

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. 4, No. 30 - July 28, 2022

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Live Music Creates a Festive Mood While Waiting for Your Plane



Thanks to Ted Lennon and his band for entertaining passengers in Terminal 1 as part of LAX Presents performance series. An Ojai native, Lennon is known for his alternative folk style and soulful vocals. He recently released his album "Orange Will Follow" working alongside a producer for The Beach Boys. Check him out. Stay tuned for more LAX Presents performances this fall. Photo courtesy LAX.

South Bay's Christa Caban: Fireworks on the 4th, Girl Scout for Life

By Duane Plank

Christa Caban is an South Bay lifer. She graduated from El Segundo High School [ESHS] in 1993. She was active in high school with the extra-curricular, achieving the post of Associated Student Body [ASB] vice-president, and participated in the Key Club, among other organizations. She served on the Tall Flags squad, "it was always fun doing something with a tall flag and a fake rifle," and she played softball in high school while running on the track team.

She said that she was "flattered" to be selected as a profile for the *South Bay Cities* paper and that she reads the Thursday penings, learning a little bit more about some of the townfolk that she knows and a lot more about South Bay residents that she may not have crossed paths with.

She had the typical South Bay upbringing, reveling in the December celebrations of Candy Cane Lane, the Halloween Frolic, the Easter Egg hunt in Rec Park, and the Christmas parade down Main Street. "Those are all the things that I grew up thinking that is [just] what you do," she said. But as she got a bit older and ventured outside the cozy confines of El Segundo, she realized that an El Segundo upbringing is "not the norm."

"We have a special sense of community," she said, "that is unique these days."

She took advantage of many of the opportunities offered while attending ESHS in the early 90s. She remembered enjoying her time in the campus's ASB room, a third-floor venue that allowed the occupants a perch to look over the high school environs and using her arts-and-crafts talents to adorn campus display cases, as well as decorating the ESHS hallways to promote student engagement. "I always loved being involved," she said of her

high school years.

Post graduating from ESHS, Caban ventured a tad bit east to attend El Camino College. She then matriculated to Pitzer College, one of the Claremont colleges, where she grabbed a bachelor's degree and continued her studies at UCLA, studying hard enough to earn a master's degree from the school of Theater Film and Television.

At El Camino College, Caban continued nurturing her talents to display and paint things. She did well scholastically and then delved into a theater class. Caban was drawn toward the design aspect of the arts and also signed up for acting classes.

See Christa Caban, page 7



Christa Caban. Photos courtesy of Christa Caban.

Weekend Forecast

Friday

Mostly Sunny
76°/65°



Saturday

Mostly Sunny
75°/66°



Sunday

Mostly Sunny
75°/65°



Hot Wheels™ Hit Town

The Hot Wheels™ Legends Tour is coming to El Segundo on Saturday, July 30 event will be held at Hot Wheels' headquarters located at 2031 E Mariposa Avenue, for an epic day of custom build competition in the heart of Southern California's legendary car culture. Hot Wheels™ invites fans and automotive enthusiasts of all ages to enjoy one of the biggest events of the year – complete with a variety of on-site experiences including designer meet 'n greets, die-cast displays and collections, photo opportunities, celebrity influencers, kid-friendly activities, merchandise, gaming, live music, tasty eats from some of Los Angeles' best food trucks, limited-edition die-casts available exclusively on the Hot Wheels Legends Tour, along with Hot Wheels® Garage of Legends life-size vehicles.

The Hot Wheels Legends Tour is the largest traveling car show in the world. Each stop is a platform for custom car builders to showcase their passion projects with other automotive enthusiasts. The winner of the El Segundo event will advance in the Hot Wheels Legends Tour for a chance to compete in the Global Grand Finale later this year. Once chosen, the 2022 champion will have their one-of-a-kind car immortalized as the next 1:64-scale official Hot Wheels die-cast vehicle sold in more than 150 countries worldwide. One Southern California fan car could be the next Hot Wheels die-cast sold – submit your entry now! Submissions for the July 30 Tour stop are now open. To learn more about the Hot Wheels Legends Tour, visit www.HotWheels.com/Legends.

