

# Lawndale Tribune

AND LAWDALE NEWS The Weekly Newspaper of Lawndale

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## A Celebration Fit for Dr. King



State Board of Equalization member Jerome E. Horton, whose district includes Lawndale, rode in the 34th Annual Martin Luther King Jr. Parade in neighboring Gardena this past Monday as part of one of the longest-running celebrations of Dr. King in the region. Photo: Board of Equalization

## Council Opens 2018 with Business Focus

By Haleemon Anderson

The Lawndale City Council opened proceedings for the new year with a focus on business, hearing from a representative of the Los Angeles County Business Federation during public comments. Kevin Harbour said the organization, known as BizFed, is seeking to bring cities into its membership in the coming year. “We represent over 325 businesses,” he said. “We help you reach your goals in the most cost-effective and productive way possible.” Harbour added that BizFed is celebrating its 10th anniversary later this year, and invited the Council to attend the event.

Mayor Robert Pullen-Miles said he will discuss the organization with the city manager. “I’m excited about the possibility of the City joining BizFed,” said Pullen-Miles. “It could be a good investment.”

The mayor also spoke about the new tax bill recently signed by President Trump. “There’s a lot in it to hate,” said Pullen-Miles. The one caveat might be the so-called “opportunity zones.” The bill allows for the identification of particular “census tract” areas, where cities may encourage increased business development.

A county representative announced Lawndale will participate in a homeless count on Jan. 24 from 8 to 11 a.m. She said the event is still in need of volunteers. Participants will meet at the community center for day-of training before going out into the community.

Councilmember Jim Osborne noted the homeless count is not just for Lawndale, but

involves the entire region. Officially called the 2018 Greater Los Angeles Homeless Count, the three-day event is seeking 8,000 volunteers to gather information on homelessness in the county. Counts will be taken on the street, at shelters and other institutions.

Resident Gary Adams asked that the Council investigate suspicious activities at the Hofmann Community Center. Adams also asked for an audit of Lawndale’s senior lunch program. He questioned agenda item F.3 and asked for specific itemization of claims and demands to be paid.

Library Manager Jose Parras announced the deadline is this week to sign up for the Helping Hands project. Parras noted two new displays at the library. A Mexican folk art exhibit will be on view beginning Jan. 25. The library will also have an information table with literature and other materials especially related to veterans.

Pam London brought up a perennial problem on the streets of Lawndale: unsightly motor homes. While the City recently passed an ordinance restricting such vehicles, London observed many are still visible, parked in driveways. The vehicles are often inoperable, she said. She requested that the City follow up on open cases of motorhomes, which may be under code violation.

The public safety report, given by Lt. John Burcher, focused on the hazards of driving while using a mobile device. He cited statistics saying one-quarter of car accidents involve cell phones. He said both calling and texting

are at fault, and increase by four times the potential risk for accidents. Surprisingly, he noted statistics suggesting a larger number of accidents involve adults using cell phones, rather than younger drivers aged 16-18.

In other comments, Councilmember Pat Kearney said he is looking at what El Segundo did in proposing a three-quarter-cent sales tax increase from the current 9.50 percent to 10.25 percent. The tax measure is proposed to help mitigate expanding budget deficits due to pension costs.

Consent calendar items included disposal of the Ford cargo van; claims by residents; payments of claims and demands of \$1.4 million. All were passed unanimously.

Osborne reported on the recent Donate Life event. He noted one woman who had been a donor twice -- first giving a kidney to a family member and then donating a portion of her liver to a child. “It was very moving,” he said.

Mayor Pro Tem Daniel Reid wished everyone a happy new year, saying, “I’m really looking forward to this next one.”

Pullen-Miles reported he attended the Gardena Martin Luther King Day parade. He also attended the Donate Life event, saying it was very moving to hear the testimonies of participants.

The Lawndale City Council will hold its next meeting on Monday, Feb. 5, at 6:30 p.m. in the City Hall council chamber, at 14717 Burin Ave. •

## Weekend Forecast

**Friday**  
Partly  
Cloudy  
62°/48°



**Saturday**  
Sunny  
60°/44°



**Sunday**  
Sunny  
62°/46°



Film Review

Seniors

Celebrating a New Year in Cinema as the 2018 Sundance Film Festival Kicks Off

How Bluetooth Hearing Aids Are Transforming the Way We Live



Morgan and Ryan Rojas at last year's Sundance Film Festival

By Morgan Rojas  
for [www.cinemacy.com](http://www.cinemacy.com)

Today marks the official start of the 2018 Sundance Film Festival, and Cinemacy is so excited to be returning to Park City, UT to cover the best of the fest from start to finish.

