Herald Publications - Torrance, El Segundo, Manhattan Beach, Hawthorne, Lawndale, & Inglewood Community Newspapers Since 1911 - (310) 322-1830 - Vol. 7, No. 2 - January 12, 2017

Inside This Issue Certified & Licensed Professionals _______2 Classifieds _______6 Crossword/Sudoku _____6

l enals 7

Police Alerts	
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Real	Estate.	 	8

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Terri∆nn	in Torrance	

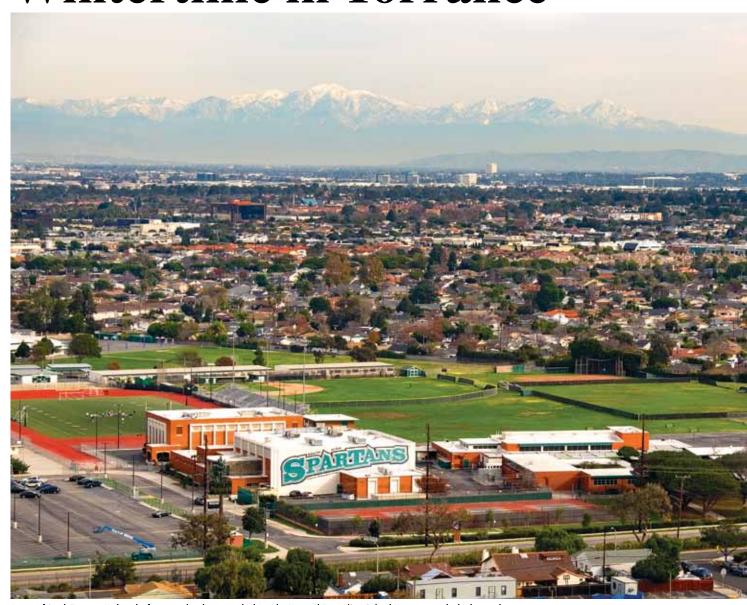
Weekend Forecast Friday Mostly Sunny 61°/49° Saturday Sunny 69°/49°

Sunday Partly Cloudy

68°/50°



Wintertime in Torrance



A view of South Torrance High in the foreground and snow-peaked Angeles National Forest/San Gabriel Mountains in the background.

City to Apply For Water, Energy Efficiency Grant

By Cristian Vasquez

Mayor Patrick J. Furey and members of the Torrance City Council approved a recommendation by Public Works Director Robert J. Beste to adopt a resolution that would allow the City of Torrance to apply for the Bureau of Reclamation WaterSMART Grants: Water and Energy Efficiency Grant. Through the program, cities receive grant monies to fund projects dedicated to the improvement of stormwater capacity, increase water supplies, reduce energy consumption, and allow for habitat restoration.

"This item is to approve a resolution to allow us to apply for a Bureau of Reclamation Grant for the Walnut Storm Project—this is one of the projects that we put together to address stormwater regulations in the City of Torrance," Engineering Manager John Dettle from the Public Works Department told the Council during his staff presentation. "The application is for a \$450,000 grant to complement a Prop. 1, \$450,000 grant that you have already received notification of."

Due to its membership with the Machado Lake watershed, the City is bound to abide to the Machado Lake Nutrient Total Maximum Daily Loads (TMDL), as well as the Machado Lake Toxics TMDL that have been adopted by the Los Angeles Regional Water Quality Control Board (Regional Board). In 2012, the City of Torrance contracted Carollo Engineers for the preparation of a combined Machado Lake Nutrient and Toxics TMDL Best Management Practices (BMP) Implementation Plan to allow 30 percent design level plans and

cost estimates necessary to apply for grants.

"Carollo Engineers prepared a citywide Stormwater Quality Master Plan that included conceptual designs for diverting stormwater for groundwater recharge," states the staff report signed by Beste. "The plan has been reviewed by the Regional Board staff and updated twice to be the Machado Lake Enhanced Watershed Management Plan, and was recently approved by the Regional Board."

Through the Machado Lake Enhanced Watershed Management Plan, three projects

would divert stormwater for groundwater recharge, including the Airport Basin Project, underground retention basins to be located at the Torrance Airport (grant funding for design pending); Torrance Baseball Field Basin, to divert stormwater to an underground basin beneath Plaza Del Amo Boulevard, west of Western Avenue (remains unfunded); and the Walnut Basin Project, which will divert stormwater to an existing basin (grant funding pending).

See City Council, page 6

How Are You Doing on Those Resolutions?

