the bases to give El Segundo a 4-0 lead. Later in the inning, Quaintance came up and laced a three-run double off the left centerfield fence for an 8-0 lead.

Torrance would not concede and responded with a two-run inning highlighted by Eshua Desai's two-run home run. In the second inning, Torrance closed the gap by scoring five runs, helped along by two walks and one hit batter to make it 8-7. In the fifth inning, Torrance put up four runs on two hits, and both batters who walked and two batters who were hit by a pitch each scored to give Torrance an 11-8 advantage.

In the sixth inning, Heredia clobbered a 1-0 fastball over the centerfield fence and cut El Segundo's deficit to 11-9. In the seventh inning, El Segundo made some noise again and had a rally going when Dylan Garcia drew a walk to start the inning. Kyle Whalen's ground ball was mishandled by Torrance shortstop Dane Rhodes that gave El Segundo runners on first and second base with no outs. With one out two batters later, Garcia attempted to advance to third base on a passed ball but was thrown out for the second out of the

inning. Robert Cantu singled, with Whalen taking second base. Tyler Cohen's RBI single scored Whalen, making it 11-10. Heredia then drew an eight-pitch walk that loaded the bases. Unfortunately, Lincoln Quaintance's ground ball was snagged, and he was thrown out to end the game and the all-star season.

14s Defeat Westchester in State Tournament but Drop one to Heartwell

El Segundo spotted Westchester a 1-0 lead after the first inning but came back with a four-run third inning and then held on for a 4-3 win. In the third inning Grant Ostler, Shawn Conely and Anders Tipton drew walks to start the inning. Chase Mattoon's two-run double gave his team a 2-1 lead. Then Ryan Wiacek continued the rally with a two-run single to make it 4-1. Mattoon led the offense by going 3-for-3 while Wiacek and Andre Sugden each had two hits.

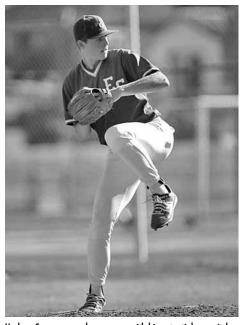
In their second game, El Segundo struggled defensively against Hartwell and fell 9-4. They misplayed fly balls and were limited on offense until the fifth inning. Trailing 7-0, El Segundo put together a three-run rally. With one out, Jordan Slavens singled, Anders Tipton walked, Shawn Conley had an RBI single, and Remy Romero's two-run double made it 7-3. Trailing 9-3 in the seventh, El Segundo loaded the bases but could only scratch across one run. Townes Potter singled and scored on a fielder's choice to make it

9-4. The loss dropped El Segundo into the loser's bracket, and they played Monday.

from page 3

American Legion Baseball

The El Segundo American Legion baseball team finished 11-5 overall in the Pacific League to advance to the league tournament; the Blues opened up at Carson on Monday. The winner of the tournament this week



Hudson Comer opened some eyes with his potential as a pitcher for the Blues.

will advance to the American Legion State tournament on July 22-26 at Pete Biden Field in Fresno. •



Speedy outfielder Louis Church slides in safely against Lakewood in the Blues come from behind 10-9 win.

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639 W. OAK AVENUE \$4,295,000

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This spectacular El Segundo fully remodeled Tuscan home is an entertainer's dream! From its elegant facade to the lushly landscaped front yard & backyard, this home is remarkable from every angle. It has an open floor plan, consists of 5 Beds/5 Baths, ocean views, vaulted ceilings, engineered wood flooring, recessed lighting, natural stone flooring, large Pella vinyl lifetime windows, richly crafted finishes & high-end upgrades throughout. The grand entrance meets the foyer to the dining area and opens to the stylish chef's kitchen, flooded with natural light. Top-of-the-line Miele kitchen appliances, pot filler faucet above the 8-burner stove, two ovens, built-in automatic coffee maker, a prep sink, custom white cabinets, extra-large island with granite countertops, and a white backsplash

RESIDENTIAL PROPERTIES



602 ARENA STREET EL SEGUNDO, CA, 90245 3 Bedrooms | 1 Baths | 1,248 Sqft \$1,598,000

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\$10,400,000

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\$2,239,000

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Tips To Attract Buyers When Selling Your Home



(BPT) - Preparing your home for sale may start with ideas for staging the house or spackling and painting over nail holes, however, it also requires a considerable amount of planning and organization. "Getting your home ready for sale may seem like an overwhelming task, but it's important to make your home as attractive as possible," said Bonnie Lee, VP of property claims at Mercury Insurance. "Not only does it give a favorable first impression, but it also shows that the home was well maintained and cared for. For many homeowners the beginning

Keeping your home clean will boost that ever-important first impression and maximize the selling price.

> of the home selling process is the chance to clear out any unwanted items. Take this time to throw away, donate or sell items that are no longer purposeful. Remember that potential buyers are likely to open closet doors and built-in cabinet drawers to determine the amount of storage space available, meaning you won't be able to simply store

unwanted items in a closet. Buyers want to visualize themselves and their belongings within the living space so depersonalize and remove any large visual distractions. Bulkier items such as furniture can change the perceived size of a room.

Before scheduling tours of your home, do a deep clean, especially in areas like the kitchen and bathrooms. "A home that hasn't been cleaned can be perceived as needing a lot of work or has underlying serious problems like water or structural damage," Lee said. "Keeping your home clean will boost that ever-important first impression and maximize the selling price."

Thoroughly go through each room of your home and touch up any dings on baseboards or doors. Check for leaking faucets or running toilets and replace any worn or damaged caulking around sinks, showers, bathtubs or windows.

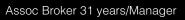
Your home's exterior is the first thing buyers see as they approach the house. Trim any trees or shrubs outside of your property, especially along walkways, for a well-manicured look. Inspect any trees around your home to make sure they aren't scraping shingles off of your roof or

blocking gutters. Keep walkways and driveways free of clutter. Replace or repair any damaged screens or windows and make sure that any house numbers are visible.

"A well maintained outdoor area that has been properly cared for is not only aesthetically pleasing but can also be a reflection of how well the home was cared for overall," Lee said. Lastly, a Comprehensive Loss Underwriting Exchange (CLUE) report provides a detailed history of any insurance claims that may have been filed on the house within the last seven years. While this report is extremely useful to buyers, it can be equally important to sellers. "Sellers whose homes have had no insurance claims within the last seven years can use a CLUE report as a selling tool. It gives potential buyers the assurance that they are not buying a home with a history of problems and increase a seller's chance of selling their home quickly," Lee said.

Under the federal Fair Credit Reporting Act, you can request a copy of your CLUE report from LexisNexis by calling 1-866-312-8076 or by visiting consumer.risk. lexisnexis.com. *

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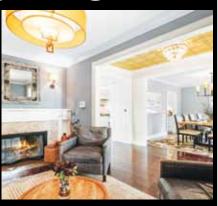












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El Segundo 2022 Mid-Year Mayket Update









Despite inflation, rising interest rates, historically low inventory, a moratorium on rent increases, landlords' inability to evict non rent paying tenants, and increased cost of construction, real estate has been and always will be a great investment. Over the past 2 years, the real estate market in El Segundo has grown remarkably fast, setting record sales with continued strong buyer activity.

Increased interest rates have decreased the seriousness of some buyers, and this has caused many others seize the opportunity to secure the home they want with less buyer competition. Due to continued buyer demand, if you have thought about selling your home, you have not missed the window of opportunity. This is a great time to be a seller and if your home is priced correctly, it will sell fast. This is also a great time to be a buyer, as there is less competition and interest rates are still at historic lows.

Feel free to reach out with any questions - we would love to help you navigate the marketplace and reach your real estate goals.

Matthew & Tara Engle

EL SEGUNDO SINGLE FAMILY HOME STATISTICS FOR THE FIRST HALF OF THE PAST IO YEARS

YEAR	HOMES SOLD	LOWEST SALE PRICE	HIGHEST SALE PRICE	AVERAGE SALE PRICE	AVERAGE DOM
2012	35	\$540,000	\$1,405,000	\$824,540	103
2013	47	\$535,000	\$2,000,000	\$958,660	71
2014	36	\$610,000	\$1,442,950	\$882,425	45
2015	39	\$645,000	\$1,949,000	\$1,008,914	39
2016	41	\$799,000	\$2,350,000	\$1,381,918	52
2017	32	\$850,000	\$2,155,000	\$1,286,328	52
2018	43	\$910,000	\$2,350,000	\$1,412,395	28
2019	51	\$750,000	\$2,495,000	\$1,460,773	53
2020	30	\$1,000,000	\$2,509,200	\$1,415,285	41
2021	52	\$1,050,000	\$3,500,000	\$1,842,841	25
2022	37	\$1,210,000	\$3,425,000	\$2,108,432	12

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 Sun 2-4pm Lynn Oneil

 Sun 2-4pm Bill Ruane

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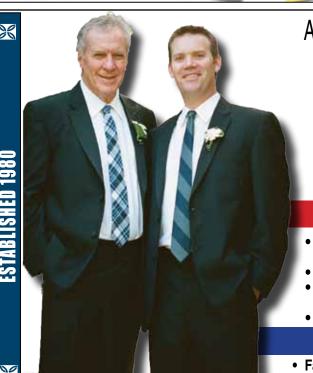
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- BD/4.5 BTH
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- 745 Main St. #103, ES • 745 Main St. #302, ES
- 531 13th St., Manhattan Beach
- 902 Esplanade, Redondo
- Beach; 7 units; \$5,300,000 • 26659 Indian Peak Rd, RPV
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- 626 Loma Vista Street, ES
- 324 Concord Street, ES; 6 units; \$2,900,000

CURRENT RENTALS

Fantastic professional office space for lease in Manhattan Beach. West of Sepulveda, nearby Gelson's. Approximately 900 square feet, \$2,865 modified gross monthly rent.