The forecast predicts snow, and the lineup predicts over 100 innovative and groundbreaking independent films from all over the globe. Founded by Robert Redford in 1978, the Sundance Film Festival is a cultural taste-making event that sets the tone for the coming year in indie film. Some of last year's notable gems that went on to box office and critical acclaim include *Call Me By Your Name*, *The Big Sick* and *Mudbound*. And although the ink is not yet dry on Cinemacy's film festival schedule -- there are more events, panels and performances to attend than there are hours in the day -- we have narrowed down some of our most anticipated events.

It is undeniable that female artists are shaping the film industry at this very moment, creating a platform and a call to action for equality and respect. The result is a major societal and revolutionary revamping of the system. That is why this year in particular, it feels extremely important to highlight the contributions and impact that women have made in cinema. It is with delighted anticipation that Sundance is hosting various discussions highlighting these current events with universally inspiring women, including Ava DuVernay, Justice Ruth Bader Ginsburg, Joan Jett, Octavia Spencer, and so many more. There will be conversations based on how storytellers transform not only the arts, but society at large and how the stories we tell will shape our future.

As a whole the biggest draw of the festival may be the films, but Sundance also caters to the music-driven crowd with the inclusion of various pop-up performances and lounges. The ASCAP Music Café is a great place to regroup after spending the day in the snow or a theatre, and this year it celebrates its 20th anniversary with an impressive lineup. Brett Dennen and Ethan Gruska are just a couple of the artists set to perform, spotlighting music's essential role in the art of filmmaking. And in keeping with the theme of music, another scheduled event is the "Scoring for Sundance" panel, which gives the opportunity to hear from various composers as they discuss the art of music over a hot cup of coffee.

When all is said and done, however, it is the films that inspire us most. Out of 13,468 submissions, 110 feature-length films were selected to screen at this year's festival. What is Cinemacy most looking forward to? For starters, covering master filmmaker Gus Van Sant's drama *Don't Worry, He Won't Get Far*

*On Foot* starring Joaquin Phoenix, Jonah Hill and Rooney Mara; cinematographer-turned-director Reed Morano's sci-fi feature *I Think We're Alone Now* starring Peter Dinklage and Elle Fanning; and the sensitive drama *Burden* starring Garrett Hedlund, Andrea Riseborough and Forest Whitaker.

Follow Cinemacy along on our journey to Sundance and beyond on Instagram (@cinemacy) and Facebook (@cinemacyspeaks) to get an insider's look at all the happenings at the 2018 Sundance Film Festival. •



Morgan Rojas



(BPT) - Bluetooth technology is steadily expanding the role of modern hearing aids from tiny marvels that make use of artificial intelligence to process sound into true, state-of-the-art multimedia hubs now capable of two-way communication.

The primary goal of hearing aids has always been to improve speech understanding. While this hasn't changed, manufacturers are now building Bluetooth technology directly into the most advanced hearing aid microchips. This lets consumers directly connect to virtually any wireless electronic device, eliminating the need to wear a body-worn accessory.

Let's take a brief look at how the latest Bluetooth hearing aids are transforming the way we live. They can now directly connect to any Bluetooth-enabled phone

According to Dr. Elizabeth Thompson, director of business development and veterans affairs at Phonak, previous generations of hearing aids could only directly connect to an iPhone, which greatly limited people's options.

"Pew Research Center found only 33 percent of American smartphone owners used an iPhone while a whopping 66 percent used the Android operating system," said Thompson. "Furthermore, another study showed 38 percent of all Americans over age 65 still use a classic flip phone. Until now, there has never been a Bluetooth hearing aid that was truly made for all devices and allowed universal connectivity - including the ability to directly connect to an iPhone, an Android device (e.g., Samsung, LG), or even a classic flip phone that is Bluetooth-ready."

Bluetooth hearing aids enable truly hands-free calls

The latest Bluetooth hearing aids allow you to answer a phone call with a simple press of a button on the hearing aid. Built-in microphones on the hearing aids themselves feature automatic

voice pickup, allowing people to have two-way conversations through their hearing aids. Thompson stated this is the first time this has ever been done with hearing aids.

"This is indeed the first time a hearing aid wearer can have a true hands-free conversation without having to touch the phone at all," she said. "This is especially convenient in the car, where your phone may be in a pocket or purse, or if you need to have a conversation while leaving your phone on the table or countertop, for example if you're cooking."

