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Weekend Forecast

Friday Sunny 67°/53°	
Saturday Sunny 70°/55°	
Sunday Sunny 67°/54°	

Jane Goodall Visits Lawndale’s Environmental Charter High School



The world-renowned British primatologist, ethologist, anthropologist and UN Messenger of Peace Dr. Jane Goodall visited Lawndale’s Environmental Charter High School (ECHS) on March 20 to present a lecture and to meet with student leaders involved in the Jane Goodall’s Roots & Shoots and Generation Earth youth programs. This photo shows her with ECHS student and Green Ambassador Ogechi Hubert. Dr. Goodall took part in a special tree-planting and naming ceremony in her honor. Ogechi was asked to name the tree. She chose Chi, which means God or a Higher Power in Igbo. (Photo by David Montejano)

“Grease Girl” Teaches Women About Their Cars

By Rob McCarthy

Kristin Cline likes to work on her car on the weekends and she’s not squeamish about the grease and grime. When she pulls on her mechanic coveralls and leans into the engine compartment of her classic Studebaker, she feels at ease. She thinks more women should try it, popping their car’s hood and getting familiar with what’s under there.

Lately, she’s had less time for her 1955 Studebaker because she’s leading a Saturday car-clinic class for women. Cline is an automotive writer during the week with a blog called “Grease Girl.” Her classroom is a garage at the Automobile Driving Museum in El Segundo, where she teaches the “Ladies Car Care 101” clinic. It’s a starter class, drawing sometimes as many as two dozen women who come knowing a little, not a lot, about cars. “Knowing certain things about your car can mean more confidence when you’re driving it,” Cline said.

The garage always was the domain of men, starting when they’re boys. So many women think of car maintenance and repair as a guy thing, which “Grease Girl” found out firsthand when she bought her Studebaker and began restoring it. She’d attend classic car shows and often was the only woman there. But, that’s changing as women become auto technicians and mechanics.

Cline discovered that “the car world is a really fun place to be and the garage can be fun.” The classic car project was her path to a writing career and her blog. Cars can be like that, too. There’s linkage between random happenings under the hood that fuel, power, cool and control a vehicle. Career moves are easier to predict than a car breakdown, though.

Some basic knowledge and terminology about horsepower and cars can be a confidence-builder for a woman, Cline noted, adding that though

a woman may not do her own tune-up or oil change, she should know what system of the car and parts they involved. “We talk in class about gaining vocabulary. It helps to understand why a repair is costing you so much,” she said, likening the experience to a visit to the doctor. Trained mechanics and doctors both have specialized training and are skilled at diagnosing a problem. It helps to know what they’re talking about--and specifically with a car repair, what a broken part does and why it needs to be replaced.

“Ladies Car Care 101” doesn’t expect them to know about cars, though some can identify the radiator, which holds the engine coolant. The air cleaner and the carburetor at the top of the engine aren’t always a mystery to the ladies. The museum keeps a Cadillac Deville in the garage, which comes in handy for Cline’s class. The women surround the old Cadillac as she opens the hood. Then, they do a pretty typical guy thing. They look at the engine, trying to figure it out.

For the next two hours, “Grease Girl” explains the engine parts, the transmission, the brakes and tires. Class time is a slow trip through the working systems of the internal combustion engine. Along the way, students pick up the terminology of the repair shop mechanic: timing belt, master cylinder, engine coolant, wheel alignment. They also hear about car maintenance from Cline and why it’s better to pay a little now rather than a lot later. “We’ll talk about various maintenance things under the hood,” she said. “Checking your fluid levels, checking your oil, checking your tires, using a tire gauge to check the PSI [pounds per square inch] and how to add air to your tire.”

Regular oil changes and keeping tires properly inflated are the simplest ways to give their vehicle tender loving care, the women are

told. After all, it’s a machine with fast-moving parts that create friction and heat. The coolant in the radiator system prevents the car from overheating, and the oil lubricates and protects engine parts. Warning lights alert drivers about low levels of these critical fluids, and Cline says don’t ignore them. “A lot of people don’t know what the different warning lights mean in their cars,” she said. “Is it an emergency that needs pulling over and stopping or can they keep going to their destination?”

Ignoring a warning light that is an emergency light can be a very expensive driver error, so Cline covers the most common warning signs that women and men should heed. If the engine temperature light is showing, that’s a serious one. So is the engine oil light, even if the car is new or just had an oil change. “This could be a tipoff that the drain plug isn’t tight or it fell out, and the oil has all drained out,” Cline said, adding that engine-damaging problems

See Grease Girl, page 8



Kristin Cline explains the mechanical systems of a car during a Saturday class for women at the Automobile Driving Museum. (Photo credit: Melissa Kobe)

Police Reports

Monday March 13 to Saturday, March 18

Robberies
4100 W. EL SEGUNDO BL. FAST FOOD STORE. Crime Occurred: Mon. 03/13 15:14. Property Taken: Black iPhone 7 128 g.
12700 S. HAWTHORNE BL. PARKING LOT, GARAGE, PAID. Crime Occurred: Tue. 03/14 08:00 to Tue. 03/14 08:15. Property Taken: iPhone 6S 32g in white Mophie case, black leather wallet.
14500 S. YUKON AV. STREET, HIGHWAY, ALLEY. Crime Occurred: Tue. 03/14 15:32. Property Taken: Rose gold iPhone-7 424-652-0031.
13200 S. HAWTHORNE BL. PARKING LOT, GARAGE, PAID. Crime Occurred: Wed. 03/15 02:57. Property Taken: Gold colored necklace with pendant.
W. 135TH ST./S. CORDARY AV. Crime Occurred: Thu. 03/16 12:00 to Thu. 03/16 12:48.
3900 W ROSECRANS AV. STREET, HIGHWAY, ALLEY. Crime Occurred: Thu. 03/16 20:05. Property Taken: Pink iPhone SE.
11900 S. ACACIA AV. STREET, HIGHWAY, ALLEY. Crime Occurred: Thu. 03/16 19:45.
W. 130TH ST./S. RAMONA AV. STREET, HIGHWAY, ALLEY. Crime Occurred: Sat. 03/18 23:12. Property Taken: Credit card. Property Taken: Black wallet taken from victim. Weapon: Hands, feet and fists.
Burglaries
12800 S. ROSELLE AV. STORAGE SHED, PUBLIC. Crime Occurred: Mon. 03/13 13:51. Property Taken: Approx. 1,000 records, set of 12 glasses, set of 12 plates, set of 12 silverware, box of 10 misc. Evicta watches, set of four Cruiser alloy 18-inch silver rims. Method of Entry: Bolt cutters.
12800 S. ROSELLE AV. STORAGE SHED. Crime Occurred: Mon. 03/13 15:39. Property Taken: Woofer, amplifier, PlayStation 1, longboard, 32-inch television. Method of Entry: Cut padlock.
12800 S. ROSELLE AV. Crime Occurred: CAD: Mon. 03/13 17:42--No R MS Ent. Property Taken: 32-inch television, vehicle amplifier, approx. \$500 in coins
2800 W. 120TH ST. CLUB HOUSE. Crime Occurred: Mon. 03/13 22:00 to Mon. 03/13 22:30. Property Taken: Black High Sierra, black Nixon wallet, driver's license in victim's name, \$25 misc. cash, Method of Entry: Removed.
12800 S. ROSELLE AV. STORAGE SHED, PUBLIC. Crime Occurred: Tue. 03/14 15:03. Property Taken: 55-inch Magnavox, 60-inch Toshiba television, sharp microwave, misc. DVD movies, Method of Entry: Cut padlock.
5300 W. ROSECRANS AV. BARBER, BEAUTY SHOPS. Crime Occurred: Tue. 03/14 19:30 to Wed. 03/15 03:30. Method of Entry: Smashed.
12100 S. TRURO AV HOUSE. Crime Occurred: Thu 03/09 04:30 to Wed 03/15 16:40. Method of Entry: Attempt only.
2800 W. 120TH ST. OTHER. Crime Occurred: Wed. 03/15 19:30 to Wed. 03/15 20:30. Property Taken: Black Adidas bag w/ white writing, black combo lock, black and gold Mark Jacob wallet, house and VW keys, Bank of America Visa and debit card, Macy's credit card, Victoria' Secret credit card, \$100

