

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. 3, No. 39 - September 30, 2021

Inside This Issue

Certified & Licensed Professionals7

Classifieds2

Entertainment2

Finance.....3

Hawthorne.....3

Lawndale4

Inglewood.....5

Legals6,7

Pets8

Weekend Forecast

Friday
Sunny
79°/61°



Saturday
Sunny
77°/64°



Sunday
Mostly Sunny
79°/65°



Passing of the Golden Shovel



Each year, a symbolic Super Bowl “Golden Shovel” is passed from one Super Bowl host community to the next. The NFL, Los Angeles Super Bowl Host Committee, Los Angeles Rams, Inglewood Parks, Recreation and Community Services Department and NFL Partner Verizon joined forces for this iconic moment, which is the kickoff for the numerous Super Bowl LVI community greening projects. Over 140 volunteers joined the effort to plant 56 trees in honor of Super Bowl LVI. They will also participate in beautification projects including planting hundreds of flowers and plants, park clean up and painting. Special thanks to our community partners NFL Green, Verizon, LA Super Bowl Host Committee, and the NFL. Photo courtesy City of Inglewood.

Dr. Allison Shultz Encourages Bird Watching in South Bay

By Kiersten Vannest

Los Angeles County is lovingly called the “birdiest” county in the United States by experts in the field. With over five hundred species of bird calling LA home, researchers like El Segundo resident Allison Shultz have their work cut out for them.

Shultz is the Curator of Ornithology at the Natural History Museum. A curator manages collections, and ornithology is the study of birds. So, in short, Allison is in charge of all things avian happening at the museum. What does that look like, exactly?

“In my job, research is my number one thing,” says Shultz, “which means that I think about... questions in the natural world that we don’t have answers to, and then I try and collect data and figure out those answers.” Using the museum’s library of over one hundred thousand specimens collected over decades, as well as data gathered by bird watchers and her own work in the field, Shultz works to solve the unsolvable.

Her current specialties are bird colors, bird diseases, and avian interaction with urban developments. “Birds don’t see color the way that we do,” she says. In fact, birds can see more colors than the human eye, as they can also see ultraviolet colors. So as she studies color variations, she uses a series of tools that allow her to see plumage through the eyes of a bird. Are tropical birds more colorful? Are males and females colored differently, and why? What is actually producing these pigments? These are questions her research will be able to answer.

As for urban evolution, Shultz studies how birds evolve to survive in rapidly growing

urban areas. That is, how is human development affecting local bird populations? She says the museum specimens are a time capsule of sorts. She’s able to learn what birds looked like when they lived fifty or a hundred years ago and compare and contrast that same species to today.

For example, one of her recent publications revolved around the question of what traits best allow a bird to better survive in an urban environment “We asked: is it diet?” she says.

The theory was that birds with a more general diet would be more successful than birds with a specialist diet. Crows, for example, might do well in a city because they can eat a wide variety of foods.

“The trace that we actually found that was the best predictor of if a bird does well in an urban area or not was where they nest,” she explains. Birds that can nest in buildings and structures can reproduce better than those that nest in tree cavities.

In the South Bay, you may have seen (or more likely heard) the brightly colored parrots that flock in the trees. According to Shultz, there are ten to twelve species of parrot in Los Angeles, and none of them are native.

As new species are introduced through things like stowaways on shipping containers in the port of Los Angeles and runaway pets, Shultz studies how the new birds interact with the native population and adapt to their new environment.

Shultz emphasizes that anyone can be a community scientist, and anyone can participate in the ornithology community. Through sites like iNaturalist, anyone can take a



Allison Shultz curates the Natural History Museum’s department of ornithology.

picture and report the birds they see on their afternoon walk. The more bird watchers El Segundo has, the more information Shultz has to research.

How can you help your local feathered friends? Shultz says you can start by planting a native garden. By providing a habitat for native species to visit and live in, you can help ensure the survival of urban populations. In addition to a native garden, cut down on insecticides and rodenticides. More and more, Shultz says she sees liver problems in rescued birds, mostly stemming from poisoning left out in yards.

Shultz has always loved animals and knew from a young age that she’d grow up to work with them. She thought of being a zookeeper or a veterinarian. It wasn’t until she took a “Natural History of the Vertebrates” class that she fell in love with birds and being

See Dr. Allison Shultz, page 4



Film Review

Run This Town is a Biting Political Thriller for the Millennial Generation

By Peter Mitchell.

Writer-director Ricky Tollman’s feature debut *Run This Town* is a political thriller mixed with biting commentary on the state of the millennial generation. Set in 2013 Toronto, the story centers on the lead up to the explosive substance abuse scandal that ensnared the controversial Mayor, Rob Ford.

Tollman’s film explores how the millennial generation navigates the halls of power in politics and media. Rob Ford (Damian Lewis, unrecognizable under prosthetic makeup), as a sort of dumb-politics John the Baptist presaging Donald Trump, makes for the perfect fulcrum for a millennial-focused

Bram, by sheer dumb-luck, ends up getting a tip that there might be something strange going on in the Mayor’s office. Kamal (Mena Massoud), an immigrant working for the virulently anti-immigrant Ford, is the Mayor’s Special Assistant and the ringleader of the young political staffers, including the hyper-competent Ashley (Nina Dobrev). The staffers are shown to be doing the actual work of governing the city—all while putting out the fires started by PR nightmare Mayor Ford.

The stories of Bram, Kamal, and Ashley represent the ways that the ambitions of their generation are undercut by their elders and institutional forces beyond their control.



Run This Town, courtesy Oscilloscope.

political-scandal movie. The film’s performances illustrate how familiar millennial archetypes make compromises with, and are compromised by, the structures that allow a Rob Ford to come to power in the first place.

The plot focuses primarily on Bram (Ben Platt), an eager but slightly incompetent young journalist interning at a Toronto newspaper. With his eyes on something bigger than the best-brunch-spot listicles he’s being assigned,

Whether it’s the pernicious incompetence and vitriolic political leadership of Rob Ford, or the explosive growth of clickbait “journalism”—unstoppable despite the best efforts of Bram’s editor Judith (Jennifer Ehle)—the deck is in so many ways stacked against the young people in Tollman’s film.