They stream wireless stereo sound directly from your TV

According to research firm Statista, Americans spend an average of 4.5 hours per day watching TV. And if you are or live with someone who has hearing loss, you probably know that sometimes the volume of the TV can become an issue.

"With a card-sized TV Connector, hearing aid wearers simply plug the device into the back of the TV," added Thompson. "The 'plug and play' TV Connector instantly pairs with Bluetooth hearing aids, allowing viewers to stream high-fidelity TV sound in-stereo at their preferred volume level, independent of other viewers. Wearers have reported a markedly better experience in understanding dialogue, especially when the person on TV is talking fast."

Bluetooth hearing aids are available right now

While all of these new advances may sound like the future, hearing aids with built-in Bluetooth technology are available today. For more information, visit [tryphonak.com](http://tryphonak.com) or find a licensed hearing care professional who has been specially trained in fitting the latest hearing aid technology. •

PUBLIC NOTICES

**NOTICE TO CREDITORS OF BULK SALE (UCC Sec. 6105) Escrow No. 32517-J**  
NOTICE IS HEREBY GIVEN that a bulk sale is about to be made. The name(s), business address(es) to the Seller(s) are:  
HULI HULI HAWAIIAN GRILL, INC., 11540 Hawthorne Blvd., Suite A, Hawthorne, Ca 90250  
Doing Business as: "HULI HULI HAWAIIAN GRILL"  
All other business name(s) and address(es) used by the Seller(s) within three years, as stated by the Seller(s), is/are: NONE  
The name(s) and address of the Buyer(s) is/are: E.V. EQUITIES, LLC, 11540 Hawthorne Blvd., Suite A, Hawthorne, Ca 90250  
The assets to be sold are described in general as: RESTAURANT and are located at: 11540 Hawthorne Blvd., Suite A, Hawthorne, Ca 90250  
The bulk sale is intended to be consummated at the office of Dynasty Escrow Corporation and the anticipated sale date is February 9, 2018. The bulk sale is subject to California Uniform Commercial Code Section 6106.2 YES  
The name and address of the person with whom claims may be filed is: Jeannie Atkinson, Escrow Officer, Dynasty Escrow Corporation, 205 South Chapel Avenue, Suite D Alhambra, CA 91801-4243 and the last date for filing claims by any creditor shall be February 8, 2018 which is the business day before the sale date specified above.  
Dated: 1/12/18  
BUYER:  
E.V. EQUITIES, LLC  
By: S/ Eric Vuong, Manager  
1/18/18  
CNS-3090197#  
Hawthorne Press Tribune Pub. 1/18/18 HH-25865

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For DBA's email us at: [dba@heraldpublications.com](mailto:dba@heraldpublications.com)  
All other legal notices email us at: [legalnotices@heraldpublications.com](mailto:legalnotices@heraldpublications.com)

**NOTICE OF PETITION TO ADMINISTER ESTATE OF: DUANE F. MILLER CASE NO. 17STPB10984**  
To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of DUANE F. MILLER.  
A PETITION FOR PROBATE has been filed by HAE WON LEE AKA DIANA HAE LEE in the Superior Court of California, County of LOS ANGELES.  
THE PETITION FOR PROBATE requests that HAE WON LEE AKA DIANA HAE LEE be appointed as personal representative to administer the estate of the decedent.  
THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.  
A HEARING on the petition will be held in this court as follows: 01/30/18 at 8:30AM in Dept. 79 located at 111 N. HILL ST., LOS ANGELES, CA 90012  
IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state

your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.  
IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.  
Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.  
YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.  
Attorney for Petitioner  
JAE S. KIM, ESQ. - SBN 134336  
LAW FIRM OF J.S. KIM & ASSOC., INC.  
3600 WILSHIRE BLVD. STE 914  
LOS ANGELES CA 90010  
1/11, 1/18, 1/25/18  
CNS-3086221#  
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HH-25862



# Hawthorne Happenings

# Classifieds

### News for the City of Good Neighbors from an Old Guy named Norb Huber



how many people really didn't know what to do. The question around here has always been are you ready for the "big one"? A massive earthquake has been in our future since who knows when? A bigger question is, are we ready to meet the big guy in the sky? If you know the big guy is in charge, why worry?

#### NOT TOO EARLY FOR GOLF

The Hawthorne Parks and Rec Foundation's annual Golf Tournament will be held on Monday, April 16th at a new site this year. The course at Industry Hills has been selected to challenge the best of golfers. My foursome won this event last year but I hear that this new circuit is extremely difficult. So, if you like a challenge, make plans to play, just remember to bring plenty of extra golf balls, we both might need them.