– Provided by Mattel. •

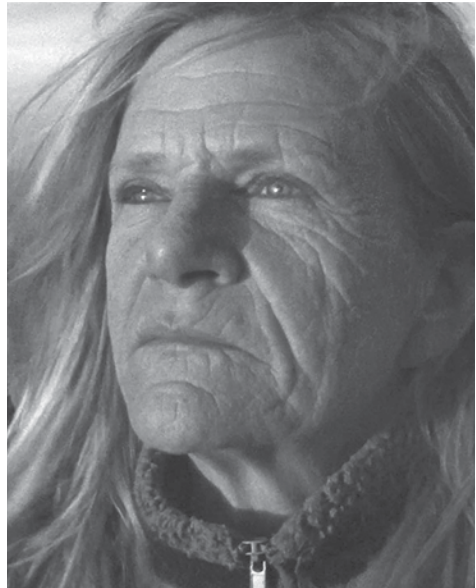
Entertainment

Film Review

A Love Song is a Subtle, Spectacular Meditation on Aloneness

By Morgan Rojas for Cinemacy

There's a difference between being alone and being lonely. The experience of being alone is a physical one and can be solved by calling a loved one or just sitting in a coffee shop, surrounded by strangers. However, the feeling of loneliness is one that hurts the deepest, usually leaving you to contemplate how you've found yourself in this situation.



A Love Song, courtesy of Bleecker Street.

It's also true that you can feel both lonely and alone at the same time, perhaps the most isolating experience a human can endure. Writer/director Max Walker-Silverman points his lens at this human fragility in the beautifully meditative drama, *A Love Song*, now playing at select AMC theaters.

At first glance, the film's American West aesthetic and lone female protagonist echoes the 2021 Academy Award Best Picture winner *Nomadland*. It feels true that these stories could exist in the same timeline, but after absorbing everything the 81-minute runtime has to offer, *A Love Song* makes *Nomadland* feel hallow. *A Love Song* is absolutely incredible.

Dale Dickey gives an unforgettable performance as Faye, a nomad and widower, who has been eagerly anticipating a visit from her childhood boyfriend Lito (Wes Studi). Living out of her camper van next to the lake, she spends her days listening to the sounds of the birds—identifying them by their distinct chirping—fishing for crawfish, and listening to country tunes on the radio. The sounds of nature soothe her mind, grounding her back to

the earth when the thoughts of reconnecting with another person begin to feel overwhelming. Faye doesn't even speak until about 10 minutes into the film.

Lito, himself a widower as well, arrives at Faye's campsite and it's not long before their small talk and pleasantries turn into gentle reminiscing about the people they were when they first meet, many decades ago. They comment on how much everything – the environment and themselves included—has changed since they last saw each other.

When you reach a certain age, you get to a point where you stop living for others and start living for yourself—authentically and honestly. At this stage in their lives, Faye and Lito have outgrown the need to impress and have adopted a “what you see is what you get” approach to life, which is quite refreshing to witness. It's honest, and pure, and leaves no room for regrets.

A Love Song is a bit misleading, though. Its title alone leads one to believe that this is a romance about two people falling (back) in love with each other, when in fact, that's not entirely true. Director Max Walker-Silverman crafts a love story about falling in love with yourself and your life, regardless of how unconventional and not according to plan you find yourself in any given moment.

Birtherd from the film's natural purity is the sentiment that it's never too late to start living the life you want. A moment of happiness is more important than a lifetime of regret, so take the chance! Risk it all! Because as Faye so eloquently says, with this line that will haunt me for the rest of my life, “However long you get, that's long enough.” •



Morgan Rojas

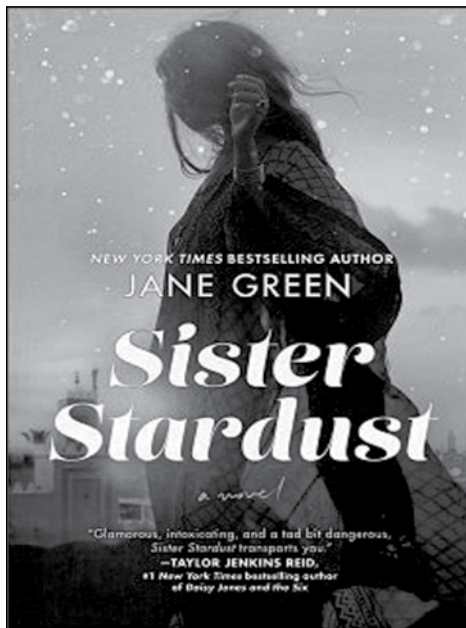
Check It Out

Sister Stardust by Jane Green

By Roz Templin, Library Assistant

Author Jane Green was inspired by real-life 1960s scenesters and socialites, including rock and rollers, fashion designers and actors, especially the enigmatic and provocative Talitha Getty in a tale of ‘Swinging London meets Morocco’, *Sister Stardust*.

