

South Bay Cities

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The Weekly Newspaper of Hawthorne

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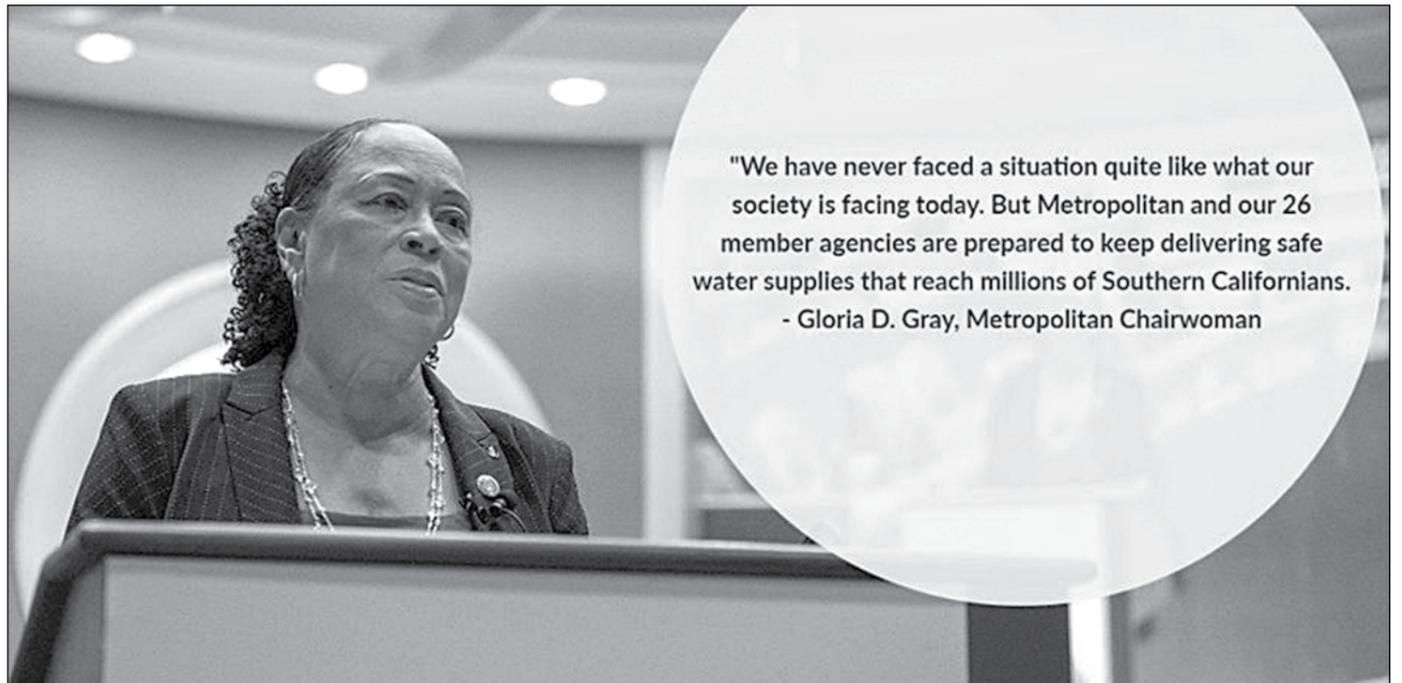
Lawndale Tribune
AND LAWDALE NEWS The Weekly Newspaper of Lawndale

Herald Publications - El Segundo, Hawthorne, Lawndale & Inglewood Community Newspapers Since 1911 - (310) 322-1830 - Vol. 2, No. 14 - April 2, 2020

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Chairwoman Gloria Gray Assures Drinking Water is Safe and Reliable



"We have never faced a situation quite like what our society is facing today. But Metropolitan and our 26 member agencies are prepared to keep delivering safe water supplies that reach millions of Southern Californians."
- Gloria D. Gray, Metropolitan Chairwoman

We are prepared, said Chairwoman Gloria Gray during a recent @bankofthewest webinar. She talked about what Metropolitan and its member agencies are doing to keep the water flowing to SoCal during this challenging time. Listen to a sound bite: <https://youtu.be/QkZiP17Gyo4> Photo West Basin Municipal Water District.

Mark and Marcia Marion Reminisce About Their Life in El Segundo

By Duane Plank

Long-time El Segundo residents Mark and Marcia Marion had a dilemma. They had agreed to an interview with a Herald reporter that would touch-on their more-than 50 years of residence in the city. The interview was set-up on a Monday and was to take place at their home in the Northwest side of town on Friday.

But two days after the interview was agreed to, the seriousness of the pandemic novel coronavirus took a 360-degree turn. On that Wednesday, it was revealed that the NBA's Utah Jazz center Rudy Gobert had tested positive for the virus. And that started the ominous tipping-point dominoes falling, with the NBA quickly suspending its season. In seemingly lockstep actions, the NHL, MLB, and virtually all sports, except for horseracing, shutdown indefinitely. State and local governments drafted regulations that basically confined citizens to their homes, people raced to local stores to hoard toilet paper, and the term "social distancing" trended to the top of Google searches.

The Marion's dilemma: should they allow the reporter, a total stranger, to enter their home to conduct the interview on that rainy Friday afternoon? Mark graciously greeted me at the door to his house, saying "We are going to let you in. We are glad to have you."

Marcia Jane (Tuck) Marion has a long lineage in El Segundo, with her grandparents moving here a few years prior to the 1917 incorporation of the city. Mark and Marcia are considered icons in the city, so much so that when El Segundo celebrated its 100th anniversary in 2017, they were selected to post three-minute You Tube videos, filmed by El Segundo TV, in which they expressed their love for El Segundo.

Mark was an elementary school teacher in El Segundo for 31 years, and after "retiring,"

spent more than a decade as a substitute teacher in the neighboring Wiseburn School District. Marcia, who graduated from El Segundo High School, worked as a schoolteacher, toiled for the airlines (Mark had an idea that if Marion worked for the airline industry, they could travel more), and ended up working for the city of El Segundo in the finance department.