#### ASH WEDNESDAY AND VALENTINE'S DAY

Wow! There are going to be some people not giving up their chocolates for Lent this year. The Lenten season begins on Valentine's Day this year, March 14th. A lot of guys take the safe way out, they give the traditional flowers and candies. What are our ladies supposed to do, accept the candy, look at it and put it away for forty days until Easter arrives?

#### PARTY WITHOUT THE FOOTBALL GAME?

Many of us have decided to not watch NFL football this year. To be honest I really haven't been watching pro football for the past several years. With our national anthem being used as a stage to protest our social injustices, I have found better things to do. Now the question becomes what do we do on Super Bowl Sunday? Do we still have a party? Do we attend a party if invited? Do we eat all the great finger food? Do we have a cold one or two? What the heck? Who needs football to party? It's like who needs Jesus to celebrate Christmas? A holiday is a holiday. Maybe I'll just watch the commercials. With Jesus and a cold one, there wouldn't be a need to protest anything. I wonder if I could get elected to higher office with, "Love, Peace, Chill Out and have a Cold One". •

#### WE ARE GONERS! (At least that's what it says on my cell phone)

Can you imagine how you would feel if you woke up to a message on your cell phone stating that there was an incoming ballistic missile headed your way and it was not a warning but it was the real thing? That is what happened to our 50th state last Saturday morning. For 38 minutes people thought the worst was about to happen. I can only imagine how many prayers were said, how many frantic phone calls were made and

( I love to hear from my readers. – email me – norbhuber@gmail.com )



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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.

#### EMPLOYMENT

**Computer/IT:** Accenture LLP seeks Technology Senior Manager in El Segundo, CA, respbl for ovrl arch of LRS [Leader Replacement Sys] app. Sppt prodn & ops of LRS projs; mg prodn sppt team & Dev Ops team; dsgn & implmt tech rtd sols for LRS Middleware prod stack, incl WebLogic app srvr, Oracle serv bus, Oracle API Gateway, Oracle biz intlgc, Oracle Exalogic Elastic Cloud; dsgn cloud arch of LRS Envir & prvsn new cloud Envir w/Oracle fusion middleware cpnts like WebLogic 12c, Oracle acs mgr, Oracle virtual dir & Oracle inet dir; mg Launchpad automation frmwrk for prvsning svr cpnts. Pos based out of Accenture El Segundo office, but travel to client sites is req up to 100% of avg wrk wk. Telecommuting is permitted. Pos req at least bach degree, or frgn equiv, in Comp Sci, Info Sys/Tech, or Engrg (any), + 5 yrs post-bacc exp in IT, incl following pro exp: 5 yrs dvlpng arch & optnl procs for custom java apps, aplyng following tools: Maven, Jenkins, Sonar, ver ctrl, & Eclipse; 3 yrs cnfgrng & admnstrng Oracle Prod Suite in clustered envr using at least 1 following features: app srvr, serv bus, biz prcss mgmt, content mgmt & acs mgmt; 3 yrs cnfgrng admnstrtn of biz rules on IBM Opntl Decision Mgr platform; 5 yrs perf wrk in LINUX based envr, spptng apps & tools in a cloud envr; 3 yrs creating svrs in oracle Exalogic cloud EC2; 2 yrs implmtng oracle fusion middleware in prodn envr. Apply online at [www.accenture.com](http://www.accenture.com) [Select Careers; Job #00533768].

#### EMPLOYMENT

**S C A Q M D is Seeking** Attorneys and Engineers South Coast AQMD in Diamond Bar, CA is seeking Hearing Board Members: • Attorney Member • Engineer Member • Alternates for each For details and to apply by 2/15/18 See [www.aqmd.gov/careers](http://www.aqmd.gov/careers)

#### FOR RENT

**2 BD, 1.5 BTH,** w convertible den or bd, upper unit, appliances, immaculate. \$2295/mth. Avail now. 310.365.1481 or 310.641.2148.

#### GARAGE FOR LEASE

**Garage for Lease** in El Segundo: 40x40 Garage w/office/loft & bathroom (parking & storage); \$2000/month – Contact 310-937-3246

#### EMPLOYMENT

**QUALITY ASSURANCE ENGINEER** sought by Stamps.com Inc. in El Segundo, CA. Identify gaps in existing automation & regression efforts and provide solutions. Send resume to: Libuse Tomas, Stamps.com Inc., 1990 E. Grand Ave., El Segundo, CA 90245.

