

Lawndale Tribune

AND LAWNDALE NEWS

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Wellness for the New Year



The Lawndale Medical Plaza, 14623 Hawthorne Blvd., at sunset. Photo by Osvin Suazo, ozy.suazo@gmail.com.

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Weekend Forecast

Friday
Sunny
58°/41°



Saturday
Sunny
61°/42°



Sunday
Sunny
66°/45°



Inglewood City Prepares for 32nd Annual Dr. Martin Luther King, Jr. Day Celebration

By Cristian Vasquez

The Inglewood City Council invites the community to the City of Inglewood's annual Dr. Martin Luther King, Jr. Day Celebration on Monday, Jan. 19, 2015, beginning at 9 a.m.

This year's marks the 32nd celebration of Dr. King's legacy hosted by the City of Inglewood. Every year the city leaders, community groups and residents celebrate Dr. King's legacy in January with speeches from elementary, middle and high school students.

In addition, organizers host inspiring keynote speakers and this year will include "moving gospel choirs" as well as a family festival and renewed commitments to "Advance the Dream."

The 2015 King Day celebration will kick off with a commemorative program at Crozier Middle School, located at 120 W. Regent, across the street from Inglewood City Hall. Attendees will then be invited to be part of a symbolic civil rights march that will follow after the service beginning at approximately 11 a.m. People who participate in the march will leave the school site and head for their destination at The Fabulous Forum, located at the corner of Manchester Boulevard and Prairie Avenue.

After the 1.2-mile walk, attendees will be able to continue the activities for the 2015 King Day at the Forum with a festival that will include commercial vendors, interactive games, food trucks, job and resource information as well as live entertainment provided by the event's radio and entertainment sponsor, Radio FREE KJLH 102.3 FM.

Sky Posters and The Madison Square Garden Company are also title sponsors as

is the Inglewood Unified School District. For more information about the City of Inglewood's King Day Celebration, persons interested can call (310) 412-8750.

WEST BASIN BOARD OF DIRECTORS ELECTS PRESIDENT

On Dec. 22, 2014, the West Basin Municipal Water District (West Basin) Board of Directors elected Gloria D. Gray to serve as its board president.

"I am honored to serve as West Basin's board president and guide the new board to ensure we have local water supplies in this time of drought."

Gray was first elected to the West Basin Board of Directors in 2006 and was the first African-American woman elected in 66 years. Director Gray is responsible for representing the cities of Inglewood, parts of Ladera Heights and a portion of Lennox.

"I am honored to serve as West Basin's board president and guide the new board to ensure we have local water supplies in this time of drought," Gray said via a press release. "While it has been a challenging water year, West Basin plans to further increase its water recycling efforts, conservation and education programs and expand on environmental studies regarding the future of ocean-water desalination. Furthermore, we remain committed to our continued transparency and ensuring public trust."

In her 36-year career, Gray has been committed to serving the public arena and

has done so through the Los Angeles County Departments of Health and Human Services as well as through other areas of public service. In 2014 Gray was appointed to the National Water Research Institute Board of Directors, where she represented the West Basin Municipal Water District. Gray also serves on the Association of California Water Agencies' Joint Powers Insurance Authority (ACWA's JPIA) Board of Directors as the representative for West Basin.

Currently Gray serves as the vice chair on the Metropolitan Water District Board of Directors and was most recently appointed as vice chair of the Santa Monica Bay Restoration Commission Governing Board. In addition, she served two terms with the Inglewood Unified School District, 1995-2003, and was elected as an executive board member for the L.A. County Democratic Party Central Committee 51st Assembly District.

West Basin is governed by a five-member board of directors who represent 17 cities throughout its 185-square mile service area in coastal Los Angeles County. In addition to the four newly elected officers on the West Basin board, Donald L. Dear who represents Division V which includes the cities of Gardena, Hawthorne, Lawndale and portions of El Camino Village, just stepped down as the immediate past board president. For more information on the West Basin Board of Directors available at: <http://www.westbasin.org/board-of-directors>.

Also elected in November 2014, Scott Houston represents Division IV, which includes the cities of Lennox, North Ladera Heights, Del Aire, El Segundo, Malibu, West Hollywood, Culver City, Topanga, View Park and Windsor Hills. •

PETSPETS **Pets** PETSPETS

Wowser Schnauzers



Gavin has a sunny personality.



Manny is playful and sweet.

We are looking for volunteers to help with our pet adoption fairs which are held every Saturday at the Petco located at 537 N. Pacific Coast Highway Redondo Beach 90277, from noon-3:30 p.m.. If you are interested in volunteering and can commit to at least one Saturday a month, please contact us at info@msfr.org. You can also visit all of our Miniature Schnauzers & Friends rescues at the adoption fair or check out our website, www.msfr.org. If you have any questions about a particular dog's availability you can email us at info@msfr.org. Schnauzers! Bet you can't adopt just one!

I'm a 10-year old female, purebred Miniature Schnauzer named **Agnes**. I was rescued from a shelter where I ended up after getting lost. Even though I looked pretty good on the outside, I needed a lot of medical treatment. After I had my dental check-up I had to have 20 teeth extracted, that's probably why I'm only 15 pounds. I also had a few lumps, which turned out to be just fatty growths, removed. I'm feeling much better now and the really great news is that my senior screen exam results show that I'm in good health. I'm what's called very low-key so I get along with other dogs because I pretty much just ignore them. What I really want for the New Year is a soft bed, someone with snuggle with and a best forever friend. If you are interested in Agnes, please email info@msfr.org for more information.