"What good is the warmth of summer, without the cold of winter to give it sweetness." - John Steinbeck

Finance

Tips For Saving Money On Groceries

(BPT) - With rising prices of food and other essential household items, it can feel like every trip to the grocery store costs more than the last one. Fortunately, there are smart ways to approach grocery shopping that can help you save money, while also making sure that your family is eating nutritious - and delicious meals every day.

Here are five ideas to help you save money on food with a little planning ahead, and by shopping smarter.

Weekly meal planning is a simple yet effective way to save time and money on groceries. By planning ahead, you can also make sure you're making the best use of leftovers, and that you're not overlooking items you already have in your pantry.

First, do an inventory of your pantry and fridge for items you already have that can be used for this week's meal plan. Pay special attention to any perishable items like fresh produce that may need to be used up more quickly.

Next, list meals you plan to make each day with an eye toward saving time - such as cooking a larger batch of meatloaf, a whole chicken or a casserole your family loves so you'll have leftovers for lunch or dinner the next day. Tricks that save time - like double batch cooking you can do on weekends - will almost always save money too, as you're using bulk ingredients and reducing food waste.

If you know your leftovers won't be used right away, freeze the extra amount. Be sure If you're looking to save money on everyday groceries, Save A Lot has your back. Save A Lot is your go-to hometown value grocer, and the ultimate destination to fuel your family



to label and date your freezer bag or container so you'll know what's in there.

By planning for the whole week, you'll make fewer trips to the store, so you'll be less likely to impulsively buy items you don't need. Planning ahead also means you know exactly how you'll use the ingredients you're buying.

Where you shop can make a huge difference.

on a budget, offering quality ingredients and value every day.

Find a Save A Lot store in your neighborhood at SaveALot.com/grocery-storesnear-me.

You can feed even a large family well if your meals center on ingredients that offer more bang for your buck. Here are some meal ideas you can make with items from Save A Lot's private label brands for under ten dollars (less than two tanks of gas):

- Sloppy Joes: ground beef, sloppy Joe sauce and hamburger buns
- Loaded baked potatoes: baked potatoes, shredded cheddar cheese and bacon bits
- Grilled cheese and tomato soup: bread, American cheese and canned tomato soup
- · Spaghetti and garlic bread: pasta, jarred tomato sauce and bread sticks
- Hot dogs: hot dogs, buns, baked beans and chips

Within your weekly meal plan, be ready to swap out an ingredient or two (or an entire meal) if you see items on sale, find online or store coupons that will save you money - and keep an eye out for in-season produce that looks really good.

To check out weekly coupons and more, visit SaveALot.com.

To avoid other family members (especially little ones) persuading you to pick up impulse buys, try to shop alone if you can, or order your grocery items online. That way you'll know exactly how much you're spending, with no last-minute surprises.

Using some of these tips, you can help feed your family better each week - without breaking the bank. •

PUBLIC NOTICES

Fictitious Business 2022129570

The following person(s) is (are) doing business as FIREBOAT ANIMATION, 1) 1611 254TH STREET, HARBOR CITY, CA CA 90710, LOS ANGELES COUNTY. AI #ON: 200931410269. Registered Owner(s): MILO DIGITAL, LLC, 1611 STREET, HARBOR CITY, CA 90710. CA. This business is being conducted by a Limited Liability Company The registrant commenced to transact business under the fictitious business name or names listed above on: N/A Signed: MILO DIGITAL, LLC, MITCHUM OWEN, PRESIDENT. This statement was filed with the County Recorder of Los Angeles County on June 15, 2022.

NOTICE: This Fictitious Name Statement expires on June 15, 2027. A new Fictitious Business Name Statement must be filed prior to June 15, 2027. 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. 6/23, 6/30, H-2587 7/7, 7/14/22

Fictitious Business Name Statement 2022130976

HALL, CEO. This statement was filed with the County Recorder of Los Angeles

NOTICE: This Fictitious Name Statement expires on June 16, 2027. A new Fictitious Business Name Statement must be filed prior to June 16, 2027. Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business

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Fictitious Business Name Statement

and Professions Code).

El Segundo Herald:

7/7, 7/14/22

Fictitious Business

2022128215

The following person(s) is (are) doing business as SHRIMPY ADVISORY, 1)

622 E. HOLBORN DRIVE, CARSON CA 90746, 2) 3833 E MAIN STREET PMB 4006, ST. CHARLES, IL 60174

LOS ANGELES COUNTY. Registered Owner(s): BENTHOS LABS ADVISORY,

LLC, 622 E. HOLBORN DRIVE, CARSON

CA 90746. DELAWARE. This business is

being conducted by a Limited Liability

Company. The registrant commenced

to transact business under the fictitious

business name or names listed above on: 03/2022. Signed: BENTHOS LABS

ADVISORY, LLC. MICHAEL MCCARTY

MANAGING MEMBER. This statement

was filed with the County Recorder of Los

Angeles County on June 13, 2022.

NOTICE: This Fictitious Name Statement

expires on June 13, 2027. A new Fictitious

Business Name Statement must be filed prior to June 13, 2027. Fictitious Business

Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business

H-2588

Pub. 6/23, 6/30,

2022127955 The following person(s) is (are) doing business as 1) PRIMELENDING, 2)
LOANPLICITY, 18111 PRESTON LOANPLICITY, 18111 PRESTON ROAD SUITE 900, DALLAS, TX 75252, COLLIN COUNTY. Registered Owner(s): PRIMELENDING, A PLAINSCAPITAL COMPANY, 18111 PRESTON ROAD SUITE 900, DALLAS, TX 75252. TEXAS 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: PRIMELENDING
A PLAINSCAPITAL COMPANY COMPANY SUSANNAH GARZA, VICE PRESIDENT.
This statement was filed with the County Recorder of Los Angeles County on June

NOTICE: This Fictitious Name Statement expires on June 13, 2027. A new Fictitious Business Name Statement must be filed prior to June 13, 2027, 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).

Pub. 6/23. 6/30. El Segundo Herald: H-2594

Fictitious Business Name Statement 2022128198

The following person(s) is (are) doing business as AFFORDABLE ANIMAL HOSPITAL COVINA, 602 N. AZUSA AVENUE, COVINA, CA 91722, LOS ANGELES COUNTY. Registered Owner(s): ALLIANCE ANIMAL HEALTH CALIFORNIA, P.C., 3 LANDMARK SQUARE, SUITE 515, STAMFORD, CT 06901. CALIFORNIA. This business being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A Signed: ALLIANCE ANIMAL HEALTH CALIFORNIA, P.C., ANDREW P. MILLS, SECRETARY. This statement was filed with the County Recorder of Los Angeles County on June 13, 2022.

NOTICE: This Fictitious Name Statement expires on June 13, 2027. A new Fictitious Business Name Statement must be filed prior to June 13, 2027. 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. 6/23, 6/30, H-2589 7/7, 7/14/22

Fictitious Business 2022128195

The following person(s) is (are) doing business as AFFORDABLE ANIMAL HOSPITAL COMPTON, 1040 S. LONG BEACH BLVD., COMPTON, CA 90223, LOS ANGELES COUNTY. Registered Owner(s): ALLIANCE ANIMAL HEALTH CALIFORNIA, P.C., 3 LANDMARK SQUARE, SUITE 515, STAMFORD, 06901. CALIFORNIA. This business is being conducted by a Corporation The registrant commenced to transact business under the fictitious business name or names listed above on: N/A.
Signed: ALLIANCE ANIMAL HEALTH CALIFORNIA, P.C., ANDREW P. MILLS SECRETARY. This statement was filed with the County Recorder of Los Angeles County on June 13, 2022.

NOTICE: This Fictitious Name Statement expires on June 13, 2027. A new Fictitious Business Name Statement must be filed prior to June 13, 2027. 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).

Pub. 6/23, 6/30, El Segundo Herald: 7/7, 7/14/22 H-2590

The following person(s) is (are) doing business as AFFORDABLE ANIMAL HOSPITAL EAGLE ROCK, 4000 EAGLE ROCK BLVD., LOS ANGELES, CA 90065 LOS ANGELES COUNTY. Registered Owner(s): ALLIANCE ANIMAL HEALTH CALIFORNIA, P.C., 3 LANDMARK SQUARE, SUITE 515, STAMFORD, CT 06901. CALIFORNIA. This business is being conducted by a Corporation The registrant commenced to transact business under the fictitious business name or names listed above on: N/A Signed: ALLIANCE ANIMAL HEALTH CALIFORNIA, P.C., ANDREW P. MILLS, SECRETARY. This statement was filed with the County Recorder of Los Angeles County on June 13, 2022.

