

# 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 LAWDALE NEWS The Weekly Newspaper of Lawndale

Herald Publications - El Segundo, Hawthorne, Lawndale & Inglewood Community Newspapers Since 1911 - (310) 322-1830 - Vol. 5, No. 22 - June 1, 2023

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## Helping Our South Bay Community Prepare For Better Opportunities



Congresswoman Waters (left) presents check to SBWIB Executive Director Jan Vogel (center). Congresswoman Maxine Waters presented a check for \$500,000 to the South Bay Workforce Investment Board (SBWIB) for program to prepare disadvantaged individuals for careers in the Construction and Transportation Industries. See story in the box below. Photo courtesy SBWIB

## Nurturing is One of His Languages

By Ron Sokol

It is over 4,600 miles from Cape Verde to the United States. If you are not quite familiar with Cape Verde, also known as Cabo Verde, it is an archipelago and set of islands in the central Atlantic Ocean, a bit to the west of Africa. The Cape Verde islands are a part of the Macaronesia ecoregion, along with the Azores, Canary Islands, Madeira, and the Savage Isles.

Now that we have that clear, let's drop in on Alex Monteiro, a member of the Hawthorne City Council. He was born in Cape Verde, one of nine kids (number seven, to be exact). His dad was in Europe, so Alex was raised by his second-oldest brother and his mom.

One of the first things we notice about Alex is that he is often smiling. He also is notably outgoing. Friendly and attentive. "When I was young, there was drought, famine, and disease in Cape Verde. When I was all of six years old, I remember carrying the coffins of toddlers who died of starvation and diseases that probably could have been prevented. This no doubt shaped my interest in trying to help others, in hoping to make sure people have what they need to survive. It really hits home because I was born with a stomach virus, so my mom took me to a clinic often to get a shot."

As Alex was growing up, Cape Verde was a colony of Portugal until a coup arose. He and his family moved to Lisbon, where Alex, then a teenager, experienced racism for the first time. The good news - he began to learn English through a teacher who, of all things, showed the students Humphrey Bogart movies. Alex laughs: "He told us if we could understand Humphrey Bogart, we could understand anybody." Today, Alex Monteiro speaks five languages, though some would

say Alex actually speaks six languages – the sixth is called *Nurturing*.

In the 39 years since Alex traveled to this country, much of his waking time has been spent in service to the community. For example, when back East, he worked for the Boston Healthy Babies and Healthy Families, which provides needed support to young families. Before settling down in Hawthorne, he worked as community education and public relations for Arroyo Vista Family Health Center in Highland Park and as Executive Director of the LAUSD-Roosevelt High School Based Clinic in East Los Angeles. Eventually, he became the Healthy Start coordinator for the Hawthorne School District.

In 2007 Alex ran for and was elected to

the Hawthorne School Board. In 2018 he ran for and became a member of the Hawthorne City Council. He has since been re-elected against a crowded field.

The political work for Alex is a passion, but just a part of his notable drive to nurture. He is Executive Director for the South Bay Universal Development Center, a non-profit organization dedicated to providing early childhood education for Hawthorne children. Are you familiar with "The Castle," that cool-looking building adjacent to James Thorpe Memorial Park? Well, that's the school!

There is more. Alex is President and CEO of Moneta Gardens Improvement, Inc., another non-profit organization that seeks to

**See Alex Monteiro, page 4**

## Congresswoman Maxine Waters Awards \$500,000

Congresswoman Maxine Waters presented a check for \$500,000 to the South Bay Workforce Investment Board (SBWIB) that will help fund an initiative to provide recruiting and training services for women, minorities, dislocated workers, and other individuals with barriers to employment who are interested in entering the Construction and Transportation Industries. Among the attendees at the presentation were civic leaders, including Inglewood City Councilman Eloy Morales Jr., and representatives from trade unions, construction companies, and dozens of job seekers seeking careers in construction.

"These community projects are vital to our communities and this grant will

help people prepare for careers in high paying construction trades," Congresswoman Waters stated. She continued by thanking Jan Vogel and the SBWIB team for all the wonderful work they have been doing over the years to help people find jobs.