Hi! My name is **Slater** and I'm a 1-year old, male Miniature Schnauzer/Poodle mix who is 13 pounds of fun. I was rescued from a LA county shelter where was brought in as a stray. That is one scary place so is it any wonder that I was very frightened and skittish when the MSFR folks rescued me? Once I realized I wasn't going back there, I warmed up nicely to my foster family but I'm still a little slow in the trust department. That's why it would be best to have a patient owner who is willing to give me time to earn my trust. Once I know I can trust you,



Slater is loyal and affectionate.

watch out! You'll never find a more loyal, affectionate guy who loves to play - even with other dogs. If you are interested in Slater, please email info@msfr.org for more information.

My real name is Emmanuel but my friends call me **Manny**. I'm an adorable, 1-year old, male, Miniature Schnauzer mix whose New Year's resolution is to find my forever home. I was lost and terrified when I was brought into a LA country shelter as a stray. I just huddled in the corner and didn't interact with anyone until the MSFR people rescued me. After being in my foster home for just two days I started to come out of my shell. I'm a very playful pup who gets along well with other dogs and I'm extremely affectionate with people. My foster Mom said that I'm underweight - only 10 pounds - and she is working on "fattening" me up with a nutritious diet. Please come to adoptions and see what an awesome friend I would be. If you are interested in Manny, please email info@msfr.org for more information.

My name is **Gavin** and I'm certain that I'd be the perfect family member for you. I was rescued from a LA County shelter where I



Agnes is 10 years old and would like someone to snuggle with.

was considered a stray. I am a stunning, pure white, 2-year old male Miniature Schnauzer mix. I have long legs, a plummy, natural tail and I'm a sleek 14 pounds. I've been told that I have an awesome temperament but that's because I'm so happy when I'm around my people. I even get along well with other dogs but you need to come to adoptions and see what a unique little guy I am. If you are interested in Gavin, please email info@msfr.org for more information. •

Be kind. Save a life. Support animal rescue.

Keep Your Pets Healthy During the Holidays

By Dr. Greg Perrault

'Tis the season to get gastroenteritis. The holiday season is the time for parties and great food and festivities. It's also the time of the year when we see a lot of pets come to the hospital for digestive issues. We want our pets to enjoy some of the special treats that only come once a year. Unfortunately, holiday food is often too much of a change from our pet's normal diet and they get sick. Holiday food is rich and spicy and doesn't agree with the digestive systems of cats and dogs. Between Thanksgiving and New Years we see dozens of pets per week with vomiting and diarrhea from holiday food. Many times it is not intentional. When we have guests over to our home, our little vacuum cleaner dog manages to gobble up every morsel that hits the ground. Unfortunately, he pays the price the next day. Make sure to lock up the trash after a holiday dinner, too. Pets can be just as sneaky as the Grinch.

If your pet does get into the holiday food and gets sick, please do not give them human medicine such as Pepto-Bismol or other digestive aids. Many of these products contain ingredients that are safe for people but not for pets. Kaopectate and Pepto-Bismol both contain aspirin, which can easily cause gastric ulcers in pets, even in tiny amounts. Your veterinarian will have similar products made specifically for your pet that are safe and effective.

Holiday time includes other potentially hazardous things for our pets. We have had two marijuana ingestions in the last week and both cases were serious enough to require hospitalization. Dogs are much more

sensitive to marijuana than people and even tiny amounts can have profound effects for days. In fact, the owners of the last case that came to us was unaware that their pet had ingested marijuana and thought the dog was having seizures and was dying. The dog was so ill the owners thought they were going to have to euthanize their beloved dog.

Most pets won't ingest alcohol such as wine or straight whisky. But eggnog, sweet warm cider drinks or rum balls are tasty to our pets. Be careful of leaving drinks and snacks unattended.

If you are planning on getting your pet some treats as a gift, make sure to only give a small amount at one time to avoid an upset stomach. In addition to getting a squeaky toy or food treat for your pet, consider getting them pet insurance. Pet insurance, if started when your cat or dog is young and healthy, is surprisingly affordable. Another suggestion I give clients is to start a simple savings account for your pet. Put a few dollars away every month into an emergency pet account. You never know when that nest egg will come in handy.

Finally, please think carefully before giving a pet as a gift. Many people aren't prepared for the responsibility and expense that a pet demands.

Our pets bring us so much joy and happiness. Please keep them safe this holiday season. Wishing you and your furry friends a Happy Holiday.

Dr. Greg Perrault owns and operates Cats & Dogs Animal Hospital in Long Beach.

Pets can get loose or lost through mishaps and travel quickly. Microchip: it works!

Happy Tails

Congratulations to **Kristy**, rescued in July, who now lives in Santa Ana with her new family. Kristy's gone to a home of Schnauzer lovers who recently lost their 16-year old Schnauzer after losing their 12-year old

Golden just several months before. Leave it to Kristy to heal their hearts by making their family whole again. What a great Christmas this will be for everyone! •



Kristy has gone to a new loving home and helped heal her family's grief.