US currency, Beats headphones, grey Nike sweater. Method of Entry: Unknown.
12800 S. ROSELLE AV. (EXTRA SPACE STORAGE) STORAGE SHED, PUBLIC. Crime Occurred: Sat. 02/04 13:00. Property Taken: One baseball card collection (various players), 10 Disney doll figurines, misc. jewelry (bracelets, necklaces). Method of Entry: Cut padlock.
4900 W. 118TH ST. APARTMENT/CONDO. Crime Occurred: Fri. 03 13:53. Property Taken: Silver/black semi-automatic handgun, Method of Entry: Unknown.
12600 S. CRANBROOK AV. Crime Occurred: CAD: Sat. 03/18 01:46--No RMS Ent. Property Taken: Green Makita tool bag worth approximately \$600-800, cable work bag with tool for electrical and cable, drill bag with pieces to a drill, two bags with misc. tools.
12800 S. ROSELLE AV. STORAGE SHED, PUBLIC. Crime Occurred: Fri. 03 17:00 to Sat. 03/18 08:55. Method of Entry: Cut padlock.

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Calendar

Inside Inglewood

Calendar listings are \$1.00 per word. Email your listing to class@heraldpublications.com. Thank you for your business.

- THURSDAY, MARCH 30
- Champions of Change event. Women business leaders of Inglewood Reception. 5:30-7:30 p.m. at Crown Plaza International Airport, 5985 W. Century Blvd.
- TUESDAY, APRIL 4
- Rotary Club meeting 11:30 - 12:30, at The Salvation Army, 324 E. Queen St.
- TUESDAY, APRIL 11
- Rotary Club meeting 11:30 - 12:30, at

- The Salvation Army, 324 E. Queen St.
- Inglewood Chamber of Commerce, Golf Committee, 1-2:00 p.m., at Inglewood Chamber of Commerce, 330 E. Queen St.
- TUESDAY, APRIL 18
- Rotary Club meeting 11:30 - 12:30, at The Salvation Army, 324 E. Queen St.
- TUESDAY, APRIL 25
- Rotary Club meeting 11:30 - 12:30, at The Salvation Army, 324 E. Queen St. •

Hawthorne Happenings

News for the City of Good Neighbors from City Clerk Huber

CESAR CHAVEZ DAY

Cesar Chavez Day is this Friday, so don't go to the DMV or any other State offices; they will be closed. Chavez co-founded the National Farm Workers Association, later renamed the United Farm Workers. He died April 23, 1993, at age 66. He was born March 31, 1927. Chavez fought hard to get rights for farm workers. Now, the farmers cannot find enough people to work in the fields even by offering above average pay. Whatever happened to America's youth going to work on a hard labor job? I worked as a logger in the forests of Washington State during the summers of my college years. I loved it. I learned that you had to work hard to earn a paycheck. I got dirty. I got muddy. I learned that if I showed up on time and worked hard, I would keep my job. At the end of my final summer, I had to decide whether to stay as a logger and cut down trees or come to Hawthorne, CA to help grow some kids by teaching at Trinity Lutheran School. I have often wondered how my life would be if I would of stayed up there. Hawthorne has been good to me. The Lord has been good to me. I am the luckiest or most blessed old City Clerk living in the City of Good Neighbors.

APRIL FOOLS DAY

This Saturday, April 1, you can do anything stupid and get out of it by simply saying "April Fools!" Be careful, some jokes go too far. A joke is a joke until it hurts someone. My cold one jokes are not meant to hurt anyone. I certainly know that there are people who are battling addictions. I do not wish those kinds of maladies on anyone. I like to have fun. I like to laugh at myself. God has made us all different. He loves us regardless of how stupid we are. He loves us the way we are. There is no April Fools when it comes to the promises God has given to us. Jesus died for the sins of the entire world, not just Christians. He has redeemed the world. God will bring you to salvation through loving you and you have nothing to do with it. Don't reject it, and it's yours. I'm telling you the truth, this is not an April Fools joke.



BUNNY BREAKFAST

The City of Hawthorne will be sponsoring their annual Bunny Breakfast for the little ones this Saturday, April 1 from 9 – 11 a.m. at the Memorial Center. The event is for the whole family. To register, please go to the Parks office at the Memorial Center Monday-Thursday from 7:30 a.m. to 5:30 p.m. (The fee for the breakfast is \$3.00 per child and \$5.00 per adult.) Pre-registration is required.

“UNDERSTANDING YOUR VA BENEFITS”

The Veterans Commission of the City of Hawthorne is sponsoring an informational event on Monday, April 3rd starting at 10 a.m. for all veterans who live in the area. There will be a presentation by the DAV on VA benefits, lunch will be served, sponsored by the Hawthorne Costco, and DAV counselors will be available for private consultation. This is another excellent event hosted to help our local vets.

GOLF TOURNAMENT

The Hawthorne Parks and Recreation Foundation Golf Tournament is on Monday, April 10th at 12 noon at Coyote Hills Golf Club. For more information, please contact Mr. Dick Huhn at 310-643-9157.

HAIRSPRAY

Dana Middle School will be performing Hairspray, Jr. on Weds 3/29 (3:15 matinee), Thurs 3/30 (6:00 evening show) and Fri 3/31 (both a 3:15 matinee and a 6:00 evening show). The 1950s are out, and change is in the air! Hairspray, winner of eight Tony Awards including Best Musical, is a family-friendly musical, piled bouffant-high with laughter, romance, social commentary and tuneful songs. Tickets are \$5 at the door. Dana Middle School, 5504 W 135th St, Hawthorne, CA 90250.

RESOLVE TO RISE

“Stand your Ground - fighting sexual assault together” is the title of the seminar that will be held on Saturday, April 15th from 10 a.m. to 1 p.m. at the Memorial Center. Please call 310-973-1091 for more information. • Contact email: norbhuber@gmail.com (If you do enjoy my weekly column, please shoot me an email. I love to hear from my readers.)

Classifieds

The deadline for Classified Ad submission and payment is Noon on Tuesday to appear in Thursday's paper. Advertisements must be submitted in writing by mail, fax or email. You may pay by cash, check, or credit card (Visa or M/C over the phone). Errors: Please check your advertisements immediately. Any corrections and/or changes in an ad must be requested prior to the following Tuesday deadline in order to receive a credit. A credit will be issued for only the first time the error appears. Multiple runs will only be credited for the first time the error appears. No credit will be issued for an amount greater than the cost of the advertisement. Beware: Employment offers that suggest guaranteed out-of-state or overseas positions may be deceptive or unethical in nature. If you have any doubts about the nature of a company, contact the local office of the Better Business Bureau, (213) 251-9696. Herald Publications does not guarantee that the advertiser's claims are true nor does it take responsibility for those claims.

