

South Bay Cities

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Hawthorne Press Tribune
The Weekly Newspaper of Hawthorne

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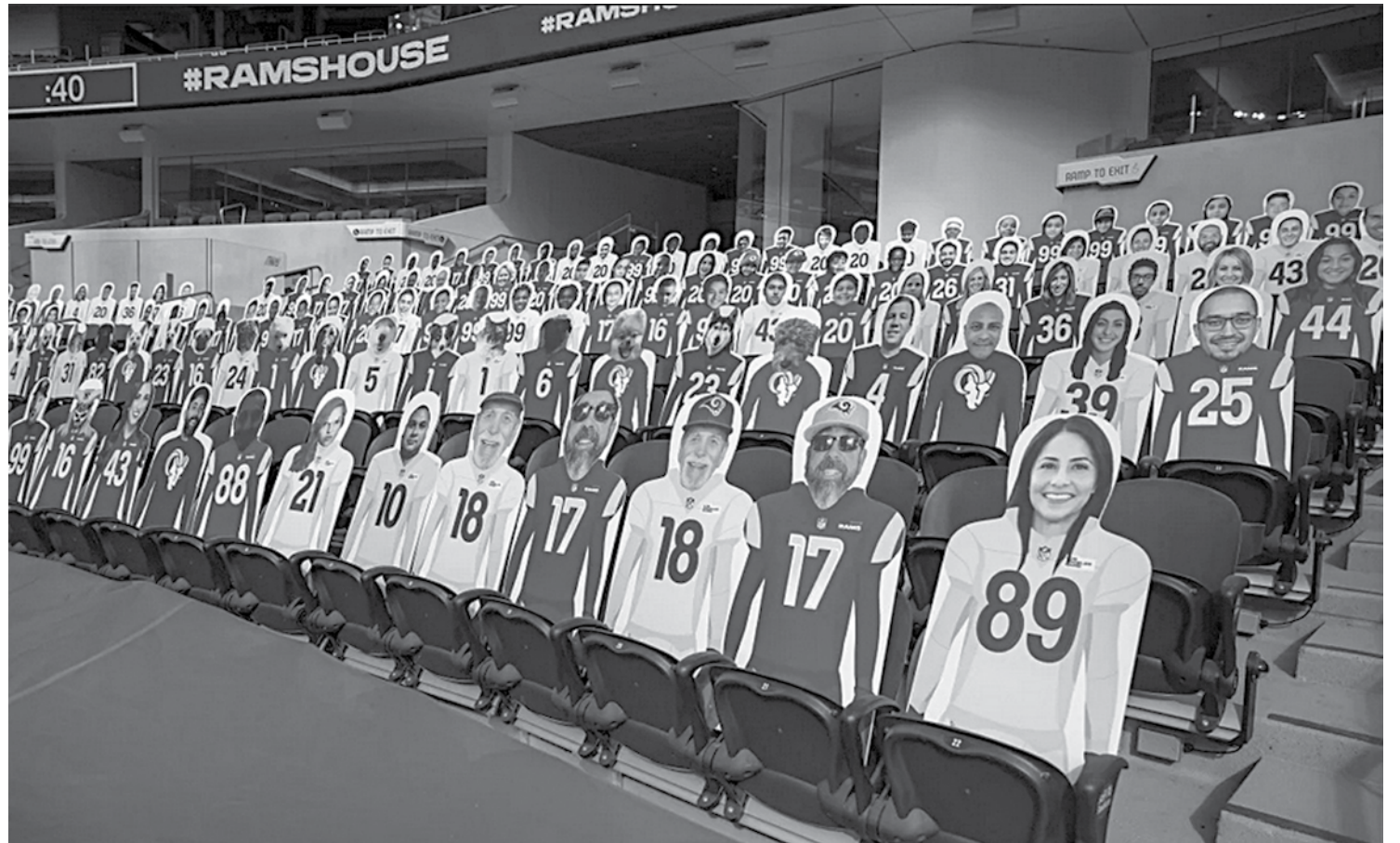
Lawndale Tribune
AND LAWNDALE NEWS
The Weekly Newspaper of Lawndale

Herald Publications - El Segundo, Hawthorne, Lawndale & Inglewood Community Newspapers Since 1911 - (310) 322-1830 - Vol. 3, No. 1 - January 7, 2021

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Game Faces for Good Help Rams Fans Show Their True Team Spirit



The stands at SoFi Stadium were filled with fan cutouts in Week 15 thanks to "Game Faces for Good," presented by SoFi. All proceeds for Game Faces for Good benefit the Rams Foundation to further the teams' social justice and community outreach work including education inequities, food insecurity, homelessness and community-police relations. Photo courtesy LA Rams Foundation.

