

South Bay Cities

Featuring the Weekly Newspapers of Hawthorne, Inglewood and Lawndale

Hawthorne Press Tribune
The Weekly Newspaper of Hawthorne

Inglewood News
The Weekly Newspaper of Inglewood

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. 6 - February 11, 2021

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Councilman Ralph Franklin is Recognized for His Years of Service



Inglewood Councilmember Dionne Faulk was thrilled to participate in Crenshaw Imperial Plaza's Ribbon Cutting Ceremony honoring former District 4 Councilman Ralph Franklin with a bench and "Koi Pond." Thank you NewMark Merrill Companies for honoring Ralph Franklin for his 18 years of service to the City of Inglewood and it's residents. Photo courtesy Inglewood Councilmember Dionne Faulk.

Relationship Specialist Brian Mattson Gives Advice for Valentine's Day

By Kiersten Vannest

When you think of Valentine's Day, you may think of mass-produced cards, a dozen red roses, and a heart-shaped box of chocolates. Perhaps you see it as just a special day to celebrate the love in your life. Whether you think of it as a commercial holiday or another way to express your devotion, relationship specialist and South Bay resident Brian Mattson, MFT, says the best way to celebrate this holiday with your partner is to listen to them. Sounds simple, right?

Mattson, born in Kansas City and a graduate of the University of Kansas, realized that his life was about to change when he got a promotion at his suit-and-tie consulting job. "They kind of laid out my future, and I literally fell against my boss's door in depression," says Mattson. Two weeks later, he quit that job, sold everything, and moved to San Francisco. He began working in a bookshop focused on psychology and spirituality, and as he read and learned more about it, he knew he wanted to pursue this new course. He went to graduate school in LA, and got a job working with foster kids in South Central LA. From here, his work evolved into helping couples.

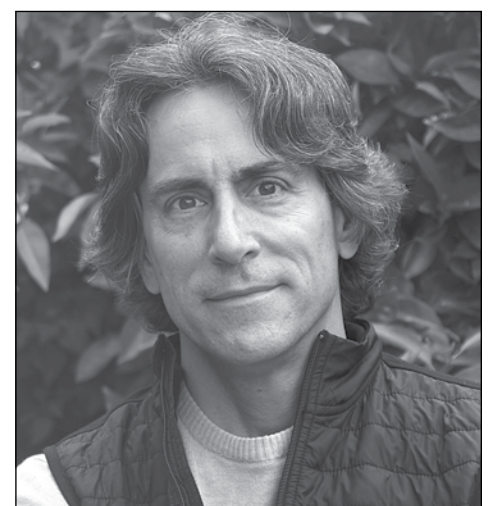
"I got a reputation for working with kids, but what ended up [happening] was the kids were usually okay," he says. "It was the parents that needed help." Through his work with parents, he narrowed down what he wanted to do with his training and focused on what he lovingly describes as the "dynamic aspect of couples."

After a few more years of trauma training and neurobiology couples therapy training, he moved into his current El Segundo office for private practice. Couples come to see him when they are no longer able to resolve conflict on their own or when communication has broken down. When everything is ending in a fight, the answer he offers is in the nervous system.

Mattson explains the nervous system as binary.

"It's either open for love and affection and empathy, or it's shut down to those things and turned on the defense." He connects this to past trauma, saying that every experience gets filtered through our wounding. If, for example, a person experiences attachment trauma that results in a break or injury to the bond with the primary caregiver at a young age, they may carry that trauma into their adult relationship and not even know it.

"A lot of times people don't remember what happened or how they got injured...but their nervous system always remembers," he says. So, when that important conversation in the relationship arrives, the body is already in defense, and being binary, this means it is shut off to love, affection, and empathy. If you enter a conversation with your partner from this place, whether you know it or not, you are relying on your fight or flight mode, working the more primitive parts of the brain to keep yourself safe. The more sophisticated prefrontal cortex and cortical area allow you to process the conversation and react from a more regulated place.



Brian Mattson, MFT, works with couples to improve their relationships.

"If you're in a defense based conversation, you don't get access to the best parts of your brain," says Mattson. He doesn't solve couples' problems, he says, he helps them to stay regulated so they have full access to their brain. So how do we recognize when we're in this mode?

Racing heart, flushed face, fidgeting... if your body is charging up for a fight or flight, you're likely not in listening mode. Learn to recognize your triggers, be mindful of your body, and work on regulating your mind so you can remain open to healthy dialogue.

"Love is always in the listening," says Mattson, "it's rarely in the talking."

In his practice, Mattson sees what he calls the Big Five, in terms of what brings in his clients, any of which can lead to divorce.