#### HOUSE FOR RENT

**EL SEGUNDO** 2 story. 4BD/3BA, 2 car garage, appliances, HW floor, sound proof system, walk to beach. \$3,850. 310-663-9898.

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

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

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# Sports

## Ducks Win Battle of SoCal Hockey

By Adam Serrao

For now, though it may even only last a week, the Anaheim Ducks have earned bragging rights over the Los Angeles Kings. With a 4-2 victory against their rivals last Saturday night, the Ducks came out feisty and ready to assert their dominance. That's exactly what they did. The Kings may indeed be the better team in the standings, even with the loss last week. Anaheim walked right into Staples Center, however, and proved that it is currently the team containing more fight.

Speaking of fight, there was plenty of it to go around on the ice last week in Los Angeles. Before even three minutes could tick off of the game clock, the Freeway Faceoff rivals would drop the gloves to go at it, as everyone might have expected. What most may not have expected, though, was that it would happen two more times on each ensuing faceoff after that. "That's good hockey right there," Ducks captain Ryan Getzlaf explained. "That's just guys who are sticking up for each other. It was good to see it on both sides."

Perhaps nothing encapsulates a Ducks vs. Kings game more than three fights taking place over the course of four seconds of clock time in front of a sold-out Staples Center crowd on a Saturday night. Despite who landed more physical blows to their opponent, Anaheim proved to be the team to come out with more fight in the game. With two goals in the first period of play, the Ducks jumped out to a big lead and took the air out of the building. Though Los Angeles fought back late, the damage had already been done as the Kings were unable to mount a comeback after being down 3-0 in the third period of play.

"It was obviously an emotional game," Kings captain Anze Kopitar said. "The start was physical. With three fights in a row, everybody got fired up pretty quick. I think the first 40 minutes on our part were not to the level that we want to play. Third period we're playing catch-up and with desperation, which we should do the first two periods." Los Angeles didn't end opposing goalie John Gibson's shutout bid until the third quarter when Nick Shore snapped his 27-game goal drought. Just a few minutes later, Kopitar would scratch on a one-timer for his 18th goal of the year to make things a bit interesting for the first time all night. It was Corey Perry, however, who would crush the hopes of the Kings and their fans as he flung the puck into an empty net from 170 feet away in a play that proved to be a microcosm of the Kings' entire night.

The loss marked the third straight for L.A. – a team that is once again falling victim to what looks to be another rollercoaster type of season. "I thought we had a lot of guys who showed up ready for the physical challenge -- we had some guys that didn't," Kings coach John Stevens explained postgame. "It cost us. It's a good lesson for us. We cannot win a game like that unless we have everybody, and we needed more tonight." The Kings are going to need more if they wish to stay near the top of the Pacific Division standings. Since Dec. 1, Los Angeles ranks dead last in the NHL in shots per game. The Kings had 25 against the Ducks in the game one week ago, but will certainly need to manufacture much more offense in the coming weeks as the schedule will only continue to get harder and harder.

"I think both teams understand the implications of these games," Stevens went on to say. "I think everybody's coming to the game knowing that the chips are on the table and everybody's going to be all in." The Kings will have to be all in the next time they take on the Ducks, with a rematch that just so happens to be this week. The Ducks aren't the only daunting team coming up on the schedule for L.A., though, as the Kings will also face off against the likes of the Calgary Flames, Nashville Predators and Tampa Bay Lightning in the coming weeks.

After winning the last five consecutive Pacific Division titles, this season has been somewhat trying for a Ducks team that has been forced to deal with their share of injuries to start the year. The team's victory against L.A. put it just four points behind the Kings for second place in the standings. With Anaheim's history of great play late in the season, one would have to think that the Ducks are right where they want to be heading into the latter portion of the schedule.

The Kings, on the other hand, must get back down to the details, eliminate self-inflicted wounds and eradicate their tentative play at the beginning of games. If Los Angeles can learn to consistently put together three periods in a row of high-intensity play, ditch the rollercoaster and get back to winning, then their playoff chances will certainly be looking bright. For now, though, the Ducks not only have bragging rights, but also seemingly have all of the momentum that they need moving forward into the second half of the season.

–Aserrao6@yahoo.com | @UpandAdam6

# Finance

## Buying Life Insurance Can Be Complicated, but It Doesn't Need to Be



(BPT) - Getting insurance can be famously complex and time-consuming. Whether it's life, health, automobile or home, it takes time to understand what coverage you need and how to get it. As a result, it's easy to put off items that don't feel truly urgent until it's too late.