This fictional story is enhanced through the creation of Claire, a typical teen in mid-sixties Britain. It is through her eyes, as an “outsider,” that we readers experience a chance to run wild with musicians and groupies, which leads to time spent in exotic Marrakesh to join the orbit of Paul Getty and



Sister Stardust by Jane Green.

his glamorous wife.

A prologue establishes that Claire is looking back on her younger years, six months after the death of her husband. Her daughter Tally is worried about Claire's age, her health and being left alone. She's also concerned with tackling the collections that her parents have accumulated throughout their lives, now in the attic.

While investigating those knick-knacks, clothing, furniture and boxes full of the past, Claire is flooded with memories of her youth.

The book's first half is an entertaining account of chubby 18-year-old Claire's life in 1966 Dorset. She has an older brother Robbie and they lost their mother in early childhood. Her father remarried and her stepmother Linda is not the nurturing kind. Claire is still living at home and working in

a neighboring village, yearning to go to the exciting world of London.

After a row with her stepmother, Claire packs herself up and heads for the city. Despite some harrowing experiences when she first arrives, she soon finds a department store job and a room in a women's hostel. Claire slims down and moves up to the new Miss Selfridge women's clothing store and is on her way to making something of herself.

One evening Claire and her friend Dottie are headed to a party and meet up with some interesting boys on the bus. One of them, John, turns out to be a mover and shaker in the music world and through him, she is re-christened “CeCe” and later is transported to Morocco in the company of members of a rock group and their wild groupie.

Claire's time in Marrakesh seems surreal. She is introduced to a jet-setting group of hangers-on who land in the elegant crash pad of the Gettys, the Palais de la Zahia. She (as “CeCe”) is the innocent that is exposed to drugs, sexual excess, domestic violence and the temperamental ways of the “in” crowd. The reader wonders if, or how much, she will participate in these new adventures and how it will shape her future.

The author Jane Green said she had been “obsessed” with Talitha for her entire adult life and spent nine months in research. There is a remarkable bibliography at the end of the book for those who would like to explore further, plus some recipes of foods mentioned in the story.

Stop by the library for more engaging reads! •



Roz Templin

“You do not find the happy life. You make it.”
— CAMILLA EYRING KIMBALL

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

Multiple Staff Product Eng open'gs (Electrical Engs) to build power electronics; design magnetic components + GaN converters; for electrical test'g/simulatns; & yield enhancmt plann'g. Need Mast's in electrical eng or relat'd + 5 yrs exper w/failure-analysis eng in semiconductor evaluatn; w/LabVIEW tools; design'g printed-circuit boards; w/wafer fabricatn; & w/JMP or DANA. Travel not req'd. Cannot telecommute from home. Must work 100% each wk in El Segundo, CA office (same area where must live). Resumes to Navitas Semiconductor Inc @ HR.USA@navitassemi.com.

May also apply @<https://navitassemi.com/navitas-careers/>.

EMPLOYMENT

Software Engineer API (Multiple Openings) (Torrance, CA & Client sites) Translate functional requirements into API specifications. Develop, Install, configure and manage API Platform components. Bachelor's degree or equivalent in Computer science or related field and 5 years of work experience. Required skills: C#, MVC, Web API, REST, SOAP UI, Postman and SQL Server. Mail resume to Numentica LLC, 3868 W Carson St Suite 300, Torrance, CA, 90503.

FOR RENT

1bd/1ba detached back unit for rent. Located in cul-de-sac near Rec Park. \$2850/month. Available September 1. Please call 424.471.9087.

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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

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Enjoying Wonderful Memories from the Past



The final part of the Centennial festivities was the time capsule unveiling. The time capsule was removed from its burial site at City Hall, and the items, which were inside, were placed on tables for display inside City Hall for all to see for the very first time. Photo courtesy City of Hawthorne.