Marcia said that Mark is still recognized by many of the students that he mentored, some who still live in town. She said that even at a Claremont brewery, Mark was recognized by a former student, who shouted "Mr. Marion! I wanted to tell you how much I appreciated you, you taught me to read!"

Marcia's grandfather was J.W. Gilbert, who settled locally in 1912, looking for work in the oil industry at the soon-to-be bustling Standard Oil facility. He was a chemist in the oil industry and founded the Gilbert's Department Store on Richmond Street.

Marcia's father, Arthur, worked for Standard Oil, then took a shot at running a store adjacent to Gilbert's venture on Richmond Street, before returning to the oil-industry when the Great Depression, which started in 1929, shuttered businesses nationwide. Tuck returned to Standard Oil, where he worked into the 1960's before retiring.

Marcia's mother, Marieum, was a school-teacher in El Segundo, but was let go in the early 1920s during a time when, Mark said, some school district's employment policy was geared towards hiring men because they were the breadwinners, not married women. The prevailing thought at that time, the Marion's said, was "jobs should go to men." Marieum found a teaching gig with the nearby Wiseburn School District, and spent more than four decades there, teaching students, many who were of Japanese descent. This was in the World War II

See Marion, page 4



Mark and Marcia Marion

Weekend Forecast

Friday

Partly Cloudy
67°/54°



Saturday

Partly Cloudy
67°/55°



Sunday

PM Showers
63°/55°



Entertainment

Film Review

Stream Netflix's Musical Short *Anima*, a Dream For These Modern Times

By H. Nelson Tracey for cinemacy.com

Marianne (Noémie Merlant), a young female painter, is escorted to a remote French island with an impossible task: she must paint another woman, Héloïse (Adèle Haenel), without her knowing that she is Marianne's muse. Héloïse is to be married, and this portrait will be what seals the future relationship. For Marianne to accomplish this, she must befriend Héloïse and conceal the true assignment at hand. This is just the beginning of one of the most spectacular and mysterious movies of 2019, now streaming on Hulu.

only has four characters, which in some interpretation could align with each element. Like great visual art, there is a clear story to be told upon first glance, but with further scrutiny, more significant themes continue to bring themselves to the forefront.

Fire is the most ostensibly visible element, especially given the title. In this pre-electricity era, nearly every shot has some fire lit, and Marianne's arrival on the island sparks both a literal and metaphorical flame that burns through the rest of the movie. There is a visual warmth here that absorbs us for the entire runtime. And yet, I would



Portrait of a Lady on Fire courtesy of NEON.

One of the most exciting components of *Portrait* is that the story invites the audience to participate in the character's goals. We often watch characters in movies try to overcome an insurmountable obstacle and vicariously cheer them on without having any ability to be in their shoes. In the case of this film, the protagonist is tasked with a straightforward yet challenging goal: study a woman close enough to be able to paint her accurately. With this premise and an excellently paced reveal of information, we too join in on this quest. When we see Héloïse for the first time, we are also studying every possible detail; every glimpse aids us in being able to imagine what the portrait would be like. Director Céline Sciamma cleverly points us toward what to observe: her ears, her eyes, every possible detail that will help to make an accurate portrait.

Of course, this premise is merely the surface: the film runs rich with subtext and endlessly stunning layers underneath the primary conflict. The four elements of Earth, Wind, Fire, and Water each find their way into play consistently. The film essentially

argue, the three other elements must exist in tandem for the others to thrive, and here, they do.

Winner of Best Screenplay at last year's Cannes Film Festival, *Portrait of a Lady on Fire* is a cinematic treasure to be remembered in film history. •



H. Nelson Tracey.

Your Neighborhood Therapist

Dear Neighborhood Therapist,

I am struggling with how to fit in in my middle school class. I'm a pretty normal person, and always kind to others, but for some reason people just don't want to include me in their plans. What am I missing?

- *Confused in Middle School*

Dear Confused in Middle School,

Oh no! Confused, you've made a huge mistake from which you may never recover: always being kind to others. I can remember a humid Louisiana afternoon in the late 1980s, eighth grade baseball practice, coach once again scolding all of us for our sloppiness. We had just run sprints and the dust still lingered in the air, when one of my teammates - not one of the better or more popular players - jumped up and started desperately scratching his back and legs. It was obvious what had happened - he had stood in an anthill, and the fire ants were crawling up his back.

He was standing next to me and so I did what I thought was right: I grabbed a t-shirt and slapped the ants off his back and legs until they were gone. It seemed like the right thing to do at the time - the time being the very moment it was happening until the very moment it was over. Then it seemed horribly wrong. The coach was obviously annoyed. None of the other players moved a muscle. They just stared.

I personally value helping others, so I would expect to feel proud of helping my teammate. But the reason I remember this incident is because I felt something different: shame. Especially if you were a teenage boy, it wasn't cool to be kind. Many of us never realize it until years later,

but the unwritten rules of being cool - or even simply not being ostracized - in middle school often require us to perform toughness, or cruelty, or indifference. I'll let you in on a little secret: most of us do not enjoy being tough, and even fewer people are cruel or indifferent.

We all have to perform sometimes, but what happens when we are not forced into the spotlight, for example when we can turn off the camera and exercise more control over what others see? Might we spend less time doing what we think others think we should be doing, and instead doing what we feel is right and good for ourselves and the world? Is it possible to imagine a world where the first thing we think of is how we can help others, instead of what they have, or what their job is, or what they look like? In other words, can anyone think of any circumstances where it might be possible to imagine a situation where kindness is actually... cool?

If you need help, or have the ability to help others, please reach out and I will coordinate. If you or someone you know needs to talk to someone, please reach out and I will take as many people as I can during this crisis, regardless of ability to pay.

