

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.

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





Pets......8

Weekend

Forecast

Sunny 64°/50°

Saturday

Sunny 67°/50°

Sunday Partly Cloudy 68°/49°

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

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 cocombatants, 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



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. •

and three million are treated in emergency

rooms each year for injuries caused by falls.

lenges 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

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

ercising, 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

1) Start slowly. If you haven't been ex-

if you're practicing social isolation.

"This pandemic has brought great chal-

<u>Seniors</u>

Tips To Help Seniors Exercise During The Pandemic

and safely."

(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,

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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



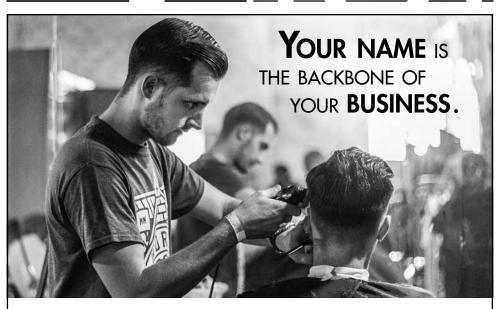
to the size of our house and bank account. By losing some of our battles, not always winning, and actually falling flat on our faces sometimes, we actually realize that we need help to get through this thing called life. 2020 taught us that life is not just a big party. Life is tough. We are going to 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

(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.

from page 2

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

lks, Happy to himself. His mean

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!

from page 3

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

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.

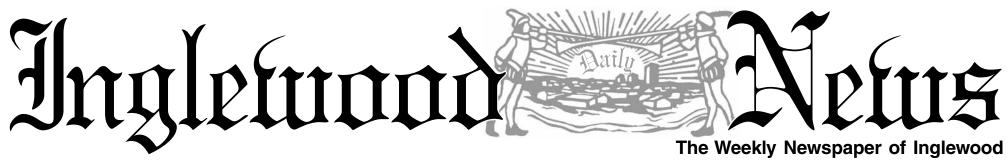
4) Use others as motivation. In the poll, 44% of responding seniors said they're motivated to return to their fitness centers to see and socialize with friends. If you feel more motivated when not exercising all by yourself, you might optimize FaceTime, Zoom or even a quick phone call to interact with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

PUBLIC NOTICES

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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-bycase 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 twohour sessions back to back on group days. •

PUBLIC NOTICES

APN: 4017-008-002 & 4017-008-0026 T.S. NO. 20-03-1002 REF: CENTINELA NOTICE OF TRUSTEE'S SALE Pursuant to California Civi Code Section 2924c(b)(1) please be advised of the following: IMPORTANT NOTICE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED OCTOBER 23, 2019, UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT ALAWYER. On JANUARY 22, 2021 at 10:00 A.M. Citivest Financial Services, Inc. as duly appointed Trustee or Successor Trustee under and pursuant to a Deed of Trust recorded on 10-28-2019, as instrument number 2019on 10-28-2019, as instrument number 2019-1155079 of Official Records in the office of the County Recorder of Los Angeles County, State of California, Executed by MMZ HOLDINGS, LLC, a California Limited Liability Company, as Trustor WILL SELLAT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH, A CASHIER'S CHECK DRAWN ON A STATE OR NATIONAL BANK, ASTATE OR FEDERAL CREDIT UNION, ORASTATE OR FEDERAL SAVINGSAND LOANASSOCIATION/THRIFT DOMICILED IN THE STATE OF CALIFORNIA orotherform of payment authorized by 2924h(b) (payable at the time of sale in lawful money of the United States) PLACE OF SALE: AT THE FRONT ENTRANCE OF THE PASADENA PUBLIC LIBRARY LOCATED AT 285 E WALNUT STREET, PASADENA, CA 91101 All rights, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as follows: LEGAL DESCRIPTION SEE EXHIBIT "A" ATTACHED HERETOAND MADE A PART HEREOF The street address and other common designation, if any, of the real property described above is purported to be: 1213-1217 & 1223 CENTINELA AVE., INGLEWOOD, CA The undersigned Trustee