1h 39 min. ‘Run This Town’ is rated R for language and sexual references. Available to rent digitally on Amazon Prime. •

“I look at the camera as sort of a missing link between motion picture photography and still photography.”
— JEFF BRIDGES

Your Neighborhood Therapist

Dear Neighborhood Therapist,

I have some big decisions to make, and I keep putting them off. The problem is that they seem to weigh more and more on me every day, and my anxiety goes through the roof when I think about them. I wonder if I secretly hope that I will get out of making these decisions! Time is passing, and the anxiety is getting worse. Can you help?

– Unbelievably Undecided, El Segundo

Dear Unbelievably Undecided,

Making a decision to pursue one career path at the expense of another, move to another city, get married, get divorced, or any other big life crossroads can be incredibly intimidating and stressful. You’re not at all alone in what you are experiencing.

The bad news is that you cannot escape this: not deciding is also a decision. The good news is that once you do make a decision, even if it’s not perfect, you’ll probably feel better. This is because indecision is usually (but not always!) a bad idea. Here is a partial list of its effects:

First, indecision takes up a lot of mental space: you could be thinking about something else, but you’re not, and you know it. This is gasoline for anxiety. Maybe shouldering this anxiety is worth not having to decide, but usually it is not.

Second, prolonged indecision increases the odds that the choice will be made for you. Maybe you actually want that, especially when the stakes are low and you would rather not have to take responsibility for a decision. Perhaps your partner really cares about where you go out for dinner tonight, but you do not. Great time to let them make the decision, but make sure you don’t then complain! With decisions big or small, you must be prepared to accept an outcome you did not influence.

Third, indecision gives time for other options to open up or present themselves. Some new options may become available, but of course current opportunities may cease to

exist. How likely do you assess these probabilities to be? Are you willing to roll the dice with what the future presents?

Once you’ve decided to decide, here’s how to feel better about it: first, make sure it’s a good time to make the decision. (Hint: it probably is.) You mentioned the anxiety is getting worse. Take your best guess: are you very likely to gain something that makes the anxiety worth it? If not, then it’s time.

Next: gather as much information as you reasonably can (reasonable is the key - you can never have all the information), so that you will know you made the best decision you could based on the information available at the time you make your decision. Write down your thought process, including how you weighed the pros and cons and what was important to you. If things don’t work out, you can refer to your answers. They will comfort you. This is your biggest hedge against regret.

And what about regret? We all have regrets, but they often don’t feel as bad as we fear they will. How heavily do your regrets so far weigh on your day to day experience of life? Certainly the answer lies somewhere between “completely debilitating” on one side and an occasional “meh” on the other. If they are not debilitating, is there good reason to believe future regrets will be different?

Take comfort that you can never, ever be totally sure something will work out.

Take comfort that few decisions are irreversible.

Don’t fear regret. You may not have great options, but the best bad option is probably better than not deciding at all.

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. •

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

ICE Mortgage Technology, Inc. seeks QA Engineer II in El Segundo, CA to work with team lead and perform functional, integration, regression, and application tests. Telecommuting Permitted. Apply at jobpostingtoday.com Ref: 68958

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

El Segundo housekeeper, 2-3 hours weekly. Must be local. 310.606.1683.

APARTMENT FOR RENT

2 BD, 1 BTH, 1 Car lockable garage, in top area, private balcony. In excellent condition. Close to schools, etc. \$2,400/mth. 310.322.2837.

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.



YOUR NAME IS THE BACKBONE OF YOUR BUSINESS.

MAKE SURE ITS A CUT ABOVE THE REST
DBAS PUBLISHED FOR ONLY \$75.00

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

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 • class@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. 39 - September 30, 2021

The Technical Arts and Design Academy (TADA) at Hawthorne High School is All About Design



TADA is a learning community that fosters academic excellence, creativity, and design-oriented thinking to prepare students for careers in Art and Design. TADA will prepare students with the foundations of design in order to be prepared in careers in fashion, advertisement, graphic, and product design. To find out more about TADA go to: www.hscougars.com/TADA. Photo courtesy Centinela Valley Union High School District.

Finance

5 Things To Know While Searching For Life Insurance

(BPT) - In today's environment, when many things may seem like they're not in your control, finding ways to help your family feel more financially secure and protected is important. As anyone who has suffered a loss in their family is likely to tell you, having life insurance in place beforehand made a huge difference for their financial situation - and their peace of mind.

However, a recent study found that only 54% of Americans currently have life insurance coverage. This is a decline from just a decade ago when 63% had life insurance coverage, according to the 2020 Insurance Barometer Study by Life Happens and the Life Insurance Marketing and Research Association (LIMRA). In the study, 44% of families said that if the primary wage earner died, they would face financial hardship within just six months, and 28% would experience financial hardship within just one month.

Having life insurance in place helps to protect your loved ones, ensuring they will have financial resources to rely on, giving both you and them peace of mind.

What do you need to know about life insurance? Here's a quick guide.

1. Don't Wait

According to the "2019 Insure Your Love Consumer Survey" by Life Happens, 69% of consumers with life insurance said that they felt less stressed knowing their loved ones

were financially protected. Beyond establishing that protection right away - before it's needed - another advantage is that typically, you can secure lower rates for life insurance when you're younger.

2. Life Insurance is a Vital Part of an Overall Financial Plan

A good financial plan for you and your family should include life insurance as a key component. When assessing your family's overall financial picture, one crucial fact can't be overlooked: Your family's financial health may be in jeopardy if you or your spouse is no longer around to provide income. As an article by Michael Aloii in Kiplinger entitled "Whole Life Insurance: It's a Swiss Army Knife for Financial Planning" explains, whole life insurance offers long-term protection - and peace of mind - that very few can achieve through simply trying to save money over the years. So when you're making a financial plan, consider whole life insurance as a crucial piece of your overall financial planning puzzle.

3. It's About More than Immediate Expenses

Providing life insurance for your family does a lot more than just pay for funeral expenses, debts or medical bills not covered by health insurance that you may leave behind. It can help provide financial stability

See Finance, page 4

Seniors

Bone Health Goes Beyond Just Calcium, Studies Show

(BPT) - Experts have found better alternatives to increasing bone density than calcium alone. Approximately half of all adults aged 50 and older are at risk of breaking a bone, according to the National Osteoporosis Foundation.[1]

Even seemingly safe activities like exercising and driving can become troublesome for individuals with osteoporosis. Debilitating fractures and long-term issues are frequent outcomes of weak and brittle bones.