Buying life insurance and helping to protect your family in the event of the unexpected is one of the most important purchases you can make. Doing this right requires a clear understanding of how much coverage you need, what a policy actually covers and how much you can reasonably afford.

Even the young and healthy are at risk for the unexpected, from accidents to sudden illness. Life insurance can help you and your loved ones - whether that's your children, parents or siblings - prepare for the unknown and make the right financial decisions. Laying the groundwork for that protection now, when you're healthy and young, is an important step in building a sound financial future.

The good news is that there are different types of insurance policies that can best serve you and your family's needs. Whole life insurance, which is what we often think of when we're considering a life insurance policy, offers coverage you can't outlive, with the cash value of the policy growing over time.

If you have big responsibilities right now and are still healthy, term life insurance, which can replace income and cover expenses in the unfortunate event of an early death, might be the better option. You can choose the timespan of the policy based on your family's needs (for example, if you're just starting your family, you may want to opt for a 20- to 30-year policy to make sure your children are covered until they're adults). In an ideal world, your family will never need

the policy, but it's a strong safety net that can help you feel more secure, regardless of what the future holds.

Understanding the amount and type of coverage you need keeps costs down. Being underinsured can be distressing in an emergency; being over-insured can eat away at your financial planning. Opting for a term life policy can help you solve these challenges. Their premiums are typically lower, and allow you to only cover the most likely scenarios for your age demographic.

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- 1/8 cup pickled jalapeños, drained and chopped
- 2 tablespoons mayonnaise
- 1/8 teaspoon cayenne powder
- 4 ounce jar of pimentos, drained and chopped
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 1/4 cup Greek yogurt
- 2 teaspoons lemon juice

## Preparation

1. Using a food processor or grater, shred cheddar cheese.
2. Add chopped pimentos, chopped jalapeños, cayenne powder, salt, pepper, garlic powder, mayo and 1/4 cup thick Greek yogurt. Mix until combined. Depending on texture you want, add more Greek yogurt.
3. Stir in lemon juice.
4. Serve with Lay's Kettle Cooked Original or 40% Less Fat Jalapeño Cheddar Chips.



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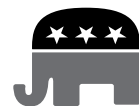
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# Politically Speaking



## One Man's Opinion

### Just a Reminder on this Honorable Day

By Cristian Vasquez

In honor of Dr. Martin Luther King, Jr. Day, it is appropriate to address a lie floating around the past couple of years. Some conservatives have taken it upon themselves to proclaim that Dr. King was a Republican. Stop it, people. That is a lie. It is wishful thinking on behalf of a group that, much like liberals, doesn't have a squeaky-clean record on civil rights -- but who unlike liberals has done more to hinder the spread and protection of civil rights than to ensure them.

In a 1958 speech at Bennett College in Greensboro, N.C. Dr. King himself stated he was neither Republican nor Democrat. To use the man's exact words, "I am not a politician. I have no political ambition. I don't think the Republican Party is a party full of the almighty God, nor is the Democratic Party -- they both have weaknesses. I am not inextricably bound to either party." Yet, conservatives love to label the man a Republican. You don't get to rewrite history to excuse your ideological flaws from the present and past. It's a lie. You are wrong. So once more, just stop. There is evidence that Dr. King's father, like most African Americans of the time, voted in favor of the Republican Party. However, there is no evidence of the man himself supporting said party. So, much like when conservatives want people to stop bringing up slavery because they had nothing to do with it, conservatives should stop using Dr. King's father's voting habits to identify the civil rights leader under a false political label.

In addition, the pathetic attempt to rewrite the past includes the constant reminder by conservatives that the Democratic Party is

responsible for the KKK and segregation. And for once, they got a fact right. However, their selective memory keeps them from mentioning that this was a conservative Democratic Party. The Democratic Party was the conservative party of the past. This is a fact that can't be ignored. Conservatives jumped from the Democratic Party to the Republican Party during the 1960s and 1970s. The Democrats' ties to the KKK can't be ignored, but neither should the hate-group's birth in conservatism. It is disgusting for anyone to deflect the role of conservatism in birthing the KKK for political gain, and it takes a complete lack of human decency to purposely distort these facts for political gain.

James Chaney, Andrew Goodman and Michael Schwerner are names we should never forget. They were murdered because of their dedication to fighting against racial injustices. These men were executed by conservative Klansmen dedicated to the preservation of white supremacy. When the laws shifted to provide that equal protection under the law, these same conservatives jumped to the Republican Party. The most notable conservative to abandon the Democratic Party because of his opposition to civil rights: Strom Thurmond.