See Brian Mattson, page 5

Weekend Forecast

Friday
AM Showers
64°/51°



Saturday
Partly
Cloudy
61°/52°



Sunday
Mostly
Sunny
65°/50°



Entertainment

Film Review

Olivia Cooke and Jack O'Connell Fall In and Out of Love—And Consciousness—in *Little Fish*

By Morgan Rojas for cinemacy.com

While *Little Fish* is, at its heart, a sci-fi romance, its central story of a devastating virus causing irreversible damage to its affected has become less “science fiction” and more accurately the bizarre reality in which we live. Based on the short story by Aja Gabel, *Little Fish*—directed by Chad Hartigan—is a sensitive

protagonist. However, Olivia Cooke and Jack O'Connell give passionate performances that allow us to connect. Set to a sweeping score by composer Keegan Dewitt, *Little Fish* embraces its dark undertones. Even the title alone has an ironic ring to it, as it's commonly believed that fish have a memory span of 30 seconds, their forgetfulness being their weakness.



Little Fish, courtesy IFC Films.

and thought-provoking independent film that sparks nostalgia for simpler times.

Little Fish is a story about falling in love and falling out of consciousness, of waking up one morning and not recognizing the love of your life. Newlyweds Emma (Olivia Cooke) and Jude (Jack O'Connell) have a steady relationship—a true “us against the world” outlook—but even their bond isn't immune to the newly discovered virus causing catastrophic symptoms. NIA (also known as Neuro-Inflammatory Affliction) is a wicked virus that attacks the brain and causes permanent memory loss. Some lose it all at once, others fade slowly. And Jude, regrettably, is fading away slowly.

Without a cure and complete memory loss inevitable, Emma and Jude take it upon themselves to recreate the moments from their love story in the hopes of prolonging his conscious mind. Cue the polaroids with notes written on the back, daily walks around the neighborhood, and tattooing a little fish on their feet—symbolic of their deeply felt love for each other—all serving as Emma's ways of recording everything she can to cherish the present moment.

Much like Jude's slow progression towards the unfamiliar, *Little Fish* feels like a slow and somber drip of passing time. It's heavy and heartbreaking, matching the grim outlook of our

As we're all still in the thick of fighting through the emotional hardships of our collective COVID pandemic, *Little Fish* holds up a mirror and asks how we can better remember the moments that are important to us. It's not possible to put time in a bottle, but we all have those moments that were so special, you wish you could relive them again and again (for most of us, that moment is anytime pre-March 2020). *Little Fish*, now available On Demand and at Cinelounge Drive-In Hollywood, encourages us to treat memories as sacred gifts because life without memory is no life at all. •



Morgan Rojas

Your Neighborhood Therapist

Dear Neighborhood Therapist,

I am experiencing a high level of anxiety that I think is partly connected to my job, and maybe of course everything else that is happening in the world right now. Are there specific tools that I should use in order not to feel so terrible?

— *Fix Me Please, El Segundo*

Dear Fix Me Please,

This is one of the most frequent requests I receive, and I fear that I often disappoint people with my answer, which is this: it is likely to be no more helpful for me to suggest tools to manage anxiety than it would be for you to research it yourself. Read some articles and watch some videos, and see what works for you.

I know that is not a satisfying answer, but unfortunately the self-help industry has

trained us to believe that the problems of life all have “solutions” if we just “work on ourselves.” But what would happen if I, a trained professional and supposed “expert,” were to recommend some tools and coping mechanisms that didn't work for you? I suspect it would only make the anxiety seem worse, with a feeling of, “I'm not even capable of helping myself, or maybe I'm beyond help.”

You might feel bad, but you'd be in good company: “tools” do not work for everyone! Many do not find meditation, mindfulness practices, positive self-talk or any other kind of self-help very helpful at all. Self-help is an industry. It is designed to separate you from your money. Self help gurus tell you their methods should work (and thus implying that it's your fault they do not) is far more profitable than saying, “Buy this book. There

See *Therapist*, page 4

Finance

How To Plan For Your Child's College Costs

(BPT) - If your son or daughter is a high school senior this year, you're probably in the midst of applying to colleges right now. There's a lot for everyone to think about - where to apply, the steps involved in the application process and of course, the finances.

This year things are certainly more challenging. A recent College Ave Student Loans survey conducted by Barnes and Noble College Insights looked at how the pandemic has changed the approaches most families are taking to paying for college. Over half of the survey respondents (56%) reported that their finances have been negatively affected, with 58% of those families using their savings more than expected, 43% putting off big purchases and 29% leaning on credit cards. Financial setbacks like job loss have caused many families to seek alternatives to help pay for college costs.

While you're planning for your child's

education, it's important to figure these additional costs into your overall financial picture. Paying for college is not just about tuition, so it's a good idea to be prepared for additional expenses - and know your options for reducing those costs or covering them.

1) Room and Board

Paying for a dorm room and meal plan is a big part of student expenses. For freshman year, some schools don't allow students to live off-campus. Make sure to find out the rules for schools your son or daughter is applying to and discuss your family's preferences.

Some students may choose to live off-campus and rent an apartment. Depending on the proximity to campus and the area, it can still be costly.

If room and board or off-campus housing isn't covered by financial aid, those costs can be covered with student loan funds. And some

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Classifieds

The deadline for Classified Ad submission and payment is Noon on Tuesday to appear in Thursday's paper. Advertisements must be submitted in writing by mail, fax or email. You may pay by cash, check, or credit card (Visa or M/C over the phone).