In thanking Congresswoman Waters for the grants funds, SBWIB Executive Director Jan Vogel noted the continuing support she has provided the SBWIB's efforts to develop a world-class workforce system throughout the South Bay region. "Often times she initiates discussions with us to see what we need to continue to meet our employment goals without us

**See SBWIB, page 7**

## Weekend Forecast

### Friday

AM Clouds/  
PM Sun  
67°/57°



### Saturday

Mostly  
Sunny  
67°/57°



### Sunday

Partly  
Cloudy  
66°/59°



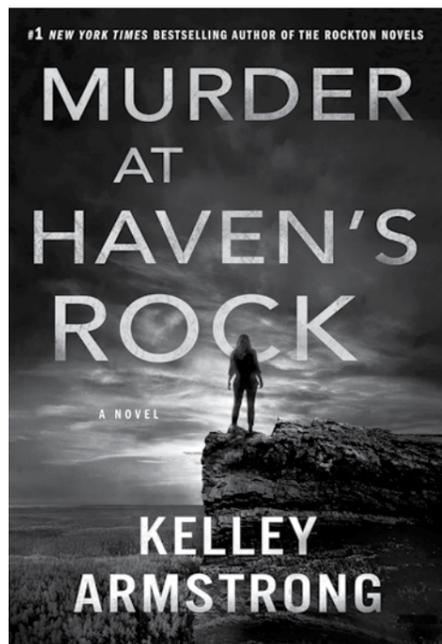
# Entertainment

## Check It Out

### Murder at Haven's Rock by Kelley Armstrong

By Kim Harris, El Segundo Middle School Library Assistant

Usually I review a book from the MS Library, because I like to promote YA books. This time, I want to talk about one of my favorite authors, Kelley Armstrong and one of my favorite detective series, The Casey



*Murder at Haven's Rock* by Kelley Armstrong Duncan/Rockton books. *Murder at Haven's Rock* is the first in the Haven's Rock series featuring Casey Duncan. It is a spin off of the Rockton series which ended with book 7, *The Deepest of Secrets*. Casey and her husband Eric Dalton live deep in the Yukon Territory in Canada. They used to live in Rockton, which was a camouflaged city about five miles from Haven's Rock. The city disbanded due to corruption and politics so Casey, Eric, Casey's sister April and some of their friends decide to build their own town, Haven's Rock. It would be similar to Rockton, but they would decide who gets to live there, not an unknown board of directors. Haven's Rock will be a town for people to disappear and a sanctuary for those that need a refuge to escape for a while and seek safety.

Casey and Eric met in Rockton. He was the sheriff, and she came to escape with her friend and was the detective for Rockton. The new town, Haven's Rock, will still be hidden off the grid. They have solar for heating and electricity, but also use wood stoves and the tundra to make ice boxes for food. There is no cell phone service, little electricity and use a generator sparingly. When Casey and

company decided to build Haven's Rock, they hired architects and builders and only had one warning for all of the workers: don't go into the forest. Before Haven's Rock is finished, two of the workers disappear and Casey and Eric go up to investigate.

The two workers broke the rule and disappeared in the forest. Casey and Eric immediately start searching for them when they arrive and find a dead body. To their surprise, the body isn't one of the crew's, but is someone who no one knew. Now there are two mysteries to solve: find the missing crew members and identify the dead woman. Casey uses her Newfoundland dog, Storm, to help track the missing architect and builder. They only have a couple of days to find the missing crew members because the timeline has moved up for the new town to be up and running and everyone has to help build the town.

When Casey and Eric search for the missing members, they discover that a prospector and gold aren't very far from their new property. This causes concern because the town wants Haven's Rock to be hidden from outsiders. Do Casey and Eric rescue the workers? What else do they encounter in the forest besides bears and other wildlife? Read the book to find out! I really enjoyed reading this book because I like all of the characters, and the idea of a hidden town in the middle of the Yukon fascinates me. Readers are kept in suspense for the entire book trying to figure out where the missing crew members are, who is the gold prospector, and what happened to the dead lady.

To read this book and others by Kelley Armstrong, please check out at the El Segundo Public Library or download on the Libby app. Library hours are Monday-Thursday, 9am-9pm, and Friday and Saturday 10am-5pm. •



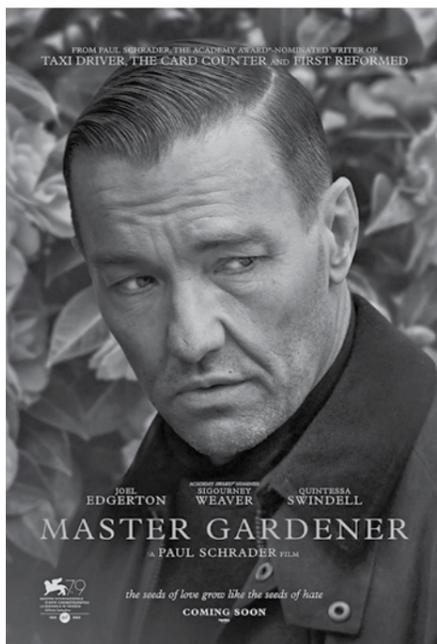
Kim Harris

## Film Review

### Master Gardener is a Beautiful, Complicated Story of Metamorphosis

By Morgan Rojas for Cinemacy

Many ecosystems benefit from controlled fires. The act of burning to rebuild is a natural phenomenon that has occurred Haverhill's attempt to keep her off the streets and away from the crowd she's currently caught up in, so he cuts her some slack. As the days