Dr. Ellen Albertson Teaches Her Clients How to Choose a Partner

By Kiersten Vannest

Ellen Albertson has always felt safe here in El Segundo, a town where "everybody knows your name," she says. Indeed, El Segundo is one of the not-so-secret secrets of the South Bay, a hidden small town gem next to the international hub of LAX. But behind the closed doors of every town, things are not always so pretty.

Dr. Albertson is a licensed marriage and family therapist, a certified domestic violence counselor, a certified alcohol/drug abuse counselor, and she is experienced in trauma-focused cognitive behavioral therapy for child sexual abuse victims. At her practice, Options Counseling, she provides court-ordered batterers' intervention and victim group counseling. Her clients come from all over the south bay, often by court order. At Options, they participate in a psychoeducational treatment, typically fifty-two sessions about once a week. Groups speak with each other about domestic violence and anger management, and she walks them through a myriad of topics, from how to choose a partner to parenting guidance.

"A lot of people don't know the difference between discipline and punishment," she explains. This is the difference between an authoritarian approach to raising a child versus having structure. She states that using punishment can affect a child's intelligence and school performance, as well as cause brain changes. "What they see at home, they repeat," she says.

In evaluating a relationship, she describes something called the "cycle of violence." It

starts with the event. Next comes the honeymoon phase, which includes lots of apologies, flowers, and kisses. After that, gradually, it cycles back to walking on eggshells, escalating up to the event again. Being equipped with information and learning to recognize red flags are two of the tools she provides in guiding clients on how to better choose a partner.

An El Segundo homeowner for 48 years, Dr. Albertson was born in Thunder Bay, Ontario, Canada. She says she has spent a lifetime reclaiming education. After a major personal incident in 1993 involving alcoholism, violence, and the suicide of her husband and the father of her children in her home, Albertson suffered post-traumatic stress disorder. This led to twenty years of therapy, an interest in domestic violence, and a career change. After volunteering at a battered women's shelter, she became active in perpetrator groups in 1997. During this time, she received a year of individual training by the late George Thomas, a pioneer in her field.

"Our society, in general, does not understand the complicated dynamics of domestic violence," says Albertson. For example, law enforcement focuses on crime and physical injury and typically only reports on such cases. However, studies focused on intent to harm show that domestic abuse is committed by about fifty-three percent of women and forty-seven percent of men. Having written her doctoral dissertation on female perpetrators of domestic abuse, Dr. Albertson wishes that police departments were better trained on domestic violence and their assessment when



Dr. Ellen Albertson

responding to domestic violence calls. The most frustrating part of her job, she says, is working with the Department of Children and Family Services (DCFS), children's court, family court attorneys and some judges.

Without specialists involved in assessments, law enforcement often fails to identify the aggressor, and when confronted with co-combatants, are often reluctant to arrest both parties. When working with children, she cites an example of a child who confided in her that he was sexually abused by a family member, but when asked by law enforcement upon her reporting the incident, the four-year-old clammed up in the face of multiple officers, DCFS workers, and a barrage of questions. They deemed there was no proof and dropped the case entirely.

See Dr. Albertson, page 5

Weekend Forecast

Friday
Sunny
64°/50°



Saturday
Sunny
67°/50°



Sunday
Partly
Cloudy
68°/49°



Entertainment

Black Bear is Fueled by Aubrey Plaza's Dark Comedy

By Morgan Rojas for cinemacy.com

If you've already watched the trailer for *Black Bear*, and think you know what this film is about, I can already tell you, you're wrong. In what I can only describe as a more consumer-friendly version of a Charlie Kaufman story, *Black Bear* is a twisty drama

to this cerebral drama is well worth the wait. The chaotic energy between the characters bubbles until it's just about to burst and that anticipation is calculated cinematic masochism at its finest.

