

South Bay Cities

Featuring the Weekly Newspapers of Hawthorne, Inglewood and Lawndale

Hawthorne Press Tribune
The Weekly Newspaper of Hawthorne

Inglewood News
The Weekly Newspaper of Inglewood

Lawndale Tribune
AND LAWNDALE NEWS
The Weekly Newspaper of Lawndale

Herald Publications - El Segundo, Hawthorne, Lawndale & Inglewood Community Newspapers Since 1911 - (310) 322-1830 - Vol. 3, No. 36 - September 9, 2021

Inside This Issue

- Certified & Licensed Professionals7
- Classifieds2
- Entertainment2
- Hawthorne.....3
- Lawndale4
- Inglewood.....5
- Legals6,7
- Pets.....8
- Seniors.....3

South Bay Cities Are Strong Alone But Unstoppable Together



It's been 5 years when Mishel and Marcus Kowal lost their son, Liam Kowal (at 15 months old) who was struck and killed by a drunk driver on September 3, 2016. In his honor, Hawthorne Police officers participated in "Liam's WOD" (workout of the day) which is a workout to raise awareness and remind people not to drink and drive. Liam, may your legacy live on forever. Photo courtesy Hawthorne Police Department.

Exploring Punk Music with Alec Hodgman on A Fistful of Vinyl

By Kiersten Vannest

"From sixth grade forward, on any given weekend, you can find me in a mosh pit." From a young age, Alec Hodgman was ensconced in the world of punk music. His role models were into punk and played in punk bands. He admired the unrefined and defiant nature of the music. Deeper than that, he found a community, and it is in the interest of fostering that community that he went on to form the radio show *A Fistful of Vinyl* (KXLU 88.9 FM).

Hodgman himself is not a musician, but his contribution to the music world shines in his work. "I'm a passable guitarist at best," laughs Hodgman, "and nobody would ever want to hear me sing if they knew what was good for them. But at the very least, I can share some of the art that other people are making."

A Fistful of Vinyl started with the intention of giving air time to up-and-coming punk bands, putting names on the scene, and sharing music with new listeners. In addition to playing their music, Hodgman interviews the artists. Usually, he says, he gets into conversations with artists about all things music-related and beyond. It's important to Hodgman to add a human element to the artists who are often idolized.

Hodgman has interviewed artists both famous and underground. One day he might be interviewing Julian Casablancas of The Strokes, and the next day he is talking with the Taxpayers, a DIY punk band on the rise.

"It's this dichotomous situation where you've always wanted to focus on those smaller artists, who would benefit the most from exposure...but we also try to drive the popularity of the channel by getting involved with some bigger artists," says Hodgman. He strikes a balance, alternating between artists

who already have a following and those just starting out.

It's not just the artists he works to humanize. Through his show, Hodgman has learned to be vulnerable in front of an audience, discussing his own life, and bringing to light issues surrounding mental health. Having gone through depression himself, he hopes that speaking freely might allow for a greater discussion.

In addition to his radio show, Hodgman films his sessions and performances from artists and posts them on YouTube episodically. Sometimes, about once a month, he says, he will read a comment on one of his videos saying, "This saved my life." A heavy comment, Hodgman is grateful that someone could find solace in his show and the punk community.

The punk community is one of radical acceptance. It is a safe space where those who haven't fit in other places in society can come and be who they are and be accepted. Members and fans don't tolerate judgment, bigotry, or any abuses of humanity and will effectively blacklist anyone who violates this unspoken code.

Many punk artists have survived or are going through some sort of internal or societal struggle, be it drug addiction, gender transitioning, abuse, or depression and anxiety. "To have a musical reflection of that that the artists poured their soul into...I think is the thing that creates a generally uplifting atmosphere or sympathetic atmosphere," Hodgman says. For the audience to draw parallels between their life and the music is a raw and vulnerable experience. It's what the audience brings to the music that makes it art, in Hodgman's opinion. The discussion of separating the art from the artist to Hodgman must include those interacting with it. "Art,"



Alec Hodgman hosts the show, *A Fistful of Vinyl*, on 88.9 KXLU. he says, "is the thing that happens with an audience and a performance interact."

Hodgman does not get paid for his radio show. "We make jokes about how we're revenue negative radio, in the sense that it costs us money to produce, and we don't take any of it," he laughs. The show is run completely on a volunteer basis, fueled by a passion for the music and the people involved in it.

Having attended Loyola Marymount University as a business student, Hodgman was taught that the way to success and happiness was to get a good job and make a lot of money. What he's learned from his work on *A Fistful of Vinyl* revolves largely around being shown that success and happiness look different for every person. Getting to know people from all walks of life, all of whom are creating art that can be enjoyed by the same community, has provided Hodgman with a wider view of humanity.