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 an Associate Marriage & Family Therapist (AMFT96089) supervised by Chris Thomas (MFT78020). 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. •

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.

Employment

Sr Research Engineer R&D (Aerospace Eng) Dev. work plans for consulting projects for pvt industry & govt funded research grants. Mathematical modeling & control design for aircraft & aeroservoelastic systems which deals with flexible structural dynamics. MS/Aerospace Eng. + 2yrs exp. Resume to: P. Gondek JOB 09, Systems Technology Inc 13766 Hawthorne Boulevard, Hawthorne, CA 90250

For Rent

Grand Tropez - End Unit - Townhouse 3 bed/2.5baths \$3995. 2 car attached garage * Pool * Jacuzzi * Clubhouse. Call 310-877-2374

For Rent

2 BDRM 1 BTH Duplex. 8820 Reading Ave. \$1,895. 3 BDRM 2 BTH house. 7728 Agnew, Westchester, Appliances & Pool, \$3700. Private Room for rent, \$900. 310.365.1481 or 310.641.2148.

Wanted

WANTED. Vinyl, vinyl, vinyl records, anything musical. Collectibles/antiques. Typewriters, sewing machines, military, silver, Japan, records, stamps, coins, jewelry, Chinese, ANYTHING. Buy/Sell/Trade. We sell for you on EBAY. Studio Antiques, El Segundo. 310.322.3895.

Employment

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

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

REACH THOUSANDS OF VIEWERS

Garage Sale

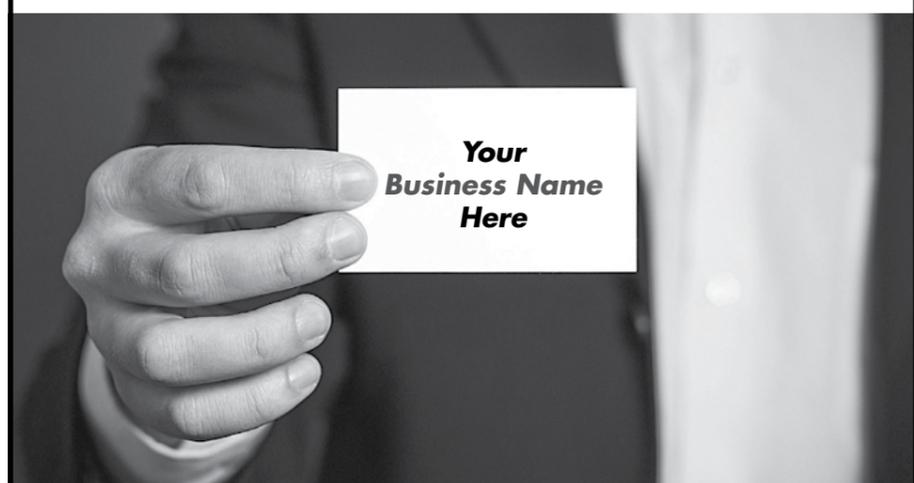
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Hawthorne Press Tribune

The Weekly Newspaper of Hawthorne

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El Camino College's Warrior Pantry Helps Students in Need with "Grab & Go"



The Warrior Pantry is now offering drive-through and "Grab & Go" Service on Tuesdays and Wednesdays from 11 a.m. – 2 p.m. to eligible students. Pre-packaged bags will be filled with food items and toiletries. Sign up for more info: <https://bit.ly/3biimp5>
Photo El Camino College.

Hawthorne Hotspot

GYMS CLOSED? DON'T SWEAT IT!

Being so suddenly deprived from your daily active gym routine can be unsettling. But believe it or not, the best at-home workouts require only your body weight! Amidst these unprecedented times, many trainers have decided to take their training sessions online. Aware that not everyone may have access to gym equipment at home, they demonstrate incredibly effective workouts that can be done at home with just your body weight in order to tone your core, arms, shoulders, legs, you name it. They even include workouts equivalent to a run for cardio! If you're interested in giving any of these workouts a try, simply give it a search through an online platform like YouTube. There, you will find an infinite selection of videos that will take you through every workout step-by-step. If you choose to google at home workouts, you will be provided a variety of links with great tips and guides! Not to mention all the apps that are available as well. All of this is for free! If you find yourself bored and doing absolutely nothing, you lose nothing by pulling out your phone and searching for workout apps. I've personally tried a few myself and they're truly great! Why not emerge from a quarantine fit?! Not only is it a healthy choice, but it is also a very rewarding sensation and great way to practice discipline!

MUSIC HEALS!

A lot of us have the desire to learn how to do many things, but we tend to keep it in the back of our heads for "another time," or possibly a "maybe later" since we're just too busy sometimes or too tired when we're finally unoccupied. With the extra time some of us now have by working from home and not having to commute anymore, we can finally stop putting some of those desires aside. Pick up that instrument you always wanted to learn to play. It's never late! Apps like 'OfferUp' have great instruments for very affordable prices. They even deliver! Once you get your hands on your instrument, search the web and learn! Google can provide insightful articles on how to read music, tabs, identify visual chords, and more! If you're more of a learn-by-watching type of person, YouTube has an abundance of instrument tutorials. There are tutorials for absolute beginners, or you can find intermediate tutorials if you once picked up an instrument, but haven't continued since! If you're already an advanced musician, why not keep improving those skills? The guitar is my favorite instrument. And I feel that with every strum I make, I release any bad energy or feelings I may have. Music can be very therapeutic. During times like these, we need all the positivity we can get and should strive for productivity!

See Hawthorne Hotspot, page 4

Huber's Hiccups

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

HAPPY?