NOTICE OF PETITION TO ADMINISTER ESTATE OF

JEFFREY WILLEY

CASE NO. 20STPB10730

To all heirs, beneficiaries, creditors, contingent

creditors, and persons who may otherwise

be interested in the will or estate, or both, of

A Petition for Probate has been filed by BRIAN WILLEY in the Superior Court of California,

County of Los Angeles. The Petition for Probate requests that BRIAN

WILLEY be appointed as personal representa-

tive 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 persona

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. Ahearing on the petition will be held in this court

on 1/28/2021 at 8:30 am in Dept. 5 located at

111 North Hill Street, 4th Floor, Los Angeles, CA 90012, Stanley Mosk Court House.

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

JEFFREY WILLEY

disclaims any liability for any incorrectness of the street address and other common designation, if any shown herein. Said sale will be made in "AS IS" condition, but without covenant or warranty, express or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon as provided in said note(s), advances, if any, under the terms of said deed of trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust The total ESTIMATED amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimate costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$333,000.00. Accrued interest and additional advances, if any, will increase this figure prior to sale. It is possible that at the time of sale the opening bid may be less than the total indebtedness due. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle 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, size of outstanding liens that may exist on this property by contacting the county 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 no it 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 the property, you may call, 888-666-1685 ext. 503 for information regarding the trustee's sale, for information regarding the sale of this property using the file number assigned to this case T.S.# 20-03-1003. 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. 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. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell, to be recorded as instrument number 2020-0482376 on May 1, 2020, of Official Records in the office of the County Recorder of Los Angeles County, State of California, where the real property is located. December 28, 2020 CITIVEST FINANCIAL SERVICES, INC., Trustee BY: E. M. Mazzarino P.O. Box 861894, Los Angeles, CA 90086 Tel: 888-666-1685 or direct 213-910-4849 12/31/20, 1/7, 1/14/21 CNS-3427868# Inglewood Daily News Pub. 12/31, 1/7, 1/14/21 HI-26992

COVID-19, the public hearing will no be an in-person meeting and the Council Chambers will not be used for this meeting Members of the public are encouraged to make comments by submitting written letters at 4455 West 126th Street, Hawthorne, California 90250 or by sending comments



NOTICE OF PUBLIC HEARING

GENERAL STREET VACATIONS Pursuant to Div. 9, Part 3, Chapter 3 Gen-eral Vacation Procedure of the Streets and

Highways Code PUBLIC NOTICE is hereby

given that the Planning Commission of the

City of Hawthome will hold a public hearing

to consider the following matter: **PROJECT DESCRIPTION/ LOCATION**:

Consideration of approval for the vacation of a street segment and a portion of an alley

1. Acacia Avenue (Street Vacation)—Remnant portion of Acacia Avenue located North of 116th

Street and South of a Cul-de-Sac dead end

between Imperial Highway and 116th Street

2. Alley Vacation-Alley located North of Ban

Avenue North of EL Segundo and at the end

Wednesday January 20, 2021

Via Virtual Meeting

In the interest of maintaining appropriate

social distancing and to protect the health and safety of the Planning Commission,

staff and the public from exposure to

6:00 p.m.

as follows:

of Stacy Street. MEETING DETAILS:

Day: Date:

Time:

Place

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 persona 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 Reques for Special Notice (form DE-154) of the filing o 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 In Pro Per Petitioner MARCHE L. BOOSE-WELCH

7721 SO. VICTORIA AVENUE INGLEWOOD CA 90305 12/31/20, 1/7, 1/14/21

CNS-3428155# Inglewood Daily News Pub. 12/31, 1/7, 1/14/21

HI-26996

órdenes puede hacerlas acatar en cualquie lugar de California.

nombre y dirección de la corte son): SUPE-RIOR COURT OF LOS ANGELES, Central District - Stanley Mosk Courthouse, 111 N

via email to cpalmer@cityofhawthorne.org

or by calling Christopher Palmer at (310) 349-2973. Members of the public who wish to participate in the virtual meeting must contact the Planning Department no later than 5:00 pm on the date of the meeting noting the item on which the member wants to speak by leaving a message at (310) 349-2973 and leaving your return phone number and email. Written information pertaining to this item must be submitted to the Direction pertaining to fission to the Planning Department prior to 5:00 PM on January 20, 2021.