Fictitious Business

Name Statement

2022128218

NOTICE: This Fictitious Name Statement expires on June 13, 2027. A new Fictitious Business Name Statement must be filed prior to June 13, 2027. 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: 7/7, 7/14/22 Pub. 6/23, 6/30, H-2591

Fictitious Business 2022128221

The following person(s) is (are) doing business as NORTHRIDGE ANIMAL HOSPITAL, 8918 RESEDA BLVD., NORTHRIDGE, CA 91324, LOS ANGELES COUNTY. Registered ANGELES COUNTY. Registered Owner(s): ALLIANCE ANIMAL HEALTH CALIFORNIA, P.C., 3 LANDMARK SQUARE, SUITE 515, STAMFORD, CT 06901. CALIFORNIA. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A.
Signed: ALLIANCE ANIMAL HEALTH
CALIFORNIA, P.C., ANDREW P. MILLS,
SECRETARY. This statement was filed with the County Recorder of Los Angeles

County on June 13, 2022.

NOTICE: This Fictitious Name Statement expires on June 13, 2027. A new Fictitious Business Name Statement must be filed prior to June 13, 2027. 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. 6/23, 6/30, 7/7, 7/14/22 H-2592

The following person(s) is (are) doing business as PENINSULA PILATES, 727 SILVER SPUR ROAD, ROLLING HILLS ESTATES, CA 90274, LOS ANGELES COUNTY. AI #ON: 20205310586. Registered Owner(s): PILATESMATCH, LLC, 727 SILVER SPUR ROAD, ROLLING HILLS ESTATES, CA 90274 CA. This business is being conducted by a Limited Liability Company. The registrant commenced to transact business under the fictitious business name or names listed above on: 06/2022. Signed: PILATESMATCH, LLC, LACEY JANE County on June 16, 2022

and Professions Code). El Segundo Herald:

H-2593 7/7. 7/14/22

Fictitious Business Name Statement

2022127949 The following person(s) is (are) doing business as EM COATING SERVICES, FARMDALE HOLLYWOOD, CA 91605, LOS ANGELES COUNTY. Registered Owner(s): METAL IMPROVEMENT COMPANY, LLC, 130 HARBOUR PLACE DRIVE, SUITE 300 DAVIDSON, NC 28036. DELAWARE This business is being conducted by a Limited Liability Company. The registrant commenced to transact business under the fictitious business name or names listed above on: 05/2017. Signed: METAL IMPROVEMENT COMPANY, LLC, KYLE M. REINHARD, VICE PRESIDENT. This statement was filed with the County Recorder of Los Angeles County on June

NOTICE: This Fictitious Name Statement expires on June 13, 2027. A new Fictitious Business Name Statement must be filed prior to June 13, 2027, 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).

Pub. 6/23, 6/30, El Segundo Herald: H-2595

Fictitious Business Name Statement 2022127952

The following person(s) is (are) doing business as EM COATING SERVICES, 20751 SUPERIOR ST, CHATSWORTH CA 91311, LOS ANGELES COUNTY Registered Owner(s): METAL IMPROVEMENT COMPANY, LLC, 130 HARBOUR PLACE DRIVE, SUITE 300, DAVIDSON, NC 28036. DELAWARE. This business is being conducted by a Limited Liability Company. The registrant commenced to transact business under the fictitious business name or names listed above on: 05/2017. Signed: METAI IMPROVEMENT COMPANY, LLC. KYLE M. REINHARD, VICE PRESIDENT. This statement was filed with the County Recorder of Los Angeles County on June

NOTICE: This Fictitious Name Statement expires on June 13, 2027. A new Fictitious Business Name Statement must be filed prior to June 13, 2027, Fictitious Business Name in violation of the rights of anothe under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).

Pub 6/23 6/30 El Segundo Herald: H-2596

Fictitious Business Name Statement 2022132383

The following person(s) is (are) doing business as SGG MEDIA, 9661 business WENDOVER DR, BEVERLY HILLS CA 90210, LOS ANGELES COUNTY. Registered Owner(s): SPORTS
GAMBLING GUIDES, INC., 9661
WENDOVER DRIVE, BEVERLY HILLS, CA 90210. DELAWARE. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: 06/2022 Signed: SPORTS GAMBLING GUIDES INC., MARK PAUL, PRESIDENT. This statement was filed with the County Recorder of Los Angeles County on June 16, 2022.

NOTICE: This Fictitious Name Statement expires on June 16, 2027. A new Fictitious Business Name Statement must be filed prior to June 16, 2027. 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). Pub. 6/23, 6/30, El Segundo Herald:

H-2597 7/7. 7/14/22

Fictitious Business Name Statement

The following person(s) is (are) doing business as LEADERS OF CHANGE, 2069 W FLORENCE AVE, LOS ANGELES, CA 90047, LOS ANGELES COUNTY. Registered Owner(s): 1)
PATRICK LINTON, 2069 W FLORENCE AVE, LOS ANGELES, CA 90047, 2) READY AIM FIRE, 2069 W FLORENCE AVE. LOS ANGELES. CA 90047. This business is being conducted by a General Partnership. The registrant commenced rathership. The registant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: PATRICK LINTON, GENERAL PARTNER. This statement was filed with the County Recorder of Los Angeles County on June 2, 2022.
NOTICE: This Fictitious Name Statement

expires on June 2, 2027, A new Fictitious Business Name Statement must be filed prior to June 2, 2027. 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). Pub. 6/23, 6/30.

El Segundo Herald: 7/7. 7/14/22 H-2598

2022116292

The following person(s) is (are) doing business as SIDLEY AUSTIN LLP, 1) 555 WEST FIFTH STREET, LOS ANGELES, CA 90013, 2) ONE SOUTH DEARBORN STREET, CHICAGO, IL 60603, LOS