Master Gardener, courtesy Magnolia Pictures.

become easier for both Narvel and Maya, their relationship grows into an unexpected entanglement of feelings, desires, and secrets.

Suppressed violence is at the root of Paul Schrader's drama, making for a rich juxtaposition between the beauty of the present and the darkness of the past. Narvel's current rehabilitated image may be one of gentleness and care but his previous dealing as a white supremacist hitman is never far from the surface. The film's tension comes from the growing love story between Narvel and Maya, a black woman. He can only conceal

his swastika-bearing tattoos for so long, and his growing existential crisis threatens to blow up his newly-curated life, his relationship with Maya, and his future.

For all of the film's darker themes, *Master Gardener* emits a vibrant frequency through the cinematography and the score. We dip into surrealism for a moment in the film's third act, and the visuals draw parallels to the whimsicalness of Disney's *Fantasia*. Set to hypnotic synth-forward melodies from Devonté Hynes, who also performs as Blood Orange, the soundtrack is also the perfect moody supplement to an already tense film.

Ultimately, *Master Gardener* is a story about a man's search for redemption.

Thematically, Schrader doesn't stray far from his last two films, *The Card Counter* and *First Reformed* (the latter of which made my top 10 list in 2017), so fans or critics can expect as much from his "man in the room" storyline here. It's not a lighthearted affair, but the heftiness is not without incredibly powerful performances and breathtaking views of the natural world. •



Morgan Rojas

## Classifieds

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

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

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WRITER WANTED for covering local events, issues, school board, etc for local newspaper. Experience necessary. Please send resume to: Letters@heraldpublications.com.

### LOT FOR SALE

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Pacific Slope lot. For sale \$18,000. 573.836.2208.

### EMPLOYMENT

Motor Trend Group, LLC (a subsidiary of Discovery Communications, LLC) seeks a Technical Program Manager III in El Segundo, CA to communicate with internal and external stakeholders to organize software/technical project timelines, secure commitments, manage risks, identify critical paths, identify edge cases, review metrics and data and monitor technical operations. Teleworking Permitted. Salary: \$205,733-\$220,000 per year. Send resume to Tyler Williams, Discovery Communications, LLC, 265 Brookview Centre Way, Suite 401, Knoxville, TN 37919.

### SEEKING

Searching for Glen Joseph Cuave. Brother to Paul, Alvin, Darlene, and

Dale Cuave. Please contact Dale at 703.628.0801.

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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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# Hawthorne Press Tribune

The Weekly Newspaper of Hawthorne

Herald Publications - El Segundo, Hawthorne, Lawndale & Inglewood Community Newspapers Since 1911 - (310) 322-1830 - Vol. 65, No. 22 - June 1, 2023

## Showing Some Love to Our K-9 Friends



The Hawthorne Presidents Council held its 41st annual K9 Community fundraising dinner. An event which helps raise funds for HPD's K-9 unit. Thank you for supporting the Police Department's Dog Team. Photo courtesy City of Hawthorne.

## Finance

### How Confident Are You That You'll Be Able to Retire?

(BPT) - More Americans are retiring earlier than previous generations. According to a survey by the Federal Reserve Bank, their odds of retiring before age 62 rose to roughly 50% in July 2021, partly due to the pandemic. For many, moving up their retirement seemed like the right choice given the state of the labor market and economy, but many were not and are still not financially prepared to retire.

According to a 2022 retirement confidence survey from the Employee Benefit Research Institute, one in three workers are "not too" or "not at all" confident they will have enough money to live comfortably throughout their retirement. And for those surveyed who say they are confident, retiring "comfortably" only covers the basics like housing, transportation, health care, food and utilities.

Retirement can mean a lot of things, but most people envision it as a time after their working life to enjoy things they may not have had the time to do before. While this looks different from person to person, many look forward to traveling, visiting family and enjoying hobbies.

Are you confident you will be able to retire with your basic expenses covered and enjoy the post-work life you've imagined? Check these three things.