ENVIRONMENTAL REVIEW: The proposed ordinance is not a project subject to the California Environmental Quality Act (CEQA) in accordance with Sections 15061(b)(3) and 15304 because it can be seen with certainty that there is no possibility that the proposed vacations, as conditioned, will have a significant effect on the environment. The proposed actions will vacate portions of the right-of-way and will not result in direct or indirect physical changes in the environment. PLEASE NOTE that pursuant to Govern-

ment Code Section 65009: In an action or proceeding to attack, review, set aside, void, or annul a finding, determination or decision of the Planning Commission or City Council, the issues raised shall be limited to those raised at the public hearing in this notice or in written correspondence delivered to the Planning Commission or City Council at or prior to the public hearing. Hawthome Press Tribune Pub. 1/7/21

HH-26999

City of Hawthorne Notice of Funding Availability (NOFA) PY2021-2022 Community Development

Block Grant (CDBG) Program APPLICATIONS DUE FEBRUARY 5, 2021 The City of Hawthome is pleased to announce the availability of approximately \$196,690 in Community Development Block Grant (CDBG) funds for organizations that provide public services to low- and moderate-income residents during the 2021-2022 Program Year. Funding for this Notice of Funding Availability (NOFA) is made available pursuant to the Federal Housing and Community Development Act of 1974 as amended

ELIGIBLE APPLICANTS: Applicants must demonstrate the service to be provided will principally benefit persons of low- and moderateincome (households earning less than 80% of Area Median Income). Examples of eligible services include, but are not limited to, those concerned with employment, crime prevention, childcare, health, drug abuse, education, welfare, or recreation. Priority for funding will be given to those applicants meeting one of the Strategic Plan goals included in the PY2020-2024 Consolidated Plan.

HOW TO APPLY: As of the date of this publication, electronic fillable copies of the applications may be obtained online at https:// www.cityofhawthome.org/cdbg-home.Applica-tions shall only be accepted via the online submission portal. The deadline for submitting applications is 4:00 PM on Friday, February 5, 2021. Any applications received after this time will not be accepted. Applicants are encouraged to submit their applications well in advance of this deadline to ensure confirmation of receipt prior to the deadline.

Should you have any questions regarding this NOFAplease contact Kimberly Mack, Housing and CDBG Programs Manager at (310) 349-1603 or by email at kmack@cityofhawthome.org. Hawthome Press Tribune Pub. 12/24, 12/31, 1/7, 1/14, 1/21, 1/28/21

of survivorship to property can be eliminated notice of the change must be filed and served on the other party.

You must notify each other of any proposed extraordinary expenditures at least five business days prior to incurring these extraordinary extraordinary expenditures made after these restraining orders are effective. However, you may use community property, quasi-community property, or your own separate property to pay an attorney to help you or to pay court costs. NOTICE—ACCESS TO AFFORDABLE HEALTH INSURANCE: Do you or someone rance? If so, you should apply for Covered the cost you pay towards high quality affordable health care. For more information, visit www. covered ca com. Or call Covered California at

PUBLIC NOTICE

Notice is hereby by given, StorQuest Self Storage will sell at public sale by competitive bidding the personal property of Amara Redmond, Turan Sanders, Kendis Middleton, Argustus Dixon, Caianna Jhonson. Sandra Y. Satomi Yamamoto, Samatomi Yamamoto. Property to be sold: misc. household goods, furniture, tools, clothes, boxes, toys, electronics, sporting goods, and personal content. Auction Company: www.StorageTreasures.com. The sale ends at 2:00pm January 15, 2021 at the property where said property has been stored and which is located at StorQuest Self Storage 4959 W 147th St, Hawthome, CA 90250. Goods must be paid in cash and removed at the time of sale. Sale is subject to cancellation

obligated party. 12/31/20, 1/7/21 CNS-3425946# Hawthome Press Tribune Pub. 12/31, 1/7/21 HH-26993

in the event of settlement between owner and

Ciudad de Hawthome Aviso de Disponibilidad de Fondos (NOFA)