Hodgman's dream interviews are Josh Ritter, who he contends is the greatest lyricist working today, and Toh Kay, who is famously reclusive, but whose solo acoustic career has

See Alec Hodgman, page 4

Weekend Forecast

Friday
Sunny
78°/67°



Saturday
Sunny
79°/67°



Sunday
Sunny
77°/63°





Entertainment



Film Review

'Wild Indian' is a Gripping Thriller About Generational Trauma

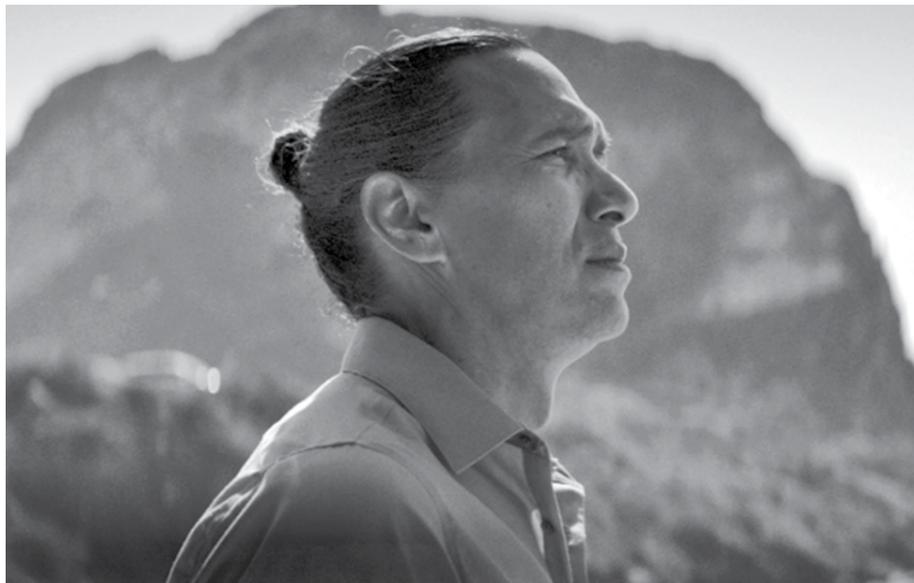
By Ryan Rojas for cinemacy.com

In his feature debut *Wild Indian*, Indigenous filmmaker Lyle Mitchell Corbine Jr. commands the big screen with the story of a troubled Native American man, whose trauma-filled past leads to him committing an act of violence that changes multiple lives forever.

From its start, *Wild Indian* captures the suffering of Native people, by presenting a title card that reads how man's sickness was carried west (the connotation of the "western

audience, but the real surprise is when we see a grown-up Ted-O (Chaske Spencer), his previously meek, sensitive friend, now covered in face tattoos and being released from prison.

When all things come to a head for Michael, forcing him to return to his past and leave his new California coast life, the film connects back to its original message of circular patterns of trauma. *Wild Indian* is a gripping and emotionally charged film that proves powerful both for its thrilling elements



Wild Indian, courtesy Vertical Entertainment.

world" being an important note here), as well as the visual of an early Native man in headdress and tribal wear standing over another downed by an arrow, showing a vast history of pain that writer/director Lyle Mitchell Corbine Jr. connects back to later.

A jump in time brings us to the image of young Makwa (Phoenix Wilson), whose largely silent demeanor hiding behind shaggy hair that often hides the signs of abuse at his father's hand. Although Makwa is comforted daily by his sensitive friend Ted-O (Julian Gopel), his agitation turns into a quiet anger, which, on one fateful day, results in the senseless killing of a classmate, leaving Makwa and Ted-O with a horrific secret to keep.

Corbine Jr. makes the confident directorial decision to then leap forward in time over thirty years to 2019, where we see Makwa (Michael Greyeyes)—who now goes by "Michal Peterson"—has succeeded in making a great life for himself, with a white-collar career and partner (Jesse Eisenberg), and wife (Kate Bosworth). Makwa's fortune impresses the

as well as its representation of Native culture on the big screen, in substantial roles that we deserve and hope to see more of.

Beyond playing as a highly taut thriller, *Wild Indian* connects it's present day pain to the larger pain-filled past that Native American people have carried for centuries, making for both an expansive and intimate watch. •



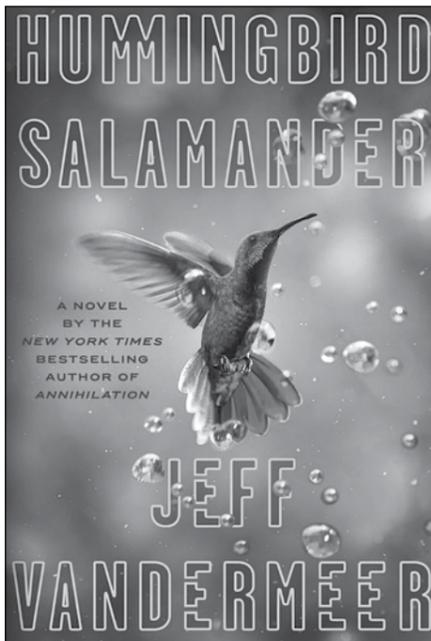
Ryan Rojas

Check It Out

Hummingbird Salamander by Jeff VanderMeer

Book review by Roz Templin, Library Assistant, El Segundo Public Library

Security Systems Analyst "Jane" receives an envelope handed to her by a barrista in her local coffee shop one morning and it literally upends her entire life. Soon she is running down an extremely dangerous rabbit hole that will spawn mysteries dissolving into more mysteries, intimidation and violence, crimes of wildlife trafficking and ecoterrorism.