In fact, 50 percent of people who break their hips never fully heal, 10 percent end up in nursing homes, and 33 percent die within a year of their initial fracture.[2]

Rheumatologist and internist Dr. Adam Kreitenberg explains, "Many people don't realize they have bone density issues until they experience a fall or fracture. The goal is to build strong and healthy bones before

it's too late."

Calcium's benefits, such as gaining bone mass and increasing bone density[3], have been well-documented for many years. So, why are recent studies revealing an increase in osteoporosis in the United States, particularly among women?[4]

According to a recent clinical study published in The Journal of Orthopaedic Science, calcium needs to combine with vitamin D3 and other key nutrients in order to support bone density.[5]

However, not just any calcium will do; a highly absorbable form of calcium, such as calcium hydroxyapatite, is recommended since it is bioidentical to the calcium already found in your body.

When calcium hydroxyapatite is combined with vitamin D3, studies show that bone

See Seniors, page 7

CLASSIFIEDS

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. 39 - September 30, 2021

Lawndale Library is Helping Students Stay Ahead



School is in full swing, and it might be time to start looking for a tutor for your kids. Did you know we have a FREE online tutoring service? Brainfuse offers live homework help every day from 12-10 pm. Tutors are available for an array of subjects including math, science, reading/writing, social studies, PSAT/SAT, ACT, AP, and state standardized tests. Visit [LACountyLibrary.org/homework](https://www.lacountylibrary.org/homework) for more information. Photo courtesy Lawndale Library.

Dr. Allison Shultz

from front page

outside. After a lifetime of interest and nine years of grad school, she now has the job of her dreams.

“I feel like I won the lottery of jobs...I can ask interesting and important questions about the world around me,” she says. You can meet Shultz and learn more about ornithology, and local bird populations at museum festivals and bird walks held periodically around the city.

For aspiring ornithologists, Shultz encourages young scientists to be curious about the world around them. Ask questions, she says, and try to find the answers. Take a break from screens and look at the world around you. “I hope that people care about the life around them,” she says, “and specifically about the environment. People can make individual choices that can help counter some of the bigger impacts that humans have had.” •

Finance

from page 3

for your family for years to come.

4. Nearing Retirement? Whole Life Insurance Can Be an Effective Investment.

Whole life insurance offers benefits that are especially helpful for older Americans, even if they may think that they no longer need life insurance.

“If you are nearing retirement, your financial obligations may look different than they did 10 years prior. This provides a great opportunity to focus on your own future,” said Jim Jacobsen, executive vice president, Distribution and Underwriting at Boston Mutual Life Insurance. “With whole life coverage, your plan can be continued after

retirement, at the same premium.”

5. Look for Affordable, Flexible and Portable Protection

If you’re looking for an affordable plan that’s right for you, with whole life insurance coverage from Boston Mutual Life Insurance Company, you can choose the amount of insurance or the premium amount that best suits your needs and your budget. Their coverage includes:

- Family coverage options for you, your spouse, your children and grandchildren
- Guaranteed premiums, coverage amounts and minimum cash values
- Portability: if you change jobs, you can take your plan with you, at the same rate •

your business

YOUR NAME

your dreams

we can help

DBAS PUBLISHED FOR ONLY \$75.00

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



Inglewood Unified School Teacher Wins Award



Congratulations to Dr. Carolyn Johnson for her recognition as the 2021-2022 Los Angeles County Office of Education (LACOE) Teacher of the Year for the Inglewood Unified School District. Dr. Johnson was honored today at LACOE's 40th Annual Teachers of the Year Banquet. We are extremely grateful for her dedication and commitment to our District. Please join us in congratulating Dr. Johnson. Photo courtesy Inglewood Unified School District.

Connecting opportunities and entertainment

INNOVATIVE
Inglewood

Visit informinglewood.com to learn more

PUBLIC NOTICES

PUBLIC NOTICE

Notice is hereby by given, StorQuest Self Storage will sell at public sale by competitive bidding the personal property of: Deshawn Lamar Whitney Smith Marvin G Gudiel Marina Macdory Dora Olmon Alexander Piggue Amara Redmond Property to be sold: misc. household goods, furniture, tools, clothes, boxes, toys, electronics, sporting goods, and personal content. Auction Company: www.StorageTreasures.com. The sale ends at 11:00am October 8, 2021 at the property where said property has been stored and which is located at StorQuest Self Storage 4959 W 147th St, Hawthorne, CA 90250. Goods must be paid in cash and removed at the time of sale. Sale is subject to cancellation in the event of settlement between owner and obligated party. Customer Account Number: 144467 Order Number: 3511311 DJC Order Number : 3504967 9/23, 9/30/21 **CNS-3511311#** Hawthorne Press Tribune Pub. 9/23, 9/30/21 **HH-27292**



PUBLIC NOTICE

Notice is hereby by given, StorQuest Self Storage will sell at public sale by competitive bidding the personal property of: Bradford Parks Jestin Weaver Katherine M Moss Michael Williams Property to be sold: misc. household goods, furniture, tools, clothes, boxes, toys, electronics, sporting goods, and personal content. Auction Company: www.StorageTreasures.com. The sale ends at 11:00am October 18, 2021 at the property where said property has been stored and which is located at StorQuest Self Storage 4959 W 147th St, Hawthorne, CA 90250. Goods must be paid in cash and removed at the time of sale. Sale is subject to cancellation in the event of settlement between owner and obligated party. 9/30, 10/7/21 **CNS-3513825#** Hawthorne Press Tribune Pub. 9/30, 10/7/21 **HH-27300**