Errors: Please check your advertisements immediately. Any corrections and/or changes in an ad must be requested prior to the following Tuesday deadline in order to receive a credit. A credit will be issued for only the first time the error appears. Multiple runs will only be credited for the first time the error appears. No credit will be issued for an amount greater than the cost of the advertisement.

Beware: Employment offers that suggest guaranteed out-of-state or overseas positions may be deceptive or unethical in nature. If you have any doubts about the nature of a company, contact the local office of the Better Business Bureau, (213) 251-9696. Herald Publications does not guarantee that the advertiser's claims are true nor does it take responsibility for those claims.

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WANTED

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To appear in next week's paper, submit your Classified Ad by Noon on Tuesday. Late Ads will incur a \$20.00 late fee.

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happiness

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From all of us at Herald Publications.

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Our website can no longer take inquires or emails

*Our newspapers are adjudicated of general circulation accordance with the laws of California. El Segundo Herald, Case Number 372819; Hawthorne Press Tribune, Case Number 187530; Inglewood Daily News, Case Number 601550; Lawndale Tribune, Case Number 479346.

Hawthorne Press Tribune

The Weekly Newspaper of Hawthorne

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Local Bakery Has a Love of Bread, Pastries and Community



Le Pain du Jour is a neighborhood bakery in the city of good neighbors, Hawthorne, California. This is not only where they own and operate their bakery, but it's also where they live, shop, and enjoy time with friends and family. Being deeply rooted in this community makes their mission that much stronger. They aim to provide authentic french bread and pastries to their locals and visitors of the community. Le Pain du Jour wants everyone to feel at home when they step through their doors and leave feeling better than when they came in. During these times, please support your local businesses. Photos courtesy Le Pain du Jour.

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CASH *for* COLLEGE Workshop



Assemblywoman Autumn Burke

invites you to this FREE VIRTUAL WORKSHOP created to help students and parents applying for financial aid and scholarships. Your local financial aid experts will answer all your questions about FAFSA, CA Dream Act, Middle Class Scholarship, and more!

TUESDAY, FEBRUARY 16, 2021 | 5:30 p.m. – 7:30 p.m.

You can watch this workshop through FB Live at:
[Facebook.com/AssemblywomanAutumnRBurke](https://www.facebook.com/AssemblywomanAutumnRBurke)



For more information, please call (310) 412-6400 or visit: asmc.org/Burke

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Lawndale Tribune

AND LAWNDALE NEWS

The Weekly Newspaper of Lawndale

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Lawndale Library Helps with Your Printing Needs Through Contactless Pickup



No printer at home? No problem! Use our wireless printing service and arrange to pick up your documents at any of our Sidewalk Service locations. Print jobs will be immediately placed in an envelope for confidentiality. For more information, please visit: <https://lacountylibrary.org/print/>. Photo courtesy of County of Los Angeles.

Therapist

from page 2

is a chance it will work for you.”

Instead, if you want “tools,” the best place to look is at your own life and experience. Chances are that you already have everything you need. Finding a strategy to confront stress and anxiety is hard to do - most of us could use some outside help to look inside - but here are a few questions that may help with a framework to get started:

Which of your skills, and which aspects of your personality, have you employed to manage difficult situations in the past?

What was it about the specific actions that you took that caused the anxiety to remain at a reasonable level?

What lessons did you take from these experiences that may be applicable to the present circumstances?

Take some time to think through these answers. (I always find that writing down the answers to difficult questions helps me clarify my thinking; you may find it helpful as well.)

Next: when you think about the last time anxiety was manageable, what was different

from what is happening now?

Finally, now that you have looked critically at your current circumstances, are you able to identify any sources of anxiety? If so, can you address or resolve them?

These questions are important because so much of what we experience as anxiety is connected to what is happening around us. All of the self help in the world won't help much in a horrible situation (pandemics certainly qualify as horrible). Eliminating the sources of anxiety - or reducing their influence - is far and away the most effective way to feel better.

Please write to tom@tomandrecounseling.com or text to 310.776.5299 with questions about handling what is affecting your life, your family, the community or the world. Tom Andre is a Licensed Marriage & Family Therapist (LMFT119254). The information in this column is for educational purposes only and nothing herein should be construed as professional advice or the formation of a therapeutic relationship. •

Finance

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students save money their first year or two by enrolling in a local college or university and living at home.

2) Textbooks and Supplies

Books and supplies can cost hundreds or even thousands of dollars each year depending on your area of study. You can use student loans to help cover the purchase of a computer, books, required class supplies and school-related fees.

Research ways to save on books. Most schools offer used textbooks as an option in their college bookstores, or you can often find used textbooks online. In some cases, you can rent expensive textbooks. In many cases, e-books are much more affordable than actual textbooks.

3) Transportation

Consider the costs to commute to school every day - parking, gas or public transportation. Don't forget to factor in any trips home throughout the year that might require a train or airfare.

It's essential to know the full cost of at-

tending college when your family is making plans together. Adding these further costs to tuition, you may find that the grants or scholarships your child is offered, on top of federal student loans or work-study options they may be eligible for, will not cover everything for the school year. Unexpected expenses can also come up, such as unanticipated fees or supplies, or a roommate bailing on a shared apartment.