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design and programming exp. Must have edu. or exp. in Java prog. exp. w/ an emphasis in dev. multi-threaded app. in a parallel processing env.; Knowledge of an Agile dev. team contributing to project deliverables via sprints. Must have exp/edu using Eclipse for soft. dev. or other IDEs, and a variety of open source tools (Subversion, JIRA, TestNG); Must have knowledge with UNIX/Linux and Windows OS along with shell scripting (e.g., ksh, perl, etc.); Exp. with Hadoop arch. and related tech.; Exp. using HDFS, Hive, HCatalog, Pig, HBase; and Exp. dev. Hadoop Map Reduce functions required. OR Ph.D. (or foreign equiv.) in Elec. Eng., Comp. Sci. or related tech. discipline. Must have edu. or exp. in Java prog. exp. w/ an emphasis in dev. multi-threaded app. in a parallel processing env.; Knowledge of an Agile dev. team contributing to project deliverables via sprints. Must have exp/edu using Eclipse for soft. dev. or other IDEs, and a variety of open source tools (Subversion, JIRA, TestNG); Must have knowledge with UNIX/Linux and Windows OS along with shell scripting (e.g., ksh, perl, etc.); Exp. with Hadoop arch. and related tech.; Exp. using HDFS, Hive, HCatalog, Pig, HBase; and Exp. dev. Hadoop Map Reduce functions required. Knowledge may be demonstrated through edu, training, intern, and/or

exp. Travel required up to 10% of the time. Employer will accept any suitable combination of education, training or experience. TO APPLY: Please apply by email to STAFF.TDPM@Teradata.com (Job Number - 171349)

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

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Finance

5 Fast Shortcuts to Make Your Home Sparkle This Spring

(BPT) - We all know that one person who just adores cleaning. But for the rest of us, it's a necessary evil that gets old very quickly!

Before you tackle that long list of spring cleaning tasks, try some of these cleaning hacks designed to make these chores faster and easier. When cleaning is fun and even effortless, you'll feel more energized and gain the momentum you need to knock out your list of chores. Afterward, your house will sparkle from top to bottom, which is its own reward!

1. Find smarter tools

Throw out the messy bucket and mop and reach for a smarter floor solution that's efficient and fun to use. For example, the O-Cedar EasyWring Spin Mop & Bucket System has a built-in wringer that offers superior moisture control of the mop, which makes it safe and easy to use on all hard floor surfaces - even hardwood! The hands-free wringer requires a simple press of the foot pedal to easily spin out the water and help finish the job with less mess and faster drying times.

2. Try natural solutions

Commercial cleaning solutions can add extra costs to your deep cleaning session, not to mention the harsh chemicals can leave behind unpleasant odors. Why not experiment with everyday pantry items? These often cost less and are just as effective in their cleaning power.

A simple solution of warm water and vinegar removes built-up grime from your floors, while leaving a clean, rinse-free finish. Just add a half cup of distilled white vinegar to a gallon of warm water and start mopping.

If you dislike the smell of vinegar, add a couple drops of your favorite essential oil - the fresh scent will be like a small reward!

3. Shortcut to shining windows

If you want streak-free mirrors and clean windows without the hassle, Cas Aarssen, author of "Real Life Organizing: Cleaning and Clutter-Free in 15 Minutes a Day" and the YouTube channel ClutterBug, has this expert tip: Add a teaspoon of cornstarch to your favorite glass cleaner and shake until dissolved. Cornstarch improves the cleaning power of the solution and makes streaks a thing of the past, so you'll get the job done more quickly.

4. Use a cleaning method that also protects

Aarssen has an easy tip that will not only shine up your kitchen appliances, it will repel fingerprints and food splatters often left behind. Just spritz on a little wood furniture polish and rub in with a soft cloth until the surface shines like new.

5. Clean up top

Dust can collect on those high, hard-to-reach places, such as decorative molding and ceiling fans, making cleaning day more difficult. To clean your ceiling fan without showering dust bunnies everywhere, an old pillowcase is your best tool. Spritz the inside of the pillowcase with a vinegar and water solution and slip it over the blades of the fan, pulling it back to trap the dust.

For those tough to reach moldings and corners, use a sturdy rubber band to wrap a microfiber cloth around the end a broom, and give those hard-to-reach areas a clean sweep! •

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Community Briefs

Recycling Bin Grant Program Comes to Hawthorne



remind everyone the importance of recycling, especially in light of the many new statewide recycling regulations affecting our residents and businesses," opines Doug Krauss of the City's Public Works Department.

Now in its fourth year, the public park recycling grant program has awarded more than 3,400 recycling bins to Keep America Beautiful affiliates, local governments and other community organizations across 28 states to expand the availability of recycling. This investment in recycling infrastructure has improved recycling accessibility and convenience in a variety of recreational settings.

In addition to improving recycling opportunities, the grant program will make additional funds available to Keep America Beautiful community-based affiliates or other grant recipients who commit to conducting a Litter Index in conjunction with the grant to help study the effects of the recycling bins on reducing litter in the immediate areas of the bins.

Keep an eye out for these shiny new blue bins in Hawthorne's parks and stop by the City's Earth Day festivities on April 22 at Memorial Park. Other environmental events coming soon include the spring paper-shredding and compost giveaway, a drought-tolerant gardening workshop, a Household Hazardous Waste collection event, and much more. For more information, go to www.cityofhawthorne.com.

Just in time for Earth Day, residents visiting Hawthorne's public parks can expect to see cleaner parks thanks to a significant grant made possible by Dr Pepper Snapple Group in collaboration with Keep America Beautiful. The Dr Pepper Snapple Group/Keep America Beautiful Park Recycling Bin Grant Program provides funding for 900 new recycling bins in public parks across the country in 2016, making recycling more accessible for Americans enjoying the outdoors.

In concert with the City's Earth Day Festival and Service Provider Fair happening April 22 at Memorial Park, new recycling containers are now in place at parks and recreation facilities throughout Hawthorne. "These bins will help

LESD Awarded Nearly \$1 Million to Address High Obesity Rates

Lawndale Elementary School District (LESD) was awarded \$880,000 from the Los Angeles County Department of Public Health with funding from the California Department of Public Health and the United States Department of Agriculture. The grant will support the Champions for Change - Healthy Communities Initiative, which aims to reduce the prevalence of obesity among low-income Supplemental Nutrition Assistance Program-Education eligible populations by providing nutrition education, physical activity promotion, and working to create healthier environments for low-income individuals and families where they live, learn, work, play, pray and shop.

Key efforts under the initiative include teaching fundamental skills such as cooking, reading food labels, shopping on a budget, growing fruits and vegetables, and introducing low-cost and fun ways to be physically active. In addition, champions in communities throughout the County will be identified to help improve access to healthier foods and increase opportunities to be physical active in a variety of settings, including early childcare

centers, schools, faith-based organizations, corner stores, parks, worksites, and cities.

"Lawndale Elementary School District is pleased to be a part of this County-wide initiative, as we are uniquely positioned to reach children and families living in Lawndale, Hawthorne, Inglewood, and Lennox," explained Marc Milton, LESD Director of Food Services. "We are working to make healthier foods more affordable and available as well as identify ways to integrate physical activity into the day to improve the overall health for families in community."

According to the LA County: A Cities and Communities Health Report, obesity-related chronic illnesses continue to rank among the top 10 leading causes of premature death, including heart disease, stroke, and diabetes. While the obesity epidemic continues to impact virtually all population groups, about 22.9 percent of children and 28.4 percent of adults in Lawndale are obese. Obesity rates in Hawthorne, Inglewood and Lennox are even higher than those found in Lawndale.

LA Rams Launch Application for Annual Community Improvement Project

Non-profit organizations, schools or other academic institutions within the greater Los Angeles region may now apply for the 2017 Rams Annual Community Improvement Project. Interested organizations may apply online at therams.com/community through Friday, April 7, 2017. Applications received after that date will not be eligible for the project, which is currently scheduled for June 2017.

Since 2009, the Rams have offered the Annual Community Improvement Project in an effort

to address some of the community's greatest needs. The Rams will fund and participate in the implementation of the project.

Last year, the Rams funded a playground for Woodsworth Elementary School in Inglewood. Rams front office staff and players were on-site to build the playground with the help and supervision of Playcraft Systems and Pacific Play Systems, the designer of the playground.