Programa de Subvenciones en Bloque para el Desarrollo Comunitario (CDBG)

PY2021-2022 SOLICITUDES SE DEBEN ENTREGAR EL 5 DE FEBRERO DE 2021

La Ciudad de Hawthome se complace en anunciar la disponibilidad de aproximadamente \$196.690 en fondos de Subvenciones en Bloque para el Desarrollo Comunitario (CDBG, por sus siglas en ingles) para organizaciones que brindan servicios públicos a residentes de ingresos bajos y moderados durante el ano del programa 2021-2022. Los fondos para este Aviso de Disponibilidad de Fondos (NOFA, por sus siglas en inglés) están disponibles conformidad con la Lev Federal de Vivienda Desarrollo Comunitario de 1974, según enmendada

SOLICITANTES ADMISIBLES: Los solicitantes deben demostrar que el servicio que se brindara beneficiara principalmente a personas de ingresos bajos y moderados (hogares que ganan menos del 80% del ingreso medio del área). Los ejemplos de servicios admisibles incluyen, entre otros, aquellos relacionados con el empleo, la prevención del delito, el cuidado de niños, la salud, el abuso de drogas, la educación, el bienestar o la recreación. Se dará prioridad para la financiación a aquellos solicitantes que cumplan con una de las metas del Plan Estratégico incluido en el Plan Consolidado de 2020-2024.

COMO APLICAR: A la fecha de esta publicación, se pueden obtener copias electrónicas rellenables de las solicitudes en línea en https:// www.cityofhawthorne.org/cdbg-home. Las solicitudes solo se aceptarán a través del portal de envió en línea. La fecha limite para enviar solicitudes son las 4:00 P.M. el viernes 5 de febrero de 2021. No se aceptarán solicitudes recibidas después de esta hora. Se alienta a los solicitantes a enviar sus solicitudes con bastante anticipación a esta fecha limite para garantizar la confirmación de recepción antes de la fecha límite.

Si tiene alguna pregunta sobre este NOFA, comuniquese con Kimberly Mack, Housing and CDBG Programs Manager al (310) 349-1603 or por correo electrónico a kmack@

cityofhav/thome.org. Hawthome Press Tribune Pub. 12/24, 12/31, 1/7, 1/14, 1/21, 1/28/21

HH-26990

Amended Petition for Dissolution (Divorce) of Marriage – Marriage/ Domestic Partnership (Family Law)

Attorney for Petitioner, Henry Omar Cruz Steve Lopez, Esq. (SBN: 224540) Law Office of Steve Lopez, 8562 Florence Avenue, Downey, CA SUPERIOR COURT OF CALIFORNIA,

COUNTY OF LOS ANGELES STREET ADDRESS: 111 North Hill Street,

Los Angeles, CA 90012 MAILING ADDRESS: 111 North Hill Street, Los Angeles, CA 90012 CITY AND ZIP CODE: LOS ANGELES,

CA 90012

BRANCH NAME: Stanley Mosk Courthouse PETITIONER: Henry Omar Cruz RESPONDENT: Renee Marie Cruz CASE NUMBER: 19STFL01595

1. Legal Relationship: We are married

dence Requirements:

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 are a person interested in the estate, you may file with the court a Request for Special Notice (from DE-154) of the filing of an inven-tory 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: Chantal Duisters, 401 WAStreet, Suite 1100, San Diego, CA92101, Telephone: (619) 375-0077 1/7. 1/14. 1/21/21

CNS-3429019#

1/21/21

Bank Account (B of A) Confirm to Pet. Credit

4 Runner Confirm to Pet. Home Furnishings

10. COMMUNITYAND QUASI-COMMUNITY

PROPERTY: a. There are no such assets or debts that I know of to be divided by the court. 11. OTHER REQUESTS: a. Attorney's fees

and cost payable by Respondent. 12. I HAVE READ THE RETRAINING OR-

DERS ON THE BACK OF THE SUMMONS.