During these strange times in which we are living, is it sinful to smile? Is it okay to be happy? Can I act stupid? Can I tell a joke to get someone to chuckle or at least grin? Is it against the law to have a positive outlook? It seems to me like it's not politically correct to be upbeat about today, let alone tomorrow. So, why do I write this mumbo jumbo? I really just want my loyal readers to be happy or encouraged or inspired or at least content after reading my humble offerings of thoughts, views, scripture passages, old worn out cliches, plagiarized quotes and/or blog posts from real writers who know what they are talking about. One of my LR's told me months ago that I preach too much. I told her that no one is forcing her to read my stuff. She told me she would quit reading, but just last week I got an email from her telling me I'm still too religious. Well, she at least recognizes where I'm coming from. My Christian faith is the reason for the hope that is inside of me. I wouldn't be very happy without my faith. I wouldn't be confident as we battle this invisible enemy. I would not be smiling



or joking or acting stupid if I did not know Jesus. I think it is times like these that get people to think about life and what it all means. Next week is Holy Week, the most important week of the year for Christians. It's going to be tough not gathering with other believers to worship on Palm Sunday, Maundy Thursday, Good Friday, or Resurrection Sunday, Easter. The passion story tells us all we need to know

about Jesus. He suffered, died, was buried, and defeated death by rising on the third day. He took upon himself the sins of the whole world and overcame death so that we too can live eternally. What a joyful day Easter is when we get to sing, "I know that My Redeemer Lives". Many people around the world are getting sick, some of these people are dying. It is sad to see and read about it all. We should and are doing all we can to help the cause. Our hearts go out to all those who are suffering. But through it all, we can be content. We can share happy thoughts, smiles and even a joke. Rejoice and be happy. St. Paul writes in his letter to the Philippians chapter 4:11-13: "for I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and

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Lawndale Tribune

AND LAWNDALE NEWS

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Teachers and Staff at Anderson Elementary Are Very Dedicated to Educating Their Students



William Anderson Elementary continues providing instruction through distance learning to students at home. The school uses a variety of platforms and tools, such as Zoom, Google classroom, YouTube and Class Dojo to help students stay on track with their education. Photo William Anderson Elementary School.

Marion

from front page

timeframe. At one point, reportedly 82 of 125 Wiseburn students were of Japanese descent, children of Japanese truck farmers who lived in the area. Many of the students and their parents were moved to internment camps. The Marions related a story about Marieum's young students viewing wartime planes buzzing overhead and feared that the airplanes were out to "come and get us." Marieum tried to quell the anxiety of the children, many of them U.S. citizens, noting that "those are OUR planes."

Mark was born in Philadelphia, and moved to northern California in the 1950's. He eventually landed in the Long Beach area, where he met

Marion while both were attending Long Beach State. They were married at the El Segundo Methodist Church in 1963, an event, Mark said "not to brag, but was the biggest thing going."

Said Mark of their 56-year marriage: "It must have worked because we are still married. I have never regretted it, and I don't think she has either, but sometimes I can be a little bit difficult." The Marions have a daughter, Deborah, who lives in Claremont, son David who resides in Redondo Beach, and two grandchildren, Garrett and Logan.

Mark said that while the Marion's love El Segundo, they have investigated relocating,

sometimes out of boredom. Mark said that occasionally when he gets "ticked-off," he considers relocating. He mentioned possible destinations including Las Vegas, San Diego, and California's Central Coast. But not his hometown of Philadelphia, which, Mark said "is a whole different life." But after contemplating a possible move, the Marion's always decided to stay put. "We are just El Segundo folks," he said. "That is why we stay here."

Of course, things change in more than five decades, Mark said, noting "the cost of things" and increased local housing density.

As the interview concluded, somewhat keeping our social distance, we descended to the den of the Marion home, where vintage photographs and artist renderings of classic El Segundo adorned the walls, including Gilbert's Department Store and a long-ago demolished train station. Mark spoke about El Segundo in 2020, saying he feels the city "still has the flavor of what it was, of what we remember." He said he knows things will continue to change, "as it should," he said. "We love El Segundo, it's all we know. We have looked all over, and always say, this is where we are from, this is where we will stay." •

Hawthorne Hotspot

from page 3

SUMMARY THOUGHTS

I'd like to share with you guys what I am doing during this time of being stuck at home. Once I get out of bed, I make sure to organize my room before I hop in the shower to shake off the "just woke up" feeling and start my day. I, then, proceed to prepare a nice breakfast accompanied by some green juice. After I finish my breakfast, I give my body time to digest it by watching an episode of my choice on Netflix. I must admit, it's easy to stay stuck on the couch and let three episodes fly by! But I don't let that make me feel guilty! I, eventually, grab my laptop, or any work I may have, to work on and do my best to get ahead of schedule in order to avoid the pressure or procrastination. When I feel that I've done

enough for the day, I take another Netflix break before I get a very satisfying workout in. After a second shower, I like to pick up a book and read for at least thirty minutes. I have set a goal for myself to read at least five books by June and another five by December. Another goal I've set for myself is learning basic sign language! There are tons of lessons online that I am taking advantage of. Communication is very important to me and I'd love to make someone's day, if it so happens that they can only sign as a way to communicate. Let's make the best of unfortunate situations. Let's look for all the good we can possibly extract from these times, which can surely be overwhelming. Take it one day at a time, process what you need to, but remember to be productive! •

Huber's Hiccups

from page 3

every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me". My dear loyal readers, use this time of isolation to share your contentment, your happiness, your confidence that things are going to get better, with others. Be strong, put your trust in God's almighty power. Too religious? Too much preaching? Okay, then skip over all that junk, relax and have a cold one. Some day you will wake up to realize that a cold one makes you happy for just a short time, Jesus makes you happy forever.