As part of this project, the team also power washed the school and painted two murals. •



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Sports

Lawndale Loses Strong Outing from Zambrano

By Adam Serrao

It's never easy when you're the Lawndale Cardinals and you have to open up your Ocean League season with a game against last year's division champions, the Culver City Centaurs. Despite a valiant effort, that's precisely what starting pitcher Michael Zambrano and Lawndale was up against. A strong start to the game ended in heartbreak as the Cardinals' offense simply failed to come alive. With a schedule that doesn't get much easier ahead, Lawndale is now put in a tough spot if it wishes to compete for a playoff spot this season.

As the ace starting pitcher of the Lawndale Cardinals, there is a lot of weight on Michael Zambrano's shoulders to take the mound every outing and pitch a solid game. So far this season, Zambrano has done exactly that and had another strong start last Thursday afternoon at home against Culver City. Zambrano pitched a complete game while only giving up five hits and one earned run. Unfortunately, the defense behind him was the big question mark on the day as the Cardinals' bats went cold in the later innings of the game.

The game was tied at one run apiece through the fourth inning of play. Zambrano and Lawndale were looking strong before a few key errors reared their ugly heads to bite the team in the back. Senior Leo Cervantes and senior Hermilio Diaz were both credited with errors that led to Culver City runs in the top of the fifth and sixth innings. As it turned out, those two runs would decide the final score in Lawndale's 3-1 loss on the day.

For Culver City, it was leadoff hitter Ryan Weiner who led the charge on offense against Zambrano. Weiner had two hits and one RBI and was also responsible for bringing Jason Zeidman to home plate for one of his two runs on the day. Junior Bobby Capa went 1-3 and accounted for the other RBI that eventually led to Lawndale's demise. For the Cardinals, not much went right at the plate all day. Junior Jayce Dempsey reached base on an error twice in the game and accounted for the team's only run of the day. Seniors Leo Cervantes and Jesus Sanchez struggled on offense. Although each player had one of the team's three total hits of the game, both Cervantes and Sanchez struck out twice to foil any possible comeback attempt that Lawndale could have been planning.

Lawndale (2-7, 0-1) will have a chance to get right back into the thick of things as it takes on the Santa Monica Vikings (6-5, 1-0) twice this week before hitting the road for a rematch against Culver City next Thursday. If the Cardinals and head coach Robert Dempsey are looking to make a move in the season-long standings, they'd be best served to do it now while they have a chance against a few of the Ocean League's elite teams.

HAWTHORNE HIGH

Despite winning two of their first three games of the season, head coach JC Randolph and the Hawthorne Cougars have been in somewhat of a slump lately. Three straight losses to Palos Verdes, North High and Santa Monica led right into an Ocean League schedule that is known for not giving any team a break. Luckily for the Cougars, they had a matchup against the Animo Leadership Aztec Eagles before getting right into divisional play. A 4-2 victory at home last Saturday afternoon helped to get Hawthorne back on track in a season that is sure to only get more challenging as it goes on.

Things weren't necessarily looking good for Hawthorne in the early going last Saturday against the Aztec Eagles. Coach Randolph went with a pitching staff by committee that gave up the first two runs of the game, as the Cougars found themselves down 2-0 heading into the bottom of the fifth inning with only nine outs left to get some runs on the board. Fortunately for Randolph and Hawthorne, it was in the bottom of the fifth inning that the team would put those runs.

Seniors Manny Huerta and Carlos Jacobo sparked the Cougar offense late. Huerta's double and home run provided the power as the catcher finished the game with two hits, one RBI and one run scored. Jacobo had two hits of his own on the day with two RBIs and one run scored to help propel Hawthorne to a three-run fifth inning. It was in the fifth that the Cougars finally took a 3-2 lead. The team would tack on one more run in the bottom of the sixth inning to bring the game to its eventual final score of 4-2.

Now that Hawthorne has had one game to get right again, it will have to stay on track in what is sure to be a difficult inter-division schedule. The Cougars (4-6, 0-1) will get their Ocean League schedule started against Santa Monica before taking on the Beverly Hills Normans next week.

INGLEWOOD HIGH

The Inglewood Sentinels suffered their first loss of the young season last Wednesday afternoon when they took to the road to play the Leuzinger Olympians. Though Inglewood started the scoring with two runs in the first inning, Leuzinger's offense simply proved to be too much. A three-run fourth inning and a two-run fifth highlighted a 10-run afternoon in what would be a 10-2 victory for the Olympians. The Sentinels were unable to get anything going after their strong start to the game. Inglewood (2-1) will look to pad its record with games against Centennial and Hawthorne Math and Science Academy--whom they beat 26-10 earlier this season--before beginning Bay League play next week with a two-game set against Palos Verdes. •

Ball Doesn't Bounce Bruins' Way

By Adam Serrao

There was nothing sweet about UCLA's 86-75 loss to the Kentucky Wildcats last Friday night in the Sweet 16. Kentucky was able to advance to the Elite Eight to later take on the North Carolina Tar Heels. The Bruins, however, were left wondering what went wrong on a night that was supposed to go their way and belong to freshman sensation Lonzo Ball. Instead of Ball, it was De'Aaron Fox and the youngsters on Kentucky who showed up in the spotlight as an 11-point loss officially put an end to UCLA's season.

Perhaps the moment was just too big for him, or perhaps the freshman star simply had an off night. Whatever the reason was, though, Ball picked his team's biggest moment of the year to struggle. Ball finished the game with 10 points and eight assists, but he also had four turnovers and missed five of six three-point attempts while trying--and failing--to get his team back in the game. In all, UCLA turned the ball over 13 times while being outscored 14-2 off of those mistakes.

In the end, the Bruins found themselves outsmarted by a Fox. De'Aaron scored a career-high 39 points to help his team win its 14th game in a row and advance to this year's South Regional final. "I scored like the first eight points of the game, and after that I was like you know it's going to be a good night for me," Fox said. Fox's performance was the best by any freshman in tournament history and best by any player in the tournament since Tayshaun Prince put up 41 against Tulsa in 2002.

Along with Ball, Isaac Hamilton, TJ Leaf and Bryce Alford all scored in double figures. Leaf and Hamilton led the way with 17 apiece, but in the end, Kentucky's all-around game was simply too much for the Bruins to handle. The loss marked the third time that the Bruins would make it to the Sweet 16 under head coach Steve Alford without being able to advance to the Elite Eight. "We just got beat by a very good team that played very, very well tonight," Alford said, giving all of the credit to Kentucky.

Before the game was played, all of the credit was being given to Lonzo Ball for the season that the freshman had been having for UCLA. Ball has already been ceremoniously placed on the Los Angeles Lakers roster, even though there is still the whole routine of an NBA draft to go through. Though it remains to be seen where the Lakers will have the opportunity to pick, there is no doubting the fact that Ball will be at the draft. When asked about his future with the Bruins after his team's loss, Ball did not

hesitate to make his intentions clear. "That was my final game for UCLA," he said with the same calm and cool demeanor that the freshman always has on the basketball court. "I appreciate all the fans and all the support." Alford wasn't surprised of Ball's decision. "Guys can make a good living sooner than what it was two decades ago, three decades ago," the coach said of his guard's decision.

Coach Alford had a decision to make of his own. The Indiana alumnus was rumored to be the front-runner to take over as head coach of his alma mater once this season ended. As soon as UCLA's loss was in the books, however, Alford shot down any speculation that he would be leaving the Bruins. "I'm absolutely, 100 percent, not going to Indiana," Alford said moments after UCLA's loss. "I am happy here. I love it here. We have a great recruiting class coming in and a brand-new practice facility. Obviously, I love my alma mater. But I'm committed to UCLA. I am not going to talk to Indiana. I am staying a Bruin." The next morning, Indiana hired Dayton's Archie Miller as its next head coach.

Ball's 4-10 shooting night couldn't have come at a worse time for the Bruins or for the guard who has high hopes of playing in the NBA. With Magic Johnson and new Lakers general manager Rob Pelinka sitting in the front row, Ball was outshined by Fox, who certainly has expectations of going off of the board early in this year's NBA draft as well. Coming into the game, the Bruins were the nation's top-scoring team, averaging 90.2 points per game. It wasn't only the offense on display by Kentucky, but defense as well, holding UCLA to just 33 points in the first half and an eventual total of just 75. "We really picked it up defensively," Fox said. "That's why we won. Not because of our scoring. That team averages like 90 points a game and we held them to 15 less than their average."