as SIDLEY AUSIN LLP, 1) 555 WEST HIFTH STREET, LOS ANGELES, CA 90013, 2, ONE SOUTH DEARBORN STREET, CHICAGO, IL 60603, LOS ANGELES COUNTY.
Registered Owner(s): 1) STEPHEN B BALLAS, 814 (GLEMMONT AVE. LOS ANGELES, CA 90024, 2) PETER BENUDIZ, 2921 HADDINGTON DRIVE, LOS ANGELES, CA 90024, 2) PETER BENUDIZ, 2921 HADDINGTON DRIVE, LOS ANGELES, CA, 90049 STATE OF ORG., 4) MARK K. CASTIGLIA, 1618 MICHAEL LANE, PACIFIC PALISADES, CA, 90272 STATE OF ORG., 5) DAN CLIVINER, 9220 ROBIN DRIVE LOS ANGELES, CA, 90069 STATE OF ORG., 6) ELLYCE R. COOPER, 16555 CHATTANOOGA PLACE, PACIFIC PALISADES, CA, 90272 STATE OF ORG., 7) GABRIELLE CUSKELLY, 4178 COMMONWEALTH AVENUE, CULVER CITY, CA, 90232 STATE OF ORG., 8) KEITH HAYDEN DEL PRETE, 10303 NORTHYALE COLVER CITY, CA, 90232 STATE OF ORG., 9) JOSHUA G. DUCLOS, 13700 TAHITI WAY, APT. 128, MARINA DEL REY, CA, 90272 STATE OF ORG., 1) MAUREEN F. GORSEN, 8370 DOVER DRIVE, ERNAITE BAY, CA, 95746 STATE OF ORG., 10) MAUREEN F. GORSEN, 8370 DOVER DRIVE, ERNAITE BAY, CA, 95746 STATE OF ORG., 13) JOSHUA T. HOFHEIMER, 342 SOUTH IRVING BLVD, LOS ANGELES, CA, 90049 STATE OF ORG., 13) OHAD S. HUMMEL, 13755 BAYLISS ROAD, LOS ANGELES, CA, 90049 STATE OF ORG., 13) CHAID SANDELES, CA, 90049 STATE OF ORG., 17) MEHDI KHODADDA, 770 CALIFORNIA STREET, APT. 607, SAN FRANCISCO, CA, 94108 STATE OF ORG., 17) AND SANDELES, CA, 90049 STATE OF ORG., 17) AND SANDELES, SANTA FE, CA, 92067-3533 STATE OF ORG:, 17 PAYOM M. PIRAHESH, 1999 AVENUE OF THE PAYOM M. PIRAHESH, 1999 AVENUE OF THE STARS, 17TH FLOOR, LOS ANGELES, CA, 90067 STATE OF ORG.; 18) NICOLAI M. SCHWARZ-GONDEK,11920 BRENTWOOD GROVE DR., LOS ANGELES, CA, 90049 STATE OF ORG.; 19) MATTHEW C. THOMPSON, 1999 AVENUE OF THE STARS, 17TH FLOOR, LOS ANGELES, CA, 90067 STATE OF ORG.; 20) RUSSELL G. WEISS,11451 WATERFORD STREET, LOS ANGELES, CA, 90049 STATE OF ORG.; 21) JACK S. YEH, 3727 WASATCH AVENUE, LOS ANGELES, CA, 90066 STATE OF ORG.; 22) HACK S. YEH, 3727 WASATCH AVENUE, LOS ANGELES, CA, 90066 STATE OF ORG.; 22) FAMILY ZIPPERSTEIN 10525 ORG:, 22) EMILY ZIPPERSTEIN, 10523 SIAIE OF ORG; 22) EMILY ZIPPERSIEIN, 10523
DUNLEER DRIVE, LOS ANGELES, CA, 90064
STATE OF ORG; 23) JOSHUA E. ANDERSON,
22658 DRAGONFLY COURT, SANTA CLARITA, CA,
91350 STATE OF ORG; 24) DOUGLAS A. AXEL,
303 MARKHAM PLACE PASADENA, CA, 91105
STATE OF ORG; 25) DAVID R. CARPENTER, 4483
ESTRONDO DRIVE, ENCINO, CA, 91436 STATE
OF ORG; 25) DAVID R. CARPENTER, 4493 OF ORG:, 26) SEAN A. COMMONS, 234 MERO LANE, LA CANADA, CA, 91011 STATE OF ORG:, LANE, LA CANADA, CA, 91011 STATE OF ORG.; 27) ALYCIA A. DEGEN,1009 S. SHERBOURNE DRIVE, LOS ANGELES, CA, 90034 STATE OF ORG.; 28) GEORGE C. FATHEREE III, 1811 LAS FLORES DR., GLENDALE, CA, 91207 STATE OF ORG.; 29) BRIAN C. FLAVELL 26735 WYATT LANE, STEVENSON RANCH, CA, 91331 STATE OF ORG.; 30) LISA M. GILFORD, 3025 ARROWHEAD DRIVE, LOS ANGELES, CA, 90068 STATE OF ORG.; 31) JENNIFER C.HAGLE, 4266 PACIFIC AVENUE LONG BEACH, CA, 90807 STATE OF ORG.; 32) IVY H. JONES, 2264 AVENIDA SOLEDAD, FULLERTON. BEACH, CA, 90807 STATE OF ORG; 32) IVY H.
JONES, 2264 AVENIDA SOLEDAD, FULLERTON,
CA, 92833 STATE OF ORG; 33) JODI E. LOPEZ,
20 ROCKINGHORSE ROAD, RANCHO PALOS
VERDES, CA, 90275 STATE OF ORG; 34) SAM
NEWMAN, 118 S. POINSETTIA AVE., MANHATTAN
BEACH, CA, 90286 STATE OF ORG; 35) EDWIN
L NORRIS, 895 VISTA RIDIGE LANE, WESTLAKE
VILLAGE, CA, 91382 STATE OF ORG; 36) DEBRA E. POLE, 5241 ROLLING RIDGE ROAD, RANCHO PALOS VERDES, CA, 90275 STATE OF ORG:,37) PALOS VENDES, CA, 90275 STAIE OF ORG.;37)
ROLLIN A RANSOM, 1607 N. VISTA STREET,
LOS ANGELES, CA, 90046 STATE OF ORG.;
38) KATHERINE ROBERTS, 717 DANFORTH
DR., LOS ANGELES, CA, 90065 STATE OF ORG.;
39) MICHAEL L. ROSENFIELD, 4239 DUNDEE
DRIVE, LOS ANGELES, CA, 90027 STATE OF
ORG.; 40) ERIC SCHWARTZ, 1621 ELLSMERE
AVENUE, LOS ANGELES, CA, 90019 STATE OF
ORG. 41) SAMULEI N. TILL 20162 W. JUBIL FE
ORG. 410 SAMULEI N. TILL 20162 W. JUBIL FE ORG:, 41) SAMUEL N. TIU, 20162 W. JUBILEE WAY, NORTHRIDGE, CA, 91326 STATE OF ORG:,

42) COLLIN P. WEDEL, 1585 RIVIERA DRIVE

PASADENA, CA, 91107 STATE OF ORG:, 43) ROB R. CARLSON, 26335 ESPERANZA DRIVE, LOS R. CARLSON, 26335 ESPERANZA DRIVE, LOS
ALTOS HILLS, CA, 94022 STATE OF ORG. 44)
MATTHEW J. DOLAN, 708 LONG BRIDGE ST., APT
107. SAN FRANCISCO, CA, 94158 STATE OF ORG.,
45) JENNIFER F. FITCHEN 14646 STONERIDGE
DR. SARATOGA, CA, 95070 STATE OF ORG.; 46)
NICHOLAS F. FREY, 4767 E MAJESTIC VIEW DR.
JOHNO FALLS, ID, 83406 STATE OF ORG., 47)
ANDREW HARPER, 16650 KENNEDY ROAD, LOS
GATOS, CA, 95072 STATE OF ORG.; 48) BACHEL

GATOS, CA, 95072 STATE OF ORG.; 49, BACHEL ANDREW HARPER, 16650 KENNEDY ROAD, LOS GATOS, CA, 95032 STATE OF ORG.; 48) RACHEL D. KLEINBERG, 1028 VERNIER PL., STANFORD, CA, 94305 STATE OF ORG.; 49) SANDI KNOX, 471 MIDDLE COURT, MENLO PARK, CA, 94025 STATE OF ORG.; 50) WENDY M. LAZERSON, 38 ADAM WAY, ATHERTON, CA, 94027 STATE OF ORG.; 51) YABO LIN, 735 GREENVIEW PLACE, LOS ALTOS, CA, 94024 STATE OF ORG.; 52) PAMELA J. MARTINSON, 2 WOODRIDGE COURT, REDWOOD CITY, CA, 94061 STATE OF ORG.; 53) GLENN G. NASH 1010 FAGS MILI ROAD BILLI DING 1 PALO MARTINSON, 2 WOODRIDGE COURT, REDWOOD CITY, CA, 94061 STATE OF ORG., 53) GLENN G. NASH, 1001 PAGE MILL ROAD, BUILDING 1, PALO ALTO, CA, 94304 STATE OF ORG., 53 (LDAN G. NASH, 1001 PAGE MILL ROAD, BUILDING 1, PALO ALTO, CA, 94304 STATE OF ORG., 54) IDAN NETSER, 15950 ROSE AVE., LOS GATOS, CA, 95030 STATE OF ORG., 55) FRANK RAHMANI, 10 GILMARTIN DR., TIBURON, CA, 94920 STATE OF ORG., 56) MARTIN A. WELLINGTON, 320 OLIVE STREET, MENLO PARK, CA, 94025 STATE OF ORG., 57) DEREK ZABA, 220 OAK STREET, GOLIVE STREET, MENLO PARK, CA, 94025 STATE OF ORG., 58) CHRISTOPHER EGLESON, 2120 HICKORY STREET, SAN DIEGO, CA, 92103 STATE OF ORG., 58) CHRISTOPHER EGLESON, 2120 HICKORY STREET, SAN FICK, ORD STATE OF ORG., 69) MIKE BETTINGER, 29 BELVEDERE AVENUE, BELVEDERE, CA, 94920 STATE OF ORG., 69) CARD., 81 THE PLAZA DRIVE, BERKELEY, CA, 94705 STATE OF ORG., 69) W. HARDY CALLCOTT, 438 MIDWAY AVENUE, SAN MATEO, CA, 94402 STATE OF ORG., 69) SEAP-RITH FORD, TIBMON, CA, 94502 STATE OF ORG., 69) SEAP-RITH FORD, TIBMON, CA, 94502 STATE OF ORG., 69) SEAP-RITH FORD, TIBMON, CA, 94502 STATE OF ORG., 69) CARLTON FLEMMAGAN, 84 VICENTE ROAD, BERKELEY, CA, 94705 STATE OF ORG., 69) W. HARDY CALLCOTT, 438 MIDWAY AVENUE, SAN MATEO, CA, 94402 STATE OF ORG., 69) CARLTON FLEMMAGAN, 84 VICENTE ROAD, BERKELEY, CA, 94705 STATE OF ORG., 69) CARLTON FLEMMAGAN, 84 VICENTE ROAD, BERKELEY, CA, 94705 STATE OF ORG., 69) CARLTON FLEMMAGAN, 84 VICENTE ROAD, BERKELEY, CA, 94705 STATE OF ORG., 69) CARLTON FLEMMAGAN, 74 VICENTE ROAD, BERKELEY, CA, 94705 STATE OF ORG., 69) CARLTON FLEMMAGAN, 74 VICENTE ROAD, BERKELEY, CA, 94705 STATE OF ORG., 69) CARLTON FLEMMAGAN, 74 VICENTE ROAD, BERKELEY, CA, 94705 STATE OF ORG., 69) CARLTON FLEMMAGAN, 74 VICENTE ROAD, BERKELEY, CA, 94705 STATE OF ORG., 69) CARLTON FLEMMAGAN, 74 VICENTE ROAD, BERKELEY, CA, 94705 STATE OF ORG., 69) CARLTON FLEM LIBERTY STREET, SAN FRANCISCO, CA. 94110 LIBERTY STREET, SAN FRANCISCO, CA, 94110 STATE OF ORG., 71) ERIC S. HAUETER, 2945 RALSTON AVENUE, HILLSBOROUGH, CA, 94010 STATE OF ORG., 72) DALE W. LUM, 1545 BAIRN DRIVE, HILLSBOROUGH, CA, 94010 STATE OF ORG., 73) SCOTT T. NONAKA, 131 SANTA ANA AVENUE, SAN FRANCISCO, CA, 94127 STATE OF ORG., 74) ANNA J. REMIS, 737 WOODHAVEN ROAD, BERKELEY, CA, 94708 STATE OF ORG: 75) VIJAY S. SEKHON, 11 KELLY ANN COURT NOAU, BERKELEY, CA, 9470S STATE OF ORG., 75) VIJAY S. SEKHON, 11 KELLY ANN COURT LAFAYETTE, CA, 94549 STATE OF ORG., 76) RACHELE SODERSTROM 806 32ND AVE, SAN FRANCISCO, CA, 94121 STATE OF ORG., 77) BRIAN J. STRETCH, 55 SAN ANDREAS WAY, SAN FRANCISCO, CA, 94127 STATE OF ORG., 78) DAVID E. TANG, 1 WESTVIEW PLACE, BERKELEY, CA, 94705 STATE OF ORG., 79) CAROL LYNN THOMPSON, 985 SANTA BARBARA RD., BERKELEY, CA, 94707 STATE OF ORG., 80) SALLY WAGNER PARTIN, 793 COLE ST., SAN FRANCISCO, CA, 94117 STATE OF ORG., 81) SUE WANG, 207 KING STREET, APT 701, SAN FRANCISCO, CA, 94107 STATE OF ORG., 82) IRENE YANG, 1007 BOSWORTH STREET, SAN FRANCISCO, CA, 94130 STATE OF ORG., 82) IRENE YANG, 1007 BOSWORTH STREET, SAN FRANCISCO, CA, 94131 STATE OF ORG., This business is being conducted by a Limited Liability Partnership. The registrant commenced to transact business under the fictitious business name or names listed above on: 03/2012. Signed: SHARON R