If your son or daughter needs additional funds, one option is getting a private student loan through College Ave, which offers competitive rates and a three-minute application. Families have choices about when to start making payments and how long to take to pay back the loan, making it easy for them to balance a monthly budget while minimizing the total cost.

To see how much your monthly bills could be upon graduation, explore tools like the College Ave student loan calculator to make sure the loan amount fits your family's monthly budget. •

Inglewood News

The Weekly Newspaper of Inglewood

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Zoran Retires to a Comfortable Life After Many Years of K9 Service in Inglewood



K9 Zoran has officially retired from service. His handler, Officer and now K9 Sergeant Chocano will ensure that the rest of Zoran's days are left to stay at home, watch football (or chase it) and relax in good health. Thank you K9 Zoran for your years of service, companionship, disappearing food items, and laughs. The residents of Inglewood thank you for your assistance in patrol and explosive detection. Photo courtesy Inglewood Police Department.

"I enjoy celebrating Valentine's Day. It's a nice way to say you're thinking about your family, someone special, or dear friends."

— CAMILA ALVES

Brian Mattson

They are, in order of prominence: sex, money, housekeeping, and childrearing and extended family interchangeably. Far more important than the occurrence of these conflicts, or the frequency of their occurrences, he says, is the couple's ability to repair afterward. This means truly understanding the position of the other person and creating a plan to avoid it in the future.

Relationships, according to Mattson, go through a linear pattern of "ideal, ordeal, and real deal." The ideal is the phase of a couple loving each other intensely for the version of them that's created in their minds. The ordeal is the phase where they start to realize who they really are. The real deal comes after, when they can decide if they truly love this person for themselves, and if they are better for it.

As for what you can do to create a healthier relationship this Valentine's Day, Mattson recommends a few things.

First, for couples that are already in the real deal, do an activity with your partner



Brian Mattson and his son Kaden enjoy surfing the waters off El Segundo Beach.

from front page

that does not involve talking. Go for a walk hand in hand, or gaze into each other's eyes, wordless. Embrace the discomfort that comes with it, and learn from it. Take inventory of your partner, and take the time to check in.

Second, for newer couples, write a relationship contract. Mattson suggests that happiness is measured against expectations. Physically write up a contract stating what you want out of the relationship and what you're willing to offer, especially regarding the Big Five. Clearly define your boundaries and expectations. How do you feel about friends of the same and opposite sex? Do you need to meet them? Does your partner need to tell you when they'll be home, or can they just show up? Who will pay the bills, and will you join bank accounts?

Finally, for all couples, plan for important conversations. Prepare to be in the right headspace, in a comfortable place. Talk about your one, five, and ten-year goals and visions.

Most of all, and most importantly, listen. •

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PUBLIC NOTICES

Fictitious Business Name Statement 2021013081

The following person(s) is (are) doing business as JP MARKETING, 1236 JASMINE WALK, TORRANCE, CA 90502, LOS ANGELES COUNTY. Registered Owner(s): YOSHIYUKI FUTAMI, 1236 JASMINE WALK, TORRANCE, CA 90502. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: 1/2021. Signed: YOSHIYUKI FUTAMI, Owner. This statement was filed with the County Recorder of Los Angeles County on January 15, 2021. NOTICE: This Fictitious Name Statement expires on January 15, 2026. A new Fictitious Business Name Statement must be filed prior to January 15, 2026. Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Hawthorne Press Tribune: Pub. 1/28, 2/4, 2/11, 2/18/21 **HH-2060**

Fictitious Business Name Statement 2021016541

The following person(s) is (are) doing business as I.V. MIXIN' LLC, 4056 W 135TH ST. APT. C, HAWTHORNE, CA 90250, LOS ANGELES COUNTY. AI #ON: 202033610748. Registered Owner(s): I.V. MIXIN' LLC, 4056 W 135TH ST. APT. C, HAWTHORNE, CA 90250. This business is being conducted by a Limited Liability Company. The registrant commenced to transact business under the fictitious business name or names listed above on: 12/2020. Signed: I.V. MIXIN' LLC, IVETTE M HERRADOR, Owner/Manager. This statement was filed with the County Recorder of Los Angeles County on January 22, 2021. NOTICE: This Fictitious Name Statement expires on January 22, 2026. A new Fictitious Business Name Statement must be filed prior to January 22, 2026. Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Hawthorne Press Tribune: Pub. 2/11, 2/18, 2/25, 3/4/21 **HH-2074**