Hummingbird Salamander by Jeff VanderMeer

Will she solve the clues that include a taxidermied hummingbird and a salamander? Will she become a warrior battling climate change and worse?

Jane is a sturdy woman, a former wrestler in high school and a former body builder. She will soon realize just how much physical abuse she can take when she decides to open the envelope and discovers a key to a storage unit that contains that first clue. That door literally opens a shadowy underworld where everything and everyone is suspect and capable of physical and psychological brutality against her and to those she holds dear.

Returning to her early interests in criminology and psychology (and an idea of joining the police force), Jane becomes a noirish detective. She's on the trail of Silvina Vilcapampa, believed to be an eco-terrorist with ties to those involved in illicit biotechnology and drugs, among other rumored activities. 'How does Silvina know ME?' puzzles Jane as she continues her investigation into the

myriad tentacles of the Vilcapampa empire. Jane becomes obsessed with Silvina's life, ignoring her own tenuous connections to her job, co-workers, even her husband and daughter.

I chose to listen to the library's book on CD and voice actor Lisa Flanagan seems to inhabit the lead character of Jane: her speech is tumbling out, faster and faster – then, at particular times she is slow and careful when thinking things through. There does seem to be an intention to give an homage to the noir thriller when Jane's voice is a rushed monotone, reminiscent of a 1940s film detective. The action is intense and sometimes difficult to follow while listening, but I consulted our print copy to double-check some of the nuance here and there. There is definitely a rollercoaster quality to this tale!

Jeff VanderMeer previously authored the bestseller *Annihilation*, which was made into a film in 2018 starring Natalie Portman. Called "the weird Thoreau" by *The New Yorker*, VanderMeer frequently speaks about issues related to climate change and storytelling. He is passionate about native gardening and returning balance to our ecosystems. He and his wife have removed nearly all of the invasive species on their property and now boast a resulting abundance of biodiversity: over 90 bird species have been seen in their yard along with dozens and dozens of bee, wasp, butterfly, and moth species.

These and other interesting books, films and music cds are available to check out with your El Segundo Public Library card. Online resources including ebooks and eAudiobooks are available on our website, www.elsegundopubliclibrary.org. •



Roz Templin

"A book is a dream you hold in your hands."

– NEIL GAIMAN

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.

FOR SALE

2 DOOBIE BROS CONCERT TIKS @ LA FORUM, OCT 9th, 2021. SEATS: SECTION H, ROW 8, SEATS 9 & 10, FOR \$408.00 - FACE VALUE; CASH ONLY. COVID-19 POLICY: GUESTS MUST WEAR MASKS, BE VAXED AND SHOW PROOF. CAROL (310) 351-3185

ROOM WANTED

I have lived in a house in El Segundo for 16 years that is being sold. I am at Sea or out of town 25% or more of the time. Require off-street parking when out of town. If you have a room not being used, call Skip 310.322.1604

WANTED

WANTED. Vinyl, records, vinyl, 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.

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



HERALD
PUBLICATIONS

EL SEGUNDO HERALD* • HAWTHORNE PRESS TRIBUNE*
INGLEWOOD DAILY NEWS* • LAWDALE NEWS*

EL SEGUNDO OFFICE • 531 MAIN ST, # 1160 • El Segundo • CA • 90245
Ad Sales / Legal Notices / Marketing: (310) 322-1830
Classifieds / Real Estate: (310) 322-1831 • www.heraldpublications.com

Staff and Departments

Editor-in-Chief: Heidi Maerker

Classifieds: Clara Nilles • clara@heraldpublications.com

DBA: Debbie Waite • dba@heraldpublications.com • For Fictitious Business Name (DBAs) filings

Display Ad Sales: Debbie Waite • marketing@heraldpublications.com

Production: Michael Gonzales • ads@heraldpublications.com

Legals: Debbie Waite • legalnotices@heraldpublications.com
For legal notices, name changes, obituaries

Letters to the Editor: letters@heraldpublications.com

Marketing: Debbie Waite • marketing@heraldpublications.com

Real Estate: Clara Nilles • graphics@heraldpublications.com • For new realtors, contracts, ads

General Inquires: web@heraldpublications.com • For general questions or announcements

Our website can no longer take inquires or emails

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

Hawthorne Press Tribune

The Weekly Newspaper of Hawthorne

Herald Publications - El Segundo, Hawthorne, Lawndale & Inglewood Community Newspapers Since 1911 - (310) 322-1830 - Vol. 63, No. 36 - September 9, 2021

Hawthorne High School of Manufacturing & Engineering Brings Real World Learning to Our South Bay Students



Students use the same industry-leading design principals and 3D Design Software used by companies like Northrop Grumman, Boeing and Walt Disney Imagineering. They explore the worlds of architecture and product design to appreciate the world they live in, experiment with aerodynamics and biomechanics to understand the world they use, they are trained in state of the art manufacturing labs to create the world they want. This is STEM education and it is at the heart of our school. Photo courtesy Centinela Valley Union High School District.