Your Neighborhood Therapist

Dear Neighborhood Therapist,

I am originally from Connecticut, and I have been living in South Bay for a few years. I moved here for a good job after college, and for the most part I feel like I should be really happy. I live by the beach, the weather is great, everyone is very friendly. But something feels off. I feel like I am depressed and I can't figure out why. Any ideas on what might be happening?

– *Should be Happy, South Bay*

Dear Should be Happy,

I have lived in Southern California for about 15 years now, and I have a vivid memory of stepping outside the airport terminal in my native New Orleans at around 11 o'clock on a summer night and getting hit with a wall of heat and humidity that was at once both shocking and... perfect. Was it as comfortable as a cool summer South Bay night with a sweater and a sea breeze? Absolutely not. But that very humidity, and the sounds of streetcars, and sweaty iced tea glasses, and dozens of other only-at-home details come together to give me a comfort that I don't get anywhere else.

My experience is far from unique. The place we are from, and the physical and social environment around us, affects our sense of self and well-being more than we tend to realize. By taking note of the ways our world affects us, we can come to a better understanding of why we feel the way we do. This matters in part because we are so often encouraged to blame ourselves for feeling lousy. It also matters because when we are seeking to change our circumstances or the way we feel, it's helpful to factor in how much the place we are located contributes to our current feeling.

So how do you go about accounting for

the role of place in your life? Here are a few questions to think about:

When you think about a place that was important to you growing up, and that remains important to you, what details about that place do you find comforting, and why?

What did the place you grew up teach you about how to live, or not live, your life?

What do you know about life that you could not have known unless you grew up where you did?

When you think about the happiest moments of your life, where were you and what were you doing? What about that place you were contributed to your sense of happiness? Why did those things that you cited make a difference?

What is the first thing you feel when you arrive at the place that you call home? What do you cease to feel at that time?

Think about a difficult decision or situation you faced: if you had grown up somewhere different, would you have handled it differently?

It's really helpful to put this stuff into words so that you can properly weigh the elements that affect your life: what do you gain and what do you lose by living in a place that doesn't feel like "home"? Once you have a narrative about why you live where you do, don't be surprised if you start feeling better.

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

your business YOUR NAME your dreams

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Email dba@heraldpublications.com or call 310-322-1830 for more information.

Love Thy Neighbor

Dear South Bay Cities Neighbors,

We love the profiles we've done, and we've learned so much about South Bay City residents. We want to do more, so please keep the suggestions coming. With over 200,000 residents, we're sure there are some gems we may have overlooked or not been aware of them. Do you have a unique and interesting friend, neighbor, co-worker, colleague or student? All you have to do is ask their permission and send us their contact information. Of course, if you find yourself fascinating, you are welcome to send us your information too. 😊

– *Best to you all. HM.*

Send your suggestions in to letters@heraldpublications.com



Please have your nominee's approval before you submit them as a nominee.

Lawndale Tribune

AND LAWNDALE NEWS

The Weekly Newspaper of Lawndale

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A Fun Summer Concert to Support Our Students and Teachers in the South Bay



Thank you to everyone that attended and supported the second annual Summer Vibes Concert. Everyone enjoyed live music, tacos, beer, and raffle prizes. All funds raised are going towards the Interact scholarships and teacher mini grants projects this year. If you missed the event, no worries, we will be back next year. Photo courtesy Beach Cities Rotaract.



Travel



Safety Tips for Family Vacation

These Simple Safety Steps Can Help Avoid an ER Trip

(BPT) - Whether you're traveling near or far, vacations can be a fun and relaxing time for families. However, people who are traveling with small children need to think about dangers that they may not have to consider while at home. When parents and caregivers take a few safety steps wherever they're staying, they'll help avoid injury and accidents while on vacation.

Strangulation Dangers

Many hotels, resorts and rentals have window blinds. Always check the blinds and note whether they have cords or are cordless. If corded, tie up all cords so they are well out of the reach of young children. Corded window coverings pose a strangulation hazard to infants and young children, who can become entangled in the blink of an eye. Learn more at WindowCoverings.org.

Furniture Safety

Children are curious and playful. Check furniture and TVs for risk of tipping, and note sharp corners which could cause injury. Also, all cribs and furniture must be moved away from potentially accessible windows.

Designate safe play areas for your kids and point out things that could cause injuries, so they understand why some areas are off limits.