listed above on: 03/2012. Signed: SHARON R. FLANAGAN, GENERAL PARTNER. This statement FLANAGAN, GENERAL PARTNER. This statement was filed with the County Recorder of Los Angeles County on May 27, 2022.

NOTICE: This Fictitious Name Statement expires on May 27, 2027. A new Fictitious Business Name Statement must be filed prior to May 27, 2027. 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. 6/9, 6/16, 6/23, 6/30/22

Fictitious Business 2022137152

The following person(s) is (are) doing business as WEST HILLS SURGICAL CENTER, 1) 7240 MEDICAL CENTER DR., WEST HILLS, CA 91307, 2) ONE PARK PLAZA – LEGAL DEPT., NASHVILLE, TN 37203, LOS ANGELES COUNTY. Registered Owner(s) SURGICARE OF WEST HILLS, INC. ONE PARK PLAZA, NASHVILLE, TN 37203. CALIFORNIA. This business is being conducted by a Limited Partnership.
The registrant commenced to transact business under the fictitious business name or names listed above on: 07/1996. Signed: SURGICARE OF WEST HILLS, INC., JOHN M. FRANCK II, VP & DIRECTOR OF GENERAL PARTNER, GENERAL PARTNER. This statement was filed with the County Recorder of Los Angeles County on June 22, 2022.

NOTICE: This Fictitious Name Statement expires on June 22, 2027. A new Fictitious Business Name Statement must be filed prior to June 22, 2027. 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).

Pub. 6/30, 7/7 El Segundo Herald: H-2602 7/14, 7/21/22

Fictitious Business 2022131802

The following person(s) is (are) doing business as JOEL H. & SONS VINTAGE GOODS AND RESTORATION, 1631 N MARINE AVE, WILMINGTON, CA 90744 LOS ANGELES COUNTY. Registered Owner(s): JOEL HERNANDEZ, 1631 N MARINE AVE, WILMINGTON, CA 90744. 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: JOEL HERNANDEZ OWNER. This statement was filed with the County Recorder of Los Angeles County on June 16, 2022.

NOTICE: This Fictitious Name Statement expires on June 16, 2027. A new Fictitious Business Name Statement must be filed prior to June 16, 2027. 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. 6/23, 6/30 H-2599







Fictitious Business Name Statement 2022140778

The following person(s) is (are) doing business as HONDA OF NORTH HOLLYWOOD, 1) 5841 LANKERSHIM BOULEVARD, NORTH HOLLYWOOD, CA 91601, 2) P.O. BOX 69362, WEST HOLLYWOOD, CA 90069, LOS ANGELES COUNTY. AI #ON: 202207610489 Registered Owner(s): NOHO MOTORS LLC, 5841 LANKERSHIM BOULEVARD, NORTH HOLLYWOOD, CA 91601. CALIFORNIA. This business is being conducted by a Limited Liability Company. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A Signed: NOHO MOTORS LLC, JOSEF SHUSTER, MANAGER. This statement was filed with the County Recorder of Los Angeles County on June 24, 2022.

NOTICE: This Fictitious Name Statement expires on June 24, 2027. A new Fictitious Business Name Statement must be filed prior to June 24, 2027. 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. 6/30, 7/7,

7/14, 7/21/22 H-2607

Fictitious Business Name Statement

2022137149 The following person(s) is (are) doing business as SOLE BICYCLES, 1330 MAIN STREET, VENICE, CA 90291, LOS ANGELES COUNTY. Registered Owner(s): KENT WEST COAST INC., 1330 MAIN STREET, VENICE, CA 90291. SOUTH CAROLINA. This business is being conducted by a Corporation The registrant commenced to transact business under the fictitious business name or names listed above on: 05/2022.
Signed: KENT WEST COAST INC.,
JAMES STANDLEY, PRESIDENT. This statement was filed with the County Recorder of Los Angeles County on June

NOTICE: This Fictitious Name Statement expires on June 22, 2027. A new Fictitious Business Name Statement must be filed prior to June 22, 2027. 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).

Pub. 6/30, 7/7, El Segundo Herald: H-2603







Fictitious Business Name Statement

business as ROBERTO'S AUTO REPAIR 22634 NORMANDIE AVENUE STE B, TORRANCE, CA 90502, LOS ANGELES COUNTY. Registered Owner(s): ROBERTO'S AUTO REPAIR LLC, 22634 NORMANDIE AVENUE, STE B, TORRANCE, CA 90502. CA. This business is being conducted by a Limited Liability Company. The registrant commenced to transact business under the fictitious business name or names listed above on: 06/2022. Signed: ROBERTO'S AUTO REPAIR LLC. ROBERTO RAMOS. MANAGING MEMBER. This statement was filed with the County Recorder of Los Angeles County on June 24, 2022

NOTICE: This Fictitious Name Statement expires on June 24, 2027. A new Fictitious Business Name Statement must be filed prior to June 24 2027 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 6/30 7/7 7/14, 7/21/22 H-2608

Fictitious Business Name Statement

business as THE BETTER BAKING COMPANY, 1) 14528 BLYTHE ST, VAN NUYS, CA 91402, 2) 21151 S WESTERN AVE STE 284, TORRANCE, CA 90501, LOS ANGELES COUNTY. AI #ON C4611482. Registered Owner(s): THE HUB FOOD MANAGEMENT COMPANY, 14528 BLYTHE ST. VAN NUYS, CA 91402 CA. 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: THE HUB FOOD MANAGEMENT COMPANY, LEONARD DAYAO, CEO. This statement was filed with the County Recorder of Los Angeles County on June 27, 2022. NOTICE: This Fictitious Name Statement

expires on June 27, 2027. A new Fictitious Business Name Statement must be filed prior to June 27, 2027. Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business (See Section 14400 _ . and Professions Code). and Professions couc, El Segundo Herald: Pu 7/21/22 H-2609

Fictitious Business Name Statement

business as GPA CONSULTING, 840 APOLLO STREET SUITE 312, EL SEGUNDO, CA 90245, LOS ANGELES COUNTY. AI #ON: 2797716. Registered Owner(s): GALVIN PRESERVATION ASSOCIATES INC., 840 APOLLO STREET, SUITE 312, EL SEGUNDO, CA 90245. CALIFORNIA. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: 11/2012. Signed: GALVIN PRESERVATION ASSOCIATES INC., ANDREA GALVIN, PRESIDENT. This statement was filed with the County Recorder of Los Angeles County on June 23, 2022. NOTICE: This Fictitious Name Statement

expires on June 23, 2027. A new Fictitious Business Name Statement must be filed prior to June 23, 2027. Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business (See Section 14400 _ . and Professions Code). El Segundo Herald: Pu 7/14, 7/21/22 **H-2612**

Fictitious Business Name Statement 2022133938

doing business as EXOTIC COLLECTION BY ENTERPRISE, WILSHIRE BLVD., SANTA MONICA, CA 90403, LOS ANGELES COUNTY. AI #ON: 200921610002. Registered Owner(s): ENTERPRISE RENT-A-CAR COMPANY OF LOS ANGELES, LLC, 600 CORPORATE PARK DRIVE, ST. LOUIS. MO 63105. CALIFORNIA. This business is being conducted by a Limited Liability Company. The registrant commenced to transact business under the fictitious business name or names listed above on: 12/2011. Signed: ENTERPRISE RENT-A-CAR COMPANY OF LOS ANGELES LLC, RICK A SHORT, MANAGER. This statement was filed with the County Recorder of Los Angeles County on June 17, 2022. NOTICE: This Fictitious Name Statement

expires on June 17, 2027. A new Fictitious Business Name Statement must be filed prior to June 17, 2027, 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). Pub. 6/30, 7/7

El Segundo Herald: H-2613 7/14, 7/21/22

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Seniors from page 5

your mood and prevent mental health and mood disorders. The SilverSneakers Annual member survey found that depression among participants is 64% less prevalent than the Centers for Medicare and Medicaid Services national benchmark.