Seniors

Understanding When Depression May be Something More

(BPT) - It is common for people to experience both periods of happiness and sadness throughout their lives, but it can be hard to determine whether prolonged versions of these emotional states indicate something more serious than changing feelings. Sharp mood swings between extreme highs and extreme lows can often be a sign of a mood disorder. Bipolar disorder, also known as manic-depressive disorder, is a lifelong serious mental health condition that causes debilitating, severe mood swings and changes in energy and activity levels. An estimated 5.8 million adults in the U.S. experienced bipolar disorder in the past year.

When symptomatic, most people living with bipolar disorder spend more time in the depressive phase, called bipolar depression. Major depressive episodes in bipolar depression may cause depressed moods, fatigue, loss of interest in activities, or even suicidality. Alternatively, a person experiencing a manic episode may express increased energy and activity, unusual talkativeness, agitation, risky behavior, distractibility, and poor decision-making. People living with bipolar disorder experience a 10-30 times higher rate of suicide, compared with the general population.

During a manic or hypomanic episode, individuals living with bipolar disorder may have an elevated mood and an exaggerated sense of self-confidence, and they are less

likely to characterize their behavior as risky or problematic. Most of these individuals are likely to seek treatment during a depressive phase because depressive symptoms may be more troubling, negatively impact their quality of life, and cause functional impairment.

Bipolar depression can be difficult to diagnose, in part because people living with the condition are likely to experience other conditions with similar symptoms like anxiety disorder or Attention-Deficit Hyperactivity Disorder (ADHD). Additionally, bipolar depression is commonly misdiagnosed as unipolar depression - or frequent depressive episodes without mania or hypomania. In fact, only 20% of people with bipolar disorder who are experiencing bipolar depression are diagnosed correctly within the first year of seeking treatment.

Dr. Roger S. McIntyre, M.D., FRCPC, Professor of Psychiatry and Pharmacology, University of Toronto, Canada, has been working with people with bipolar depression for 20 years and knows the importance of getting the correct diagnosis. "It is imperative for healthcare providers to take the time to fully learn and understand an individual's lived experiences, and that requires the individual to place significant trust in their care team. Once that trust is established, it allows for more productive conversations with people

See Seniors, page 7

Garage Sale

2 bed/2 bath
condo comes
charming living
Now only \$

★ CA

BY

The suite
Bedrooms
dresser
Fully equ
bathroom

RENO

are

en

ants
each

T
n units
l bath.
pletely
rrently
nts are
ch unit is
\$450.

ANS
ations on
y types:
uction

MOVING SALE!!! Sunday

medium clothing,

YOUR AD HERE

CLASSIFIED ADS - ONLY \$40
for twenty words or less.

Email class@heraldpublications.com
or call 310-322-1831 for more information.

Lawndale Tribune

AND LAWNDALE NEWS

The Weekly Newspaper of Lawndale

Herald Publications - El Segundo, Hawthorne, Lawndale & Inglewood Community Newspapers Since 1911 - (310) 322-1830 - Vol. 80, No. 36 - September 9, 2021

Far Field Beer Co. is the First-Ever Brewery in Lawndale



LA's newest brewery was once an autobody shop now turned taproom. Founded by husband and wife craft beer enthusiasts James and Regan Bardeen, Far Field will impart the couple's love of all things beer throughout every recipe and square foot of the brand-new production facility and tasting room. Please support out local businesses. Photo courtesy Far Field Beer Company.

CLASSIFIEDS

CLASSIFIED ADS - ONLY \$40
for twenty words or less.

Email class@heraldpublications.com or call 310-322-1831 for more information.

YOU'VE WORKED SO HARD

GETTING YOUR BUSINESS OFF THE GROUND



PLEASE GIVE YOUR BUSINESS THE NAME IT DESERVES

DBAS PUBLISHED FOR ONLY \$75.00

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

Alec Hodgman

from front page

impacted Hodgman greatly.

Though Hodgman would love to grow the show, he is wary of adding funding into the mix. He would be open to the prospect, he says, with the caveat that he can continue to do the show as he is and keep the heart behind it. Completely self-taught, he welcomes collaborations with video artists and recording professionals, and of course, anyone interested in punk.

When he started the show, Hodgman says he was playing a character of what he thought a

radio DJ should act like. It wasn't until he let this character fall away that he hit his stride and found the true direction of the show. If there's anything listeners can take away from it, he hopes this is the bit of wisdom they keep.

"If there's something that people can take away from the interviews and the performances, it's that there is validity to just being yourself and authentically, unwaveringly committing to being yourself... There's a lot more space for us to accept ourselves and be kind to ourselves." •



Hodgman with Laura Jane Grace and Against Me in the studio after a recording session.