LIVE STREAM - ZOOM HOME DELIVERY

Everyone is "Zooming". Employees are having Zoom meetings, students are having face time with their teachers and classmates, Zoom happy hours are bringing drinking buddies together via the internet. Church services are being live streamed. If you can drag yourself out of bed and get to your computer you can attend your worship service in your pj's. It seems like we are trying to live our fast paced lives via our technology. We are bombarded with emails, texts, television news, and radio. We are expected to pick out what

is important news to know. My dear old lady orders groceries and has them delivered, of course we have to set them on the floor so as not to contaminate our countertops. Changes, how long with they last? Which ones will continue even after the "all's clear" signal is given? When will that signal be given? When will we be on the "other side"? When will we hit the peak? Questions that no one seems to have the answers to. We just have to wait and see. Please don't try to Zoom me. When I see myself on a Zoom screen, I look like an old, White, geezer with white hair, big ears and a big nose. I guess that's me. I don't feel old enough to qualify for Medicare part ABCDEF and G. I will just stick to writing this crap via email or newspaper and not go "live". It's tough to swim up stream, you really don't want to see me flay and flounder about. Watching me on your screens would make you loyal viewers, that would not good. There is something to be said about painting pictures using words. So, as I'm about done splattering some more gobbly goop, I will wish you all a wonderful week of home stay. Stay well my friends.

- If you have nothing else better to do, write something nice to: norbhuber@gmail.com

"Never underestimate the difference YOU can make in the lives of others. Step forward, reach out and help. This week reach to someone that might need a lift"

- PABLO

Inglewood News

The Weekly Newspaper of Inglewood

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Inglewood Business Owners Are Giving Back to the Community



Kishore, a 7eleven owner in our community, donated masks and gloves to our first responders. The City of Inglewood is appreciative to all their wonderful business owners and donations which help our community. Photo City of Inglewood.

Finance

How Small Businesses Can Boost Online Sales

(BPT) - With over 30 million small businesses in the U.S., it's tough to stand out from the crowd. Successful small businesses turn first-time customers into repeat business, especially building online momentum and growing sales.

How can you achieve this? Marketing. Finding effective, easy-to-execute marketing strategies can boost your business by helping you engage your customers while attracting new ones. Here are some proven ideas to help your business thrive:

Engage first-time customers

Show new shoppers that they matter. Send welcome emails and recommend products to complement what they bought. Offer special deals to keep them coming back.

Utilize Positive Customer Reviews

Did you know over 60% of consumers read reviews before buying? Reviews can include ratings, testimonials, photos, videos and more.

Treat reviews as marketing gold, sharing them with customers and prospects to build trust and increase sales. You can generate and integrate them into your website, on social media and other marketing efforts.

Turn Shopping Carts Into Opportunities

Let's face it, plenty of potential customers add items to their online shopping carts and never check out. While these "abandoned carts" seem challenging, they're an opportunity.

An effective way to convert abandoned carts into sales is by drawing on the power of customer reviews. Aadi Pienaar, vice president of commerce product strategy for the email marketing platform CM Commerce, says

small businesses can change their fortunes with this approach.

"Our most successful small business customers don't just send a reminder email to shoppers about items left in their carts," said Pienaar. "They take it a step further and include positive reviews and ratings about that product with the follow-up, knowing how much importance buyers place on others' experiences. By featuring personalized product reviews for abandoned cart items, there can be a recovery rate of 5-10%."

Spark Interest with Special Offers

Entice new and returning business by offering discounts, encouraging shoppers to give your business a try.

Also, if you don't have one already, create a loyalty program for frequent shoppers, or a referral special for those inviting friends to your website or social media.

Personalization Matters

Shoppers don't want mass emails treating them like just another number. Small businesses that tailor emails based on each customer's shopping experiences and interests are far more successful in driving sales.

Creating customized content may sound complex, but it all comes down to how you organize your customer list. For example, segment your customers by which products they've purchased, then use this information to inform them how to best use their products or remind them when it's time to re-order.

Personalization really pays off when you incorporate dynamic content - information that changes based on a person's interests - in promotional emails. Use a customer's previous purchases and shopping interests to

generate ideas on products to complement items they already bought. For example, recommend a similar flavor of cupcakes to ones they ordered before.

Get Started

These proven marketing approaches can springboard your business to success. But, how do you get started?

Marketing has greatly evolved, with many new, easy-to-use tools. You don't need to be a marketing expert, technical whiz or creative designer to use them.

For example, CM Commerce is an email marketing platform designed for small ecommerce businesses. It can easily create professional email campaigns to enhance and

grow your business.

To help small business owners, CM Commerce features pre-built email marketing recipes for everything from welcome emails and newsletters to abandoned cart reminders and more. Business owners can follow these guidelines and put their email marketing plans in place with a single click.

"I always recommend small business owners invest in email marketing," said Pienaar. "It's a cost-effective way to establish your brand and regularly reach your customers and prospects. Most importantly, email marketing has the potential for huge returns and can truly make your business stand out."

For more tips and ideas to grow your business, visit The Marketing Resources Hub. •

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Sheet Pan Zucchini Noodle Alfredo

Provided by Brandpoint

Our recipe for Sheet Pan Zucchini Noodle Alfredo with shrimp and broccoli lightens up a family favorite and could not be easier to make thanks to the sheet pan. Our 2-step cooking method ensures that the shrimp and veggies are cooked to perfection. Veggies go in first so they get nice and tender, then we add the shrimp and the creamy Alfredo sauce. You can make the zucchini noodles yourself or purchase them in the produce section of your supermarket. We were impressed with how well the zucchini noodles cooked on the sheet pan, perfectly al dente. They are a great alternative to pasta. This Better for You recipe for Sheet Pan Zucchini Noodle Alfredo not only tastes great, each portion provides more than a full serving of veggies.