Everything was quite average for the Bruins except for their scoring on a night that saw the last team from California get bounced out of the NCAA tournament. UCLA was outplayed in every aspect of the game as Kentucky's excellent young stars took center stage and stole all of the headlines. Now, the Bruins will head into a long offseason that should see the team bring in another excellent recruiting class. For Lonzo Ball, the NBA awaits. Will the 19-year-old Los Angeles product live up to all of the hype, or simply fade into the background as he did against Kentucky? •

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HERALD PUBLICATIONS

Seniors

5 Simple Steps To Boost Your Immune System Now

(BPT) - Whether it's battling the rampant germs of cold and flu season or maintaining wellness throughout the year, the immune system is your main line of defense. In order to feel good as often as possible - and recover quickly when you don't - it's important to keep your immune system strong.

"The immune system is the part of the body that monitors both internal and external environments," says Dr. Chris Oswald, certified nutrition specialist and chiropractor in Hudson, Wisconsin. "It's important to understand that both too much immune response and too little immune response, including inflammation, is not good, so maintaining that happy medium is the name of the game."

To achieve that "happy medium," Dr. Oswald recommends incorporating five simple steps into your daily routine:

Support natural sleep cycles

"Sleep is the time when our bodies repair and rejuvenate, so it is something to not be taken lightly," Dr. Oswald says. "Generally speaking, the older we are the less sleep we need, but for adults 7-9 hours is usually the sweet spot."

He says a good way to know if you are sleeping well is if you fall asleep within 30 minutes of lying down and you are able to wake at approximately the same time every day without an alarm clock.

"It is also very important to maintain regular hours as our body's circadian rhythms do not like to be disrupted," he adds.

Eat fermented and unprocessed foods

Dr. Oswald says the body's microbiome health has a huge impact on the immune system. The microbiome is the collection of



microorganisms that inhabit the intestinal tract, creating a mini-ecosystem.

"Every bite of food we eat impacts microbiome balance, so it is important to eat foods that promote its health," he says. "I like fermented foods and foods that are minimally processed or as close to their form in nature as possible. When the wrong foods are eaten, certain microbiota are able to 'gain strength' and offset the health promoting benefits of other more beneficial organisms."

He adds that dietary fiber is also very important to maintaining the health of the microbiome. Additionally, foods high in omega-3 fatty acids such as DHA and EPA help boost the immune system.

Use supplements to support digestive health

"The digestive tract is a barrier to the outside world which selectively allows molecules to pass through," says Dr. Oswald. This is why a healthy gut is a big part of overall health - it filters out the bad while keeping in the good.

Eating plenty of probiotics in foods like yogurt and kefir helps maintain digestive health, but it can be difficult for the average person to get enough to make an impact. "Supporting digestive health with a comprehensive probiotic supplement such as Nordic Naturals Nordic Flora Probiotic Daily is a great foundational health strategy for everyone," Dr. Oswald says.

Move your body

"Higher levels of fitness are definitely associated with improved immune function," says Dr. Oswald. He recommends high intensity interval training (HIIT), where you alternate short periods of intense exercise with brief rest periods.

"I like people to choose any activity they like and have a nice gentle 5 minute warm-up followed by up to six 100 percent work intervals for 30 seconds with 60 seconds of rest," he says. "Once complete with the circuit, a five minute cool down completes your workout in 19 minutes or less."

Embrace mindfulness and meditate

Dr. Oswald says both acute and chronic stress have an effect on the immune system, which can potentially decrease your resistance to illness. One easy way to combat stress is to try to meditate every day.

"Meditation is a very powerful option and I firmly believe that all should find some way of increasing mindfulness," he says. "It is important to remember that meditation is different for everyone."

Meditation can be sitting quietly with eyes closed, staring at a flame, walking in the woods, etc. Try something that feels right to you that allows you to relax and be mindful of the present. •

PUBLIC NOTICES



Notice of availability of public records of The Freeman & Gladys Wilson Family Foundation, Inc. pursuant to auctions 61.04 (d) of internal revenue code. Notice is hereby given that the annual return of 12/31/16 of the Freeman & Gladys Wilson Family Foundation, Inc., a private foundation is available for public inspection by any interested citizens who request it at the foundation's principle office located at 14701 Hawthorne Blvd., Lawndale, CA 90260, (310) 676-0188, beginning on the date of this publication and for 180 days thereafter during normal business hours. The principle manager of the foundation is Norman E. Wilson.

Pub.: Mar. 30, 31 Apr. 1,2,3,4,5,6,7,8,9,10,11, 12, 2017

Lawndale Tribune Pub. 3/30, 4/6/17

HL-25519



T.S. No.: 9636-0549 TSG Order No.: 730-1612069-70 A.P.N.: 4077-026-006 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 06/14/2005. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. NBS Default Services, LLC, as the duly appointed Trustee, under and pursuant to the power of sale contained in that certain Deed of Trust Recorded 06/29/2005 as Document No.: 05 1533167, of Official Records in the office of the Recorder of Los Angeles County, California, executed by: UYEN PHUONG TRAN, A SINGLE WOMAN, as Trustor, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable in full at time of sale by cash, a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state). All right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and state, and as more fully described in the above referenced Deed of Trust. Sale

NOTICE TO CREDITORS OF BULK SALE AND INTENTION TO TRANSFER ALCOHOLIC BEVERAGE LICENSE (U.C.C. 6101 et seq. and B & P 24073 et seq.) Escrow No. 67761-SH

Notice is hereby given that a bulk sale of assets and a transfer of alcoholic beverage license is about to be made. The name and address of the Seller/Licensee is: GEORGIA FRANCES STONEKING ANTHONY, 15109 GERKIN AVE, LAWDALE CA 90260. The business is known as: EAGLE'S NEST SALOON. The name and address of the Buyer/Transferee is: STEVE HAROLD DAVIS, 5499 E. OCEAN BLVD, LONG BEACH CA 90803. As listed by the Seller/Licensee, all other business names and addresses used by the Seller/Licensee within three years before the date such list was sent or delivered to the Buyer/Transferee are: BIG BEAR MORTUARY, 321 BIG BEAR BLVD, BIG BEAR CITY, CA 92314. The assets to be sold are described in general as: FURNITURE, FIXTURES, EQUIPMENT, GOODWILL, TRADE NAME, LEASEHOLD INTEREST, LEASEHOLD IMPROVEMENTS, INVENTORY OF STOCK, COVENANT NOT TO COMPETE AND TYPE 42 ABC LICENSE and are located at: 15150 S. PRAIRIE AVE, HAWTHORNE CA 90250.