For Aubrey Plaza, *Black Bear* feels like her first "grown-up" film. She stays true to her



Black Bear, courtesy Momentum Pictures.

that blurs the boundaries between reality and fantasy. Now available to stream on Spectrum on Demand and VOD.

Aubrey Plaza anchors the film as Allison, a washed-up actress-turned-film director, who, in an attempt to beat writer's block, arrives at the remote cabin of Gabe (Christopher Abbott) and his pregnant girlfriend, Blair (Sarah Gadon). The creative compound is meant to serve as a breeding ground for artists to work on their craft, and Allison seems to be lacking the inspiration that she hopes the cabin will offer.

Allison's first interaction with the couple is pleasant enough, but it's clear that Gabe and Blair's own relationship is hanging on by just a thread. Bickering, fragile egos, and messy accusations eventually lead to a jealousy-based blowout, pitting baby mama against house guest in a competition for male attention. Allison is like a splinter in between your fingers, in this case, Gabe and Blair's relationship; you don't know how it got there, but it hurts like hell. Inserting herself into their private life seems irresponsible, but is drama the inspiration that Allison is after? Or is it something more?

It takes about 45 minutes for the film to reveal a major twist that makes you rethink everything you just saw. The patience in writer/director Lawrence Michael Levine's approach

dark humor, while also offering a depth that I haven't seen before. She gets vulnerable and, in turn, relatable. Christopher Abbott is the perfect counterbalance to Plaza, his performance being another knockout. Abbott has never disappointed in a role, he always seems to mold into his characters and the same is true here.

If you're looking for a smart, sharp film with a strong vision, *Black Bear* is for you. This confident feature will keep you guessing all the way up until the end credits roll. In short, it's bear-y good. •



Morgan Rojas

Community Briefs

Local Care Homes to Help Memory Using Touch

Local memory care homes operated by Family Connect Care are the first in Southern California to pioneer use of CranioSacral Therapy, or CST, to treat its residents with memory impairments.

Developed by Dr. John Upledger in 1975, CST is a hands-on but gentle method of enhancing the function of the body's natural healing capability. It's a noninvasive technique that promises to relieve pain and stress from compression, using gentle pressure on the neck, back, and head. It's increasingly being used to treat patients with concussion, brain injury, Alzheimer's and dementia, fibromyalgia, and many other conditions. "I'm wary of big promises from alternative therapies," said Lauren Mahakian, owner of Family Connect Care. "Not only does CST have great promise, but there is also

no downside. Residents are not subjected to pain, and physical touch is independently known to be beneficial to mental well-being. It's a win-win situation."

Mahakian points out that all of her residents will continue to receive the finest memory care possible along with all medically appropriate treatments. CST is intended to complement traditional therapies and medical practices, not replace them. Mahakian plans to begin integrating the technique into health care protocols at two of its care homes, Family Connect Memory Care and South Bay Memory Care, later this month. Staff at both locations will be trained by a licensed practitioner, who will oversee its use. For more detailed information on CST and its application contact Mahakian at (310) 383-1877. •

Seniors

Tips To Help Seniors Exercise During The Pandemic

(BPT) - By now, most seniors are aware that they're among the most vulnerable demographic groups when it comes to contracting COVID-19.

That said, a recent nationwide poll by Tivity Health, a national provider of senior fitness, nutrition and healthy lifestyle solutions, including SilverSneakers, a community fitness program designed for older adults, indicates many are probably not getting the exercise they need to maintain optimal health.

In the poll, 46% of adult and senior respondents said the pandemic is preventing them from attending in-person exercise classes at local gyms, although 84% noted they'll return within a month once attendance is deemed safe by authorities.

A core challenge is reduced gym access, as quarantines prove problematic for many older Americans trying to continue exercise regimens. Exercise remains critical for seniors to maintain a healthy immune system that's able to fight off disease. Regular workouts can also increase balance and strength and help prevent falls.

For seniors, falls are an all-too-common threat and crisis; Johns Hopkins University reports that 25% of adults 65 or older fall,

and three million are treated in emergency rooms each year for injuries caused by falls.