Ingredients

- 1 pound uncooked shrimp (21-25 count per pound), peeled, deveined and tails removed
- 2 cups broccoli florets (about 5 ounces)
- 4 teaspoons olive oil
- 6 cups packed zucchini noodles (about 1 1/4 pounds)
- 2 cloves garlic, minced
- 3/4 cup Prego® Homestyle Alfredo Sauce or Prego® Light Homestyle Alfredo Sauce
- 1 large sweet onion, cut into small wedges (about 2 cups)

Directions

- **Step 1:** Heat the oven to 450°F (make sure to position a rack in the middle of the oven-baking on the middle rack ensures more even heating). While the oven is heating, spray a rimmed baking sheet with vegetable cooking spray. Place the shrimp into a medium bowl. Season the shrimp as desired. Add 2 teaspoons olive oil and the garlic and toss to coat. Cover and refrigerate.
- **Step 2:** Place the onion and broccoli on one side of the baking sheet. Season as desired. Add 1 teaspoon olive oil and toss to coat. Leave a small space in the middle and add the zucchini noodles to the other side of the baking sheet. Season as desired. Add the remaining 1 teaspoon olive oil and toss to coat.
- **Step 3:** Bake for 20 minutes or until the vegetables are tender-crisp. Place the shrimp in the center space on the baking sheet. Pour the sauce over the shrimp.
- **Step 4:** Bake for 7 minutes or until the shrimp are cooked through. Toss the vegetables and shrimp mixture together. Season to taste and serve hot.

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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PUBLIC NOTICES

Fictitious Business Name Statement 2020039197

The following person(s) is (are) doing business as 1) U.S. DOMESTIC SERVICES DEPOSITARIES AGENT, 2) U.S. FINANCIAL SERVICES DEPOSITARIES AGENT, 3) U.S. FEDERAL DEPOSITARIES AGENT, 4) U.S. GLOBAL DEPOSITARIES AGENT, 5) U.S. INTERNATIONAL SERVICES DEPOSITARIES AGENT, 4024 W 165TH STREET, LAWNSDALE, CA 90260, LOS ANGELES COUNTY. Registered Owner(s): BRYAN O'NEAL POWELL, 4024 W 165TH STREET, LAWNSDALE, CA 90260. This business is being conducted by an individual. The registrant commenced to transact business under the fictitious business name or names listed above on: 02/2020. Signed: BRYAN O'NEAL POWELL, OWNER. This statement was filed with the County Recorder of Los Angeles County on February 18, 2020.
NOTICE: This Fictitious Name Statement expires on February 18, 2025. A new Fictitious Business Name Statement must be filed prior to February 18, 2025. Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).
Lawndale Tribune: Pub. 3/12, 3/19, 3/26, 4/2/20 HL-2140

Fictitious Business Name Statement 2020060704

The following person(s) is (are) doing business as BRIANA AHL YOGA, 4731 WEST 134TH STREET, HAWTHORNE, CA 90250, LOS ANGELES COUNTY. Registered Owner(s): BRIANA AHL, 4731 WEST 134TH STREET, HAWTHORNE, CA 90250. This business is being conducted by an individual. The registrant commenced to transact business under the fictitious business name or names listed above on: 03/2020. Signed: BRIANA AHL, Owner. This statement was filed with the County Recorder of Los Angeles County on March 11, 2020.
NOTICE: This Fictitious Name Statement expires on March 11, 2025. A new Fictitious Business Name Statement must be filed prior to March 11, 2025. Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).
Hawthorne Press Tribune: Pub. 3/19, 3/26, 4/2, 4/9/20 HH-2150

Fictitious Business Name Statement 2020041733

The following person(s) is (are) doing business as 1) QUEENS PARTY RENTAL, 2) PEACEFUL MEDIATION SERVICES, 3) KINGS AND QUEENS HAIR SALON, 1) 1713 CENTINELA AVE, INGLEWOOD, CA 90302, 2) P.O. BOX 451057, LOS ANGELES, CA 90045, LOS ANGELES COUNTY. Registered Owner(s): UCHENNA GLORIA NWOFOR, 1713 CENTINELA AVE, INGLEWOOD, CA 90302. This business is being conducted by an individual. The registrant commenced to transact business under the fictitious business name or names listed above on: 02/2020. Signed: UCHENNA GLORIA NWOFOR, Owner. This statement was filed with the County Recorder of Los Angeles County on February 19, 2020.
NOTICE: This Fictitious Name Statement expires on February 19, 2025. A new Fictitious Business Name Statement must be filed prior to February 19, 2025. Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).
Inglewood Daily News: Pub. 3/19, 3/26, 4/2, 4/9/20 HI-2151

Fictitious Business Name Statement 2020063201

The following person(s) is (are) doing business as HONEYS CANDLES AND POTPOURRI, 5245 W 120TH ST, INGLEWOOD, CA 90304, LOS ANGELES COUNTY. Registered Owner(s): 1) FRED AARON TAYLOR, 5245 W 120TH ST, INGLEWOOD, CA 90304, 2) LAURA JOAN DENNISON, 5245 W 120TH ST, INGLEWOOD, CA 90304. This business is being conducted by Copartners. The registrant commenced to transact business under the fictitious business name or names listed above on: 03/2020. Signed: FRED AARON TAYLOR, Owner. This statement was filed with the County Recorder of Los Angeles County on March 13, 2020.
NOTICE: This Fictitious Name Statement expires on March 13, 2025. A new Fictitious Business Name Statement must be filed prior to March 13, 2025. Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).
Inglewood Daily News: Pub. 3/26, 4/2, 4/9, 4/16/20 HI-2155

FOR MORE INFORMATION CALL 310-322-1830

"Coming together is a beginning; keeping together is progress; working together is success."