Inglewood News

The Weekly Newspaper of Inglewood

Herald Publications - El Segundo, Hawthorne, Lawndale & Inglewood Community Newspapers Since 1911 - (310) 322-1830 - Vol. 70, No. 36 - September 9, 2021

Inglewood Students Receive School Supplies for the New School Year



Office Depot's "Start Proud" back-to-school investment program, which provides students, parents and teachers with school supplies, partnered with California Dedicated to Educators (CDE) Foundation and Labor Management Initiative, to nominate Ms. Aba Ngissah, Hudnall Elementary School teacher and President of the Inglewood Teachers Association (ITA), to receive 250 backpacks and school supplies such as rulers, notebooks, pencils and much more. In addition, parents received a \$20 Office Depot gift card to use for additional supplies. Thank you to the CDE Foundation, Labor Management Initiative and Office Depot for supporting our students and families. Photo courtesy Inglewood Unified School District.

Becoming the City where everyone wants to be

IDEAL
Inglewood

Visit informinglewood.com to learn more

PUBLIC NOTICES



NOTICE OF PETITION TO ADMINISTER ESTATE OF: PHYLLIS BRUMFIELD CASE NO. 21STPB07029

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of PHYLLIS BRUMFIELD. A PETITION FOR PROBATE has been filed by GREGORY GENE PERRY Sr. in the Superior Court of California, County of LOS ANGELES.



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.

NOTICE OF PETITION TO ADMINISTER ESTATE OF: DANIEL D. MILLER AKA DANIEL DAWN MILLER, JR. AKA DANIEL MILLER AKA DANIEL DALE MILLER CASE NO. 21STPB08083

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of DANIEL D. MILLER AKA DANIEL DAWN MILLER, JR. AKA DANIEL MILLER AKA DANIEL DALE MILLER. A PETITION FOR PROBATE has been filed by COUNTY OF LOS ANGELES PUBLIC ADMINISTRATOR in the Superior Court of California, County of LOS ANGELES.

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.

Order to Show Cause for Change of Name Case No. 21TRCP00305

Superior Court of California, County of LOS ANGELES. Petition of: FREDRICK CURTIS HOUSTON for Change of Name. TO ALL INTERESTED PERSONS: Petitioner FREDRICK CURTIS HOUSTON filed a petition with this court for a decree changing names as follows: FREDRICK CURTIS HOUSTON to FREDRICK ALEXANDER PERALTA ABIGAIL ISABELLA HOUSTON to ABIGAIL ISABELLA PERALTA ANABEL REBECCA HOUSTON to ANABEL REBECCA PERALTA

Order to Show Cause for Change of Name Case No. 21TRCP00306

Superior Court of California, County of LOS ANGELES. Petition of: ANDREA REBECCA HOUSTON for Change of Name. TO ALL INTERESTED PERSONS: Petitioner ANDREA REBECCA HOUSTON filed a petition with this court for a decree changing names as follows: ANDREA REBECCA HOUSTON to ANDREA REBECCA PERALTA AUBRIEL SARAH HOUSTON to AUBRIEL SARAH PERALTA ARIELLE CYNTHIA HOUSTON to ARIELLE CYNTHIA PERALTA



NOTICE OF PUBLIC HEARING City Council Meeting September 14, 2021

Program Description: NOTICE IS HEREBY GIVEN that on Tuesday, September 14, 2021, at 6:00 P.M., or soon thereafter, the Hawthorne City Council conduct a public hearing to consider the draft Consolidated Annual Performance and Evaluation Report (CAPER) for program year 2020-2021.



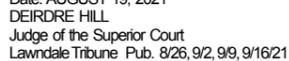
Concerns? You are invited to participate in a public hearing to be held by the City Council of Hawthorne on Tuesday, September 14, 2021, at 6 p.m. to provide public comment. Due to the public health concerns related to COVID-19, this will not be an in-person meeting and the Council Chambers will not be open.



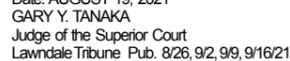
ADA Compliance: It is the intention of the City of Hawthorne to comply with the Americans with Disabilities Act in all respects. If, as a participant and observer at this meeting, you will need special assistance beyond what is normally provided, the City of Hawthorne will attempt to accommodate you in every reasonable manner.



AVISO DE AUDIENCIA PÚBLICA Reunión del Ayuntamiento 14 de septiembre de 2021 Descripción del programa: POR MEDIO DE LA PRESENTE SE NOTIFICA que el martes, 14 de septiembre de 2021, a las 6:00 P.M., o un poco después, el Ayuntamiento de la Ciudad de Hawthorne lleva a cabo una audiencia pública para considerar el borrador del Reporte de la Evaluación de Desempeño Anual Consolidado (CAPER, por sus siglas en inglés) de 2020-2021.



hasta el 14 de septiembre del 2021. El propósito del periodo mínimo de revisión es brindar al público la oportunidad de comentar sobre el desempeño del programa de la Ciudad, así como sobre cualquier necesidad emergente de vivienda y desarrollo comunitario.



subvenciones de los programas de CDBG y HOME. Si no puede participar en la audiencia pública, los comentarios por escrito se pueden enviar al Departamento de Vivienda en 4455 W. 126th Street, Hawthorne, CA 90250. El Ayuntamiento de la Ciudad considerará todos los comentarios recibidos durante el periodo de revisión pública de 15 días en la audiencia pública el 14 de septiembre de 2021.