AND I UNDERSTAND THAT THEY APPLY TO ME WHEN THE PETITION IS FILED. |

declare under penalty of perjury under the State of California that the foregoing is true and cor-

rect. Date: 03/12/19 Henry Omar Cruz. Date

Confirm to Per

Inion (Navy Fed) Confirm to Pet. 2010 Toyota

SUMMONS (Family Law) FL-110 CITACIÓN (Derecho familiar) FL-110 CASE NUMBER (NÚMERO DE CASO): 8. SPOUSAL OR DOMESTIC PARTER SUPPORT: Terminate (and) the court's ability to award support to Petitioner and Respondent 19STFL01595 NOTICE TO RESPONDENT (Name) AVISO 9.SEPRATE PROPERTY: Confirm as sepa rate property the and debts in the following list.

ALDEMANDADO (Nombre): Renee Marie Cruz You have been sued. Lo han demandado. Petitioner's name is Nombre del demandante:

Henry Omar Cruz You have **30 calendar days** after this Summons and Petition are served on you to file a Response (form FL-120 or FL-123) at the court and have a copy served on the petitioner. A letter or phone call will not protect you. If you do not file your Response on time, the

court may make orders affecting your marriage or domestic partnership, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs. For legal advice, contact a lawyer immediately. Get help finding a lawyer at the California Court Online Self-Help Center (www.courtinfo.ca.gov/ selfhelp),at the California Legal Services Web site (www.lawhelpcalifornia.org), or by contacting yourlocal county bar association. NOTICE: The restraining orders on page 2: are effective against both spouses or domestic partners until the petition is dismissed, a judgment is entered or the court makes further orders. hese orders are enforceable anywhe California by any law enforcement officer who has received or seen a copy of them. **FEE WAIVER:** If you cannot pay the filing fee, ask the clerk for a fee waiver form. The court may order you to pay back all or part of the fees and costs that the court waived for you or the other party Tiene 30 días de calendario después de haber recibido la entrega legal de esta Citación y Petición para presentar una Respuesta (formulario FL-120) ante la corte y efectuar la entrega legal de una copia al demandante. Una o llamada telefónica o una audiencia de la corte no basta para protegerlo.

AVISO-LAS ÓRDENES DE RESTRICCIÓN SE ENCUENTRAN EN LA PÁGINA 2: Las órdenes de restricción están en vigencia en cuanto a ambos cónyuges o miembros de la pareja de hecho hasta que se despida la petición, se emita un fallo o la corte dé otras órdenes. Cualquier agencia del orden público que hava recibido o visto una copia de estas

EXENCIÓN DE CUOTAS: Si no puede paga la cuota de presentación, pida al secretario un formulario de exención de cuotas. La corte puede ordenar que usted pague, ya sea en parte o por completo, las cuotas y costos de la corte previamente exentos a petición de

usted o de la otra parte. The name and address of the court are (El

HH-26989

a nonprobate transfer can take effect or a right

expenditures and account to the court for all in your household need affordable health California. Covered California can help reduce

sin el consentimiento escrito de la otra parte o una orden de la corte, excepto en el curso habitual de actividades personales y comerciales o para satisfacer las necesidades de la vida; y (4.) crear o modificar una transferencia no testamentaria de manera que afecte la asignación de una propiedad sujeta a transferencia, sin el consentimiento por escrito de la otra parte o una orden de la corte. Antes de que se pueda eliminar la revocación de una transferencia no testamentaria, se debe presentar ante la corte un aviso del cambio y hacer una entrega legal