#### 1. Define Your Goals

After decades spent working, the prospect of retirement can feel sudden, and some people may have difficulty envisioning what it will

look like. When you picture your retirement, what do you see yourself doing? Traveling abroad and checking cities off your bucket list? Paying for your children's or grandchildren's weddings? Setting up a legacy fund for your loved ones?

If you don't yet know what you want out of retirement, start thinking now. Without clear goals, you won't know how much money it will take to reach them. Beyond your core living expenses, consider how you would like to spend your time during your "go-go" (the first 10 years of retirement), "slow-go" years (middle retirement), and beyond.

#### 2. See Where You Stand

Now that you have defined your goals, it's time to see how your savings, investments, retirement accounts and other assets can support your desired retirement lifestyle. An easy way to check your retirement readiness is to use an online platform like Prudential Stages for Retirement.

This digital tool will take the information you share about your current financial life and retirement goals to determine your personal "confidence score," which indicates your retirement readiness. In a few steps, you will have a clearer picture of your retirement based on how you are saving and investing today.

#### 3. Speak With an Advisor

Once you have a clearer view of the big **See Finance, page 7**

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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. 82, No. 22 - June 1, 2023

## A Warm Welcome to Brett C.S. Roberts



The El Camino College Board of Trustees made a provisional appointment of Inglewood resident Brett C.S. Roberts to serve as the Area One Trustee until the next regularly scheduled election for Governing Board members on Nov. 5, 2024. Roberts has worked as a community relations officer and local government affairs manager for LA Metro since 2019, currently overseeing three capital projects throughout LA County. To read more about Roberts, go to: [bit.ly/TrusteeRoberts](https://bit.ly/TrusteeRoberts). Photo courtesy El Camino College.

### Alex Monteiro

*from front page*

serve Hawthorne's underprivileged families and children. While Moneta Gardens is just one square mile, it houses a large number of Hawthorne residents. Sadly, the area has had serious challenges with gang presence and

high unemployment. Alex is trying avidly to turn it around.

He credits his mom for his work ethic. "She did not have a formal education, but made sure her children got an education and made sure we were motivated to do good."

Alex Monteiro is a college graduate with a Master's Degree in Education and Counseling. He also has a Pupil Personnel Services Credential from the California Commission on Teacher Credentialing.

From Cape Verde to Hawthorne. A long-distance indeed, but with a clear vision. Alex has his sights set next, if possible, on a State Senate seat. A concern is that people who meet him come to believe that the big smile, warmth, and extroversion are some kind of act. It really is just the way he is. Like his dedication to public service: It is who he is.

"I want to help the less fortunate become stronger citizens. My mom taught me to build

something, build houses, build education, keep people out of poverty. It is difficult work to run for office. Man, it takes a lot of energy and money too. You just can't compromise your integrity. You have to stay true to your

goals. I enjoy City Council, and I enjoy public service. I just am one of those who has to make things happen."

Then Alex smiles, followed by a burst of engaging laughter. •



Alex, a young man



The Castle School



Alex and friends



Alex Monteiro

# Inglewood News

The Weekly Newspaper of Inglewood

Herald Publications - El Segundo, Hawthorne, Lawndale & Inglewood Community Newspapers Since 1911 - (310) 322-1830 - Vol. 72, No. 22 - June 1, 2023

## Honoring Our Past and Present War Heroes



Thank you to everyone who joined us for the 74th Annual Memorial Day Service, where we came together to honor and remember the brave men and women who have selflessly sacrificed their lives in service to our nation. We are forever grateful for their courage and commitment. Photo courtesy City of Inglewood.

### Seniors

#### Tips For Upgrading Your Health and Wellness Routine

(BPT) - For many, the longer days, warmer temperatures, and blooming flowers of spring and summer bring a renewed sense of energy and motivation to paint the garage or freshen up the garden. However, it is also the perfect time of the year to devote your energy to personal health and wellness improvement projects.

To prepare for the warmer seasons ahead, Dr. Leah Joseph, a board-certified primary care physician at Teladoc Health, the world's largest telehealth company, shares her top tips for upgrading health and wellness routines.

People tend to appreciate the longer days of spring and summer. But more early morning sunshine, along with life's other distractions, can wreak havoc on sleep schedules.

Joseph recommends that people prioritize getting seven to nine hours of sleep a night and stresses that consistency is the key to reaping the rewards of a good night's rest. "Establishing a sleep schedule that conditions your body to go to sleep and wake up at the same time each day, including weekends, helps your body get into a natural rhythm," she says. "To get into a routine, try setting a bedtime alert on your phone or placing a note next to your TV to remind you of

your bedtime."