FOR MORE INFORMATION CALL 310-322-1830

PUBLIC NOTICES

City of Hawthorne Hosts Public Workshop for Noise Exposure Map Update

In February 2021, the public is invited to participate in an online community workshop on the Noise Exposure Map (NEM) Update. The City of Hawthorne is conducting a Hawthorne Municipal Airport. Funding for the noise study is provided by the Federal Aviation Administration (FAA) and the City of Hawthorne. This will be the third and final public workshop for this planning effort. Due to the COVID-19 pandemic, the final public workshop will be conducted virtually over the course of three weeks by a series of Zoom meetings, which will be scheduled for small groups to review the presentation boards and to ask questions. Members of the public will need to preregister for a timeslot online starting seven days prior to the meeting. All meeting dates will be published on the project website so participants can schedule a time accordingly. Meeting dates and times are as follows: *February 11, 2021 from 6:00 p.m. to 8:00 p.m. *February 18, 2021 from 2:00 p.m. to 4:00 p.m. *February 25, 2021 from 6:00 p.m. to 8:00 p.m. To sign up for a date to attend, please go to the project website at <http://hawthornenoise.airportstudy.com/> to select a 25-minute session. Participants will receive an email with the Zoom link and password. If special accommodations are required, please request during the online sign-up process. If you are unable to attend one of the public workshops, a pre-recorded presentation will be available to review on the project website. Additionally, digital copies of the NEM materials will be available at the project website. Comments regarding the study may be submitted through the project website. If you do not have internet access, the following accommodations are available: *To listen to the pre-recorded presentation, computer will be available at the airport. Please contact (310) 349-1637 to make an appointment.

*For those who cannot attend online but wish to participate in one of the Zoom sessions, please contact the airport at (310) 349-1637 and you will be provided a call-in number. *Printed copies of the NEM materials will be available at the airport for public review. Please contact the airport at (310) 349-1637 to make an appointment. The public is encouraged to submit project comments via mail, email (hawthorne@coffmanassociates.com), and in person. The mailing address is: Hawthorne Municipal Airport, Attention: Guido Fernandez, Airport Manager, 12101 S. Crenshaw Blvd, Ste #300 Hawthorne, CA 90250. While 14 CFR Part 150 of the Federal code does not specify the types of public outreach required, in addition to three public workshops, the Hawthorne Municipal Airport staff and consultants have reached out to a broad base of stakeholders to form a Planning Advisory Committee (PAC) to provide input and feedback on the technical study material. The PAC is comprised of local residents, homeowner associations, local planning agencies, Airport users, representatives from the aviation and business community, as well as state and federal agencies. The project website is available for the community to stay informed and download project documentation and meeting notices. The website is available at: <http://hawthornenoise.airportstudy.com/>. The comment period will be extended for two weeks after the final public workshop to provide the public an opportunity to comment on the project. The comment period will close on March 11, 2021. For more information, visit the project website or call Guido Fernandez, Airport Manager, Hawthorne Municipal Airport at (310) 349-1637. Hawthorne Press Tribune Pub. 2/4, 2/11, 2/18/21 **HH-27021**

NOTICE OF PETITION TO ADMINISTER ESTATE OF: PATRICIA A. LEE CASE NO. 21STPB00598

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of PATRICIA A. LEE. A PETITION FOR PROBATE has been filed by RANDY KING GRIMSLEY in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that RANDY KING GRIMSLEY 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: 03/25/21 at 8:30AM in Dept. 9 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: DAVID SARAZEN - SBN 242721 LAW OFFICE OF DAVID SARAZEN 38180 DEL WEBB BLVD. PMB 83 PALM DESERT CA 92211 2/4, 2/11, 2/18/21 CNS-3436170# LAWNDALE NEWS Lawndale Tribune Pub. 2/4, 2/11, 2/18/21 **HL-27018**

NOTICE OF AMENDED PETITION TO ADMINISTER ESTATE OF: NAOMI REEVES COTRIGHT AKA NAOMI COTRIGHT CASE NO. 20STPB05964

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the lost WILL or estate, or both of NAOMI REEVES COTRIGHT AKA NAOMI COTRIGHT. AN AMENDED PETITION FOR PROBATE has been filed by STEVEN COTRIGHT in the Superior Court of California, County of LOS ANGELES. THE AMENDED PETITION FOR PROBATE requests that STEVEN COTRIGHT be appointed as personal representative to administer the estate of the decedent. THE AMENDED PETITION requests the decedent's lost WILL and codicils, if any, be admitted to probate. The lost WILL and any codicils are available for examination in the file kept by the court. THE AMENDED PETITION requests authority to administer the estate under the Independent Administration of Estates Act with limited authority. (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: 04/07/21 at 8:30AM in Dept. 9 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: ANNA M. SCHNEIDER - SBN 169608, STEARNS KIM, STEARNS & RYAN 3424 WEST CARSON STREET SUITE 670 TORRANCE CA 90503 BSC 219409 2/11, 2/18, 2/25/21 CNS-3439689# Inglewood Daily News Pub. 2/11, 2/18, 2/25/21 **HI-27025**

NOTICE OF PETITION TO ADMINISTER ESTATE OF: THOMAS G. DECKER CASE NO. 21STPB00815

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of THOMAS G. DECKER. A PETITION FOR PROBATE has been filed by ALAN F. RIECHMAN in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that ALAN F. RIECHMAN be appointed 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 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: 03/15/21 at 8:30AM in Dept. 67 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: ERIN E. DIXON - SBN 183013 LAW OFFICES OF ERIN E. DIXON 1840 S. ELENA AVENUE SUITE 100 REDONDO BEACH CA 90277 2/11, 2/18, 2/25/21 CNS-3438611# Inglewood Daily News Pub 2/11, 2/18, 2/25/21 **HI-27026**