de dicho aviso a la otra parte. Cada parte tiene que notificar a la otra sobre cualquier gasto extraordinario propuesto por lo menos cinco días hábiles antes de realizarlo. y rendir cuenta a la corte de todos los gastos extraordinarios realizados después de que estas órdenes de restricción hayan entrado en vigencia. No obstante, puede usar propiedad unitaria cuasicomunitariao suv para pagar a un abogado que lo ayude o para pagar los costos de la corte. AVISO-ACCESO A SEGURO DE SALUD MÁS ECONÓMICO: ¿Necesita seguro de salud a un costo asequible, ya sea para usted o alguien en su hogar? Si es así, puede presentar una solicitud con Covered California. Covered California lo puede avudar a reducir el costo que paga por seguro de salud asequible y de alta calidad. Para obtener más información, visite www.coveredca.com. O llame a Covered California al 1-800-300-0213 ADVERTENCIA—IMFORMACIÓN IMPOR-TANTE De acuerdo a la ley de California, las propiedades adquiridas por las partes durante su matrimonio o pareja de hecho en forma conjunta se consideran propiedad comunitaria para fines de la división de bienes que ocurre cuando se produce una disolución o separación legal del matrimonio o pareia de hecho. Si cualquiera de las partes e caso llega a fallecer antes de que se divida la propiedad comunitaria de tenencia conjunta, el destino de la misma quedará determinado por las cláusulas de la escritura correspondiente que describen su tenencia (por , tenencia conjunta, tenencia en común o propiedad comunitaria) y no por la presunción de propiedad comunitaria. Si quiere que la presunción comunitaria quede registra la escritura de la propiedad, debería consultar con un abogado. Lawndale Tribune Pub. 12/31, 1/7, 1/14,

1/21/21

as personal representative to administer the estate of the decedent. THE PETITION requests the decedent's WILL and codicils, if any, be admitted to probate. The WILL and any codicils are available for

examination in the file kept by the court. THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the per-sonal 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: 01/20/21 at 8:30AM in Dept. 79 located at 111 N. HILL ST., LOS ANGELES, CA 90012

You may examine the file kept by the court. I

Hawthome Press Tribune Pub. 1/7, 1/14,

HH-26997

NOTICE OF PETITION TO ADMINISTER ESTATE OF: MICHAEL MELVIN WELCH CASE NO. 20STPB10526 To all heirs, beneficiaries, creditors, contingent

creditors, and persons who may otherwise be interested in the WILL or estate, or both of MICHAEL MELVIN WELCH APETITION FOR PROBATE has been filed by MARCHE L. BOOSE-WELCH in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that MARCHE L. BOOSE-WELCH be appointed

been a resident of this state for at least six months and of this country for at least three months immediately preceding the filing of this *Petition. (For a divorce, at least one person* in the legal relationship described in items 1a and 1c must comply with this requirement.) 3. Statistical Facts: Date of Marriage: July 27 2001 Date of Separation: March 1 2006 4. MINOR CHILDREN (Children born before (or born or adopted during) the marriage or domestic

partnership): Child's Name: **Data and State**, Birthdate: **Data and Age: Sex:** 5. **LEGAL GROUNDS** (Family Code Sections 2200-2210. 2310-2312): Divorce of the marriage or domestic partnership based on Irreconcilable Differences

6. CHILD CUSTPDY AND VISITATION (PAR-ENTING TIME): a. Legal Custody of children to Joint. B. Physical custody of children to Joint. C. Child visitation (parenting time) be granted to Petitioner as requested in Form FL-311 7.CHILD SUPPORT: a. If there are minor children born to or adopted by Petitioner and respondent before or during this marriage or domestic partnership, the court will make orders for the support of the children upon request and submission of financial forms by the requesting party. B. An earnings assignment may be issued without further notice. C. an party required to pay support must pay interest on overdue amounts at the "legal" rate, which is currently 10 percent.

03/12/19 Steve Lopez Esq. (SBN#224540) Notice: You may redact (black out) social security numbers from any written material filed with the court in this case other that a form used to collect child, spousal or artner support

FOR MORE INFORMATION: Read Legal Steps for a Divorce or Legal Separation () and visit "Families Change "at www.familieschange. ca.gov - an online guide for parents and children going through divorce or separation. NOTICE-CANCELLATION OF RIGHTS: Dissolution or legal separation may automatically cancel the rights of a domestic partner or spouse under the other domestic partner's or spouse's will, trust, retirement plan, power of attomey, pay-on-death bank account, sur vivorship rights to any property owned in joint tenancy, and any other similar thing. It does not automatically cancel the right of a domestic partner or spouse as beneficiary of the other artner's or spouse's life insurance policy. You should review these matters, as well as any credit cards, other credit accounts, insurance polices, retirement plans, and credit reports, to determine whether they should be changed or whether you should take any other actions Some changes may require the agreement of your partner or spouse or a court order wndale Tribune Pub. 12/31, 1/7, 1/14, 1/21/21

HL-26994



Si no presenta su Respuesta a tiempo, la corte puede dar órdenes que afecten su matrimonio o pareja de hecho, sus bienes la custodia de sus hijos. La corte también le puede ordenar que pague manutención, y honorarios y costos legales.