NOTICE OF PUBLIC HEARING Notice of Street Vacation

PUBLIC NOTICE is hereby given that the City Council of the City of Hawthorne will hold a public hearing on the proposed project as follows: Day: Tuesday Date: September 14, 2021 Time: 6:00 PM Place: Virtual Meeting—See instructions to participate below.



SOUTHEAST CORNER OF LOT 1 OF TRACT NO. 71672, AS PER MAP RECORDED IN BOOK 1388, PAGES 84 TO 86 OF MAPS, IN THE OFFICE OF THE COUNTY RECORDER OF SAID COUNTY; THENCE PARALLEL WITH THE SOUTHERLY LINE OF SAID LOT 34, S 89° 59' 45" E, A DISTANCE OF 10 FEET;



is exempt from the California Environmental Quality Act pursuant to CEQA Guideline Sections 15061(b)(3) and 15304, because it can be seen with certainty that there is no possibility that the proposed vacation will have a significant effect on the environment.



RFB-0138 CITY OF INGLEWOOD INVITATION TO SUBMIT BIDS (Specifications and Conditions Governing Award) The City of Inglewood invites and will receive bids duly filed as provided herein for the furnishing of qualified "ANNUAL PURCHASE OF RESTROOM SUPPLIES" as specified in this document.

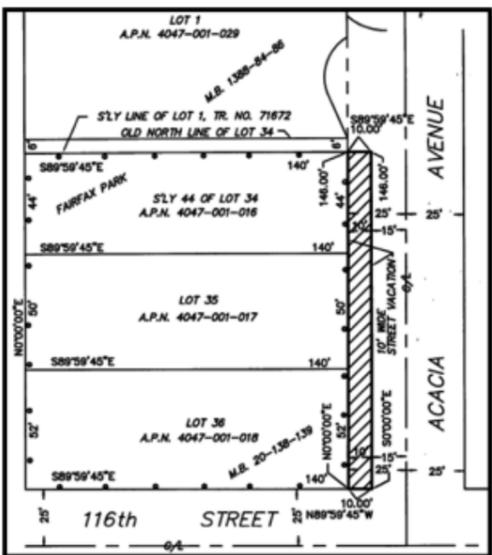


any or all bids. Attached are detailed specifications and conditions for bid submission. You must execute your contract within ten (10) days after the City mails it. If the contract is not executed within ten (10) days, the City reserves the unilateral right to cancel it.



Order to Show Cause for Change of Name Case No. 21TRCP00301 Superior Court of California, County of LOS ANGELES. Petition of: NELSON EVERARDO LOPEZ for Change of Name. TO ALL INTERESTED PERSONS: Petitioner NELSON EVERARDO LOPEZ filed a petition with this court for a decree changing names as follows: NELSON EVERARDO LOPEZ to NELSON EVERARDO LOPEZ MENDEZ

Project Location: Portion of Street to be vacated is hatched below:



Look around at all the beautiful things in the world. There is kindness out there!! Just don't look for it in the bread aisle.... :) - Love Your Mother





GUNDOGRAM

SUBMIT YOUR YUM DISH!!

Southern Style Veggie Tacos

Provided by Campbell Soup Company

These southern-style veggie tacos are packed with flavor and are easy to make since we roast everything in the same pan to make clean up a breeze. Roasting the veggies intensifies their natural flavor, then we've stirred in our salsa to add a rich tomato flavor with a kick. Serve the veggie mixture in corn tortillas and top with cilantro for fresh flavor and French fried onions for extra crunch!



Ingredients

- 1 large zucchini (about 12 ounces), diced (about 2 cups)
- 1 large red bell pepper, diced (about 1 1/2 cups)
- 1 extra large onion, diced (about 1 1/2 cups)
- 2 tablespoons olive oil
- 1 cup frozen okra, thawed and drained
- 1 cup frozen lima beans, thawed and drained
- 1 cup Pace® Roasted Poblano & Corn Salsa
- 12 corn tortilla (6-inch), warmed (to release the corn flavor, we like to brown them in a hot skillet)
- 1/2 cup chopped cilantro
- 1/2 cup French fried onions

Directions

- **Step 1:** Set the oven to 425°F. Place the zucchini, red pepper and diced onion onto a rimmed baking sheet. Season the vegetables as desired. Drizzle with the oil and toss to coat.
- **Step 2:** Roast for 15 minutes. Add the okra, and lima beans and roast for 15 minutes more or until the vegetables are browned. Remove the vegetables to a large bowl. Add the salsa and toss to coat.
- **Step 3:** Spoon about 1/3 cup vegetable mixture on each tortilla. Top with the cilantro and French fried onions and additional salsa, if desired.. Fold the tortillas around the filling.