CITY OF INGLEWOOD INVITATION TO SUBMIT BID

Project Subject to Bid: Police Locker Room Project (CB-21-06) The City of Inglewood, California hereby extends an invitation to submit a proposal in accordance with this bid, to provide labor and materials and/or completing the above designated project. The City makes no representation that any agreement will be awarded to any firm/company responding to this request. A mandatory pre-bid conference and walk through for interested bidders will be conducted on Wednesday, February 17, 2021, at 10:00 AM at the 2nd Level, open area of the Inglewood Police Building at One Manchester Blvd., Inglewood, CA. For more information or assistance, please contact Boytress Ossias (Senior Engineer) or Kenrick Sanderlin (Associate Engineer), at (310) 412-5333. Each bid to be considered must be delivered to and received by the City Clerk no later than 11:30 AM on Wednesday, March 10, 2021 at the Office of the City Clerk, Inglewood City Hall, One Manchester Boulevard, Inglewood, CA 90301. Each bid shall be submitted and completed in all particulars using the form entitled, "Bidder's Proposal and Statement" attached hereto. The submitted bid must be enclosed, together with the requisite bid security, in a sealed envelope addressed to the City Clerk with the designation of the project: Police Locker Room Project appearing thereon. Each bid shall state the unit price of each item if called for in the Bidder's Proposal and Statement form. In the event alternative bids are called for in said form, each alternative bid shall be completed. Bids will be opened in public in the City Clerk's Office and will be announced to all persons present. Specifications and other bid documents for the project are on file in the Public Works

Department, and may be obtained upon payment of \$50 for one set of copies and \$15 for each CD copy. Each bid must be accompanied by a deposit in the form of cash, a cashier's or certified check made payable to the City of Inglewood, or a bid bond, for an amount of not less than ten percent (10%) of the aggregate of the bid. This is a guarantee that the successful bidder will, within the time specified, enter into an agreement as provided in the bid document. Bidder shall furnish bonds when required in the Special Provisions: One for faithful performance in the amount of the contract sum; and another for contractor's labor and materials in the amount of the contract sum. The City Council reserves the right to reject any or all bids and to waive any irregularities in any bid, and to take bids under advisement for a period not to exceed sixty (60) calendar days from and after the date bids are opened and announced. Attention is directed to the provisions of Labor Code § 1725.5: No contractor or subcontractor may be listed on a bid proposal for a public works project (submitted on or after March 1, 2015) unless registered with the Department of Industrial Relations (with limited exceptions for this requirement for bid purposes only under Labor Code Section 1771.1a). No contractor or subcontractor may be awarded a contract for public work on a public works project (awarded on or after April 1, 2015) unless registered with the Department of Industrial Relations. All contractors and subcontractors must furnish electronic certified payroll records to the Labor Commissioner for all new projects awarded on or after April 1, 2015. The Labor Commissioner may excuse contractors and subcontractors on a project that is under the jurisdiction of one of the four legacy DIR-approved labor compliance programs (Caltrans, City of Los Angeles, Los Angeles Unified School District and County of Sacramento) or that is covered by a qualified project labor agreement. This project is subject

to compliance monitoring and enforcement by the Department of Industrial Relations. Attention is directed to the provisions of Sections 1777.5 and 1777.6 of the California Labor Code concerning the employment of apprentices by the Contractor or any subcontractor under them. The Contractor and/or any subcontractor shall comply with the requirements of said sections regarding employment of apprentices. Information relative to apprenticeship standards and administration of the apprenticeship program may be obtained from the California Department of Industrial Relations, Division of apprenticeship with the District office address at 160 Promenade Circle, Suite 300, Sacramento California, or the local District office at 320 W. 4th Street, 4th floor, Los Angeles, California 90013. Notice is hereby given that the City Council has ascertained the prevailing rates of per diem wages in the locality in which the work is to be performed for each craft or type of workman or mechanic needed to execute the contract in accordance with the provisions of Section 1770, et. seq. of the Labor Code. Said prevailing rates are on file in the Office of the City Clerk and are incorporated herein by reference. Copies shall be made available to any interested party on request. Attention is directed to the provisions of California Public Contract Code Section 10164 concerning Contractor's licensing laws. This contract requires at least a valid California State Contractors License with a classification of "A" at the time of the bid. The successful bidder must obtain and maintain a current Inglewood City Business License until completion of the project. This notice is given by order of the City Manager of the City of Inglewood, California, and is dated this _____ day of _____, 2019. Artie Fields, City Manager City of Inglewood, California. Inglewood Daily News Pub 2/11, 2/18/21 **HI-27027**

Hawthorne Emergency Rental Assistance Grant Program

Hawthorne is now accepting applications for its final round of Emergency Rental Assistance Grants. Under this program, qualifying individuals and families who have lost income due to the COVID-19 pandemic may receive up to \$1,000 per month to assist with paying their delinquent rent. This assistance can be provided for up to six consecutive months. In order to qualify, applicants must live in the City of Hawthorne, demonstrate financial impact due to COVID-19, and meet certain income requirements. They will be required to provide valid identification, proof of tenancy, and verification of income. Landlords will be also be required to provide proper documentation and agree to certain restrictions. Funds for this program are limited. Approximately 300 low- and moderate-income households are expected to receive assistance. Residents are encouraged to apply online at www.cityofhawthorne.org/erag. Applications will be accepted until all funds have been exhausted. Hawthorne Press Tribune Pub 2/11, 2/18, 2/25 and 3/4/21 **HH-27028**