Also, according to the CDC, regular physical activity can reduce the risk of cognitive decline, including dementia, and improves your ability to think, learn and problem solve. This way, exercise works as a form of mental enrichment, an essential component of senior health.

Mental enrichment comes in many different forms, such as doing crossword puzzles or sudoku or learning a new hobby or activity. You can work out your muscles and your brain by taking up a new exercise class, such as trying Tai Chi, water aerobics or a dance class.

The virtual learning platform offers mental enrichment activities specifically designed for seniors with a wide range of online classes through a video platform optimized for ease of use, user engagement and social connection.

Whether you want to learn how to meditate, try a new recipe or understand the latest smart home technology, you have plenty of live interactive group class options to choose from.

Improving your quality of life doesn't have to be difficult, and you don't have to do it on your own. "This year, as we celebrate our 30th anniversary, we're celebrating both our foundation in senior fitness and our expansion to a healthy lifestyle program that offers members a range of virtual and in-person opportunities to stay healthy and connected," said Tivity Health President & CEO Richard Ashworth. "We know that health is more than physical, and we are proud to provide seniors with the tools to stay healthy both in person and at home."

To find out if you're one of the 18 million seniors nationwide eligible for SilverSneakers, visit www.silversneakers.com. To learn more about SilverSneakers and other programs available to members, visit Tools. SilverSneakers.com. •

PUBLIC NOTICES

2022137155 STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

Current File # 2020069907

The following person has abandoned the use of the fictitious business name: SOLE BICYCLES, 1330 MAIN STREET, VENICE, CA 90291. The fictitious business name referred to above was filed in the County of Los Angeles on APRIL 15, 2020. Registrants: SMFB, LLC, 1330 MAIN STREET, VENICE, CA 90291. CALIFORNIA. This business was conducted by a Limited Liability Company. Signed: SMFB, LLC, JAMES STANDLEY, MANAGING MEMBER. This statement was filed with the County Clerk of Los Angeles County on June 22, 2022. EL SEGUNDO HERALD: Pub. 6/30, 7/7, 7/14, 7/21/22

2022137156 STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

Current File # 2020122055

The following person has abandoned the use of the fictitious business name: WILSON PARTITIONS, 2301 E. VERNON AVE., VERNON, CA 90058. The fictitious business name referred to above was filed in the County of Los Angeles on AUGUST 12, 2020, Registrants: ARCADIA, INC., 2301 E. VERNON AVE. VERNON, CA 90058. CALIFORNIA. This business was conducted by a Corporation. Signed: ARCADIA, INC. KHAN CHOWPONGPUN CFO This statement was filed with the County Clerk of Los Angeles County on June 22, 2022. EL SEGUNDO HERALD: Pub. 6/30, 7/7,

2022137157 STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

Current File # 2018209583

The following person has abandoned the use of the fictitious business name: ARCADIA CUSTOM, 2323 FIRESTONE BLVD., BLDG 105, SOUTH GATE, CA 90280. The fictitious business name referred to above was filed in the County of Los Angeles ON AUGUST 17, 2018. Registrants: ARCADIA, INC. 2301 E. VERNON AVE., VERNON, CA 90058. CALIFORNIA. This business was conducted by a Corporation. ARCADIA. Sianed: INC.. KHAN CHOWPONGPUN, CFO. This statement was filed with the County Clerk of Los Angeles County on June 22, 2022. SEGUNDO HERALD: Pub. 6/30, 7/7,

7/14, 7/21/22 H-2606



Fictitious Business 2022139161

The following person(s) is (are) doing business as HARBOR MUSIC, 1551 N. WILMINGTON BLVD., WILMINGTON, CA 90744, LOS ANGELES COUNTY. AI #ON 0296670. Registered Owner(s): HARBOR CHRISTIAN CENTER, INC., 1551 N.
WILMINGTON BLVD., WILMINGTON, CA 90744. CA. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: 06/2022. Signed: HARBOR CHRISTIAN TREVINO CENTER. INC.. LOUIE PRESIDENT. This statement was filed with the County Recorder of Los Angeles County on June 24, 2022.

NOTICE: This Fictitious Name Statement expires on June 24, 2027. A new Fictitious Business Name Statement must be filed prior to June 24, 2027, Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and

El Segundo Herald: 7/21/22 **H-2** Pub. 6/30, 7/7, 7/14, H-2614

Fictitious Business 2022139092

The following person(s) is (are) doing business as OBSV GROUP, 1055 WEST 7TH STREET, FLOOR 33, LOS ANGELES, CA 90017, LOS ANGELES COUNTY. Registered Owner(s): OBSERVATION GROUP INC., 1055 WEST 7TH STREET, FLOOR 33, LOS ANGELES, CA 90017. This business is being DELAWARE conducted by a Corporation. The registrant commenced to transact business under the above on: N/A. Signed: OBSERVATION GROUP INC., JEREMY BERRY, CEO. This statement was filed with the County Recorder of Los Angeles County on June

NOTICE: This Fictitious Name Statement expires on June 23, 2027. A new Fictitious Business Name Statement must be filed prior to June 23, 2027, Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and

El Segundo Herald Pub. 7/7, 7/14. H-2615















Fictitious Business Name Statement 2022143452

The following person(s) HARBOR FILMING LOCATIONS LLC. 1504 MADRID AVE APT 1, TORRANCE, CA 90501, LOS ANGELES COUNTY, Registered Owner(s): HARBOR FILMING LOCATIONS LLC, 1504 MADRID AVE APT 1, TORRANCE, CA 90501. CA. This business is being conducted by a Limited Liability Company. The registrant commenced to transact business under the fictitious business name or names listed above on: 06/2022. Signed: HARBOR FILMING LOCATIONS LLC, VICTOR SORIANO, PRESIDENT. This statement VICTOR was filed with the County Recorder of Los Angeles County on June 28, 2022.

NOTICE: This Fictitious Name Statement expires on June 28, 2027. A new Fictitious Business Name Statement must be filed prior to June 28, 2027, 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. 7/7, 7/14, 7/21, 7/28/22

7/21, 7/28/22 H-2616

Fictitious Business Name Statement 2022142297

The following person(s) is (are) doing business as GREENWOOD CRE LOS ANGELES, 21515 HAWTHORNE BLVD SUITE 200, TORRANCE, CA 90503, LOS ANGELES COUNTY, Registered Owner(s) CORINA IRVIN, 21515 HAWTHORNE BLVD, SUITE 200, TORRANCE, CA 90503. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious ousiness name or names listed above on 05/2022. Signed: CORINA IRVIN, OWNER. This statement was filed with the County Recorder of Los Angeles County on June 28, 2022

NOTICE: This Fictitious Name Statement expires on June 28, 2027. A new Fictitious Business Name Statement must be filed prior to June 28, 2027. 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)

Pub. 7/7, 7/14. El Segundo Herald H-2617

Fictitious Business Name Statement 2022136382

business as PENINSULA COMMERCIAL REAL ESTATE GROUP, 21515 REAL ESTATE GROUP, 21515 HAWTHORNE BLVD STE 200, TORRANCE, CA 90503, LOS ANGELES COUNTY. 4303540. Registered Owner(s): PENINSULA COMMERCIAL REAL ESTATE GROUP, 21515 HAWTHORNE BLVD, SUITE 200, TORRANCE, CA 90503. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: 10/2019. Signed: PENINSULA COMMERCIAL REAL ESTATE GROUP. KYLE IRVIN. PRESIDENT. Recorder of Los Angeles County on June

NOTICE: This Fictitious Name Statement expires on June 22, 2027. A new Fictitious Business Name Statement must be filed prior to June 22, 2027, Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and rofessions Code)

El Segundo Herald Pub. 7/7, 7/14. 7/21, 7/28/22 H-2618

Fictitious Business Name Statement 2022146142

The following person(s) is (are) doing business as MKCURATORIAL. 633 N LA BREA, LOS ANGELES, CA 90036 LOS ANGELES COUNTY. AI #ON AI #ON 4303540. Registered Owner(s): MERRY 633 N LA BREA, LOS ANGELES, CA 90036, This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or name: isted above on: 06/2022. Signed: MERRY KARNOWSKY, OWNER, This statement was filed with the County Recorder of Los Angeles County on June 30, 2022.