Thurmond represented everything wrong with conservatism and when his Democratic Party supported legislation to promote civil rights, he defected. So when sharing out nation's history, don't make up things such as Dr. King being Republican and don't omit facts such as Democrats used to be the conservatives when the party gave birth to the KKK. It would be no different than if I sat here and claimed that Thurmond was a liberal. •

## Another Man's Opinion

### Don't Let President Trump's Poor Choice of Words Obscure Immigration Reality

By Duane Plank

Wow, the left wing media went into melt-down mode last week when it was leaked that President Donald Trump had apparently used some coarse language when speaking during what was supposed to be a private, closed-door session with members of Congress ruminating over the DACA situation.

Trump initially denied commenting about the immigration status of s--hole countries located in Africa, Central America and the Caribbean, though at least two people in the meeting said he did use the derogatory phrase while trying to fix our broken-down immigration system.

Trump would rather see legal immigrants invade our borders from thriving countries like Norway than from third-world enclaves such as Haiti. Gee, what a dumb, racist thought, right? America should continue to allow in, many times illegally, the most poorly educated folks from allegedly developing countries -- many who have no discernible skills and dodgy histories in their homeland.

Then once the immigrant invades America, allow said immigrants to play tag with their alleged relatives ... and through the idiotic leftist chain migration program, export a bunch of people not fit to be here and oftentimes exploit our lefty social services and raid our financial coffers.

When was it decided, and by whom, that Americans do not have the right to decide whom we allow to enter our country? Would you really rather import a horde of people who barely speak English, may not be all that educated, and may lack the job skills necessary to thrive (not just survive on the dole) in America? Or allow in (even recruit) men

and women who speak English, are well-educated, and possess the skills -- whether technical or so-called "blue collar" -- that our country needs?

The lefties and their lock-step media buddies will trot out the same excuses for letting darn near anyone who wants to call America home to land here. We are all immigrants, they thunder. If we don't let immigrants in, who will man the jobs that Americans won't do? Yada, yada. And they automatically brand as racist those who don't agree with their jaded way of thinking.

So, the blathering talking heads in the southpaw media went full bore at the president, excoriating him for what were supposed to be private thoughts leaked by deep-staters with their own agenda, privy to the DACA meeting.

Trump is not the first president to evince salty language. As we learned during the Washington cover-up the Watergate scandal devolved into, California's own "Tricky Dick" Nixon threw the F-bomb around like a drunken sailor on shore leave. And Southern gentleman Lyndon B. Johnson spewed colorful language when dealing with the post-JFK assassination challenges like, oh, the Vietnam War, or the revolt that permeated America as the flower-power pot-heads and other 1960s unemployed resistors created mayhem in the streets, chanting, "Hey, hey LBJ, how many kids did you kill today?"

Point is: Don't let Trump's ignorant choice of words, in what was supposed to be a closed-door, private meeting, obscure the fact that we need to get the grip on whom we are allowing into our best-as-it-gets country. •

## Looking Up

### Two Astronomers a Century Apart Use Stars to Measure the Universe

Based on a Press Release from the Sloan Digital Sky Survey, Provided by Bob Eklund

How far away is that galaxy?

Our entire understanding of the universe is based on knowing the distances to other galaxies, yet this seemingly simple question turns out to be fiendishly difficult to answer. The best answer came more than 100 years ago from an astronomer who was mostly unrecognized in her time -- and today, another astronomer has used Sloan Digital Sky Survey (SDSS) data to make those distance measurements more precise than ever.

"It's been fascinating to work with such historically significant stars," says Kate Hartman, an undergraduate from Pomona College. Hartman studied "Cepheid variables," a type of star that periodically pulses in and out, varying in brightness over the course of a few days or weeks.

The pattern was first noticed in 1784 in the constellation Cepheus in the northern sky, so these stars became known as "Cepheid variables." Cepheid variables went from interesting to completely indispensable in the early 1900s thanks to the work by astronomer Henrietta Leavitt. Leavitt's contributions were largely ignored for one simple reason -- she was a woman at a time when women were not taken seriously as astronomers.