"This pandemic has brought great challenges and stress for seniors. But the good news is, there are ways to exercise safely and maintain an active lifestyle," says Tivity Health president and CEO Richard Ashworth. "Exercise is vital for maintaining optimal health, and through easy-to-access digital and in-person options, it is our hope seniors can continue or renew exercise regimens quickly and safely."

Maintaining regular exercise during COVID-19 need not be difficult. If you're a senior wanting to maintain effective workouts each day, here are some tips you can follow even if you're practicing social isolation.

1) Start slowly. If you haven't been exercising, you'll want to ease into your new routine gradually. Studies indicate just two weeks of inactivity (or a 75% reduction in daily steps) can decrease your muscle strength by 8%, while dropping 1,000 to 1,500 steps each day can raise inflammation and blood pressure. Jump-start your new regimen with safe exercises like squats, wall push-ups, light weightlifting regimens and taking walks

See Seniors, page 4

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.

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Hawthorne Press Tribune

The Weekly Newspaper of Hawthorne

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Hawthorne's First Production Craft Brewery Is Grateful for the Community's Support



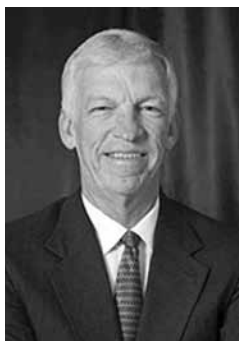
Los Angeles Ale Works can't thank all of you enough for the support you've provided in the craziest of crazy years. They can't wait to flip those benches and host you again in 2021. Until then, have a safe and hoppy New Year. Please support our local businesses. Photo courtesy Los Angeles Ale Works.

Huber's Hiccups

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

HAPPY FAILURES 2021

I have not heard of too many people making New Year's resolutions for this coming year. Maybe because we all just want to get going and get over the past and get our lives back to whatever we used to think was "normal". If I did have a resolution or two to make, I would suggest we all resolve to have more cold ones, worry less and relax more. As with most resolutions, our good intentions usually only last a week or two and then we stop going to the gym, we have that extra scoop of ice cream, and we vegetate in front of the television way too long. We fail to stick to our plan. We fail to do the work it takes to achieve our goals. We fail miserably. One speaker I heard recently said that he put together a "failure resume" to tell others that he was just like them. He tried to get into med school and failed. He tried to write numerous books but no publisher chose to publish his writings. He even failed in his marriage. We have all failed in so many ways. But have you ever wondered that God uses our failures to teach us to rely on Him and his grace? When we are self-made and achieve fame and wealth, we usually credit it to our hard work and perseverance. When we have done it ourselves, our egos grow proportionately



to the size of our house and bank account. By losing some of our battles, not always winning, and actually falling flat on our faces sometimes, we actually realize that we need help to get through this thing called life. 2020 taught us that life is not just a big party. Life is tough. We are going to fail. We are going to have some hard times. During my first year in college, I wanted to be a sports writer, and then I realized I couldn't spell nor write. I eventually went into education and became a teacher and coach. God had other plans for me. God has plans for all of us. Who knows what 2021 will bring, but we can trust that God has plans for us. Throughout the ups and downs of a rollercoaster of a year, we can trust in God's Divine power and wisdom. There is not a lot we can hang our hats on these days, they keep moving the hat racks and the rules, directives, recommendations and guidelines. I think we could all benefit from looking towards God's Word for our true direction. Yes, I still want to have a few more cold ones, I still want to relax more and worry less, but if I fail to live up to my expectations, I know that I am loved and forgiven. Why fear failure? Look at me; I fail miserably each week writing this ragamuffin, clown show of a blubbering blob of boolosh. The more I fail, the more I act stupid, the more I try to relate my feelings to you, the