— HENRY FORD

PUBLIC NOTICES

NOTICE OF PUBLIC HEARING
Zone Text Amendment Application No. 2020ZA02
PUBLIC NOTICE is hereby given that the Planning Commission of the City of Hawthorne will hold a public hearing to consider the following matter:
PROJECT DESCRIPTION: Zone Text Amendment 2020ZA02 – Consideration of amendments to the Hawthorne Municipal Code and Title 17 (Zoning) to add an additional enforcement strategy for staff that would allow the City to withhold permits and add application considerations to address delinquent fines, zoning violations and continuing violations of the Hawthorne Municipal Code.
PROJECT LOCATION: Citywide within all residential, commercial, and industrial zones.
MEETING DETAILS:
Day: Wednesday
Date: April 15, 2020
Time: 6:00 p.m.
Place: City Council Chambers
 4455 West 126th Street
 Hawthorne, CA 90250
 Those interested in this item may appear at the meeting and submit oral or written comments. Written information pertaining to this item must be submitted to the Planning Department prior to 5:00 PM April 9, 2020, at 4455 West 126th Street, Hawthorne, California 90250 or emailed to gtsujiuchi@cityofhawthorne.org. For additional information, you may contact Greg Tsujiuchi at (310) 349-2970 or at

the email noted above.
ENVIRONMENTAL REVIEW: The proposed Ordinance to the Hawthorne Municipal Code is not a project subject to the California Environmental Quality Act (CEQA) in accordance with Section 21065 of CEQA and State CEQA Guidelines Sections 15060 (c)(2), 15060 (c)(3), and 15378, and is exempt from CEQA as defined in CEQA Guidelines section 15378, Section 15061 (b)(3) (general rule) and 15321 "Enforcement Actions by Regulatory Agencies" (Class 21). The proposed Ordinance has no significant effect on the environment nor does it have any potential for resulting in either a direct or reasonably foreseeable indirect physical change in the environment because the amendments to the Hawthorne Municipal Code merely provide an additional enforcement tool for staff when presented with applications pertaining to persons or properties with Municipal Code violations and/or delinquent fines, penalties or costs.
PLEASE NOTE that pursuant to Government 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.
 Hawthorne Press Tribune Pub. 4/2/20
HH-26739

NOTICE OF PUBLIC HEARING
Amendment to Zone Text Amendment Application No. 2019ZA05
PUBLIC NOTICE is hereby given that the Planning Commission of the City of Hawthorne will hold a public hearing to consider the following matter:
PROJECT DESCRIPTION: Amendment to Zone Text Amendment No. 2019ZA05 –Resolution No. 2020-07 recommends City Council approval of changes to certain definitions pertaining to short-term rentals in order to allow second homes owned by persons whose primary residence is located in the City of Hawthorne to be subject to "home-sharing" regulations rather than those for "vacation rentals" and making related changes to Chapter 17.74 (Short-Term Rentals).
PROJECT LOCATION: Citywide within all residential, commercial, and industrial zones.
MEETING DETAILS:
Day: Wednesday
Date: April 15, 2020
Time: 6:00 p.m.
Place: City Council Chambers
 4455 West 126th Street
 Hawthorne, CA 90250
 Those interested in this item may appear at the meeting and submit oral or written comments. Written information pertaining to this item must be submitted to the Planning Department prior to 5:00 P.M on April 9, 2020 at 4455 West 126th Street, Hawthorne, California 90250 or emailed to gtsujiuchi@cityofhawthorne.

org. For additional information, you may contact Greg Tsujiuchi at (310) 349-2970 or at the email noted above.
ENVIRONMENTAL REVIEW: The City Council finds and determined that adoption of the proposed amendment is not a project subject to the California Environmental Quality Act (CEQA) in accordance with Section 21065 of CEQA and State CEQA Guidelines Sections 15060 (c)(2), 15060 (c)(3), and 15378, and is exempt from CEQA pursuant to State CEQA Guidelines Section 15061 (b)(3) (general rule) and 15301 "Existing Facilities" (Class 1). Class 1 consists of the operation, repair, maintenance, permitting, leasing, licensing, or minor alteration of existing public or private structures, facilities, mechanical equipment, or topographical features, involving negligible or no expansion of use beyond that existing at the time of the lead agency's determination. Short Term Rentals (STRs) involve the leasing of existing residential structures involving negligible or no expansion of use.
PLEASE NOTE that pursuant to Government 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.
 Hawthorne Press Tribune Pub. 4/2/20
HH-26740

NOTICE OF PUBLIC HEARING
PUBLIC NOTICE IS HEREBY GIVEN that the City Council of the City of Hawthorne will hold a public hearing on Tuesday, April 14, 2020 at 6:00 p.m. in the City Council Chambers at 4455 West 126th Street, Hawthorne, CA 90250, to consider the following matter:
 Ordinance No. 2199 – Consideration of an amendment to the Hawthorne Municipal Code (HMC) to repeal Chapter 2.27 (Design Review Board) and amend Chapter 17.99 (Design Review Guidelines) to provide authority to the Planning Commission to conduct design review of specified projects.
 Those interested in this item may appear at the public hearing and submit oral or written comments, or may, prior to the public hearing, direct written information pertaining to this item to the City Clerk at 4455 West 126th Street, Hawthorne, California 90250 or cityclerk@cityofhawthorne.org. Persons may view the proposed documents at the City Clerk's Department at 4455 West 126th Street, Hawthorne, California 90250.
 Hawthorne Press Tribune Pub. 4/2/20
HH-26738

NOTICE OF LIEN SALE
PURSUANT TO CIVIL CODE §798.56a AND COMMERCIAL CODE §§ 7209 AND 7210
 To: Richard Holding aka Richard E. Holder, Jr., Hilda C. Holder 4630 W. Rosecrans Avenue, Space 17 Hawthorne, California 90250
YOU ARE HEREBY NOTIFIED that Chet's Trailer Park claims a lien against the mobilehome described below in the sum of \$10,155.95. This sum represents the storage value of the site where the mobilehome has been stored from January 1, 2019 through March 11, 2020, plus costs incurred in removing or storing the mobilehome, and other amounts recoverable under California Civil Code § 798.56a. The rental rate for storage is \$20.17 per day, and additional amounts may accrue for utilities, storage, attorney's fees, publication fees and other expenses before the date of sale.
 Manufacturer: Unknown
 Tradename: PARAMOUNT
 Model: Unknown
 Year of Manufacture: 1958
 Decal or License No.: AB16951
 Serial No(s): 14677
 Insignia: Unknown
 Location: Chet's Trailer Park, 4630 W. Rosecrans Avenue, Space 17, Hawthorne, California 90250, County of Los Angeles.
YOU ARE FURTHER NOTIFIED that the mobilehome will be sold at 10:00 A.M. on April 13, 2020 at 4630 W. Rosecrans Avenue, Space 17, Hawthorne, California 90250. The warehouseman's lien sale is for the mobilehome only; it does not include the right to keep the mobilehome on-site. The warehouseman's lien cannot be used to transfer nor does it transfer the leasehold interest in the land. The property owner reserves the right to require removal of mobilehome from the park upon conclusion of the lien sale. To inquire about the sale, call the Chana Law Firm at (714) 680-4080.
 Hawthorne Press Tribune Pub. 3/26, 4/2/20
HH-26736