By Rob McCarthy

New Year's resolutions are a chance to hit the reset button and make a fresh start, yet the 9 to 5 routine at work can derail these annual goals that many adults set for themselves every January.

It's natural to reboot personal and career goals at the start of a year, says Dr. Julie Armstrong, a psychologist with an occupational practice in Marina del Rey. People plan their lives using patterns, starting with the sunrise and sunset. The annual rite of making resolutions is a healthy pattern even though four in five people will fail, according to a recent poll done ahead of January 1.

"Every single year there's this opportunity to start fresh, and it speaks to us about hope and change at a personal, internal level. Because what we couldn't follow through or finish last year, we now get to start again," Dr. Armstrong said.

Nearly 40 percent of Americans make New Year's resolutions, and the most common promise they make to themselves is to lose weight and eat a healthier diet. No other goal--to quit smoking, manage finances, find love--comes close to Americans' pledges to be fitter, trimmer and more selective about what they eat.

Yet, according to a Statisticbrain.com poll of Americans' success with resolutions, less than 10 percent of adults said they achieved their goals last year. The failure

See Resolutions, page 4

Calendar of Events

Deadline for Calendar items is the prior Thursday by noon. Calendar items are \$1 per word. Email listings to marketing@ heraldpublications.com. We take Visa and MasterCard.

THURSDAY, JAN. 12

- Propagation Society Planting Seeds for the Future, 10:30 AM., Madrona Marsh Nature Center & Preserve, 3201 Plaza Del Amo, free to public, Call: 310-782-3989.
- The Hidden Language (North High School Dance), 7:00 PM., Tickets: \$10, James Armstrong Theatre, 3330 Civic Center Drive, Call: 310-938-7033.
- "Out of the Wilds and Into Your Garden, Topic TBA" Native Plant Gardening Series, 6:30 PM. – 8:30 PM., free - donations accepted, Madrona Marsh Nature Center & Preserve, 3201 Plaza Del Amo, Call: 310-782-3989.

FRIDAY, JAN. 13

- Friday Fun, 10:00 AM. 12:00 PM., free -donations accepted, Madrona Marsh Nature Center & Preserve, 3201 Plaza Del Amo, Call: 310-782-3989.
- Toddlertime, 10:15 AM and 11:00 AM, Katy Geissert Civic Center Library, Polly Watts Story Theater, 3301 Torrance Blvd, Call: 310-618-5964.
- Co Rec Club -Dance, 7:30 PM. 9:30 PM., Torrance Middle School Students, \$3 Members/\$5 Guests, Must Have Middle School ID., Ken Miller Recreation Center, 3341 Torrance Blvd., call: 310-618-2729.
- Freedom Writers: Stories From An Undeclared War (The Torrance Cultural Arts Foundation), 8:00 PM., Tickets: \$30/\$25/\$20, James Armstrong Theatre, 3330 Civic Center Drive, Call: 310-781-7171.

SATURDAY, JAN. 14

 Serendipity Saturdays: Stories, Clay & Play, 10:30 AM., free to public, Katy Geissert Civic Center Library, 3301 Torrance Blvd., Call: 310-618-5964.

• A Seed (Ichi-Ryu-Man-Bai) (The Torrance Cultural Arts Foundation), 8:00 PM., Tickets: \$40/\$35/\$30, James Armstrong Theatre, 3330 Civic Center Drive, Call: 310-781-7171.

SUNDAY, JAN. 15

• AIDA (The Torrance Cultural Arts Foundation), 2:00 PM., Tickets: \$17.50, James Armstrong Theatre, 3330 Civic Center Drive, Call: 310-781-7171.

MONDAY, JAN. 16

- All Torrance Libraries CLOSED for Martin Luther King Jr. Day
- Madrona Marsh Nature Center & Preserve CLOSED.

TUESDAY, JAN. 17

- City Council Meeting, 7:00 PM., City Hall, 3031 Torrance Blvd., Call: 310-618-2780.
- Family Storytime, 10:30 AM., North Torrance Library, 3604 Artesia Blvd. Call: 310-323-7200.
- Family Storytime, 10:30 AM., Henderson Library, 4805 Emerald St., Call: 310-371-2075.
- Family Storytime, 11:00 AM., Southeast Library, 23115 Arlington Ave., Call: 310-530-5044.
- Pajama-rama, 6:30 PM., Katy Geissert Civic Center Library, 3301 Torrance Blvd., Call: 310-618-5964.