See Huber's Hiccups, page 4

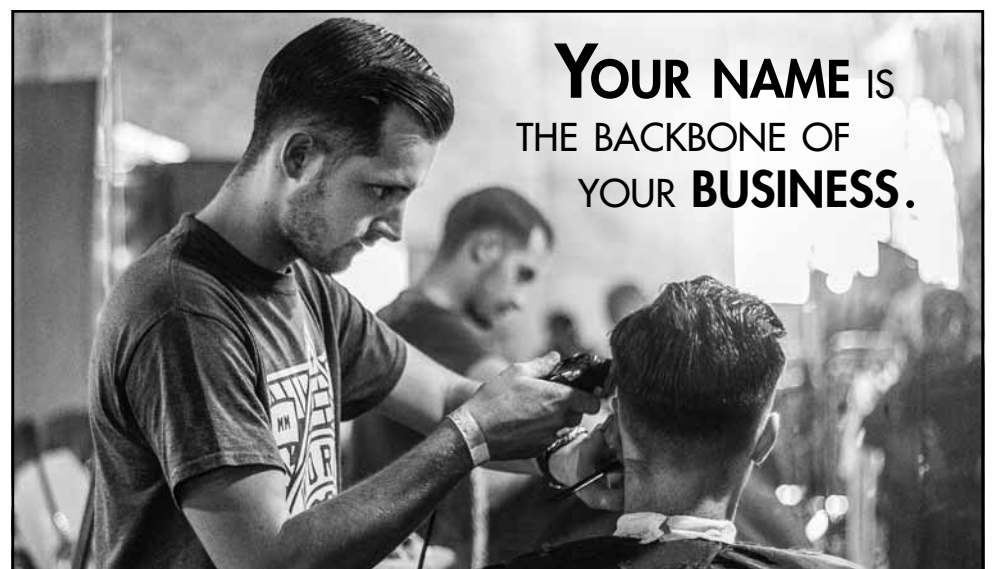
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El Camino College Night Goes Virtual This Year



Want to learn more about ECC? Join us this month on January 20 for College Night, an open house event showcasing everything ECC has to offer. Learn about programs and resources at our resource fair, attend workshops, chat with counselors, and take a virtual campus tour: www.elcamino.edu/collegenight. Photo courtesy El Camino College.

Seniors

from page 2

(keeping distance from others for safety).

2) Subscribe to a digital exercise program. You do not need to leave your home to exercise each day. That's especially true if you sign up for a high-quality digital regimen that fits well with your exercise goals and preferences.

In fact, 56% of seniors responding to the poll said their future workout plans call for participating in online classes two to three times per week. Instructor-led online exercise sessions are being offered to all SilverSneakers members. In addition, free Facebook Live classes led by SilverSneakers national trainers are broadcast multiple times a week. The national fitness membership organization designed the virtual series to help seniors stay in shape while still following precautions during the pandemic.

3) Avoid prolonged sitting. Even if you must set a timer to remind yourself, take frequent breaks from sitting and engage in rejuvenating strolls - or simply take part in activities that involve standing. The point is to avoid being sedentary for long intervals of time.

4) Use others as motivation. In the poll, 44% of responding seniors said they're motivated to return to their fitness centers to see and socialize with friends. If you feel more motivated when not exercising all by yourself, you might optimize FaceTime, Zoom or even a quick phone call to interact with fitness-minded others as you work out at home.

5) Check out local fitness centers. Before attending local gyms, learn what they're doing to keep their customers safe and to

align with recommended CDC guidelines. If you feel safe enough to participate, exercise in open spaces where you can maintain six feet of distance from others. You might also check out low-intensity options such as water exercise classes, yoga or Tai Chi.

Whether you're staying at home or practicing safe social distancing while out and about, there's no need to give up the exercise that can help you maintain optimal health during the pandemic. Take steps now to ensure you're taking good care of yourself through age-appropriate workouts and movement. •

Huber's Hiccups

from page 3

better this whole mess seems. Folks, Happy 2021 Failures! Enjoy life, relax, have a cold one and really live and really fail. You'll be happier that way.

DISCLAIMER

It seems that the start of the calendar year is a good time to remind my 32 loyal readers that I don't claim to know very much, the views and opinions expressed in this space each week are simply attempts at amusement, not meant to be taken seriously, solely for the entertainment of the author. This blog quenches his desperate thirst to draw attention

to himself. His meandering thoughts, ramblings, worn out phrases, religious overtones, are part of his act that has seen better days. Thanks for allowing the old, white geezer his five minutes of fame each week. Let him be. Let him die thinking that you actually read this junk. The only question that needs to be answered soon is how much longer will he go? All bad things must end sooner or later, the sooner the better for all concerned. Cheers may friends!