More sun and rising temperatures make it easier to find fresh, in-season fruits and vegetables, staples of a healthy diet. Eating plenty of whole foods, including vegetables and fruits, can lower blood pressure, lower the risk of heart disease and stroke, help with digestion problems and have a positive effect on blood sugar, which can help keep appetites under control.

"Focus on what you can control around healthy eating choices and learn to adapt to things outside of your power," suggests Joseph. "Look for chances to add color to your plate with fruits and veggies and cook with fresh ingredients when you can."

In addition to support from your primary care physician, registered nutritionists and dietitians can help design a healthy eating strategy with the right mix of whole foods. In many cases, meeting with dietary experts can be done easily and conveniently online.

Joseph says one of the most important things you can do for your overall health is to prioritize getting enough physical activity. Getting daily exercise doesn't have to be intense or complicated. Taking a quick walk around the neighborhood or local park can

See Seniors, page 7

### Garage Sale

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**MILES S. OSWALD, JR., AKA MILES S. OSWALD, MILES STANDISH OSWALD, MILES OSWALD**  
**CASE NO. 23STPB05034**

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL, or estate, or both of MILES S. OSWALD, JR., AKA MILES S. OSWALD, MILES STANDISH OSWALD, MILES OSWALD. A PETITION FOR PROBATE has been filed by MILES S. OSWALD, SR. in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that MILES S. OSWALD, SR. 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: 7/31/2023 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 Alexander C. Rich CARTER RICH PC 305 N. Main St. Ukiah, CA 95482 (707) 462-6694 Lawndale Tribune Pub. 5/18, 5/25, 6/1/23 HL-28032

**NOTICE OF PETITION TO ADMINISTER ESTATE OF:**  
**BERNARD AUGUSTUS QUESTEL**  
**CASE NO. 23STPB04296**

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of BERNARD AUGUSTUS QUESTEL. A PETITION FOR PROBATE has been filed by BEVERLY EVAN TREADWELL in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that BEVERLY EVAN TREADWELL 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: 06/29/23 at 8:30AM in Dept. 4 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 SIBYLLE GREBE, ESQ. - SBN 141553 LOENZO C. STOLLER, ESQ. - SBN 291581 THE PROBATE HOUSE L.C. 3424 W. CARSON STREET, SUITE 320 TORRANCE, CA 90503 6/1, 6/8, 6/15/23 CNS-3705530# Inglewood Daily News Pub. 6/1, 6/8, 6/15/23 HH-28048

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**JOSE MARES VILLAFAN AKA OCTAVIO SANCHEZ**  
**CASE NO. 23STPB05438**

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of JOSE MARES VILLAFAN AKA OCTAVIO SANCHEZ. A PETITION FOR PROBATE has been filed by JORGE MARES in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that JORGE MARES 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: 6/27/23 at 8:30AM in Dept. 44 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: JORGE MARES 1133 CLAY ST. REDLANDS, CA 92374 (909) 446-9611 Hawthorne Press Tribune Pub. 6/1, 6/8, 6/15/23 HH-28050

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 A. SOFFER - CSBN: 240289 AND DANIELA I. HERNANDEZ - CSBN: 345870, SOFFER LAW GROUP 345 N. MAPLE DRIVE, SUITE 386 BEVERLY HILLS CA 90210 6/1, 6/8, 6/15/23 CNS-3705335# Hawthorne Press Tribune Pub. 6/1, 6/8, 6/15/23 HH-28046

**Order to Show Cause for Change of Name**  
**Case No. 23LBCP00184**

Superior Court of California, County of LOS ANGELES  
Petitioner of: MEGAN MARIE HARKLEROAD for Change of Name  
TO ALL INTERESTED PERSONS: Petitioner MEGAN MARIE HARKLEROAD filed a petition with this court for a decree changing names as follows:  
**MEGAN MARIE HARKLEROAD**  
to  
**MEGAN MARIE DIAZ**  
The Court orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for

the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.  
Notice of Hearing: Date: 6/29/2023, Time: 8:30 AM., Dept.: S26  
The address of the court is: 275 MAGNOLIA AVE. LONG BEACH, CA 90802  
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: LAWDALE TRIBUNE Date: 5/17/2023 MICHAEL P. VICENCIA Judge of the Superior Court Lawndale Tribune Pub. 5/25, 6/1, 6/8, 6/15/23 HL-28037