Para asesoramiento legal, póngase en contacto de inmediato con un abogado. Puede obtener información para encontrar un abogado en el Centro de Ayuda de las Cortes de California (www.sucorte.ca.gov), en el sitio web de los Servicios Legales de California (www.lawhelpca. org) o poniéndose en contacto con el colegio de abogados de su condado.

Hill Street, Los Angeles, CA 90012

2. The name, address, and telephone number of the petitioner's attorney, or the petitioner without an attorney, are: (El nombre, dirección y número de teléfono del abogado del demandante, o del demandante si no tiene abogado, son): Law Offices of Steve Lopez

8562 Florence Avenue, Downey, CA 90240 Phone: (562)904-1193 Date (Fecha): Feb 11, 2019 Sherri R. Carter,

Clerk, by (Secretario, por), Rebecca Baker-Stilles, Deputy (Asistente)

STANDARD FAMILY LAW RESTRAINING ORDERS Starting immediately, you and your spouse or domestic partner are restrained from: (1.) removing the minor children of the parties from the state or applying for a new or replacement passport for those minor children without the prior written consent of the other party or an order of the court; (2.) cashing, borrowing against, canceling, transferring disposing of, or changing the beneficiaries o any insurance or other coverage, including life health, automobile, and disability, held for the benefit of the parties and their minor children; (3.) transferring, encumbering, hypothecating concealing, or in any way disposing of an property, real or personal, whether community quasi-community or separate without the ritten consent of the other party or an order of the court, except in the usual course of business or for the necessities of life; and (4.) creating a nonprobate transfer or modifying a nonprobate transfer in a manner that affects the disposition of property subject to the transfer, without the written consent of the other party or an order of the court. Before revocation of 1-800-300-1506

WARNING-IMPORTANT INFORMATION California law provides that, for purposes of division of property upon dissolution of a marriage or domestic partnership or upon legal separation, property acquired by the parties during marriage or domestic partnership in joint form is presumed to be community property. If either party to this action should die before the jointly held community property is divided, the language in the deed that characterizes how title is held (i.e., joint tenancy, tenants in common, or community property) will be controlling, and not the community property presumption. You should consult your attorney if you want the community property presumption to be written into the

recorded title to the property. ÓRDENES DE RESTRICCIÓN ESTÁNDAR DE DERECHO FAMILIAR. En forma inmediata, usted y su cónyuge o pareja de hecho tienen prohibido:

(1.) llevarse del estado de California a los hilos menores de las partes, o solicitar un pasaporte nuevo o de repuesto para los hijos menores, sin el consentimiento previo por escrito de la otra parte o sin una orden de la corte; (2.) cobrar, pedir prestado, cancelar, transferir, deshacerse o cambiar el nombre de los beneficiarios de cualquier seguro u otro tipo de cobertura, como de vida, salud, vehículo y discapacidad, que tenga como beneficiario(s) a las partes y su(s) hijo(s) menor(es); (3.) transferir, gravar, hipotecar, ocultar o deshacerse de cualquier manera de cualquier propiedad, inmueble o personal, ya sea comunitaria, cuasicomunitaria o separa

HL-26995



Oven-Fried Fish & Chips Provided by BPT.

PREP TIME: 25 minutes COOK TIME: 45 minutes • SERVINGS: 4



Ingredients

- Canola or olive oil cooking spray
- 1 1/2 pounds russet potatoes, scrubbed and cut into 1/4-inch-thick wedges
- 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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PETSPETSPETSPETSPETS 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 gen erally 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





Peppa Pig

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.