WEDNESDAY, JAN. 18

- Toddlertime, 11:00AM., El Retiro Library, 126 Vista del Parque, Call: 310-375-0922.
- Pajama-rama, 6:30 PM., Henderson Library, 4805 Emerald St., Call: 310-371-2075.
- Pajama-rama, 6:30 PM., North Torrance Library, 3604 Artesia Blvd., Call: 310-323-7200.

THURSDAY, JAN. 19

 Propagation Society – Planting Seeds for the Future, 10:30 AM., Madrona Marsh Nature Center & Preserve, 3201 Plaza Del Amo, free to public, Call: 310-782-3989. •

<u>Police Reports</u>

Sunday, December 25

Vandalism Betw. 12/25 10:00:00 PM & 12/26 6:45:00 AM 1700 BLOCK CABRILLO AVE. Suspect(s) graffitis victim's vehicle with paint and glue.

Burglary-Auto Betw. 12/25 7:00:00 PM & 12/26 7:45:00 AM 1100 BLOCK BEECH AVE. Suspect(s) smashes windows for entry, ransacks and takes property/unknown loss.

Auto Theft-All Betw. 12/25 7:00:00 PM & 12/25 7:13:35 PM 20500 BLOCK WESTERN AVE. Stolen Vehicle: '00 VW Jetta.

Burglary-Auto Betw. 12/25 4:00:00 PM & 12/26 5:25:00 PM OSAGE AVE. & EMER-ALD ST. Suspect(s) enters locked vehicle by unknown means and takes property/cell phone charger.

Monday, December 26

Auto Theft-All 12/26 9:00 PM ABALONE AVE. & 223RD ST. Stolen Vehicle: '99 Chevrolet Malibu.

Vandalism Betw. 12/26 6:00:00 PM & 12/27 7:00:00 AM 17000 BLOCK ELGAR AVE. Suspect(s) punctures victim's vehicle tires.

Theft Betw. 12/26 5:00:00 PM & 12/26 5:07:00 PM 21800 BLOCK HAWTHORNE BLVD. Suspect(s) takes unattended property that was placed on hood of victim's vehicle/ purse, cash, credit cards, wallet.

Burglary-Auto Betw. 12/26 12:02:10 AM & 12/26 12:06:10 AM 2300 BLOCK SIERRA ST. Suspect(s) smashes windows for entry, ransacks and takes property/no loss.

Burglary-Auto Betw. 12/26 & 12/26 12:24:24 AM 1500 BLOCK MADRID AVE. Suspect(s) smashes windows for entry, ransacks and takes property/bag.

Tuesday, December 27

Burglary-Auto Betw. 12/27 11:30:00 PM & 12/28 9:00:19 AM 3200 BLOCK 190TH ST. Suspect(s) smashes front window for entry, ransacks and takes property/sunglasses, paperwork.

Vandalism Betw. 12/27 10:00:00 PM & 12/28 5:00:00 AM 22600 BLOCK GAY-CREST AVE. Suspect(s) uses a BB gun to damage windows.

Burglary-Auto Betw. 12/27 7:00:00 PM & 12/28 8:00:00 AM 3300 BLOCK WIN-LOCK ROAD. Suspect(s) enters vehicle by unknown means and takes property/remote control truck.

Vandalism Betw. 12/27 6:20:00 PM & 12/27 6:45:00 PM 3500 BLOCK CARSON ST. Suspect(s) scratches victim's vehicle's paint.

Auto Theft-All Betw. 12/27 5:30:00 PM & 12/28 8:00:00 AM 4300 BLOCK 180TH ST Stolen Vehicle: '91 Honda Accord.

Auto Theft-All Betw. 12/27 5:00:00 PM & 12/28 8:36:52 AM 4900 BLOCK ARVADA ST Stolen Vehicle: '17 Audi Q7.

Burglary-Auto Betw. 12/27 4:00:00 PM & 12/28 11:09:40 AM 21000 BLOCK AMIE AVE. Suspect(s) smashes front window for entry and takes property/makeup.

Burglary-Commercial 12/27 7:04 AM 18500 BLOCK WESTERN AVE. Suspects smash window for entry, flee when confronted/ no loss.

Wednesday, December 28

Auto Theft-All Betw. 12/28 11:59:16 PM & 12/28 11:59:25 PM CARSON ST & CABRILLO AVE. Stolen Vehicle: '96 Ford Explorer.

Theft 12/28 10:06 PM 19800 BLOCK HAWTHORNE BLVD. Suspect(s) defeats padlock to gym locker and takes property/ credit cards, driver's license.