**NOTICE OF PETITION TO ADMINISTER ESTATE OF:**  
**HUGO DEDES**  
**CASE NO. 23STPB05628**

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of HUGO DEDES. A PETITION FOR PROBATE has been filed by MATTHEW DEDES, MAELINE DEDES SIMON AND MARK DEDES in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that MATTHEW DEDES, MAELINE DEDES SIMON AND MARK DEDES 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: 06/28/23 at 8:30AM in Dept. 29 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 A. SOFFER - CSBN: 240289 AND DANIELA I. HERNANDEZ - CSBN: 345870, SOFFER LAW GROUP 345 N. MAPLE DRIVE, SUITE 386 BEVERLY HILLS CA 90210 6/1, 6/8, 6/15/23 CNS-3705335# Hawthorne Press Tribune Pub. 6/1, 6/8, 6/15/23 HH-28046

**Order to Show Cause for Change of Name**  
**Case No. 23TRCP00189**

Superior Court of California, County of LOS ANGELES  
Petitioner of: JEANETTE LOUISE DENNIS for Change of Name  
TO ALL INTERESTED PERSONS: Petitioner JEANETTE LOUISE DENNIS filed a petition with this court for a decree changing names as follows:  
**JEANETTE LOUISE DENNIS**  
to  
**JEANETTE LOUISE SMITH**  
The Court orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.  
Notice of Hearing: Date: JULY 7, 2023, Time: 8:30 AM., Dept.: M  
The address of the court is: 825 MAPLE AVE TORRANCE, CA 90503  
A copy of this Order to Show Cause shall be published at least once each week for four successive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county: HAWTHORNE PRESS TRIBUNE Date: MAY 11, 2023 DEIRDRE HILL Judge of the Superior Court Hawthorne Press Tribune Pub. 5/18, 5/25, 6/1, 6/8/23 HH-28033

**PUBLISH YOUR PUBLIC NOTICES HERE**

**ABANDONMENTS: \$125.00**  
**ABC NOTICES: \$125.00**  
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For DBA's email us at: dba@heraldpublications.com  
All other legal notices email us at: legalnotices@heraldpublications.com

*The sun is out, the sky is blue  
school is out, It's time to chill !!  
Love You Most, Mom*

**PUBLIC NOTICE**

NOTICE IS HEREBY GIVEN that a public hearing will be held by the City Council of the City of Hawthorne to consider adoption of the Proposed Annual Budget including Revenue and Expenditure Details for Fiscal Year 2023-2024, as follows:  
Day: Tuesday  
Date: June 13, 2023  
Time: 6:00 p.m.  
Place: Council Chambers  
Any person may appear at the public hearing/budget workshop on Tuesday, June 13, 2023, at 6:00 p.m. and offer written or oral information, or may, prior to the hearing, direct written communication to the Hawthorne City Clerk, 4455 W. 126th Street, Hawthorne, Ca 90250. Hawthorne Press Tribune Pub. 6/1/23 HH-28045



**NOTICE OF PUBLIC HEARING ON THE LOCAL CONTROL AND ACCOUNTABILITY (LCAP) AND THE BUDGET OF HAWTHORNE SCHOOL DISTRICT OF LOS ANGELES COUNTY**

The Governing Board of Hawthorne School District will hold public hearings on the LCAP and the BUDGET OF THE DISTRICT FOR THE YEAR ENDING JUNE 30, 2024, PRIOR TO Final Adoption as required by Education Code 42103 and 52062. The public hearings will be held at 14120 S. Hawthorne Blvd., Hawthorne, Ca 90250 on June 14, 2023 at 6:00 p.m. The public is cordially invited to attend this meeting. The proposed LCAP and Budget will be on file and available for public inspection should members of the public wish to review the LCAP and Budget prior to the public hearings, at the following location(s): https://hawthorne.k12.ca.us/administrativeservices from June 9, 2023 to: June 14, 2023. Debra Duardo, M.S.W., Ed.D. Los Angeles County Superintendent of Schools 6/1/23 CNS-3694731# Hawthorne Press Tribune Pub. 6/1/23 HH-28047



**PUBLIC NOTICE**  
**City of Hawthorne Public Housing Agency**

The draft Housing Authority Annual Plan for 2023-2024 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 April 20, 2023 and concluding June 13, 2023 during a public hearing at 6PM in the Hawthorne City Council Chamber and should be addressed to Kimberly Mack, Director of Housing and CDBG, 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 Harold Press Tribune 4/27, 5/4, 5/11, 5/18, 5/25, 6/1 and 6/8.