NOTICE: This Fictitious Name Statement expires on June 30, 2027. A new Fictitious Business Name Statement must be filed prior to June 30, 2027. Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Professions Code) Pub. 7/7, 7/14,

H-2619 7/21, 7/28/22

Fictitious Business Name Statement 2022144884

The following person(s) is (are) doing business as EMPIRE OPTICAL OF business as CALIFORNIA, 1) 7633 VARNA AVENUE, NORTH HOLLYWOOD, CA 91605, 2) 13555 N. STEMMONS FRWY, DALLAS, TX 75234, LOS ANGELES COUNTY. Registered Owner(s): ESSILOR LABORATORIES OF CA, INC., 13555 N. STEMMONS DALLAS, TX 75234. NORTH CAROLINA. CAROLINA. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: 01/2022. Signed: ESSILOR LABORATORIES OF AMERICA, INC., DAVID J MILAN, SECRETARY. This statement was filed with the County Recorder of Los Angeles County on June 29, 2022.

NOTICE: This Fictitious Name Statement expires on June 29, 2027. A new Fictitious Business Name Statement must be filed prior to June 29, 2027. 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) Pub. 7/7, 7/14,

H-2620 7/21, 7/28/22

Name Statement 2022126091

Fictitious Business Name Statement 2022146322

The following person(s) is (are) doing ousiness as WOAH, 2130 N BEACHWOOD DR APT 8, LOS ANGELES, CA 90068, LOS ANGELES COUNTY Registered Owner(s): BRICOLAGE LABS, INC., 2130 N BEACHWOOD DR APT 8, LOS ANGELES. CA 90068. DELAWARE. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: 03/2022. Signed: BRICOLAGE LABS, INC., TERRENCE ROSSI, CEO. This statement was filed with the County Recorder of Los Angeles County on June 30, 2022.

NOTICE: This Fictitious Name Statement expires on June 30, 2027. A new Fictitious Business Name Statement must be filed prior to June 30, 2027. 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). Pub. 7/7. 7/14.

El Segundo Herald: 7/21, 7/28/22 H-2621

Fictitious Business

business as MIDCAP FINANCIAL. 1) 10880 WILSHIRE BOULEVARD SUITE 1010, LOS ANGELES, CA 90024, 2) 7255 WOODMONT SUITE 300. BETHESDA **AVENUE** MD 20814, LOS ANGELES Owner(s): HEALTHCARE Registered FINANCE GROUP, LLC, 7255 WOODMONT AVENUE SUITE 300. BETHESDA. MD 20814. DELAWARE. This business is being conducted by a Limited Liability Company. The registrant commenced to transact under the fictitious business name or names listed above on: N/A. Signed: HEALTHCARE FINANCE GROUP ROBERT GOODRIDGE, GENERAL COUNSEL OF MANAGER, MIDCAP FINANCIAL SERVICES, LLC, MANAGER. This statement was filed with the County Recorder of Los Angeles County on June

NOTICE: This Fictitious Name Statement expires on June 09, 2027. A new Fictitious Business Name Statement must be filed prior to June 09, 2027, 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. 7/7, 7/14,

H-2622

Fictitious Business Name Statement 2022131759

The following person(s) is (are) doing business as LEXOLOGY AUTO SALES, LLC, 1111 PROSPECT AVE, HERMOSA BEACH, CA 90254, LOS ANGELES COUNTY, AI #ON: 202250214316. Registered Owner(s): LEXOLOGY AUTO SALES LLC. 1111 PROSPECT AVE, HERMOSA BEACH, CA 90254. CA. This business is being conducted by a Limited Liability Company. The registrant commenced to transact business under the fictitious business name or names listed above on: 06/2022. Signed LEXOLOGY AUTO SALES LLC, MAYDA BADAWY, MEMBER. This statement was filed with the County Recorder of Los Angeles County on June 16, 2022

NOTICE: This Fictitious Name Statement expires on June 16, 2027. A new Fictitious Business Name Statement must be filed prior to June 16, 2027. 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)

Pub. 7/7, 7/14, El Segundo Herald: H-2623 7/21, 7/28/22

Fictitious Business 2022150789

The following person(s) SHERWOOD business PROPERTIES, 1324 THE STRAND, MANHATTAN BEACH, CA 90266, LOS ANGELES COUNTY, Registered Owner(s): 1) CHARLES ROBERT HOLMES, 1324 THE STRAND, MANHATTAN BEACH, CA 90266, 2) BARBARA JO HOLMES 1324 THE STRAND, MANHATTAN BEACH, CA 90266. This business is being conducted by a Married Couple. The registrant commenced to transact business under the fictitious business name or names listed above on: 07/2022. Signed: HOLMES. HUSBAND. This statement was filed with the County Recorder of Los Angeles County on July 7, 2022.

NOTICE: This Fictitious Name Statement expires on July 7, 2027. A new Fictitious Business Name Statement must be filed prior to July 7, 2027. 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).

Pub. 7/14, 7/21, H-2624

Fictitious Business 2022147549

The following person(s) is (are) doing business as 1) ATLANTIC AVIATION, 3250 AIRFLITE WAY, LONG BEACH, CA 90807. 2) ATLANTIC AVIATION LONG ATLANTIC AVIATION LGB. LOS ANGELES COUNTY. Registered Owner(s): LGB CA HOLDINGS, LLC, 5201 TENNYSON PARKWAY, SUITE 150, PLANO, TX 75024. DELAWARE. This business is being conducted by a Limited Liability Company. The registrant commenced to transact business under the fictitious business name or names listed above on: 05/2022. T. PEPPER, CEO, This statement was filed with the County Recorder of Los Angeles County on July 1, 2022.

NOTICE: This Fictitious Name Statement expires on July 1, 2027. A new Fictitious Business Name Statement must be filed prior to July 1, 2027. 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).

H-2625 7/28, 8/4/22

Grand Prix from front page

and master's participants. A total of \$20,500 and numerous state championships are up for grabs to the competing bicyclists who excel.

At 12:30 p.m., there will be a "Kids Race" for the younger enthusiasts, ages 2-12. The young racers, who will be vying for gold medals and bragging rights, will race on courses ranging from 50 to 300 yards, depending on their age.

Bikers are not the only athletes who will be on display that day. Avid runners will also get their day in the sun with the return of the Manhattan Beach Mile that will begin at noon, with proceeds to benefit the Manhattan Beach Education Foundation. Chevron has put up cash to reward the fastest of the elite runners who show up to pound the pavement and conquer the hilly course.

All the amenities you would expect at a top-notch event will be available, including food trucks, beverages, local exhibits, and a Chevron-sponsored "Kid Zone." The food court features an area where you can grab a bite to eat and a drink and also "a vendor's area where you may shop and purchase the latest in bicycle accessories, clothing, and various [nutritional] items."

Patrick Caro is the owner of Go Fast-Full Circle Cycling and won the master's race a few years ago. He is bringing approximately fifteen athletes to the MBGP. Here is what he has to say about the upcoming race: "This is a great venue for racers and spectators. Some of the best U.S. racers have done this

race and gone on to participate in the Tour de France and the Olympics."

Velo Club Ls Grange co-men's road race captain Jonathan Rios said he hopes to have "5-10" riders competing on July 24.

Greg Aden is the man who is tasked with administering the MBGP shindig. Aden has been affiliated with the race since 1990 and race director for a decade. Asked what his duties were on the day of the event, Aden chuckled and said "everything," while noting that he is on-site the afternoon before the event when he and his team start assembling the truss that goes across the start-finish line.

At 4:30 a.m. on race day, Aden and the team arrive to start putting up the safety fence. The start and finish lines are on the pavement outside of the Joslyn Center.

Aden's background in cycling: After he retired from car racing [road racing], he started riding a bike, joining the South Bay Wheelmen association. "I was not very good," he shared, "but I enjoyed it." He then spent twenty or so years as a racing official, until he became the man in charge.

He, like the racers, is eager to get back on the Manhattan Beach pavement after the three-year hiatus, "We are excited about coming back," he said, mentioning a recent Zoom meeting with the powers-that-be in Manhattan Beach to begin finalizing raceday details. And the racers are enthusiastic about returning to the Grand Prix, which is considered the premier race in Southern

California. "Everybody keys to our race," he said while mentioning the course's unique layout. "A city road, close to the beach;" who would not want to assess their bicycling skills on a street course, half a mile from the beach?