Medication and Alcohol Storage

Family visits are always special, but keep in mind in someone else's home - especially those without kids - medications could be left

out on tables or in the kitchen. Additionally, alcohol might be out on bar carts and in refreshment refrigerators. Before you arrive, ask these items be stored out of reach or in cabinets while the kids are around. Once you arrive, give the areas a once-over to ensure nothing was overlooked.

Choking Hazards

In other homes or hotels, things like buttons, batteries, decorative items and even hard candies might be easily accessible. Make sure to be aware of these hazards and store items appropriately, especially if you have babies or toddlers who like to put things in their mouths. Additionally, place hotel-size hygiene items out of reach to prevent accidental poisoning.

Water Threats

If you're traveling somewhere near the water, think of all related hazards. Tile floors can become slippery. Wear surf shoes when in water, where rocks and shells can make things slippery or cause cuts. Always make sure life jackets fit properly. If visiting a private residence with a pool, consider bringing a pool alarm that sounds when the water is breached.

Hotels and other homes may not be set up with young kids in mind, but with a few checks, you can work to prevent accidents while on vacation. Travel can be nerve wracking for a parent, but if you use the same discretion and safety checking in your places of stay that you do in your home, you'll have peace of mind wherever you travel. •



Keep your kids safe.

Inglewood News

The Weekly Newspaper of Inglewood

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Welcome Our Culture Hub to the Neighborhood



This past Saturday the Inglewood Airport Area Chamber of Commerce held a ribbon-cutting ceremony for Our Culture Hub, a curated premium retail store featuring Black-Owned Brands. Our Culture Hub is a place for business owners to see their dreams come true, a place to give their products a home, a place to provide a stepping stone to the next level for their brands. Please support our local businesses. Photo courtesy City of Inglewood.

Seniors

Keeping Your Bones Healthy And Strong

(BPT) - It's never too early (or too late) to take care of your bones. After all, your bones are the supporting structure that allow you to move every day and they protect your vital organs. According to the National Institutes of Health, bones store minerals, namely calcium and phosphorus, for later use, so your body has what it needs.

Your body reaches a maximum amount of bone, or bone mass, by age 30. As you age, you lose bone mass which can weaken your bones and can lead to injury. In fact, 1 in 3 women over the age of 50 will break a bone due to osteoporosis. While the disease is more common in women, 1 in 5 men over age 50 will also break a bone due to osteoporosis. This "silent disease" can be easily overlooked but taking stock of your bone health now along with the right nutrition and exercise could help increase your bone strength and reduce your risk of fracture.

Vitamin K is an essential nutrient vital for maintaining and supporting bone health. Several bone proteins rely on this vitamin to regulate bone metabolism, mineralization and formation. Too little vitamin K in the diet may weaken bones increasing the risk for fractures. Much like consuming natural sources of calcium and vitamin D can support bone health, so does eating foods with vitamin K.

A study from Pennsylvania State University found that daily prune consumption preserved

bone mineral density (BMD) at the hip and protected against increased fracture risk in postmenopausal women. A hip fracture is a serious injury that commonly leads to hospitalization, diminished quality of life, loss of independence and a shortened life span.

"The naturally sweet flavor of prunes makes them a versatile ingredient or convenient snack for anyone," says California Prune Board's nutrition advisor, Andrea N. Giancoli, MPH, RD. "Just a handful of prunes a day can easily be incorporated into any eating plan. Add them to salads, trail mixes, cereal, smoothies and savory dishes."

Make sure you're getting enough calcium in your diet. Ninety-eight percent of the body's calcium is stored in the bones, making this mineral critical for building and maintaining strong bones. Getting too little calcium can potentially lower your bone mass and make you more susceptible to osteoporosis.

Dairy foods like milk, yogurt and cheese are excellent sources of calcium. For those who don't consume dairy products, there are plenty of other food options including:

- Soybeans (aka edamame) and pinto beans
- Tofu made with calcium
- Almonds
- Calcium-fortified plant milks and foods
- Calcium-fortified juices and cereals
- Canned salmon and sardines with bones

For your body to properly absorb and
See Seniors, page 6

Finance

Top Tips For Tackling Student Debt

(BPT) - As the academic year comes to an end, many are taking a monumental step in their lives. Whether they're high school graduates headed off to college, college graduates about to experience life outside the classroom full time, or parents who have continuously offered their support and are about to become empty nesters, this transitional time can be consumed by many emotions.