The ABC License to be transferred is: Type: ON-SALE BEER AND WINE - PUBLIC PREMISES License No. 42-530752 now issued for the premises located at: 15150 S. PRAIRIE AVE, HAWTHORNE CA 90250. The anticipated date of the bulk sale is UPON ISSUANCE OF THE PERMANENT ABC LICENSE TO BUYER at the office of: FEDERALESCROW, INC, 23734 VALENCIA BLVD #100A, VALENCIA, CA 91355. The amount of the purchase price or consideration in connection with the transfer of the license and business, including the estimated inventory, is the sum of \$120,000.00, which consists of the following: DESCRIPTION, AMOUNT: CASH \$120,000.00. It has been agreed between the Seller/Licensee and the intended Buyer/Transferee, as required by Sec. 24073 of the Business and Professions Code, that the consideration for the transfer of the business and license is to be paid only after the transfer has been approved by the Department of Alcoholic Beverage Control. Date: FEBRUARY 28, 2017. GEORGIA FRANCES STONEKING ANTHONY, Seller(s)/Licensee(s). STEVE HAROLD DAVIS, Buyer(s)/Transferee(s). LA1789180 HAWTHORNE 3/30/17. Hawthorne Press Tribune Pub. 3/30/17. HL-25518

NOTICE OF PUBLIC LIEN SALE US STORAGE CENTERS 14680 AVIATION BLVD HAWTHORNE, CA. 90250 (310) 536-7100

In accordance with the provisions of the California Self-Storage Facility Act, Section 21700, ET seq. of the Business and Professions Code of the State of California the website the public auction will be listed on can be found at https://www.usstoragecenters.com/auctions and will close on APRIL 19, 2017 at 3:00 PM. General household goods, electronics, tools, office & business equipment, furniture, instruments, appliances, clothing, collectibles & antiques, and or miscellaneous items stored at 14680 AVIATION BLVD. HAWTHORNE, CA. 90250, County of Los Angeles, by the following persons: KEVIN LAMONT JACKSON, DOMINIC BENJAMIN SALAZAR, JAMES MICHAEL WHITT will be sold on an "AS IS BASIS". There is a refundable \$100 cleaning deposit on all units. Sale is subject to cancellation. 3/30, 4/6/17 CNS-2993032# Hawthorne Press Tribune Pub. 3/30, 4/6/17 HH-25520

you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call, 916-939-0772 for information regarding the trustee's sale or visit this Internet Web site, www.nationwideposting.com, for information regarding the sale of this property, using the file number assigned to

this case, T.S.# 9636-0549. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the internet Web site. The best way to verify postponement information is to attend the scheduled sale. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee and the successful bidder shall have no further recourse. NBS Default Services, LLC 301 E. Ocean Blvd. Suite 1720 Long Beach, CA 90802 800-766-7751 For Trustee Sale Information Log On To: www.nationwideposting.com or Call: 916-939-0772. NBS Default Services, LLC, Veronica Garcia, Foreclosure Associate This communication is an attempt to collect a debt and any information obtained will be used for that purpose. However, if you have received a discharge of the debt referenced herein in a bankruptcy proceeding, this is not an attempt to impose personal liability upon you for payment of that debt. In the event you have received a bankruptcy discharge, any action to enforce the debt will be taken against the property only. NPP0303817 To: LAWDALE TRIBUNE 03/23/2017, 03/30/2017, 04/06/2017 Lawndale Tribune Pub. 3/23, 3/30, 4/6/17 HL-25508

PUBLIC NOTICES

Fictitious Business
Name Statement
2017049964

The following person(s) is (are) doing business as CRUISE PLANNERS, 1590 ROSECRANS SUITE D252, MANHATTAN BEACH, CA 90266, LA COUNTY. AI #ON: 3990922 Registered Owner(s): AMAZING TRAVEL MEMORIES INC., 1590 ROSECRANS, SUITE D252, MANHATTAN BEACH, CA 90266, 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: 02/2017. Signed: AMAZING TRAVEL MEMORIES, INC., MELANIE FRANKO, CEO. This statement was filed with the County Recorder of Los Angeles County on FEBRUARY 28, 2017. NOTICE: This Fictitious Name Statement expires on FEBRUARY 28, 2022. A new Fictitious Business Name Statement must be filed prior to FEBRUARY 28, 2022. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). El Segundo Herald: Pub. 3/9, 3/16, 3/23, 3/30/2017 **H-1595**

Fictitious Business
Name Statement
2017053036

The following person(s) is (are) doing business as U.S. FRONTLINE, 385 VAN NESS AVENUE #110, TORRANCE, CA 90501, LA COUNTY. Registered Owner(s): STS INNOVATION INC., 5201 GREAT AMERICA PKWY SUITE 320, SANTA CLARA, CA 95054, 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: STS INNOVATION INC., HIYOSHI KISHIDA, CEO. This statement was filed with the County Recorder of Los Angeles County on MARCH 2, 2017. NOTICE: This Fictitious Name Statement expires on MARCH 2, 2022. A new Fictitious Business Name Statement must be filed prior to MARCH 2, 2022. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). TORRANCE TRIBUNE: Pub. 3/9, 3/16, 3/23, 3/30/2017 **HT-1596**

Fictitious Business
Name Statement
2017033822

The following person(s) is (are) doing business as 1.) CITIZEN WATCH AMERICA, 1000 WEST 190TH STREET, TORRANCE, CA 90502, LA COUNTY. 2.) BULOVA, 1120 AVENUE OF THE AMERICAS 10TH FLOOR, NEW YORK, NY 10036. Registered Owner(s): CITIZEN WATCH COMPANY OF AMERICA, INC., 1120 AVENUE OF THE AMERICAS 10TH FLOOR, NEW YORK, NY 10036, 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: CITIZEN WATCH COMPANY OF AMERICA, INC., DAVID B. PERLMAN, SECRETARY. This statement was filed with the County Recorder of Los Angeles County on FEBRUARY 9, 2017. NOTICE: This Fictitious Name Statement expires on FEBRUARY 9, 2022. A new Fictitious Business Name Statement must be filed prior to FEBRUARY 9, 2022. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). TORRANCE TRIBUNE: Pub. 3/9, 3/16, 3/23, 3/30/2017 **HT-1597**

Fictitious Business
Name Statement
2017036683

The following person(s) is (are) doing business as ON THE KNEE, 3505 W 139TH ST APT 7, HAWTHORNE, CA 90250, LA COUNTY. Registered Owner(s): CANDICE EMBREY, 3505 W 139TH ST APT 7, HAWTHORNE, CA 90250. 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: CANDICE EMBREY, OWNER. This statement was filed with the County Recorder of Los Angeles County on FEBRUARY 13, 2017. NOTICE: This Fictitious Name Statement expires on FEBRUARY 13, 2022. A new Fictitious Business Name Statement must be filed prior to FEBRUARY 13, 2022. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). HAWTHORNE PRESS TRIBUNE: Pub. 3/9, 3/16, 3/23, 3/30/2017 **HH-1598**

Fictitious Business
Name Statement
2017051633

The following person(s) is (are) doing business as BARE BEAUTY, 19800 HAWTHORNE BLVD BLDG 208 STUDIO 136, TORRANCE, CA90503, LA COUNTY. Registered Owner(s): MEGAN KARSON, 19800 HAWTHORNE BLVD BLDG 208 STUDIO 136, TORRANCE, CA 90503. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: 02/2017. Signed: MEGAN KARSON, OWNER. This statement was filed with the County Recorder of Los Angeles County on MARCH 1, 2017. NOTICE: This Fictitious Name Statement expires on MARCH 1, 2022. A new Fictitious Business Name Statement must be filed prior to MARCH 1, 2022. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). TORRANCE TRIBUNE: Pub. 3/9, 3/16, 3/23, 3/30/2017 **HT-1599**

Fictitious Business
Name Statement
2017035821

The following person(s) is (are) doing business as 1.) LOYALTYEJUICE, 4675 BROADWAY, HAWTHORNE, CA 90250, LA COUNTY. 2.) 4675 BROADWAY, HAWTHORNE, CA 90250. Registered Owner(s): CARLOS CASTANON JR, 4675 BROADWAY HAWTHORNE, CA 90250. 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: CARLOS CASTANON JR, OWNER. This statement was filed with the County Recorder of Los Angeles County on FEBRUARY 10, 2017. NOTICE: This Fictitious Name Statement expires on FEBRUARY 10, 2022. A new Fictitious Business Name Statement must be filed prior to FEBRUARY 10, 2022. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). HAWTHORNE PRESS TRIBUNE: Pub. 3/9, 3/16, 3/23, 3/30/2017 **HH-1600**