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

PUBLIC NOTICES

Fictitious Business Name Statement 2021192503
The following person(s) is (are) doing business as ZELONY, 4750 BROADWAY APT N, HAWTHORNE, CA 90250, LOS ANGELES COUNTY. Registered Owner(s): AXAXA CORP., 4750 BROADWAY APT N, HAWTHORNE, CA 90250. CA. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: 08/2021. Signed: AXAXA CORP., JULIO CESAR CARRANCO SANCHEZ, President. This statement was filed with the County Recorder of Los Angeles County on August 27, 2021.
NOTICE: This Fictitious Name Statement expires on August 27, 2026. A new Fictitious Business Name Statement must be filed prior to August 27, 2026. Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).
Hawthorne Press Tribune: Pub. 9/2, 9/9, 9/16, 9/23/21 **HH-2320**

Fictitious Business Name Statement 2021191785
The following person(s) is (are) doing business as NUTS & BOLTS, 14826 FLORWOOD AVE, HAWTHORNE, CA 90250, LOS ANGELES COUNTY. AI #ON: 202021310205. Registered Owner(s): REBIRTH OF SLICK LLC, 14826 FLORWOOD AVE, HAWTHORNE, CA 90250. CA. This business is being conducted by a Limited Liability Company. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: REBIRTH OF SLICK LLC, RICK DOWELLS, Manager. This statement was filed with the County Recorder of Los Angeles County on August 26, 2021.
NOTICE: This Fictitious Name Statement expires on August 26, 2026. A new Fictitious Business Name Statement must be filed prior to August 26, 2026. Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).
Hawthorne Press Tribune: Pub. 9/9, 9/16, 9/23, 9/30/21 **HH-2325**

Fictitious Business Name Statement 2021177232
The following person(s) is (are) doing business as 1) LOS ANGELES COMPUTER SCIENCE ACADEMY, 1446 WEST FLORENCE AVE, LOS ANGELES, CA 90047, 2) KINSHIP EDUCATIONAL PROGRAMS & SERVICES, 2201 EAST 118TH STREET, LOS ANGELES, CA 90059, 3) AMEEN'S MOBILE CLASSROOM, 4) KEP & SERVICES, 5) LACSA, LOS ANGELES COUNTY. Registered Owner(s): FAAIDAH AMEEN, 1446 WEST FLORENCE AVENUE, LOS ANGELES, CA 90047. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: 01/1995. Signed: FAAIDAH AMEEN, Owner. This statement was filed with the County Recorder of Los Angeles County on August 10, 2021.
NOTICE: This Fictitious Name Statement expires on August 10, 2026. A new Fictitious Business Name Statement must be filed prior to August 10, 2026. Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code).
Inglewood Daily News: Pub. 9/9, 9/16, 9/23, 9/30/21 **HI-2326**

FOR MORE INFORMATION CALL 310-322-1830

Seniors

from page 3

with bipolar depression and their caregivers about potential treatment plans."

Talking to a healthcare provider about episodes of bipolar depression can be difficult, especially since people may feel embarrassed about their condition. "I always remind individuals that there is no shame in a bipolar depression diagnosis. With the right support and treatment, it is a manageable condition that is more common than many think," says Dr. McIntyre.

Fortunately, there are treatments available to specifically treat bipolar depression that has been shown to reduce depressive symptoms. One such treatment is Latuda® (lurasidone HCl), a once-a-day prescription medicine FDA-approved to treat bipolar depression in adults, children, and teens (10 to 17 years). In clinical studies, Latuda has shown efficacy in significantly reducing depressive symptoms in people with bipolar depression, with minimal side effects on weight, metabolic parameters, or prolactin.

With the right caregiver support, healthcare team, and medication routine, those with bipolar depression can learn how to live a more balanced lifestyle and manage their symptoms. Before starting any treatment, people should talk to their healthcare providers to determine which treatment options may be right for them and to understand the potential benefits and risks.

For more information on bipolar depression and a discussion guide with tips on how to speak with your doctor about symptoms, visit www.latuda.com.

- LATUDA is a prescription medicine used:
- To treat adults and adolescents (13 to 17 years) with schizophrenia
 - Alone to treat adults, children and teens (10 to 17 years) with depressive episodes that happen with bipolar I disorder (bipolar depression)
 - With the medicine lithium or valproate to treat adults with depressive episodes that happen with bipolar I disorder (bipolar depression) •

BUSINESS AND PROFESSIONAL ADS

contractor

CONTRACTOR & HANDYMAN **12% SENIOR DISCOUNTS**

KING OF REPAIRS & REMODELING

- Plumbing & Water Damage
- Electrical • Carpentry & Flooring
- Specialize in Kitchen & Bath
- Door, Windows & Molding

WE ARE OPEN DURING CORONA!!
Call Manny 310-729-9612

YOUR AD HERE

Email to reserve your space
marketing@heraldpublications.com

handyman

TOUCHSTONE

PAINTING • PLASTERING
HANDYMAN

Reasonably Priced - Referrals Upon Request

310-517-9677

30 Year Business and Resident in the South Bay

YOUR AD HERE

Email to reserve your space
marketing@heraldpublications.com

plumbing

FOR ALL YOUR PLUMBING NEEDS

- We offer Senior Discounts
- We match any pricing
- Open 24/7
- Free Estimates

License # 537357

1-310-782-1978

SIX MONTHS - \$450 • ONE YEAR - \$800

We will create your B&P ad for you, at no additional cost. For information or rates, call 310-322-1830.