NOTICE TO CREDITORS OF BULK SALE (UCC Sec. 6105) Escrow No. 133448-SH

NOTICE IS HEREBY GIVEN that a bulk sale is about to be made. The name(s) and business address of the Seller(s) are: MADE 4 PEANUTS, INC., 4510 WEST CENTURY BLVD., INGLEWOOD, CA 90304 Doing Business as: MADE 4 PEANUTS, INC. All other business name(s) and address(es) used by the Seller(s) within three years, as stated by the Seller(s), is/are: NONE The location in California of the chief executive office of the seller(s) is: SAME The name(s) and address of the Buyer(s) is/are: TAI KANG, 4510 WEST CENTURY BLVD., INGLEWOOD, CA 90304 The assets to be sold are described in general as: LEASEHOLD INTEREST AND IMPROVEMENTS, FURNITURE, FIXTURES AND EQUIPMENT, GOODWILL, AND TRADENAME and are located at: 4510 WEST CENTURY BLVD., INGLEWOOD, CA 90304 The bulk sale is intended to be consummated at the office of: EON ESCROW INC, 3700 WILSHIRE BLVD #1005, LOS ANGELES, CA 90010 and the anticipated sale date is OCTOBER 19, 2021 The bulk sale is subject to California Uniform Commercial Code Section 6106.2. The name and address of the person with whom claims may be filed is: EON ESCROW INC, 3700 WILSHIRE BLVD #1005, LOS ANGELES, CA 90010 and the last date for filing claims shall be OCTOBER 18, 2021 which is the business day before the sale date specified above. TAI KANG, Buyer(s) 492349 INGLEWOOD NEWS 9/30/21 Inglewood Daily News Pub. 9/30/21 **HI-27303**



NOTICE OF PETITION TO ADMINISTER ESTATE OF: ISAAH SMAYS CASE NO. 21STPB09163

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of ISAAH SMAYS. A PETITION FOR PROBATE has been filed by ANTHONY SMAYS in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that ANTHONY SMAYS 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: 11/03/21 at 8:30AM in Dept. 2D 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

NOTICE OF PETITION TO ADMINISTER ESTATE OF: ARLENE JAMES CASE NO. 21STPB08490

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of ARLENE JAMES. A PETITION FOR PROBATE has been filed by YOLANDA GHOSTON in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that YOLANDA GHOSTON be appointed as personal representative to administer the estate of the decedent. THE PETITION requests the decedent's WILL and codicils, if any, be admitted to probate. The WILL and any codicils are available for examination in the file kept by the court. THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A HEARING on the petition will be held in this court as follows: 10/21/21 at 8:30AM in Dept. 79 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



NOTICE OF PETITION TO ADMINISTER ESTATE OF: JAMES J. ERICKSON CASE NO. 21STPB03013

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of James J. Erickson A PETITION FOR PROBATE has been filed by Mary Catherine Erickson in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that Mary Catherine Erickson 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 with limited authority. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A HEARING on the petition will be held on 10/25/2021 at 8:30 am in Dept. 44 located at 111 N. HILL ST. LOS ANGELES CA 90012 STANLEY MOSK COURTHOUSE. 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

City of Hawthorne REQUEST FOR QUALIFICATIONS ARCHITECTURAL DESIGN, CONSULTING AND CONSTRUCTION SERVICES FOR COMMERCIAL REHABILITATION AND FACADE IMPROVEMENT PROJECT

PUBLIC NOTICE IS HEREBY GIVEN that the Community Development Block Grant (CDBG) Division seeks applications, through a Request for Qualifications (RFQ), from architects, individuals, teams, or firms, with experience in the field of architectural design and construction, to provide commercial facade rehabilitation services for city-initiated projects. The purpose of the RFQ process is to identify qualified consultants to establish a diverse prequalified list of design professionals who



NOTICE OF PETITION TO ADMINISTER ESTATE OF: CHAR NISHA KISHON MOENAY YATES CASE NO. 21TRCP00325

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of CHAR NISHA KISHON MOENAY YATES filed a petition with this court for a decree changing names as follows: CHAR NISHA KISHON MOENAY YATES to CHAR AMIA YATES 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: 10/29/21, Time: 9:00 AM., Dept.: B 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: LAWDALE TRIBUNE Date: SEP 23, 2021 GARY Y. TANAKA Judge of the Superior Court Lawndale Tribune Pub. 9/30, 10/7, 10/14/21 **HI-27302**

HL-27299

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 FRANK O. FOX - SBN 117780 THE LAW FIRM OF FOX AND FOX 4262 WILSHIRE BLVD., THIRD FLR LOS ANGELES CA 90010 9/16, 9/23, 9/30/21 **CNS-3509561#** LAWDALE TRIBUNE Pub. 9/16, 9/23, 9/30/21 **HL-27288**



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 (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: Matthew C. Yu [SBN: 256235] The Law Office of Matthew C. Yu 3620 Pacific Coast Highway, 200 Torrance, CA 90505 Telephone: (310) 891-0016 9/30, 10/7, 10/14/21 **CNS-3514079#** Hawthorne Press Tribune Pub. 9/30, 10/7, 10/14/21 **HH-27301**

meet the City's criteria and instructions defined in the RFQ. Replies to the RFQ will be accepted until **3:00 p.m. on Tuesday, October 19, 2021**. Applications must be submitted in the format defined in the City's RFQ document to be considered. Information can be found on the City of Hawthorne's website at www.cityofhawthorne.org. Questions regarding the RFQ should be directed to Senior Planner, Christopher Palmer, by email at cpalmer@cityofhawthorne.org and received no later than Wednesday October 13, at 5:30pm. The City of Hawthorne reserves rights to reject any and all applications when such rejection is in the best interest of the City or the application contains irregularities. Inglewood Daily News Pub. 9/30/21 **HH-27304**

Order to Show Cause for Change of Name Case No. 21TRCP00325

Superior Court of California, County of LOS ANGELES Petition of: CHAR NISHA KISHON MOENAY YATES for Change of Name TO ALL INTERESTED PERSONS: Petitioner CHAR NISHA KISHON MOENAY YATES filed a petition with this court for a decree changing names as follows: CHAR NISHA KISHON MOENAY YATES to CHAR AMIA YATES 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: 10/29/21, Time: 9:00 AM., Dept.: B 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: LAWDALE TRIBUNE Date: SEP 23, 2021 GARY Y. TANAKA Judge of the Superior Court Lawndale Tribune Pub. 9/30, 10/7, 10/14/21 **HL-27299**