Along with any major life milestone comes the point in time when it's necessary to make informed decisions and have confidence to take the next step, and one increasingly looming challenge involves the prospect of a mountain of student debt faced by so many families. According to EducationData.org, 47.9 million borrowers in the U.S. have student loan debt. In fact, Americans of all ages and generations feel the impacts of student debt, with Fidelity data indicating Baby Boomers are more than twice as indebted as Gen-Z. It's important to know the resources available to students and parents at every stage of the journey, whether that's before a child enters high school or 10 years after graduation from some form of higher education. Here are five tips for tackling student debt at any life stage:

According to a recent Fidelity Investments study, nearly 6 in 10 parents (59%) use their "own best guess" when estimating college costs and one-third (32%) have no idea what college will cost by the time their child enrolls. It's never too early to start saving or planning

for college. As soon as possible, parents and children should schedule family time to begin discussing college expectations, which should include costs, financing options and their potential near- and long-term impact. The burden of college prep is a team effort shared by both schools and families but expect to do some independent research to understand key dates.

As students take on more responsibility after high school, practicing good budgeting fundamentals early on will come in handy when student loan repayments take effect post-graduation (typically, six months after graduation). While the federal loan repayment is currently paused, there are different types of student loans and repayment pauses may not apply to all student loans, so it's best to be prepared. Take the right steps after high school to feel confident in making financial decisions and understanding financial basics to help ensure a smooth transition into adulthood.

The best way to be prepared for the inevitability of repayment is to have a steady source of income. Take advantage of college and post-secondary school resources to ensure success with job hunting. Most institutions have career centers dedicated to helping prepare students and alumni for life after school by giving advice on resume building, pointing job seekers toward recruiters and job search engines as well as facilitating access to alumni networks and professional affiliations.

See Finance, page 6



GUNDOGRAM

SUBMIT YOUR YUM DISH!!

Turkey and Stuffing Casserole

Provided by Campbells Soup Corp.

Here's a family-friendly dish that fits right into your busy schedule. It features convenience products that combine with cooked turkey or chicken to make a mouthwatering casserole that's ready in less than 45 minutes.



Ingredients

- 1 can Campbell's® Condensed Cream of Mushroom Soup or Campbell's® Condensed 98% Fat Free Cream of Mushroom Soup
- 1 cup milk or water
- 1 bag (16 ounces) frozen California vegetable blend (broccoli, cauliflower, carrots), thawed
- 2 cups cubed cooked turkey or chicken
- 4 cups Pepperidge Farm® Herb Seasoned Stuffing
- 1 cup Swiss cheese or Cheddar cheese (about 4 ounces)

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

Directions

- **Step 1:** Heat the oven to 400°F. Spray a 2-quart casserole with vegetable cooking spray.
- **Step 2:** Stir the soup and milk in a large bowl. Add the vegetables, turkey and stuffing and mix lightly. Spoon the turkey mixture into the casserole.
- **Step 3:** Bake for 20 minutes or until the turkey mixture is hot and bubbling. Stir the turkey mixture. Top with the cheese.
- **Step 4:** Bake for 5 minutes or until the cheese is melted.

Tips

Serving Suggestion: Serve with a salad of mixed greens, dried cranberries and walnuts with a Dijon mustard vinaigrette. For dessert serve sliced pears drizzled with chocolate sauce.

Easy Substitution: Substitute 3 cans (4.5 ounces each) Swanson® Premium White Chunk Chicken Breast in Water, drained, for the cubed cooked turkey.

Christa Caban

from front page

She ended up at Pitzer College. She said she loved the "ethos" of attending Pitzer, because part of their requirements is that you need to "give back" to the community. "A great fit," she said about her time at Pitzer, where students are given a bit of leeway to design their own major.

After her studies at Pitzer, Caban decided to further her aspirations locally and attended UCLA to attend graduate school, concentrating on the costume design program. "I met a lot of great people," Caban said of her time at UCLA. She honed her artistic expertise while wandering the lush greenery of the Westwood campus.

Other Caban facts: She has been a lifetime member of the Girl Scouts organization and serves as service unit manager for the 20 Girl Scout troops in El Segundo. Caban said she became part of the Girl Scouts tradition when she was in second grade.

"I loved going camping," she said, "and learning all of the little skills" that are offered in Scouting, as some of those skills were not the same ones offered in the South Bay back in the '80s, Caban said, noting she learned how to "whittle with a pocketknife, and build a fire."