Aden said that he and the organizers are expecting about 120 racers in the men's pro contest and 50-60 in the women's competition. He estimated that the winners of the pro races would bag about \$1,640, and the 20th place finishers would be awarded about \$80, or enough to buy a round of beers should they venture down to local watering holes at the conclusion of the competitions.

Aden said that race teams from all areas of Southern California, as well as from far, far away, look forward to the MBGP and setting up their tents to support their team's riders.

So here is a little history of the Manhattan Beach Grand Prix. It was started some 60 years ago by local cycling legend Ted Ernst, who used to own a bike shop on the east side of Sepulveda back in the day, and who, according to the MBGP website, has just turned ninety and was inducted into the Bicycling Hall of Fame in 2006. Expect a celebration of Ernst on July 24.

The MBGP is the oldest single-day race in the U.S. to be held on the same course. As the race has grown over the past six decades, it has developed a reputation for providing the highest-quality competition, benefitting both the community and the competitors.

The race is one of the longest-running bike races in America and typically draws contestants from six continents. It is also considered one of the more "technical" courses on the USA Cycling calendar. The MBGP has drawn about 3,000 spectators and almost 1,000 racers in past iterations.

A little about the asphalt course: As mentioned, it is considered to be challenging and technical by racing aficionados. Shaped like a slightly bent "paperclip," the 1.3- mile course features two long straight-aways, two sweeping 180-degree turns, and fifty feet of climbing per lap. According to info gleaned from the race's website, www.mbgp.com, "If you are not in the top 10 coming out of the last turn, you will have little to no chance of winning your event."

Chevron is the title sponsor of the overall event, with the South Bay Wheelmen and South Bay Wheelmen Foundation listed as co-sponsors of the adult biking events; Janelle Holden, DDS sponsoring the "Kids Races," with the Village Runner company is tasked with administering the running events.

If you attend race day, do not look around for any of those "oh-so-fashionable" [increasingly annoying] electric bikes in the competitions... they are, thankfully, forbidden. The races will be "all human-powered," Aden said, while decrying the nitwits [my word, not his] who zoom around the beach cities on E-bikes at 20-30 miles-per-hour, many without helmets, blowing through every single stop sign. •



Patrick Caro, on the Podium, in the Middle, 2019 Master's Division First-Place Finisher. Photo Courtesy of Patrick Caro.



Velo Club La Grange Racers Carolyn Carter, Martina Blumenthal, and Tina Grant. Photo Courtesy of La Grange Cycling.

PUBLIC NOTICES

NOTICE OF SALE OF REAL PROPERTY BY MATTHEW L. TAYLOR, PARTITION REFEREE

Please take notice that the following real property will be sold by private sale by Matthew L. Taylor, Partition Referee, pursuant to order of the Los Angeles County Superior Court: Street Address: 950 Virginia Street, Unit 303, El Segundo, California 90245; Assessor's Parcel Number: 4132-017-056 : Legal Description: A Condominium Comprised Of:Parcel 1:(A) An undivided 1/12th interest in and to Lot 1 of Tract No. 34854, in the City of El Segundo, County of Los Angeles. State of California, as per Map recorded in Book 940, Pages 32 and 33, of Maps, in the Office of the County Recorder of said County. Except therefrom Units 101 through 104 inclusive, 201 through 204 inclusive, 301 through 304 inclusive as defined and delineated on a Condominium Plan recorded May 24, 1982 as Instrument No. 1982-529001 of Official Records.

(B) Unit 303 as defined and delineated on the above referred to Condominium Plan. Parcel 2:An exclusive easement, appurtenant to Parcel 1 above, for all uses and purposes of "Parking and Storage Spaces" over and across that portion of Lot 1 of said Tract No. 34854

defined and delineated as "Exclusive Use Area" P303 on the above referenced Condominium Plan.
(Hereinafter the "Subject Property".)

Please take notice that the Subject Property is being sold by private sale by Matthew L. Taylor, as Partition Referee appointed in the matter of McCain v. Olvera, et al., Los Angeles County Superior Court case number 20STCV48023. The sale is being made pursuant to California Code of Civil Procedure section 873.680, et seq. The property is sold in an "As Is" condition with no warranties or representations. Offers must be submitted in writing on a California Association of Realtors form contract. All sales are subject to court confirmation. Offers must be submitted to Matthew L. Taylor, Partition Referee, P.O. Box 4198, Rancho Cucamonga CA 91729, and must be received on or before July 27, 2022. This deadline may be extended by the Partition Referee without additional notice. information can be obtained at www. matthewtaylorattorney.com or by calling Matthew Taylor at 909-989-7774. 7/7, 7/14, 7/21/22

CNS-3600887# EL SEGUNDO HERALD

El Segundo Herald Pub. 7/7, 7/14,

H-27630





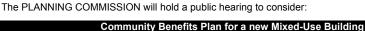


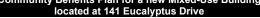






City of El Segundo Public Hearing Notice





Project Address: 141 Eucalyptus Drive, El Segundo, CA 90245

Project Description: Demolish the existing building and construct a new mixed-use 8,882 square foot building consisting of 6,287 square feet of office space and 721 square feet of food take-out tenant space, and 13 on-site parking spaces. The building will measure 40'-10" in height as measured from lowest adjacent grade with the take-out food service tenant and parking at the lower level, and two floors devoted to a single tenant. The Project is proposed on a 6,298 square foot lot on the west side of Eucalyptus Drive, between East El Segundo Boulevard and East Franklin Avenue. The following application has been submitted for the proposed project:

 EA-1292: A Tier 1 Community Benefits Plan pursuant to the requirements of the Smoky Hollow Specific Plan to allow a 1.41 floor area ratio (FAR)

Applicant: Srour & Associates representing 141 Eucalyptus, LLC

Hearing: Thursday, July 28, 2022, 5:30pm
Place: City Council Chamber, 350 Main Street, El Segundo. CA 90245

Environmental Determination: The project is categorically exempt from the requirements of the California Environmental Quality Act (CEQA) pursuant to 14 California Code of Regulations § 15332 as a Class 32 categorical exemption for in-fill development projects.

Further Information: The public may speak on the item at the public hearing. Alternatively, the public may provide comments via email with a limit of 150 words by noon on July 28, 2022 to: Planning@elsegundo.org. In the subject line please state "Public Hearing for EA-1292." Emails received by the noon deadline will be read to Planning Commission during public communications and are subject to disclosure under the Public Records Act. Note that any appeal of a decision made following a public hearing may be limited to the issues raised by evidence submitted before or during that public hearing.

El Segundo Herald Pub. 7/14/22

l Pub. 7/14. **H-27€**



Summer Bruschetta

Provided by Campbells Soup Corp.

The fresh flavors of the Tuscan countryside are featured in this topping for grilled bread that features fresh diced tomatoes, garlic and fresh basil.



Ingredients

- 1 tablespoon balsamic vinegar
- 1 tablespoon olive oil
- 1/4 cup fresh basil leaves, cut into thin strips
- 1 tablespoon minced garlic
- 8 plum tomato, seeded and chopped
- 8 slices Pepperidge Farm® Whole Grain 100% Whole Wheat Bread, toasted or grilled and cut diagonally into quarters
- 1/4 cup shredded Parmesan cheese

Directions

- Step 1: Beat the vinegar, oil, basil and garlic in a small bowl with a fork or whisk. Stir in the tomatoes.
- Step 2: Divide the tomato mixture among the bread quarters. Top the with cheese.

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

"The grill is the summer equivalent of a fireplace; everyone gravitates to it." $-K_{ATIE}\ Lee$

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PETSPETS LECUSETSPETS PETS Featured Pets of the Week

Provided by Hannah Collett, spcaLA

This charming boy is **Peter**! Peter is a 6 year old Dachshund mix who enjoys chest and belly rubs and is overall a calm, mellow little dude that is looking for his forever home. Could Peter be your friend for life? https:// spcala.com/adoptable/pet/?ss=LACA-A-4907

This beautiful lady is Summer! She is a sweet 4 year old Terrier, American Pit Bull/ Mix girl that may come off as a little shy at first, but once comfortable, she is very loving and affectionate. Summer would thrive in a home with a calm environment. Adopt Summer today! https://spcala.com/adoptable/ pet/?ss=LACA-A-4788

This love bug is Candy! She is very friendly 1 year old domestic medium hair girl and such a sweetheart! She enjoys lots of attention from her human companions. Apply for Candy today! https://spcala.com/ adoptable/pet/?ss=LACA-A-5012

This precious jewel is Mochi! Mochi, a 1 year old female domestic short hair, came to us when her owner could no longer care for her. She does well with kids and is a very affectionate and playful cutie! Could Mochi be your friend for life? https://spcala.com/ adoptable/pet/?ss=LACA-A-4652 •





Candy





Mochi

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



bike race in the country and promises to be a day of fun for South Bay residents.



KIDS' ZONE: 8:30am - 3pm KIDS' RACES: 12:30 - 1pm (STAGING AT 12 NOON) KIDSRacesmbgp.eventbrite.com

MANHATTAN MILE RUN FOR EDUCATION BENEFITTING MBEF: 12 - 12:30 pm www.villagerunner.com









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