Whatever you do, stay away from the news.... just Netflix and chill!!!
 - Love You, Mom

PUBLIC NOTICE
City of Hawthorne
Public Housing Agency
 The draft Housing Authority Five Year Plan for 2020-2024 fiscal year and Annual Plan for 2020-2021 fiscal year are available for review. Questions and written comments regarding the draft PHA Plans may be submitted during the public review and comment period commencing February 27, 2020 and concluding April 14, 2020 during a public hearing at 6PM in the Hawthorne City Council Chamber and should be addressed to Kimberly Mack, Housing and CDBG Programs Manager, at 4455 W. 126th Street, Hawthorne, CA 90250. You may also call (310) 349-1603 with any questions concerning the draft PHA Plans or the hearing.
 The publication of this notice begins a 45-day public review period. Copies of the draft PHA Plans will be available during the public review and comment period at the sites below and will run in the Hawthorne Press Tribune 2/27, 3/5, 3/12, 3/19, 3/26, 4/2 and 4/9.
City of Hawthorne City Hall – Housing Department
 4455 W. 126th Street
 Hawthorne, CA 90250
Business hours: 7:30am -5:30pm (Mon -Thursday)
City of Hawthorne – Public Library
 12700 Grevillea Avenue
 Hawthorne, CA 90250
 Business hours vary
 (Closed on Sunday-Monday)
City Website
<http://www.cityofhawthorne.org/Housing>
 Hawthorne Press Tribune Pub. 2/27, 3/5, 3/12, 3/19, 3/26, 4/2, 4/9/20
HH-26712

NOTICE OF PETITION TO ADMINISTER ESTATE OF:
MICHAEL G. WARGA
CASE NO. 20STPB02133
 To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of MICHAEL G. WARGA.
 A PETITION FOR PROBATE has been filed by DAWN M. MADDOCKS in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that DAWN M. MADDOCKS 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: 04/06/20 at 8:30AM in Dept. 4 located at 111 N. HILL ST., LOS ANGELES, CA 90012
HH-26731

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
 MICHAEL R. FLANAGAN - SBN 170436
 LAW OFFICES OF MICHAEL R. FLANAGAN
 461 W. SIXTH STREET, SUITE 200
 SAN PEDRO CA 90731
 3/19, 3/26, 4/2/20
 CNS-3353135#
 Hawthorne Press Tribune 3/19, 3/26, 4/2/20
HH-26731

NOTICE OF PETITION TO ADMINISTER ESTATE OF:
MARIA DE LA LUZ VILLA AKA MARIA DE LA LUZ RODRIGUEZ CABRERA
CASE NO. 20STPB02778
 To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of MARIA DE LA LUZ VILLA AKA MARIA DE LA LUZ RODRIGUEZ CABRERA.
 A PETITION FOR PROBATE has been filed by ROSE MARY VILLA in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that ROSE MARY VILLA 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: 04/24/20 at 8:30AM in Dept. 11 located at 111 N. HILL ST., LOS ANGELES, CA 90012
HH-26737

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
 PHILLIP L. TANGALAKIS
 TANGALAKIS & TANGALAKIS
 4264 OVERLAND AVENUE
 CULVER CITY CA 90230
 4/2, 4/9, 4/16/20
 CNS-3357066#
 Inglewood Daily News Pub. 4/2, 4/9, 4/16/20
HI-26737

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PETSPETS **Pets** PETSPETS

Featured Pets of the Week

Provided by Hannah Collett, spcaLA

Woof! Do you want to brighten up your life? Well, all you need is a bit of **Sunshine**. See my bright eyes. I'm a sweet 1 yr old female pebble (Pit Bull Mix) that loves head scratches. I'd love to come home with you and be your forever friend! <https://spcala.com/adoptable/pet/?ss=20-02829>

Woof, woof! My name is **Millie**. I'm a playful and energetic 4 yr old female Pit Bull mix with a pretty brown coat. I'm looking for my forever home. I love treats and already know how to sit. I enjoy getting scratched and belly rubs from my human friends. Come and see me!

<https://spcala.com/adoptable/pet/?ss=20-02490>

Howdy, I'm a sweet male 2 year old domestic shorthair kitty named **Sharpie** and I have luxurious black coat. I'm looking for my friend for life. Could that be you? I enjoy chilling in my bed and leaning into chin scratches. Come check me out and see if we are a match! <https://spcala.com/adoptable/pet/?ss=20-02788>

I am a very loving 3 year old female domestic shorthair lap cat named **Misty**, who likes to play. Do you need a sweet lady in your life? Here I am! <https://spcala.com/adoptable/pet/?ss=20-03053> •



Sharpie



Misty



Sunshine



Millie

Happy Tails

Here's some good news! Jeremy just came back from his FHO surgery and it went very well! He's getting around just fine and is currently in Foster Care.

We may be closed to the public, but spcaLA is still caring for animals. If you can help,

please donate at spcala.com.

An FHO, or femoral head ostectomy, is a surgical procedure that aims to restore pain-free mobility to a diseased or damaged hip, by removing the head and neck of the femur (the long leg bone or thighbone). •



Congratulations to Jeremy on his good news!