NOTICE OF \$10,000 REWARD OFFERED BY THE LOS ANGELES COUNTY BOARD OF SUPERVISORS

Notice is hereby given that the Board of Supervisors of the County of Los Angeles has reestablished a \$10,000 reward offered in exchange for information leading to the apprehension and conviction of the person or persons responsible for the murder of 21-year-old William Fitta, who was fatally shot at the intersection of Crenshaw Boulevard and Rosecrans Avenue in the City of Hawthorne after leaving a church dance with family and friends on March 20, 2016, at approximately 2:15 a.m. Si no entiende esta noticia o necesita más información, favor de llamar al (213) 974-1579. Any person having any information related to this crime is requested to call Detective Karen Shorika at Los Angeles County Sheriff's Department, Homicide Bureau at (323) 890-5621 and refer to Report No. 016-00031-3199-011. The terms of the reward provide that: The information given that leads to the determination of the identity, the apprehension and conviction of any person or persons must be given no later than November 28, 2021. All reward claims must be in writing and shall be received no later than January 27, 2022. The total County payment of any and all rewards shall in no event exceed \$10,000 and no claim shall be paid prior to conviction unless the Board of Supervisors makes a finding of impossibility of conviction due to the death or incapacity of the person or persons responsible for the crime or crimes. The County reward may be apportioned between various persons and/or paid for the conviction of various persons as the circumstances fairly dictate. Any claims for the reward funds should be filed no later than January 27, 2022, with the Executive Office of the Board of Supervisors, 500 West Temple Street, Room 383 Kenneth Hahn Hall of Administration, Los Angeles, California 90012, Attention: William Fitta Reward Fund. For further information, please call (213) 974-1579. CELIA ZAVALA EXECUTIVE OFFICER BOARD OF SUPERVISORS OF THE COUNTY OF LOS ANGELES 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/11, 11/18, 11/25/21 **CNS-3509911#** Hawthorne Press Tribune Pub. 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/11, 11/18, 11/25/21 **HH-27293**



RFQ-0125 PROFESSIONAL ENGINEERING SERVICES (ON-CALL) FOR THE INGLEWOOD TRANSIT CONNECTOR PROJECT INVITATION TO SUBMIT STATEMENTS OF QUALIFICATIONS

1.1. THE OPPORTUNITY A. The City of Inglewood (City) is seeking statements of qualifications (SOQs) from consulting teams (Responders) experienced in providing on call professional engineering services to support the Inglewood Transit Connector Project and other Public Works Projects for the City. B. The purpose of this Request for Qualifications (RFQ) is to establish a contract with a qualified consulting team (Responder) for various engineering tasks to support public works projects for the City that include but is not limited to: transportation, utility infrastructure and civil engineering. The successful responder will provide support services requested to augment City staff, its Program Management Consultant, and other Strategic Advisors in the implementation of the Inglewood Transit Connector (ITC) project. The City may also utilize these services for support to other public works projects as needed. C. The primary project that will be supported is the Inglewood Transit Connector (ITC) Project. This ITC project is an approximately 1.6-mile long, three station, fully elevated, electrically powered automated transit system (ATS) that will connect passengers directly from the Metro Crenshaw/LAX Line's Downtown Inglewood station to new housing and employment centers, and regionally serving sports and entertainment venues in the City of Inglewood including the Forum, the Los Angeles Sports and Entertainment District (LASED) at Hollywood Park/SoFi Stadium and the proposed Inglewood Basketball and Entertainment Center (IBEC). The Project will also create a new transit connection to the Opening and Closing Ceremonies of the 2028 Summer Olympic Games at the SoFi Stadium. The Project includes the proposed construction of three new stations. Project information, including completed studies are further described in this RFQ. D. The City of Inglewood intends to select a Consulting Engineering firm that will support the ITC project as further defined in the scope of work of this RFQ. **1.2. THE PROCESS** A. This RFQ, any future RFQ Addenda and questions and responses related to the RFQ will be available on PlanetBids. B. Responders may submit questions and comments regarding this RFQ via PlanetBids at the following link (<https://pbsystem.planetbids.com/portal/45619/portal-home>) according to the timeline provided below. Questions will be answered and responded to in an addendum to be posted on the City of Inglewood website. C. This procurement uses a Qualifications Based Selection (QBS) process. The Consultant will be selected on the basis of demonstrated competence and qualification for the required services. The City will request a cost proposal from the highest ranked Responder who will be selected for negotiation based upon evaluation of statements of qualifications; cost is not a consideration in determining the most qualified firm. D. The City seeks a team that has demonstrated expertise and ability in the following areas: • Working on large transit projects and supporting public agencies with public works projects. • Working within the City of Inglewood or surrounding areas, and successful experience managing transportation-related projects of similar size and complexity, preferably in the Los Angeles region • Coordinating across various technical disciplines • Coordinating across multiple oversight agencies and jurisdictions

RFQ Process and Implementation Schedule
Date and Time
Public Release of Request for Qualifications 9/23/2021
Pre-Submittal Conference 10/07/2021 at 2:00 pm
Questions from Responders Due 10/11/2021 by 5:00 pm
Answers to Questions Posted on PlanetBids 10/15/2021
Deadline for SOQ Submittals 10/25/2021 by 4:00 pm
City Council Award (approx. date) December 2021

1.6. THE CONTACT
For general and process questions concerning this RFQ contact:
Bianca Plascencia, Procurement and Contracts Coordinator
City of Inglewood
Office of Purchasing Division, 8th Floor
One Manchester Boulevard
Inglewood, CA 90301
310.412.5266
Louis Atwell, PE
City of Inglewood
Assistant City Manager
Public Works Director
Inglewood Daily News Pub. 9/23, 9/30, 10/7/21 **HI-27298**