**City of Hawthorne City Hall - Housing Department**  
4455 W. 126th Street  
Hawthorne, CA 90250  
**Business hours: 7:30am -5:30pm (Mon -Thursday and every other Friday)**  
**City of Hawthorne City Hall - Office of the Clerk**  
4455 W. 126th Street  
Hawthorne, CA 90250  
**Business hours: 7:30am -5:30pm (Mon -Thursday and every other Friday)**  
**City Website**  
<http://www.cityofhawthorne.org/Housing>  
Hawthorne Press Tribune Pub. 4/27, 5/4, 5/11, 5/18, 5/25, 6/1, 6/8/23 HH-28008

**NOTICIA PUBLICA**  
**City of Hawthorne Public Housing Agency**

El borrador del Plan Anual de la Autoridad de Vivienda para el año fiscal 2023-2024 está disponible para su revisión. Preguntas y comentarios por escrito sobre los planes preliminares de la PHA pueden enviarse durante el período de comentarios y revisión pública que comienza el 20 de abril del 2023 y finaliza el 13 de junio del 2023 durante una audiencia pública a las 6:00 p. m. localizada en la Cámara del Concejo Municipal de Hawthorne y deben dirigirse a Kimberly Mack, Directora de Vivienda y CDBG, en 4455 W. 126th Street, Hawthorne, CA 90250. También puede llamar al (310) 349-1603 si tiene alguna pregunta sobre los planes preliminares de la PHA o la audiencia. La publicación de este aviso inicia un período de revisión pública de 45 días. Las copias de los planes preliminares de la PHA estarán disponibles durante el período de revisión y comentarios públicos en los sitios a continuación y también se publicarán en el Harold Press Tribune 4/27, 5/4, 5/11, 5/18, 5/25, 6/1 and 6/8.

**City of Hawthorne City Hall - Housing Department**  
4455 W. 126th Street  
Hawthorne, CA 90250  
**Horas de trabajo: 7:30am -5:30pm (Lunes-Jueves y cada otro Viernes)**  
**City of Hawthorne City Hall - Office of the Clerk**  
4455 W. 126th Street  
Hawthorne, CA 90250  
**Horas de trabajo: 7:30am -5:30pm (Lunes-Jueves y cada otro Viernes)**  
**City Website**  
<http://www.cityofhawthorne.org/Housing>  
Hawthorne Press Tribune Pub. 4/27, 5/4, 5/11, 5/18, 5/25, 6/1, 6/8/23 HH-28007

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# GUNDOGRAM

SUBMIT YOUR YUM DISH!!

## Chicken Parmesan

Provided by Campbells Soup Corp.

Once you know how to make this easy Sheet Pan Chicken Parmesan bake, you'll wonder why you ever bothered with other recipes. The entire meal of Parmesan-crust chicken breasts, topped with Prego® Traditional Italian sauce and mozzarella, and tender, roasted cauliflower is ready in just 30 minutes. The recipe uses pantry staples and only one pan, so cleanup is easy, too. You can even learn how to make this oven-baked Chicken Parmesan with different vegetables following the same simple recipe, so you and your family can enjoy it over and over, any night of the week.



### Ingredients

- 1/4 cup Italian seasoned panko bread crumbs or regular Italian seasoned dry bread crumbs
- 1 tablespoon Parmesan cheese
- 2 1/2 tablespoons olive oil
- 1 pound thin-sliced boneless, skinless chicken breast
- 1 cup Prego® Traditional Italian Sauce or Spicy Marinara Sauce
- 4 ounces part skim mozzarella cheese, thinly sliced
- 4 cups fresh or frozen cauliflower florets

### Tip

- You can substitute fresh or frozen broccoli florets or fresh or frozen green beans for the cauliflower, if you like.

Send us a photo and recipe of your favorite dish.

We'd love to share it with the community. Send to: [web@heraldpublications.com](mailto:web@heraldpublications.com)

### Directions

- **Step 1:** Heat the oven to 425°F. While the oven is heating, stir the panko, Parmesan cheese and 1/2 tablespoon oil in a small bowl.
- **Step 2:** Spray a rimmed baking sheet with vegetable cooking spray. Place the chicken on one side of the baking sheet and brush with 1 tablespoon oil. Season with salt and pepper.
- **Step 3:** Spoon the sauce over the chicken (we like to use a 1/4 cup measuring cup instead of a spoon). Top with the mozzarella cheese and panko mixture.
- **Step 4:** Arrange the cauliflower on the other side of the baking sheet, drizzle with the remaining 1 tablespoon oil and season with salt and pepper.
- **Step 5:** Bake for 20 minutes or until the chicken is done. Sprinkle with chopped fresh basil just before serving, if desired.

## Seniors

from page 5

have significant benefits for everyone, no matter an individual's fitness level.