Programa de Subsidios para Asistencia de Alquiler de Emergencia

El Ayuntamiento de la Ciudad de Hawthorne ahora está aceptando solicitudes para su ronda final de Subsidios para Asistencia de Alquiler de Emergencia. Bajo este programa, las personas y familias que califiquen quienes han perdido ingresos debido a la pandemia COVID-19 pueden recibir hasta \$1,000 por mes para ayudar con el pago de su alquiler moroso. Esta asistencia puede proporcionarse hasta seis meses consecutivos. Para calificar, los solicitantes deben vivir en la ciudad de Hawthorne, demostrar el impacto financiero debido a COVID-19, y cumplir con ciertos requisitos de ingresos. Se les pedirá que proporcionen una identificación válida, un comprobante de arrendamiento y una verificación de los ingresos. Los propietarios/arrendadores también deberán proporcionar la documentación adecuada y aceptar ciertas restricciones. Los fondos para este programa son limitados. Se espera que aproximadamente 300 hogares de bajos y moderados ingresos reciban asistencia. Se incentiva a los residentes a aplicar en línea en el sitio web www.cityofhawthorne.org/erag. Las solicitudes serán aceptadas hasta que se hayan agotado todos los fondos. Hawthorne Press Tribune Pub 2/11, 2/18, 2/25 and 3/4/21 **HH-27028**

RESOLUTION NO.: 21-68

A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF INGLEWOOD DECLARING ITS INTENTION TO GRANT A FRANCHISE TO GOLDEN STATE WATER COMPANY PURSUANT TO PUBLIC UTILITIES CODE 6201 ET SEQ. AND SETTING FORTH THE DAY, HOUR AND PLACE FOR A PUBLIC HEARING. WHEREAS, Golden State Water Company, formerly known as Southern California Water Company, a California corporation had a Franchise to use or lay and use pipes and appurtenances for transmitting and distributing water under, along, across or upon public streets, ways, alleys and places in the City of Inglewood pursuant to Ordinance No. 2364, which has now expired; and WHEREAS, pursuant to Sections 6201 through 6302 of the Public Utilities Code referred to as the Franchise Act (hereafter referred to as the "Act"), Golden State Water Company

(the "Company") has made application for a Franchise to continue to use or lay and use pipes and appurtenances for transmitting and distributing water under, along, across or upon public streets in the City of Inglewood; and WHEREAS, pursuant to Section 6232 of the Act, the City Council now declares its intention to grant a Franchise to said Company and sets forth the day, hour and place where all persons having any objection to the granting thereof may appear before the legislative body and be heard thereon. NOW THEREFORE, THE CITY COUNCIL OF THE CITY OF INGLEWOOD DOES HEREBY RESOLVE TO: SECTION 1. Declare its intention to grant a franchise to Golden State Water Company pursuant to 6201 et seq. of the California Public Utilities Code. 2. Give notice, hereby that on the 9th day of March, 2021 at 2:00 P.M., a public hearing will be held in the Council Chambers of the City

Hall, One Manchester Blvd, Inglewood, California 90301, where all persons having any objection to the granting thereof may appear before the legislative body and be heard thereon. 3. Inform that public that any interested person may file a written protest with the City Clerk prior to the conclusion of the public hearing. A written protest shall state all grounds of objection. SECTION 2. The City Clerk is hereby authorized and directed to give notice of such public hearing as provided by law. BE IT FURTHER RESOLVED, that the City Clerk shall certify to the adoption of this resolution and the same shall be in full force and effect immediately upon adoption. Passed, approved, and adopted this 28th day of January, 2021. BY: James T. Butts, Jr., Mayor ATTEST: Aisha L. Thompson, City Clerk Inglewood Daily News Pub. 2/11, 2/18/21 **HI-27032**

Happy Valentines Day from Herald Publications



GUNDOGRAM

SUBMIT YOUR YUM DISH!!

Stuffed Zucchini

Provided by BPT.

PREP TIME: 20 minutes

TOTAL TIME: 1 hour • SERVINGS: 4

When you're looking for an elegant side dish that tastes as good as it looks, give this recipe a try...it makes a great complement to most main dishes.