NOTICE OF \$10,000 REWARD OFFERED BY THE LOS ANGELES COUNTY BOARD OF SUPERVISORS

Notice is hereby given that the Board of Supervisors of the County of Los Angeles has extended a \$10,000 reward offered in exchange for information to the apprehension and conviction of the person or persons responsible for the murder of 34-year-old Brian Greene, who was fatally shot while entering his dark purple Infiniti M37s vehicle parked in the Jack's Liquor Store parking lot at 4700 West Imperial Highway in the City of Hawthorne on January 19, 2021, at approximately 4:10 p.m. Si no entiende esta noticia o si necesita más información, favor de llamar al (213) 974-1579. Any person having any information related to this crime is requested to call Detective Matthew Landreth at the Los Angeles County Sheriff's Department, Homicide Bureau at (323) 890-5504 and refer to Report No. 021-00006-3199-011. The terms of the reward provide that: The information given that leads to the determination of the identity, the apprehension and conviction of any person or persons must be given no later than March 4, 2022. All reward claims must be in writing and shall be received no later than May 3, 2022. The total County payment of any and all rewards shall in no event exceed \$10,000 and no claim shall be paid prior to conviction unless the Board of Supervisors makes a finding of impossibility of conviction due to the death or incapacity of the person or persons responsible for the crime or crimes. The County reward may be apportioned between various persons and/or paid for the conviction of various persons as the circumstances fairly dictate. Any claims for the reward funds should be filed no later than May 3, 2022, with the Executive Office of the Board of Supervisors, 500 West Temple Street, Room 383 Kenneth Hahn Hall of Administration, Los Angeles, California 90012, Attention: Brian Greene Reward Fund. For further information, please call (213) 974-1579. CELIA ZAVALA EXECUTIVE OFFICER BOARD OF SUPERVISORS OF THE COUNTY OF LOS ANGELES 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/11, 11/18, 11/25/21 **CNS-3509901#** Hawthorne Press Tribune Pub. 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/11, 11/18, 11/25/21 **HH-27294**



• Allocating sufficient, qualified resources to ensure the on time and on-budget delivery of the Services.
E. Certified DBE firms are encouraged to submit statements of qualifications as Responder or subcontractors on the Responder's team. DBE Firms must be certified as a DBE through the California Unified Certification Program. The selected Responder will be required to comply with the DBE goals that City establishes for the Project and the Agreement.
F. This RFQ provides specific instructions regarding SOQ format and other requirements. Pertinent data about the specific operations and the City of Inglewood are also included. Additional information, terms and conditions are provided in the Appendices section of this RFQ. **1.3. THE AGREEMENT** The selected Responder will enter into an Agreement with the City of Inglewood for an initial term of three years. The City will have five consecutive one-year options to extend the term of the Agreement for an additional year, at the sole discretion of the City Council. **The resulting Agreement will be eligible for federal funding by the Federal Transit Agency (FTA), therefore, the Agreement will include all federally required contract provisions and this procurement is subject to all applicable federal requirements.** **1.4. THE FUNDING** For the ITC project, the City is seeking funding from the FTA for this Project, and as such, any resulting agreement will be subject to, and will include terms necessary for compliance with, federal contracting requirements. Required federal contract terms are set forth in the Sample Contract to this RFQ. As a potential recipient of federal funding, the City has established a DBE goal for the Agreement. The requirements for DBE participation and the DBE program are in addition to all other equal opportunity employment requirements of the Agreement. Other public works projects will be funded through various sources. **1.5. THE TIMELINE** The City of Inglewood intends to select a firm within approximately thirty days following the deadline for SOQs. The City of Inglewood may, at its own discretion, conduct interviews and other evaluations of some, all, or none of the applicants prior to selection. The City of Inglewood will select the consulting firm that best meets the needs of the City.

As full remuneration for performing the foregoing duties, the City Clerk shall receive the salary as defined in Exhibit "H," along with all other applicable benefits contained within the Inglewood Executive Organization (IEO) Memorandum of Understanding (MOU). **SECTION 13. CITY TREASURER – DUTIES** The incumbent City Treasurer is hereby assigned the following duties:
A. Serve as a member of the City's Investment Committee; and
B. Other duties as assigned in the Inglewood Municipal Code and City Charter.
As full remuneration for performing the foregoing duties, the City Treasurer shall receive the salary as defined in Exhibit "H." **SECTION 14.** Prior compensation allocations, agreements, retention incentive payments and other benefits, monetary and otherwise, previously accorded to or payable to employees of the City in prior years pursuant to agreements with employees in accordance with meet and confer law, or otherwise, shall be continued in full force and effect and accorded and paid to the respective employees as though fully set forth in the herein ordinance, except insofar as such benefits or prior provisions are expressly repealed or amended by the herein ordinance or through negotiations with various bargaining units. **SECTION 15.** The City Clerk shall certify to the passage and adoption of this ordinance and to its approval by the City Council and shall cause the same to be published in accordance with the City Charter; and thirty days from the final passage and adoption, this ordinance shall be in full force and effect. **PASSED, APPROVED AND ADOPTED THIS 14th DAY OF SEPTEMBER 2021**
James T. Butts, Jr., Mayor
ATTEST:
Aisha Thompson, City Clerk
Inglewood Daily News Pub. 9/23, 9/30/21 **HI-27297**

ORDINANCE NO. 21-15 AN ORDINANCE OF THE CITY OF INGLEWOOD, CALIFORNIA, ESTABLISHING PAY RANGE ASSIGNMENT AND CONDITIONS OF EMPLOYMENT FOR THE VARIOUS OFFICERS, EMPLOYEES AND POSITIONS IN THE SERVICE OF THE CITY FOR FISCAL YEAR 2021-2022; AND REPEALING ALL PREVIOUS ORDINANCES OF THE CITY IN CONFLICT OR AT VARIANCE HERewith; THE CITY COUNCIL OF THE CITY OF INGLEWOOD, CALIFORNIA, DOES ORDAIN AS FOLLOWS:

SECTION 1. The following schedules of pay range assignments, special compensation provisions, conditions of employment and employee benefits are hereby established and shall be paid and implemented for the various designated officers, employees and positions in the service of the City of Inglewood.
SECTION 2. Salary adjustment criteria for all pay plans shall be as follows:
A. Internal classification relationships
B. Total compensation analysis
C. Labor market conditions
D. Financial condition of the City
E. Cost of living analysis
SECTION 3. The Pay Plan for Part-Time/Hourly employees is hereby amended as shown on Exhibit 'A';
SECTION 4. The Pay Plan for General Bi-Weekly full-time employees, exclusive of fringe benefits, is hereby amended as shown on Exhibit 'B';
SECTION 5. The Pay Plan for General Management and Professional employees, exclusive of fringe benefits, is hereby amended as shown on Exhibit 'C';
SECTION 6. The Pay Plan for Confidential General Management and Professional employees, exclusive of fringe benefits, does not have any changes and should read as shown on Exhibit 'D';
SECTION 7. The Pay Plan for the Police Civilian Management employees, exclusive of fringe benefits, does not have any changes and should read as shown on Exhibit 'E';
SECTION 8. The Pay Plan for Police Officers (Sworn) and Police Management (Sworn), both exclusive of fringe benefits, does not have any changes and should read as shown on Exhibit 'F';
SECTION 9. The Pay Plan for Executive Employees, exclusive of fringe benefits, is hereby amended as shown on Exhibit 'G';
SECTION 10. The Pay Plan for the Elected Officials, exclusive of fringe benefits, is hereby amended as shown on Exhibit 'H';
SECTION 11. The Pay Plan for the Permanent Part-Time employees, exclusive of fringe benefits, does not have any changes and should read as shown on Exhibit 'I';
SECTION 12. CITY CLERK – DUTIES The incumbent City Clerk is hereby assigned the following duties:
A. Serve as Escrow Officer for the City in connection with the purchase or sale of real property;
B. Serve as the Secretary of the City's Permits and Licenses Committee;
C. Serve as the Secretary of the City's Investment Committee;
D. Serve as Director of the City Clerk's Department; and
E. Serve as a member of the City's Liability Insurance Claims Committee.
As full remuneration for performing the foregoing duties, the City Clerk shall receive the salary as defined in Exhibit "H," along with all other applicable benefits contained within the Inglewood Executive Organization (IEO) Memorandum of Understanding (MOU). **SECTION 13. CITY TREASURER – DUTIES** The incumbent City Treasurer is hereby assigned the following duties:
A. Serve as a member of the City's Investment Committee; and
B. Other duties as assigned in the Inglewood Municipal Code and City Charter.
As full remuneration for performing the foregoing duties, the City Treasurer shall receive the salary as defined in Exhibit "H." **SECTION 14.** Prior compensation allocations, agreements, retention incentive payments and other benefits, monetary and otherwise, previously accorded to or payable to employees of the City in prior years pursuant to agreements with employees in accordance with meet and confer law, or otherwise, shall be continued in full force and effect and accorded and paid to the respective employees as though fully set forth in the herein ordinance, except insofar as such benefits or prior provisions are expressly repealed or amended by the herein ordinance or through negotiations with various bargaining units. **SECTION 15.** The City Clerk shall certify to the passage and adoption of this ordinance and to its approval by the City Council and shall cause the same to be published in accordance with the City Charter; and thirty days from the final passage and adoption, this ordinance shall be in full force and effect. **PASSED, APPROVED AND ADOPTED THIS 14th DAY OF SEPTEMBER 2021**
James T. Butts, Jr., Mayor
ATTEST:
Aisha Thompson, City Clerk
Inglewood Daily News Pub. 9/23, 9/30/21 **HI-27297**

PUBLISH YOUR PUBLIC NOTICES HERE



Seniors

from page 3

density is increased and the rate of bone loss is reduced. It may also aid in the prevention of osteoporosis.[6]

Hogne Vik, M.D., scientist and chief medical officer of NattoPharma, has also been working on cutting-edge research surrounding the role of vitamin K2 in helping support bone health.

Dr. Vik explains, “Countless clinical studies are showing that our bodies require the presence of vitamin K2 to absorb calcium properly. That’s because Vitamin K2 is the only compound that can direct calcium to the

appropriate places: your bones and teeth.” Nattopharma created a patented and effective version of MK-7, MenaQ7® - the only clinically studied form of vitamin K2 available on the market that delivers optimal bone health support.

In one study, healthy postmenopausal women took a daily 180mcg dose of MenaQ7 over a 3-year period. Participants experienced a significant improvement in bone mineral content and density. Their rate of bone degradation slowed by about 50%.[7]

“In my rheumatology practice, I combine

complementary treatments, such as diet and weight bearing exercises with an advanced medicinal treatment, OsteoMD,” Dr. Kreitenberg explains. “This is a powerful bone support therapy based on emerging clinical data, and my patients are already noticing the difference it is making in their day-to-day lives.”

- [1]Osteoporosis-Fast-Facts.pdf (nof.org)
- [2]Broken Hips in Nursing Homes - How Broken Hips Can Happen (nursinghomeabusecenter.com)
- [3]Osteoporosis - Symptoms and causes

- Mayo Clinic
- [4]NCHS Data Brief, Number 405, March 2021 (cdc.gov)
- [5]The Synergistic Interplay between Vitamins D and K for Bone and Cardiovascular Health: A Narrative Review (nih.gov)
- [6]Beneficial Effects of Vitamins K and D3 on Redox Balance of Human Osteoblasts Cultured with Hydroxyapatite-Based Biomaterials (nih.gov)
- [7]Proper Calcium Use: Vitamin K2 as a Promoter of Bone and Cardiovascular Health (nih.gov) •

PUBLIC NOTICES

RFP-0173
PROJECT ADMINISTRATIVE SUPPORT SERVICES (ON-CALL) FOR THE INGLEWOOD TRANSIT CONNECTOR SECTION 1.0 - INVITATION TO SUBMIT PROPOSALS