Interested parties email: marketing@heraldpublications.com

PETSPETS Pets PETSPETS

Purrrfect Companions



Van Gogh

Cats can live up to 20 years or more...and very actively at that. So even a cat who is five years old or older still has many years ahead of them. Are you ready to take on a 20-year responsibility? If so, a kitten might be great choice for you. If you aren't, then an adult cat who might be five or 10 may be a better choice. Waiting for adoption are cats and kittens of every age, color and personality. When you adopt, you save a life... and in turn enrich your own.

Sylvia is full of personality! She loves exploring, climbing, looking out the window, and carrying her toys into bed. With unfamiliar people, she can be shy and will benefit from a little patience to warm up and show you her affection. Sylvia always keeps a curious eye on you and follows you from room to room. She also loves wrestling with her foster brothers and is loaded with energy. Sylvia would love to be adopted with her foster brother Symba, or into a household that has an active confident cat who she can play with.

A charming contradiction, **Van Gogh** is both shy and loving. At first, Van Gogh can be skittish around the house, but once he's comfortable hanging out and fingertips touch his soft coat, he is a purr machine. He is playful with other cats especially if there's a slightly older cat to look up to. Van Gogh is also comfortable being on his human's lap for hours. He loves to cuddle during nighttime while watching TV; he will come over and just find a spot on you, especially over a soft throw or blanket. Although Van Gogh could thrive with another cat his age, he'll quickly adapt to being solo if his human is around and can make him feel safe and loved!



Emma

Brutus is a sweet, gorgeous, classic brown tabby ball of energy. He is constantly purring, and always ready for playtime or naptime, as long as it's with you! Brutus' greatest loves in life are wand toys of any type, large windows especially if there are birds outside, and cuddling in cushy cat beds! He loves snuggles and attention so much, he will happily endure being held like a baby. Brutus has always been much larger than his sister, Tabitha, so he has learned to temper his play and accommodate for her smaller size. He has a very sweet temperament and confident demeanor; we've never heard a hiss out of him! **Tabitha** is a silly, beautiful, classic brown tabby, with dark eyeliner. Tabitha loves to cuddle, especially with her foster siblings and brother. Brutus and Tabitha were found in a dumpster at around 3 weeks old. They've been around humans ever since and are very well socialized. Special consideration will go to adopters requesting a pair (or more!) of these special kittens.

Tsunami is a friendly, lovable boy with a sweet personality. He adores affection and welcomes new friends that will give him pets. He is sweet, adorable and a joy to have around. Tsunami prefers to be adopted into a single-cat household, so he can lavish you with all his love.

In the spring of 2021, **Emma** was surrendered to a high kill animal control facility after being hit by a car. A benevolent person found out about her and couldn't let her suffer, so she funded reconstructive hip surgery and a Kitten Rescue foster took her in for post-op



Brutus (Left) And Tabitha



Sylvia

recovery and adoption. Emma was reexamined and x-rayed a month or so after her surgery and deemed ready for her new home. This girl has a little sass and can be a little bossy with other cats, so it's a good thing she is so cute. She will need a careful introduction to new cats. She is currently residing at Tail Town Cat Cafe in Pasadena.

These cats and kittens are available for adop-

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

Our Adoption Center is temporarily closed. In the meantime, we are still conducting contactless adoptions using all the online tools at our disposal. To virtually browse our adoptable cats, please visit our Adoption Gallery where you can find photos and profiles of all the cats and kittens we have up for adoption from our network of foster homes and from the Sanctuary. At the end of each cat's profile is a link to the email address of the foster parent or adoption counselor, and you may reach out directly with questions or to arrange a virtual meeting.

The donations and support we receive from individuals like you, who share our love and commitment to helping cats and kittens in Los Angeles, are the sole reason we are able to do what we do. We are grateful for your financial help. By making even a small donation today, you can touch the lives of the many deserving, wonderful animals in our care. There are many ways you can donate and help, and every dollar means so much. Kitten Rescue is a 501(c)(3) nonprofit. Your tax-deductible donations for the rescue and care of our cats and kittens can be made through our website or by sending a check payable to Kitten Rescue, 3519 Casitas Ave., Los Angeles, CA 90039.

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



Tsunami

THE YELLOW DOG PROJECT.com

If you see a dog with a **YELLOW RIBBON** or something yellow on the leash, **this is a dog who needs some space.** Please do not approach this dog with your dog. Please maintain distance or give this dog and his/her person time to move out of your way.






There are many reasons why a dog may need space:

- HEALTH ISSUES
- IN TRAINING
- BEING REHABILITATED
- SCARED OR REACTIVE AROUND OTHER DOGS

THANK YOU!

Those of us who own these dogs appreciate your help and respect!
illustrated by Lili Chin www.doggiedrawings.net