Fictitious Business
Name Statement
2017052608

The following person(s) is (are) doing business as 1.) SOOHOO DESIGNERS, 1424 MARCELINA AVE, TORRANCE, CA 90501, LA COUNTY. 2.) SOOHOO. 3.) SOOHOO/HIRATA. AI #ON: 0997470 Registered Owner(s): PATRICK SOO HOO INC, 1424 MARCELINA AVE, TORRANCE, CA90501, 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: 09/1980. Signed: PATRICK SOO HOO INC, PATRICK SOOHOO, CEO. This statement was filed with the County Recorder of Los Angeles County on MARCH 2, 2017. NOTICE: This Fictitious Name Statement expires on MARCH 2, 2022. A new Fictitious Business Name Statement must be filed prior to MARCH 2, 2022. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). TORRANCE TRIBUNE: Pub. 3/9, 3/16, 3/23, 3/30/2017 **HT-1601**

Fictitious Business
Name Statement
2017046158

The following person(s) is (are) doing business as PHINA'S PLACE, 4739 W 136TH STREET, HAWTHORNE, CA 90250, LA COUNTY. Registered Owner(s): PHINA CABICO, 4736 W 136TH STREET, HAWTHORNE, CA 90250, CA. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: PHINA CABICO, OWNER. This statement was filed with the County Recorder of Los Angeles County on FEBRUARY 23, 2017. NOTICE: This Fictitious Name Statement expires on FEBRUARY 23, 2022. A new Fictitious Business Name Statement must be filed prior to FEBRUARY 23, 2022. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). HAWTHORNE PRESS TRIBUNE: Pub. 3/16, 3/23, 3/30, 4/6/2017 **HH-1602**

Fictitious Business
Name Statement
2017051670

The following person(s) is (are) doing business as DIRECT PAYMENT SOLUTION US LLC, 8939 S SEPULVEDA BLVD SUITE 520, LOS ANGELES, LA 90045, LA COUNTY. AI #ON: 3904066 Registered Owner(s): PAYMENT EXPRESS INC, 8939 S SEPULVEDA BLVD SUITE 520, LOS ANGELES, CA 90045, 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: 05/2016. Signed: PAYMENT EXPRESS INC, JINSOO PARK, SECRETARY. This statement was filed with the County Recorder of Los Angeles County on MARCH 1, 2017. NOTICE: This Fictitious Name Statement expires on MARCH 1, 2022. A new Fictitious Business Name Statement must be filed prior to MARCH 1, 2022. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). El Segundo Herald: Pub. 3/16, 3/23, 3/30, 4/6/2017 **H-1603**

Fictitious Business
Name Statement
2017055399

The following person(s) is (are) doing business as RTL, LLC, 2020 E. TAM O SHANTER STREET, ONTARIO CA, 91761, SAN BERNARDINO COUNTY. Registered Owner(s): RTL, LLC, 2020 E. TAM O SHANTER STEET, ONTARIO CA, 91761, 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: 03/2017. Signed: RTL, LLC, HECTOR EDUARDO RUIZ, PRESIDENT. This statement was filed with the County Recorder of Los Angeles County on MARCH 6, 2017. NOTICE: This Fictitious Name Statement expires on MARCH 6, 2022. A new Fictitious Business Name Statement must be filed prior to MARCH 6, 2022. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). El Segundo Herald: Pub. 3/16, 3/23, 3/30, 4/6/2017 **H-1604**

Fictitious Business
Name Statement
2017053935

The following person(s) is (are) doing business as SHAKEY'S PIZZA, 5105 TORRANCE BOULEVARD, TORRANCE, CA 90503, LA COUNTY. Registered Owner(s): GLB INVESTMENTS, LLC, 5114 BRYNHURST AVENUE, LOS ANGELES, CA 90043, 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: 12/2016. Signed: GLB INVESTMENTS, LLC, GARY LEWIS, MANAGING MEMBER. This statement was filed with the County Recorder of Los Angeles County on MARCH 3, 2017. NOTICE: This Fictitious Name Statement expires on MARCH 3, 2022. A new Fictitious Business Name Statement must be filed prior to MARCH 3, 2022. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). TORRANCE TRIBUNE: Pub. 3/16, 3/23, 3/30, 4/6/2017 **HT-1605**

Fictitious Business
Name Statement
2017060113

The following person(s) is (are) doing business as FARADAYRF, 12621 MATTESON AVENUE UNIT 4, LOS ANGELES, CA 90066, LA COUNTY. Registered Owner(s): 1.) BRYCE TYLER SALMI, 2908 VIA LA SELVA, PALOS VERDES, CA90274. 2.) BRENTON JOHN SALMI, 12621 MATTESON AVENUE UNIT 4, LOS ANGELES, CA 90066. This business is being conducted by A GENERAL PARTNERSHIP. The registrant commenced to transact business under the fictitious business name or names listed above on: 01/2017. Signed: BRYCE TYLER SALMI, PARTNER. This statement was filed with the County Recorder of Los Angeles County on MARCH 9, 2017. NOTICE: This Fictitious Name Statement expires on MARCH 9, 2022. A new Fictitious Business Name Statement must be filed prior to MARCH 9, 2022. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). El Segundo Herald: Pub. 3/16, 3/23, 3/30, 4/6/2017 **H-1606**

Fictitious Business
Name Statement
2017062625

The following person(s) is (are) doing business as 1.)HOF'S HUT RESTAURANT & BAKERY, 23635 CRENSHAW BLVD., TORRANCE, CA 90505, LA COUNTY. 2.) 2601 E. WILLOW STREET, SIGNAL HILL, CA 90755. Registered Owner(s): BARD ASSOCIATES, LLC, 2601 E. WILLOW STREET, SIGNAL HILL, CA 90755, CA. This business is being conducted by A LIMITED LIABILITY COMPANY. The registrant commenced to transact business under the fictitious business name or names listed above on: 01/2017. Signed: BARD ASSOCIATES, LLC, BRAD HOFMAN, MANAGING MEMBER. This statement was filed with the County Recorder of Los Angeles County on MARCH 13, 2017. NOTICE: This Fictitious Name Statement expires on MARCH 13, 2022. A new Fictitious Business Name Statement must be filed prior to MARCH 13, 2022. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). TORRANCE TRIBUNE: Pub. 3/23, 3/30, 4/6, 4/13/2017 **HT-1607**

Fictitious Business
Name Statement
2017067307

The following person(s) is (are) doing business as Cyber Active, 4121 W 147TH Street, Lawndale, CA 90260, LOS ANGELES COUNTY. Registered Owner(s): 1) Pramesh K Singh, 4121 W 147TH Street, Lawndale, CA, 90260. 2) Vijay D Singh, 4121 W 147TH Street, Lawndale, CA, 90260. This business is being conducted by a General Partnership. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: Pramesh K Singh, Partner. This statement was filed with the County Recorder of Los Angeles County on March 16, 2017. NOTICE: This Fictitious Name Statement expires on March 16, 2022. A new Fictitious Business Name Statement must be filed prior to March 16, 2022. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Lawndale Tribune: Pub. 3/23, 3/30, 4/6, 4/13/2017 **HL-1608**

Fictitious Business
Name Statement
2017061923

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

Fictitious Business
Name Statement
2017071166

The following person(s) is (are) doing business as BOB AND MARC PLUMBING, 3336 W ROSECRANS AVENUE, HAWTHORNE, CA 90250, LOS ANGELES COUNTY. Registered Owner(s): SANDAN PLUMBING CO., INC. 3336 W ROSECRANS AVENUE, HAWTHORNE, CA 90250. This business is being conducted by a CORPORATION. The registrant commenced to transact business under the fictitious business name or names listed above on: 01/1994. Signed: SANDAN PLUMBING CO., INC., DANIEL VIENS, PRESIDENT. This statement was filed with the County Recorder of Los Angeles County on MARCH 21, 2017. NOTICE: This Fictitious Name Statement expires on MARCH 21, 2022. A new Fictitious Business Name Statement must be filed prior to MARCH 21, 2022. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). HAWTHORNE PRESS TRIBUNE: Pub. 3/30, 4/6, 4/13, 4/20/2017 **HH-1610**