- Don't ask me if I was drinking while I wrote this thing: norbhuber@gmail.com •

PUBLIC NOTICES

Fictitious Business Name Statement 2020212901

The following person(s) is (are) doing business as JOHNSON CONSULTANT FIRM, 527 W. REGENT STREET SUITE #249, INGLEWOOD, CA 90301, LOS ANGELES COUNTY. Registered Owner(s): PATRICIA JOHNSON, 527 W. REGENT STREET SUITE #249, INGLEWOOD, CA 90301. 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: PATRICIA JOHNSON, PATRICIA JOHNSON, President. This statement was filed with the County Recorder of Los Angeles County on December 10, 2020.

NOTICE: This Fictitious Name Statement expires on December 10, 2025. A new Fictitious Business Name Statement must be filed prior to December 10, 2025. Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).
Inglewood Daily News: Pub. 12/24, 12/31, 1/7, 1/14/21
HH-2040

Fictitious Business Name Statement 2020209112

The following person(s) is (are) doing business as GOOD DERMATOLOGY, 3640 LOMITA BLVD STE 301, TORRANCE, CA 90505, LOS ANGELES COUNTY. Registered Owner(s): GOOD DERM INC, 3640 LOMITA BLVD STE 301, TORRANCE, CA 90505. This business is being conducted by an Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: GOOD DERM INC, CONSUELO VERONICA DAVID, President. This statement was filed with the County Recorder of Los Angeles County on December 8, 2020.

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Hawthorne Press Tribune: Pub. 12/31, 1/7, 1/14, 1/21/21
HH-2044

Fictitious Business Name Statement 2020224701

The following person(s) is (are) doing business as INTENTIONAL HEALTH BREAST DETOX, 1) 4705 W 160TH ST, LAWNSDALE, CA 90260, 2) 4705 W 160TH ST, LAWNSDALE, CA 90260, LOS ANGELES COUNTY. Registered Owner(s): LYNDA NEWTON, 4705 W 160TH ST, LAWNSDALE, CA 90260. 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: LYNDA NEWTON, Owner. This statement was filed with the County Recorder of Los Angeles County on December 24, 2020.

NOTICE: This Fictitious Name Statement expires on December 24, 2025. A new Fictitious Business Name Statement must be filed prior to December 24, 2025. Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).
Lawndale Tribune: Pub. 1/7, 1/14, 1/21, 1/28/21
HL-2045

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Inglewood News

The Weekly Newspaper of Inglewood

Herald Publications - El Segundo, Hawthorne, Lawndale & Inglewood Community Newspapers Since 1911 - (310) 322-1830 - Vol. 70, No. 1 - January 7, 2021

Congratulations to Detective Mark Gordon on His Retirement and Thirty Years of Service



Detective Gordon started his law enforcement career in 1990 as a Police Officer. He worked a variety of assignments including Field Training Officer, Anti-Crime Team, Bike Team and Detectives. Over the last 18 years, he dedicated time to the Detective Bureau working in the following assignments: Real Estate Fraud, Burglary, Auto Theft, Arson Liaison, Assaults, Missing Persons and Juvenile Crimes. Detective Gordon was one of the original cadre members of the Centinela Youth Services Restorative Justice Program at the department. Also, Detective Gordon played football for 7 years on the South Bay Blue Knights, a team made up of police officers from the South Bay Area. We would like to thank Detective Gordon for his years of service with the Inglewood Police Department and wish you all the best in your retirement! Photo courtesy Inglewood Police Department.

“Only a life lived in the service to others is worth living.”
— ALBERT EINSTEIN

Dr. Albertson

from front page

“What would be ideal,” she says, “is if they took someone experienced in domestic violence to go out with them and help them assess.” She goes on to say that it’s a case-by-case basis; in an ideal world, a trained mental health professional specializing in whatever traumatic event occurred would accompany law enforcement as they answer the call. However, she understands that the police are under high pressure right now and stresses that they do not need or deserve criticism.

Albertson is very easy to talk to and very personable. She says that her clients trust her, respect her and that they work together. She adds that if she gets a client who is belligerent or not ready to do the work, she doesn’t keep them in the group. This allows the group to be vulnerable and open with each other, especially the men, who she says are often confiding in other men for the first time.