In fact, when Leavitt was first hired by Harvard College Observatory in 1895, she was hired as a "computer." In the days before modern computers, a "computer" was a person



Henrietta Leavitt (left) and Kate Hartman (right) — two astronomers a century apart studying Cepheid variable stars. Image Credit: Cynthia Hunt (Carnegie Institution for Science).

hired to perform complex calculations, assisted only by pencil and paper. Although the work was demanding, it was not taken seriously by the male professional scientists of the time -- it was seen as rote work not requiring intelligence or insight that could be done by anyone, even a woman.

So in 1908 when Leavitt discovered a relationship between the brightness (or "luminosity") of a Cepheid variable star and the time it took to go through a full cycle of change (its "period"), her work was not immediately recognized for its significance. It took years for the mostly-male astronomy community to realize that this relationship (today known as "the Leavitt Law") means that measuring the period of a Cepheid variable immediately

gives its true brightness -- and furthermore, that comparing this to its apparent brightness immediately gives its distance.

Using the period-luminosity relationship that Leavitt discovered, others later calculated the distances to Cepheid variables in galaxies outside our own Milky Way. In doing so, they discovered that our universe is expanding, starting from a single point more than 14 billion years ago at the Big Bang -- a discovery that would have never been possible without the discovery of the Leavitt Law.

More than a century later, astronomers like Hartman are carrying on Leavitt's work. Her announcement came about as a result of a ten-week summer research project at Carnegie Observatories. Hartman worked closely with

her research advisor, Rachael Beaton, a Hubble and Carnegie-Princeton fellow now based at Princeton University.

The tool that Hartman and Beaton are using to improve our knowledge of Cepheid variables is the Sloan Digital Sky Survey's Apache Point Galactic Evolution Experiment (APOGEE), which is systematically mapping the chemical compositions and motions of stars in all components of our galaxy.

The very property of these stars that allowed Henrietta Leavitt to discover the Leavitt Law -- their predictable variations in brightness -- creates challenges for APOGEE. "Over a pulsation cycle of a Cepheid variable, the star's properties change," says Beaton. "Its temperature, surface gravity and atmospheric properties can vary greatly over a fairly short time. So how can APOGEE properly measure them? I thought it would be an excellent summer research project to find out."

The undergraduate to take on the challenge was Kate Hartman. She was able to demonstrate that it is possible to get consistent measurements of the chemical makeup of Cepheid variables, regardless of when in their cycle they were observed by APOGEE.

Hartman explains, "I had to look at multiple spectra from the same Cepheid variable and measure the amount of different elements in the star. When we looked at a star's spectrum across its entire pulsation cycle, we found no significant differences in the results. That means that we're getting reliable results every time we look." •

## A black and white close-up photograph of a fluffy kitten. The kitten has large, dark, round eyes and a white blaze on its face. Its ears are pointed and have dark tips. The kitten's fur is very soft and voluminous, especially around its neck and chest. The background is out of focus, showing some indistinct shapes and light.

**Cupid**

**Cupid** is a total love bug and adores snuggling with humans and other kitties. This fluffy little boy has a purr so loud that he sounds like a motor engine. He enjoys playing with his siblings, Dasher, Prancer and Comet, and curling up beside you while you work on your computer or watch TV. Cupid would do great in a home with other kitties, or could adopted with one of his siblings. Dogs and kids are okay with him, too!

**Keiko** is a small cat with a big heart and gorgeous green eyes. She loves jumping onto your lap and just being close to you. If you looked up “lap cat” in a dictionary, you would find a picture of Keiko. She also loves to be petted and as soon as you walk into the room, she starts purring. Keiko would probably be fine with friendly cats after an adjustment period, but she could happily be the only cat in the home as she truly loves people.

A black and white close-up photograph of a cat's face. The cat has a white blaze on its face, with dark patches around its eyes and on its ears. Its eyes are large and light-colored, looking directly at the camera. The cat's whiskers are long and prominent. The background is dark and out of focus.

Tango

**Victoria** is an affectionate and playful young girl. She likes to cuddle on laps and be picked up for hugs. She was taken in by Kitten Rescue a few days after giving birth to a litter of eight kittens. She has taken wonderful care of her babies and now that she has gotten them all adoption-ready, she is looking for a home of her own. Victoria can be adopted with one of her kittens or on her own. She likes to wrestle with her kittens, but she also loves playing with wand toys, running through tunnels and batting toys across the floor. Victoria is currently living at the Kitten Rescue Sanctuary and we have a live camera in the room she's in. You can watch her and her family on the live stream here: <https://explore.org/livestreams/kitten-rescue/kitten-rescue-cam>.



Aisha

## Your tax-deductible donations for the rescue



**Hunter**

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



## Grace



Keiko



## Victoria