Fictitious Business
Name Statement
2017071383

The following person(s) is (are) doing business as SIDEYARD PUBLISHING, 100 CORPORATE POINTE, SUITE 390, CULVER CITY, CA90230, LOS ANGELES COUNTY. Registered Owner(s): ELEVEN ELEVEN MEDIA, LLC, 100 CORPORATE POINTE SUITE 390, CULVER CITY, CA 90230, CA. This business is being conducted by a LIMITED LIABILITY COMPANY. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: ELEVEN ELEVEN MEDIA, LLC., KEVIN SHINNICK, CFO. This statement was filed with the County Recorder of Los Angeles County on MARCH 21, 2017. NOTICE: This Fictitious Name Statement expires on MARCH 21, 2022. A new Fictitious Business Name Statement must be filed prior to MARCH 21, 2022. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). El Segundo Herald: Pub. 3/30, 4/6, 4/13, 4/20/2017 **H-1611**

Fictitious Business
Name Statement
2017076009

The following person(s) is (are) doing business as DP HAULING, 4575 WEST 115TH STREET NO A, HAWTHORNE, CA 90250, LA COUNTY. Registered Owner(s): NAOMI VAIKAKALA TAUTUAA-POLLARD, 4575 W 115TH STREET NO A, HAWTHORNE, CA 90250, CA. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: 03/2017. Signed: NAOMI VAIKAKALA TAUTUAA-POLLARD, OWNER. This statement was filed with the County Recorder of Los Angeles County on MARCH 28, 2017. NOTICE: This Fictitious Name Statement expires on MARCH 28, 2022. A new Fictitious Business Name Statement must be filed prior to MARCH 28, 2022. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). HAWTHORNE PRESS TRIBUNE: Pub. 3/30, 4/6, 4/13, 4/20/2017 **HH-1612**

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Dash

All of our kitties are looking for their purrfect someone who will love them in a new forever home.

These beautiful babies, **Dash** and **Callie**, are affectionate and full of love. Dash is a purr machine and loves to cuddle with his sister Callie. Callie, however, is a little braver than her brother, but don't tell him that (especially since they are both still shy around strangers and need a patient, quiet home that will give them time to bloom). That being said, they are definitely worth the time invested. Their little faces and fluffy tummies are the cutest thing you will ever see in the morning. Once they feel comfortable, they will drown you in love, snuggles and kitty kisses. They are full of joy and love to let loose and play. Callie is the feistier one of the two, but that doesn't mean Dash isn't always down for a good time. They love wrestling with each other--trying to swipe their feather teaser toys, playing with stuffed chew mice and anything that rolls and makes noise. Callie and Dash are very bonded and rely on each other for comfort (the love that these two have for each other will melt your heart), so a home willing to adopt them both is a must!

Gizmo is a lovable boy who has been in a foster home since he was three weeks old. Once he sees what a cool cat human you are, Gizmo is not shy about asking for attention and affection. Can you keep a secret? Gizmo doesn't want the other cats to know that he loves to suckle on a furry blanket while being petted. It's actually adorable. Gizmo likes to play with cat toys, feathers being swung around on a cat wand and especially ponytail holders which he likes to steal from the bathroom counter and bat them around. He will play fetch with the ponytail holder and bring it back so it can be thrown over and over again.

Oliver is very sweet, fun and affectionate. He and his siblings were left behind to fend for themselves when their owner was evicted from his home. Oliver loves to sit on your lap, give you kisses, watch TV or play fetch with kitty toys. He will sleep next to you in bed and



Callie

stay all night. Oliver is a loving little boy who likes to talk with his very cute meow. Oliver is very bonded with his sister Olivia and they would love to be adopted together. They love to race around the house chasing each other, as well as cuddle up together.

Olivia is a very sweet, affectionate, playful little girl. She loves to sit on the couch with you and receive lots of pets. She purrs and give you lots of kisses. Olivia is so gentle and likes to hold your hand to fall asleep. She also has an adorable little chirp for a meow. Olivia was rescued with her brother Oliver. They really love each other, so it would be wonderful if they could be adopted together.

Conway (Connie) is a rare ginger female who is a sweet, goofy and affectionate eight-month-old. She absolutely loves playing with her sister Jesse and is great at chasing around a feather toy. Conway has a cute little serious face, but don't let that fool you! She is a bundle of fun. She loves to chat and will answer all your questions with another question. Conway loves to come to you for pets and chin/belly rubs and then dramatically droop off the couch like she was melting from love. Her soft fur and adorable snout will make you fall in love. Friendly with other cats, Conway has not yet met dogs, but her personality seems compatible with a calm dog, older children and other cats.

Jesse, like her sister Conway, is a ginger female who is a sweet, introspective and affectionate. She loves to play her own imaginative games when her sister is napping, such as, “What is that under there?” and, “Maybe I should keep staring at it.” She is a little talkative, with a small creaky meow, but not meowing as much as her sister. Jesse loves fun and will be the first to play with whatever toy you have. She loves pets and loves to sit quietly by you while you read or watch TV. Jesse is a treasure with an adorable, sleepy little face. She seems to be staying on the small side as she grows and would love to be part of a dual adoption with her sister Conway.

These cats and kittens are available for adoption through Kitten Rescue, one of the largest



Conway

cat rescue groups in Southern California. All our kitties are spayed/neutered, microchipped, tested for FeLV and FIV, dewormed and current on their vaccinations. For additional information and to see these or our other kittens and cats, please check our website www.kittenrescue.org or email us at mail@kittenrescue.org. Your tax-deductible donations for the rescue and care of our cats and kittens can be made through our website or by sending a check payable to



Olivia



Gizmo

Kitten Rescue, 914 Westwood Boulevard, #583,
Los Angeles, CA 90024.

On Saturdays, we have adoptions from noon to 3:30 p.m. in Westchester at 8655 Lincoln Boulevard just south of Manchester Avenue, and also in Mar Vista at 3860 Centinela Avenue, just south of Venice Boulevard. Our website lists additional adoption sites and directions to each location. •



Jessie

from front page

aren't limited to older cars. "Even if a car is brand new and a light comes on, it could be something serious."

There's a perception among men and women that cars are too complicated to understand, so they don't even attempt it. Cline thinks she understands why: Today's cars have gotten so efficient, they don't break down as often. Even the guys have stopped learning about their cars and trusted the maintenance to a garage or the dealer, but even choosing a qualified mechanic takes a little know-how about their training and car talk.

“Ladies Car Care 101” offers some garage time without the guys, though Cline says she may open a class later for men and women. Her plans include a more in-depth class about changing the oil and a tire too. The women who turn out to these classes at Automobile Driving Museum never tune up their cars or change the brakes themselves, yet a Saturday in the garage with the “Grease Girl” is where horsepower meets consumer power.

"I'm not calling for everyone to be a car enthusiast or expert--just have a basic knowledge about car systems, how they work, and about car maintenance," Cline said. "A little knowledge

about your car can go a long way.”

Having been the only woman at car shows and in the garage when she started rebuilding her Studebaker, Cline had to get over the feeling of being out of her element. Men feel more comfortable talking about cars and standing around a shop because they were raised that way. The garage can be a strange and intimidating place for a woman, especially a car repair shop. Her message to the class: Don't be afraid to ask good questions.

Cline's classes for the South Bay are small, drawing between 12 to 27 beginners, and not really hands-on. The women who gathered around the classic Cadillac at last month's clinic didn't get their hands dirty or take home dirt under their fingernails. That'll come later for the ones who, like "Grease Girl," decide to work on their cars as a hobby.

For the majority of the beginners, they were connecting the dots between the spark plugs and the ignition, the oil cap and moving pistons, and the gas pedal and the transmission. And, they discovered there's personal power in horsepower. Being an informed car owner, they can deal with a mechanic more confidently and be safer out on the road. •



Oliver