Caban mentioned Nancy Jacobson, who was one of her Girl Scout leaders and a pre-school substitute teacher, as a woman who made an indelible imprint on the young Caban. She remembers Jacobson counseling her Girl Scout charges that "we know what we are doing, and we do it well," calling Jacobson "such a positive influence on my life."

Caban counts Holly Kobzina as one of her close friends. Kobzina toils with Caban in the Girl Scout organization. She has known Caban for a decade and said that her friend

"knows everything, and anything there is to know about this town. She gets involved and gives it her all, doing it for herself, her kids, and the rest of the community."

Not one to slack on serving her community, Caban is an active member of three PTAs in town. She has held multiple chair positions over the past dozen-plus years of her PTA service. "I want to know what is going on in the schools," she said. "I try to be as engaged as I can," she said about serving the PTA, "and chair a position when I can." She said that, while some might say they do not have the time to volunteer to serve the school district, "if everybody said that we would not have the great schools, the great city, and the great teachers we have. I want to be present for the kids."



Christa Caban and her family at Disneyland.

She cherishes any opportunity to be in a classroom with young learners. "You only get one opportunity to be a parent," she said.

She was recently selected to be the chairperson of the El Segundo Education Foundation. Caban has been volunteering with the Ed! Foundation for years, doing whatever is needed to help fund the ESUSD schools while occasionally finding an avenue to utilize her artistic talents. "I am excited about being the chairperson," she said. "We have some great inspiration; I think this year will be really good."

Also, on the volunteering front, Caban has been a member of the National Charity League [NCL], holding multiple positions in the organization. She said her daughter, Ava, has been "bitten by the volunteering bug. We

cannot expect the schools to do everything," Caban said, noting the import of having an organization like the NCL imparting positive ideals to their members and that the parents "can be involved in as well."

Caban met her husband, Robert, in 1996 on July 4th, and she said that it has been "fireworks ever since." They just celebrated their 21st wedding anniversary. How did they meet, you ask? A random meeting at a party, in which Christa, while smitten [my words], was not sure of Robert's initial interest. She said that when she "met eyes with him," she said "sounds corny, but I felt that I had known him my whole life." Alas, when Robert discreetly snuck away a bit later, Christa thought Robert was "bailing," but, lo-and-behold, Robert re-emerged in 30 minutes. "And we have been together ever since," Christa said. "We just knew it was right."

When Caban is trying to wind down, she and the family love to hit the waves at the beach; Caban said she is still trying to figure out how to stand up and stay on a surfboard. Caban and her family like to ski; she was a ski rep at Big Five Sporting Goods back in the day. The family also likes to visit museums and increase their appreciation and knowledge of art.

Caban said she and her family like "creating and making memories together. Splashing in the water, going down the [ski] slopes, making a meal, listening to music."

Her three kids, Ava, Alex, and John, attend ESUSD schools. Asked what her greatest accomplishment is, Caban quickly said, "my children."

Not a bad accomplishment and legacy, right? •

PETSPETS **Pets** PETSPETS

Featured Pets of the Week

Provided by Hannah Collett, spcaLA

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This beautiful sweetheart is **Fairie**. She is a very affectionate 2 year old domestic short hair female attention-seeker and really enjoys exploring her surroundings. Meet Fairie today! <https://spscala.com/adoptable/pet/?ss=LACA-A-4598>
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Drayton



Leonard



Fairie



Dr Pepper

PUBLIC NOTICES

Fictitious Business Name Statement
2022160061

The following person(s) is (are) doing business as ZABE, 4727 W 147TH ST UNIT 246, LAWNDALe, CA 90260, LOS ANGELES COUNTY. Registered Owner(s): PRICILLA ELIZABETH VARGAS, 4727 W 147TH ST UNIT 246, LAWNDALe, 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: 01/2022. Signed: PRICILLA ELIZABETH VARGAS, OWNER. This statement was filed with the County Recorder of Los Angeles County on July 18, 2022.

NOTICE: This Fictitious Name Statement expires on July 18, 2027. A new Fictitious Business Name Statement must be filed prior to July 18, 2027. 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. 7/21, 7/28, 8/4, 8/11/22 HL-2631

PUBLISH YOUR PUBLIC NOTICES HERE

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