Burglary-Auto Betw. 12/28 9:00:00 PM & 12/29 3:00:00 PM 16900 BLOCK PRAIRIE AVE. Suspect(s) smashes window for entry and takes property/vehicle battery, basketball, birth certificate.

Auto Theft-All Betw. 12/28 8:30:00 PM & 12/29 11:50:34 AM 24200 BLOCK HUBER AVE. Stolen Vehicle: '00 Pontiac TransAm.

Burglary-Auto Betw. 12/28 8:00:00 PM & 12/29 10:00:00 AM 2500 BLOCK ARLING-TON AVE. Suspect(s) smashes window for entry and takes property/bag.

Burglary-Auto Betw. 12/28 2:26:57 PM & 12/28 2:35:00 PM 1700 BLOCK CABRILLO AVE. Suspect(s) smashes window for entry

See Police Reports, page 7

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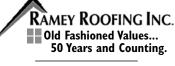
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Police Alert

Attempt Sexual Assault Arrest

On Monday, January 9 at approximately 12 p.m., Torrance Police Officers responded to the 18200 block of Kingsdale Avenue regarding reports of a male sexually assaulting an elderly female. Officers quickly arrived at the location and detained a suspect matching the description in the vicinity. The suspect was subsequently positively identified as Duncan Walton, a black male 35 years of age, and a transient of Torrance. Duncan Walton was ultimately arrested for attempted sexual assault and kidnapping.

Hate Incident

On Monday, January 9 at approximately 7:40 a.m., Torrance Police Officers responded to the area of Calle De Arboles Park in regards

to large lettering on the hillside depicting "KILL WHITES."

Officers arrived at the location and quickly determined the material used to spell out the hateful language to be toilet paper. There were no immediate suspects identified. The scene was photographed and ultimately cleaned. Officers completed an incident report to conclude the preliminary investigation.

Both of the above incidents are being investigated under the command and direction of Captain Martin Vukotic of the Special Operations Bureau. Anyone with additional information is encouraged to contact the Torrance Police Department Detective Division at (310) 618-5570. •

Community Briefs

State Selects SBWIB as One of Highest Performing Workforce Investment Boards

The South Bay Workforce Board (SBWIB) has once again been recognized by the California Workforce Development Board as one of the highest performing workforce investment boards in the state. The State Board made the announcement in late December in Sacramento and also indicated the SBWIB will receive a \$54,383 incentive award provided by Governor Jerry Brown along with the prestigious certification.

"It is indeed gratifying to receive this high honor from the State Board and it reflects the professionalism and dedication of not only our staff, but also the volunteer board members who establish the policies we operate under while monitoring our progress year round," said Jan Vogel, SBWIB Executive Director.

Upon learning of the State Board recognition, Inglewood Mayor James T. Butts, Jr., who serves as the Chief Local Elected Official of the South Bay Workforce Investment Area, extended his congratulations and noted, "Our SBWIB has consistently exceeded the goals and performance standards of the State Board in the areas of employment placement and retention. I am very proud of the SBWIB staff and Mr. Vogel."

The SBWIB service area includes the cities of Inglewood, Hawthorne, El Segundo, Redondo Beach, Torrance, Hermosa Beach, Lomita, Gardena, Manhattan Beach, Lawndale and Carson.

Meet the Authors at Torrance Historical Society & Museum

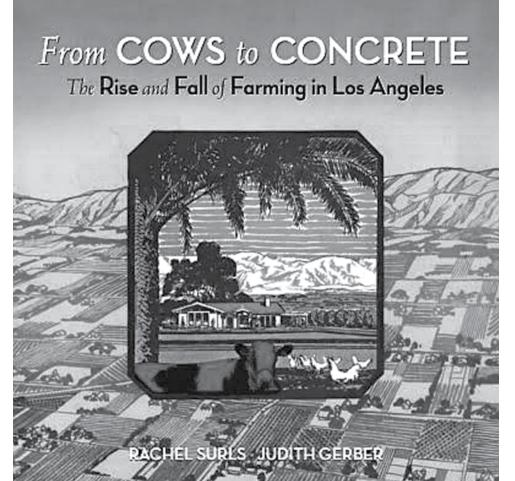
What? Los Angeles was the original wine country of California, leading the state's wine production for more than a century? Los Angeles County was the agricultural center of North America until the 1950s? And where today's freeways soar, cows calmly chewed their cud? How could that be? Los Angeles, the capital of asphalt and Kleig lights, was once a paradise filled with grapevines and bovines, so abundant with nature's gifts that no one could imagine a more pastoral place?