"If you can, find a partner to help keep you motivated to move," recommends Joseph. "Ask friends and family to work out with you, and make it unique to you. They'll help you stay on track, and you'll have more fun doing it."

It is always easier to stay on top of health goals and priorities with an expert by your side. Your primary care provider (PCP) can help navigate every aspect of health and wellness, from a new health goal to a new health diagnosis.

Scheduling an appointment with a PCP is the best way to stay on top of health needs. Regular check-ins are key to disease prevention, controlling common chronic diseases, mental wellness and coordinating testing and

specialist care, when it's needed.

"Too often, I see that people wait to see a doctor until there is an issue or an emergency," commented Joseph. "With regular visits, I can establish relationships with my patients and help them identify any potential concerns early and often. It saves a lot of time and pain down the road."

While it may seem time-consuming to schedule and attend regular appointments, new digital tools - like virtual care - are making it easier than ever to check in with a PCP, wherever and whenever is convenient for you. Plus, companies like Teladoc Health offer access to primary care, chronic care, dermatology, nutrition services and more, all from one place, to help you seamlessly keep up with every aspect of your health.

## SBWIB

from front page

asking first," he noted.

Due to the growing need for workers throughout the Los Angeles region for projects such as Intuit Arena, LAX, and the Sofi Stadium/Hollywood Park complex, the SBWIB will collaborate with employers, the building trades, community colleges and industry training providers.

"Historically, our successful collaborations have helped to bridge the gap between industry, academia, unions and workforce development agencies to effectively leverage all available resources and provide the best possible labor solutions for employers as well as job seekers,"

said Mr. Vogel. He further noted that pre-apprenticeships, apprenticeships, and paid-work experience programs have been identified as proven workforce strategies to help local areas meet industry demand with well-trained, motivated workers.

This project will provide, and is not limited to, short-term vocational training, Pre-Apprenticeship and Apprenticeship, paid work experience, On-the-Job Training, and support services to ensure successful program completion and sourcing the best possible outcomes towards permanent, unsubsidized employment. Provided by SBWIB. •

## Finance

from page 3

picture, you can meet with a financial advisor to help map out a step-by-step financial plan. If you do not have a financial advisor, you're not alone.

Millions of Americans do not have a financial advisor. Some do not because they don't know how to find someone they trust. Still others may feel an advisor is not for them, mistakenly thinking they need a certain level of wealth to engage a professional's help. However, establishing a relationship with a financial advisor can help you confidently plan for a better retirement and even give you an edge.

According to the Warrington College of Business, industry data suggests that people who receive professional financial advice can add 1.5%-4% to their portfolio returns over

time. Enlisting the help of a financial advisor can make planning for retirement easier and grow your wealth so you can achieve your retirement goals instead of having "just enough," or even not enough.

Through Prudential Stages for Retirement, you can set up a meeting with a noncommission-based financial advisor who will recommend strategies and products that can help you reach your retirement goals. They will look at your retirement confidence score and establish a personalized plan to help you refine your goals and determine if you're on track to afford your retirement. You do not have to be an existing Prudential customer; anyone can get started planning a more secure retirement. To learn more and get started, visit Prudential's Retirement Calculator. •



# PETSPETS **Pets** PETSPETS

## Featured Pets of the Week

Provided by Hannah Collett, spcaLA

**McCormack** is a bit shy initially, but with the help of a few treats, he warms right up! He's a well-mannered, friendly 5 year old pit bull mix boy who loves to receive your attention in the form of pets and belly rubs. He's an overall good dog who is easy on a leash. Come give McCormack some

love today! <https://spcala.com/adoptable/pet/?ss=LACA-A-7365>

**Meat Leap!** Leap is an adorable 2-year-old female Pug mix with a large personality. Leap would be great with any family as she is very loving and enjoys everyone she meets. Stop by and meet Leap today! <https://spcala.com/adoptable/pet/?ss=LACA-A-9258>

Meet **Sugarbee!** Sugarbee is a super sweet male 8-year-old Ragdoll. His amazing looks match his wonderful personality. Sugarbee would fit in with any family as long as he is loved and given plenty of belly rubs and treats. Come meet Sugarbee today! <https://spcala.com/adoptable/pet/?ss=LACA-A-9221>

**Beth** is a gorgeous 4 year old female Calico cat with beautiful features and a fluffy coat. She's been living in a foster home while nursing her kittens, and is now ready to find a wonderful home of her own! Could Beth be the one for you? <https://spcala.com/adoptable/pet/?ss=LACA-A-7895> •



McCormack



Sugarbee



Leap



Beth