Ingredients

- 2 medium zucchini or 2 baby eggplants
- 1 tablespoon olive oil
- 1 large onion, sliced (about 1 cup)
- 1 medium carrot, diced (about 1/2 cup)
- 1 cup cooked instant brown rice
- 1 1/2 cups Prego® Traditional Italian Sauce
- 1/4 teaspoon dried oregano leaves, crushed
- 4 tablespoons grated Parmesan cheese

Directions

- **Step 1:** Cut the zucchini in half lengthwise. Using a melon baller, scoop the pulp out of each zucchini half, leaving an 1/8-inch-thick shell. Dice the pulp and reserve the zucchini shells.
- **Step 2:** Heat the oil in a 10-inch skillet over medium heat. Add the onion, carrot and zucchini pulp and cook until the vegetables are tender, stirring occasionally. Stir in the rice and 1 cup sauce and cook until the mixture is hot and bubbling.
- **Step 3:** Spoon the vegetable mixture into the zucchini shells. Place the filled shells into a 2-quart shallow baking dish. Top with the remaining sauce. Sprinkle with the oregano and cheese.
- **Step 4:** Bake at 400°F. for 30 minutes or until the zucchini shells are tender.

Recipe Tips

- **Leftovers:** This recipe is a great way to use up leftover rice.

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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Minnie

Why are there so many kittens and cats out there to save? An unspayed kitten can begin to have babies at as young as 5-6 months of age. With kittens themselves having kittens in a season that lasts for at least seven months, the birth rate in just one year is explosive. We will never run out of kittens; what we fight so hard to end is the unnecessary suffering and death of those mamma cats and babies born on the streets. Please spay and neuter your pets; assistance is available! Along with spay and neutering, if just 2% of the



Cooper

pet-owning households in America fostered one pet a year, we could stop euthanizing healthy pets in shelters..

Minnie is a cute tortoiseshell kitten who will be the first one to come sit on your lap in the morning after her breakfast. She has beautiful golden eyes and an interesting half divided dark side and lighter side face. Minnie will do better without young children as she prefers to stay away from the rambunctious, noisy play that children sometimes enjoy. This loving girl has would do well with adults, older children and another kitty in her new home.

Cooper is a great looking guy. He must know he is too, which would explain why he thinks he can get away with being a pain in the neck sometimes. Cooper likes getting his way and being told he's a handsome boy. Cooper would prefer to be an solo kitty and would be best placed with an experienced cat person.

Modine and **Phillip** are brothers from another mother! They found each other and formed a bond which we love and will keep them together forever. Modine is a fluffy gray and white kitty who is a former bottle baby. He loves people but can be a little mouthy so watch him around small children. Phillip, a beautiful orange tabby, was rescued as a young kitten and has learned to trust people after a scary start on the streets. Both boys are great at cuddling and will want to share your bed. Playtime is an event to be seen with these two. They love to chase the wand toy and will jump, flip and soar in the air to catch it. The bond between these two boys is great so please do not ask that they be split up.

Forrest is the sassiest boy his fosters have ever met. Full of personality, Forrest will play hide and swipe as you walk past the bed or by his kitty condo. Giving a playful little "Boop!", Forrest will let you know he is around and ready to play! He is still learning to cuddle for long periods of time but thoroughly enjoys being scooped up and held. This boy is highly observant and talkative. He will tell you about his day with happy "meows" and sets boundaries with gentle nibbles. Forrest loves the smaller kittens in his foster home and would love to have a



Cedar

live-in playmate that can keep up with him!

Cedar is an adorable, loving kitty who will continue to head butt your hand until you give him the loving that he so richly deserves. Cedar can be shy at first as he is a sensitive guy and changes rock his world for a bit. But once he knows he can trust you, Cedar will show you how super attentive he can be. He is soft and has the biggest puddy tat eyes. Cedar is better in an adult household because little ones are unpredictable to him and may cause him to retreat. He is great with other cats and has a few buddies at the adoption center where he lives. While Cedar can be an only cat, we believe he would come to trust his new family quicker if he had a cat friend with him.

These cats and kittens are available for adoption through Kitten Rescue, one of the largest cat rescue groups in Southern California. All our kitties are spayed/neutered, microchipped, tested for FeLV and FIV, dewormed and current on their vaccinations. Temporarily, adoption events are suspended. For additional information and to see these or our other kittens and cats, please check our website www.kittenrescue.org or email us at mail@kittenrescue.org.

With our city and state shut down, we are faced with the delicate balance to protect our fellow humans from the spread of COVID-19, while continuing our mission of saving the most vulnerable victims of the

homeless cat crisis. We know that these are hard times for everyone. If you can give a little, it will go a long way. They are still counting on us during these difficult times. Your tax-deductible donations for the rescue and care of our cats and kittens can be made through our website or by sending a check payable to Kitten Rescue, 914 Westwood Blvd. #583, Los Angeles, CA 90024.

Saving one animal won't change the world, but the world will surely change for that animal. •



Forrest



Modine and Phillip

Happy Tails

Pooh is the sweet four-year-old boy who for reasons unknown was surrendered to East Valley Shelter at the beginning of November 2020. We learned on Giving Tuesday that although Pooh sadly had already been at the shelter for a month, he was taking it in stride as the gentle giant he is! Pooh spent a few days at our sanctuary and then went to a Kitten Rescue foster.

Pooh, now living the good life he deserves in his fur-ever home!! Adoptions like these spark so much joy and energize us to save more and more and....more! Have the best life, Pooh!

When you adopt a "pet without a partner", you will forever make a difference in their life and they are sure to make a difference in yours. •



Happy New Beginnings for Pooh and his new family.