Los Angeles County was the center of an agricultural empire. Today, it is the nation's most populous urban metropolis. The Torrance Historical Society will host Rachel Surls and Judith Gerber, authors of *From Cows to Concrete* to tell us what happened, and where all

the green has gone. This program will take place on Sunday, January 15 at the Torrance Historical Society & Museum--1345 Post Avenue. The presentation will begin at 2 p.m., with light refreshments served.

The authors will share history of the epic tale of how agriculture forged Los Angeles into an urban metropolis, and how the Los Angeles farm empire spurred the very growth that paved it over, as sprawling suburbs swallowed up thousands of acres of prime farmland. And how, on the same land once squandered by corporate greed and "progress," urban farmers are making inroads to a greener future.

This event is free, and open to the public. No reservations are necessary, but seating is limited to first-come/first-served. •





Up and Adam

Lady Warriors Topple Tartars in Division Opener

By Adam Serrao

Competition in the Pioneer League is something that is always heated and fairly unpredictable on a year-in, year-out basis. Under head coach Riki Murakami, the West High Warriors girls' basketball team is trying to make predicting the winner of this year's divisional race a little bit more conventional. West got out to a great start in doing just that last Friday night when it traveled to Torrance High for a road game against the rival Tartars. It took both teams a little while to hit their strides and find their shots, but ultimately it was West that was able to hit second gear. The Lady Warriors blew out their adversaries from Torrance by a final score of 53-30 to attain their first league-play victory of the season.

The Lady Warriors basketball team has been on a mission every since losing in last year's CIF Division 1AA championship game to the Ventura Cougars. This season, there has been nothing else on the team's mind except avenging that loss and bringing home a trophy to West High. Step one of the team's ultimate goal has now been accomplished with a victory in the opening game of league play. Despite missing their fair share of shots in the opening period of play and letting the Tartars stick around, West was able to turn it on late in the quarter when it went on an 11-0 run to take a 17-7 advantage.

Both teams struggled from the field in the second quarter, but the Tartars' shooting was borderline disastrous. Torrance, which has been competitive with an 8-5 record this year under head coach Rick Momohara, was only able to put five points on the scoreboard in the quarter. The Tartars' woes turned into West's advantage as Murakami and her team opened up a 14-point lead going into the half. "I just told them that it doesn't matter who we're playing," Murakami said. "We just have to go out with an intensity and work ethic that we're just going to outwork the other team."

The Lady Warriors certainly ramped up their intensity in the third quarter, spearheaded by junior guard Lani Lum. Lum led the team with 13 points on the night and guided West to its biggest quarter of the game when the team put up 19 in the third. The Warriors' 45-21 advantage going into the fourth put the game out of reach. The Warriors' size, rebounding and defense are what ultimately

won the game on the night, as has been the case for the team all season long in the quest for a Pioneer League crown. "It felt really good to get this one," Lum explained. "This is our first league game, a lot of us are new and we worked really hard for this."

The Warriors have been working hard all season long, which has the team in a tie with North High for first place in league standings after one game of play. West will meet the Saxons this week in what may just be the matchup of the year with first place on the line. Torrance will look to get back on track with a road matchup against Centennial.

North High vs. South High

The first round of Pioneer League play was full of great rivalry matchups in the city of Torrance, including a game between the Lady Saxons and the Lady Spartans. The Saxons feel like the team to beat in the Pioneer League this season after coming off a Pioneer League championship one year ago. Their rivalry with the Warriors will certainly steal the headlines all year long. South, on the other hand, was overrun a year ago in league play despite an otherwise successful season. Head coach Bobby Imamura has a talented team, but can't seem to get past his rivals on the Pioneer League schedule.

Imamura and South's matchup against their rivals from North High was just another example of how the Saxons have excelled against their league foes while the Spartans have faltered. A home matchup against North was all that South could possibly ask for, but the Spartans came out flat while the Saxons came out on fire. At the end of the day, a 56-34 final handed South a 22-point defeat for the team's fourth Pioneer League loss in a row, dating back to last season.

Despite their inability to beat their foes from within the Pioneer League, the Spartans continue to enjoy success against non-divisional opponents. Last year, the team went 3-7 in league play, but finished with an 18-11 record and reached the quarterfinals of the CIF Division 3AA playoffs. This year, the team is 8-6 out of league play and looking for similar success. South will take on Leuzinger this week. North (11-4, 1-0), on the other hand, will continue its quest for another Pioneer League championship with a matchup at home against its hated rivals from West. - asixlion@Earthlink.net •

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TerriAnn in Torrance

Dr. Martin Luther King, Jr.