1.1. THE OPPORTUNITY
A. The City of Inglewood (City) is seeking proposals from consulting teams (Proposers) experienced in a broad range of program administrative services in support of the delivery of the Inglewood Transit Connector Project (the "Project," "ITC Project" or "ITC"). The ITC is an ambitious transportation program that will serve the City's long term transportation needs including providing efficient transit connections to and from event venues that will be used for the 2028 Olympics.
B. The purpose of this Request for Proposal (RFP) is to establish a contract with a qualified consulting team (Proposer) for various program administrative tasks for the effective delivery of the ITC project. The work will be done on an as needed on-call basis and will cover a number of disciplines to support the program.
C. The ITC project is an approximately 1.6-mile long, three station, fully elevated, electrically powered automated transit system (ATS) that will connect passengers directly from the Metro Crenshaw/LAX Line's Downtown Inglewood station to new housing and employment centers, and regionally serving sports and entertainment venues in the City of Inglewood including the Forum, the Los Angeles Sports and Entertainment District (LASED) at Hollywood Park/SoFi Stadium and the proposed Inglewood Basketball and Entertainment Center (IBEC). The Project will also create a new transit connection to the Opening and Closing Ceremonies of the 2028 Summer Olympic Games at the SoFi Stadium. The Project includes the proposed construction of three new stations. Project information, including completed studies are

further described in this RFP.
D. The City of Inglewood intends to select a Consultant that will complete the following services:
• Program Administrative Services to include project controls, document controls, procurement and contract administration and project administration support, as more particularly described in the Scope of Services (the "Services").
1.2. THE PROCESS
A. This RFP, any future RFP Addenda and questions and responses related to the RFP will be available on PlanetBids.
B. Proposers may submit questions and comments regarding this RFP via PlanetBids at the following link (https://pbsystem.planetbids.com/portal/45619/portal-home) according to the timeline provided below. Questions will be answered and responded to in an addendum to be posted on PlanetBids.
C. This procurement uses a best value process. The Proposers will first be shortlisted on the basis of demonstrated competence and qualifications. Cost proposals will then be evaluated for those shortlisted.
D. The City seeks a team that has demonstrated expertise and ability in the following areas:
• Providing various program administrative functions similar to the Services outlined in this RFP for large projects preferably transit related.
• History of working within the City of Inglewood or surrounding areas, and successful experience managing transportation-related projects of similar size and complexity, preferably in the Los Angeles region
• Ability to coordinate across various technical disciplines
• Ability to coordinate across multiple oversight agencies and jurisdictions
• Sufficiency of qualified available resources to assure the on time, on-budget and federally compliant delivery of the Services.
E. Certified Disadvantaged Business Enterprise (DBE) firms are encouraged to submit proposals as Proposer or as subcontractors on the Proposer team. DBE Firms must be certified as a DBE through the California Unified Certification Program (CUCP). The selected Proposer will be required to comply with the DBE goals F. This RFP provides specific instructions regarding proposal format and other requirements. Pertinent data about the specific operations and the City of Inglewood are also included. Additional information, terms and conditions are provided in the Appendices section of this RFP.
1.3. THE AGREEMENT
The selected Proposer will enter into an Agreement with the City of Inglewood for an initial term of three years. The City will have five consecutive options to extend the term of the Agreement for an additional year, at the sole discretion of the City Council, for a total maximum term of eight years. The resulting contract will be eligible for federal funding by the Federal Transit Administration (FTA); therefore, the Agreement will include all federally required contract requirements and this procurement is subject to all applicable federal requirements.
1.4. THE FUNDING
The City is seeking funding from the FTA for this Project, and as such, any resulting Agreement will be subject to, and will include terms necessary for compliance with, federal contracting requirements. Required federal contract terms are set forth in the Sample Contract of this RFP. As a potential recipient of federal funding, The City has established a DBE participation goal for the contract to be awarded pursuant to this RFP. The requirements for DBE participation and the DBE program are in addition to all other equal opportunity employment requirements of the Agreement.
1.5. THE TIMELINE
The City of Inglewood intends to select a Proposer for award of the Agreement within approximately thirty days following the Proposal Submission Deadline. The City of Inglewood

may, at its own discretion, modify the selection timeline, conduct interviews and other evaluations of some, all, or none of the applicants prior to selection. The City of Inglewood will select the highest scoring consulting firm that best meets the needs of the City.
RFP Process and Implementation Schedule
Date and Time
Public Release of Request for Proposals 9/30/2021
Pre-Proposal Conference 10/14/2021 at 10:00 am
Questions from Proposers Due 10/19/2021 by 5:00 pm
Answers to Questions Posted on PlanetBids 10/22/2021
Proposal Submittal Deadline & Public Opening 11/1/2021 by TIME 3 pm
Interviews (if needed) Week of November 15, 2021
Selection of preferred Proposer 11/24/2021
City Council Award (approx. date) December 2021
1.6. THE CONTACT
For general and process questions concerning this RFP contact:
Bianca Plascencia, Procurement and Contracts Coordinator
City of Inglewood
City Hall
Office of Purchasing Division, 8th Floor
One Manchester Boulevard
Inglewood, CA 90301
310.412.5266
Louis Atwell, PE
City of Inglewood
Assistant City Manager
Public Works Director
Inglewood Daily News Pub. 9/30, 10/7, 10/14/21
HI-27305

PUBLIC NOTICES

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
2021194630

The following person(s) is (are) doing business as HELLO DOLLY COIFFURES, 1) 15198 S. PRAIRIE AVE, LAWDALE, CA 90260, 2) 2279 W 233RD ST, TORRANCE, CA 90501, LOS ANGELES COUNTY. Registered Owner(s): 1) SUTHY CHHOEUY, 2279 WEST 233RD STREET, TORRANCE, CA 90501, 2) SUKHON SHHOEUY, 1604 W 224TH ST, TORRANCE, CA 90501. This business is being conducted by a General Partnership. The registrant commenced to transact business under the fictitious business name or names listed above on: 08/2021. Signed: SUTHY CHHOEUY, GENERAL PARTNER. This statement was filed with the County Recorder of Los Angeles County on August 31, 2021.
NOTICE: This Fictitious Name Statement expires on August 31, 2026. A new Fictitious Business Name Statement must be filed prior to August 31, 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).
Lawndale Tribune: Pub. 9/16, 9/23, 9/30, 10/7/21
HL-2328

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

PUBLISH YOUR PUBLIC NOTICES HERE

ABANDONMENTS: \$125.00

ABC NOTICES: \$125.00

DBA (Fictitious Business Name) \$75.00

NAME CHANGE: \$200.00

FOR MORE INFORMATION CALL 310-322-1830

REACH THOUSANDS OF VIEWERS

Seating is limited, REGISTER NOW!!!

Garage Sale

2 bed/2 condo co charming Now o

YOUR AD HERE

MOVING SALE!!! Sunday Womens small to medium clothing, some only worn once!! some mens clothing as well, jewellery, furniture

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

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

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

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

SALE PLUMBING INC

YOUR AD HERE

Email to reserve your space marketing@heraldpublications.com

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