These days, due to the pandemic, all of her sessions are remote, which she says has actually helped her program greatly. “On Zoom, they seem to feel safer and more confident,”



Dr. Albertson and son Ryan in home office.

says Albertson, going on to say that group members are more cohesive, willing to share, and more supportive of each other. She hopes to continue virtual sessions into the future. Her son Ryan, also a certified domestic violence counselor, along with his partner, Amy, help her to run the administrative side of things.

“Dr. Mom,” as her son affectionately refers to her, “is one of the most experienced domestic violence experts in possibly the world. She never stops,” he says.

Albertson hopes to continue working for as long as she is able. She is committed to and rewarded by her work with people, and her greatest inspiration is her clients. “They are a gift and a testimony to the human spirit’s ability to heal and grow,” she says of her clients.

If you or someone you know If you or someone you know might be in a situation involving domestic abuse, you can call Options Counseling and speak with Dr. Albertson for more information at (310) 210-4383. She takes phone calls all week and conducts two two-hour sessions back to back on group days. •



GUNDOGRAM

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PREP TIME: 25 minutes

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Ingredients

- Canola or olive oil cooking spray
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- 4 teaspoons canola oil
- 1 1/2 teaspoons Cajun or Creole seasoning, divided
- 2 cups cornflakes
- 1/4 cup all-purpose flour
- 1/4 teaspoon salt
- 2 large egg whites, beaten
- 1 pound cod or haddock, cut into 4 portions

Directions

Position racks in upper and lower third of oven; preheat to 425°F. Coat a large baking sheet with cooking spray. Set a wire rack on another large baking sheet; coat with cooking spray. Place potatoes in a colander. Thoroughly rinse with cold water, then pat dry completely with paper towels. Toss the potatoes, oil and 3/4 teaspoon Cajun (or Creole) seasoning in a large bowl. Spread on the baking sheet without the rack. Bake on the lower oven rack, turning every 10 minutes, until tender and golden, 30 to 35 minutes. Meanwhile, coarsely grind cornflakes in a food processor or blender or crush in a sealable plastic bag. Transfer to a shallow dish. Place flour, the remaining 3/4 teaspoon Cajun (or Creole) seasoning and salt in another shallow dish and egg whites in a third shallow dish. Dredge fish in the flour mixture, dip it in egg white and then coat all sides with the ground cornflakes. Place on the prepared wire rack. Coat both sides of the breaded fish with cooking spray. Bake the fish on the upper oven rack until opaque in the center and the breading is golden brown and crisp, about 20 minutes.

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

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PETSPETS **Pets** PETSPETS

Featured Pets of the Week

Provided by Hannah Collett, spcaLA

Broly, a 1 year old male, like many huskies, is actually part cat. He takes a minute to warm up, he rubs on you, and he uses his front paws to bat at you when feeling playful. He enjoys pouncing on toys but doesn't demean himself to fetch. He would do best with kids 13 yr+. <https://spcala.com/adoptable/pet/?ss=21-01244>

Hello my friends! My name is **Gumball** and I am a 2 year old white and orange female Tabby. I am looking for my forever home where I am given my space to lounge around and nap! <https://spcala.com/adoptable/pet/?ss=21-00597>

You know what goes great with the holiday season! Some **Pozole**! I am a male black and white 7 month old kitten on the lookout for my Friend for Life. I am looking for a home where I can play with toys and nap all day! <https://spcala.com/adoptable/pet/?ss=21-01063>

I am **Peppa Pig**, a pretty 6 year old Stafford Terrier Mix lady who enjoys training and snuggling time with the humans here. I am very smart and sweet and generally a lot of fun to be around. I would do best as the only pet in an adult home. <https://spcala.com/adoptable/pet/?ss=21-00571> •



Pozole



Broly



Peppa Pig



Gumball

Happy Tails

While the spcaLA South Bay Petr Adoption Center may be closed to the public, all sheltering services continue to operate, including adoptions and fostering. In fact, spcaLA Foster Volunteers have fostered 400 animals since the pandemic began! The majority of the fosters

have been kittens, like Ana. Through donations of funds and needed items from the community, and the service of a dedicated crew of foster volunteers, these tiny kittens are being nurtured until they are available for adoption. If you would like to help, visit spcala.com/foster. •



Congratulations to Ana and her new foster family.