Story and Photos by TerriAnn Ferren

Dr. Martin Luther King, Jr. was born on January 15, 1929 in Atlanta, Georgia, and assassinated on April 4, 1968 in Memphis, Tennessee. President Ronald Reagan signed the American federal holiday that bears his name into law on September 2, 1983, and Americans have been celebrating King's legacy on the third Monday of January since January 20, 1986. Who was Dr. Martin Luther King, Jr.? I thought adults would easily answer that question, but I wanted to find out what people would say if asked.

A few days ago, I asked a young adult, Ozzie Antuna, who Martin Luther King, Jr. was and he told me, "He was a non-violent civil-rights activist and he was a minister too. And he was shot." Later that night, I asked 10-year-old Madison Jane the same question and she thought a minute and then said, "He was a man that fought for equal rights for everyone. And someone shot him. We have a holiday for him. And he helped Rosa Parks too." Wow, that impressed me and I told her so, but she assured me anyone in her fourth grade class would have answered the same way.

Last year, I had the honor of speaking with Torrance resident Ted Lange--actor, writer, producer and playwright--who played Isaac on the popular 1970s hit television show *The Love Boat* (see *Torrance Tribune*, January 22, 2015). Lange has done important, extensive historical research for his plays and is the only person I know who knew Dr. Martin Luther King, Jr.'s eldest daughter, Yolanda, who died in 2007-and is one of only two people I know who had met Coretta Scott King. I remember Lange told me that when he starred with Yolanda in



Ron Kovic.

the play Willie and Esther, he discovered that Yolanda was a gifted comedic actress. Later, Yolanda King and Ted Lange worked together in a play written by Ted, called Soul Survivor.

Ted took time from his work, getting ready for a reading of his new play, *The Cause, My*

Soul, The Prequel to Othello, which will be done in New York on January 18⁻ to speak with me. He told me that on November 17, 2015, he was honored to emcee a show—a memorial birthday party--in honor of Yolanda, who would have turned 60 years old on that



Dr. Martin Luther King, Jr. Stamp.

day. The event was held at the Martin Luther King Center for Non-Violent Change in Atlanta, Georgia. Lange told me, "It was really beautiful and we reviewed Yolanda's life and we also talked about Mrs. King. We had people come out and talk about what Yolanda meant to them, and they set up a foundation in Yolanda King's name. They had dancers, singers and stand-up comedians, and I saw all the children. Oh, and Julia Roberts' brother Eric Roberts and Yolanda were classmates and did the play *The Owl and the Pussycat* in high school. Isn't that amazing?"

For me, Dr. Martin Luther King, Jr.'s legacy is about peace. He promoted it, he preached it, he lived it, and acted upon that belief. And I know he was the youngest person ever to receive the Nobel Peace Prize at age 35 in 1964.

Later the next day, I asked Vietnam Veteran and author Ron Kovic if he would tell me about his encounter with the King family. I knew he had met Coretta Scott King, but I never asked about how that encounter actually happened. This is that story.

Kovic began, "I had the honor of meeting Coretta Scott King for the first time at the Democratic National Convention in New York City in 1976. There was a long receiving line and, when I finally went up to her, I shook her hand and said, 'Mrs. King, it is an honor to meet you.' Several years later, while flying from Tampa, Florida, after visiting my parents, I happen to stop in Atlanta, Georgia for the night on my way to a meeting in New York." Kovic told me it was very late and the layover was for one night. He caught a cab into Atlanta and began looking for a hotel to

spend the night. The cab driver drove him around a long time trying to find a hotel with a vacancy to no avail. Then, the cab driver told Kovic he knew of a motel on the other side of town where he thought there might be a room. Kovic agreed and the cabbie drove him to The White House Motel, where they were surprised to discover there was one room left on the third floor, as there was a convention at the inn. Kovic took the room, thanked and paid the cab driver, and spent the night at The White House Motel. "This is one of the great ironies of my life... I got up the next morning and headed to the elevator in my wheelchair--I had been wounded in Vietnam," Kovac said. "Thinking that I had pressed the button in the elevator for the restaurant on the first floor, I exited the elevator, but discovered I had mistakenly pushed the second-floor button. Down the hall in the distance, there was a ballroom and I saw a woman sitting behind a table greeting people as they went into some event. As I got closer to the open door, I realized it was Coretta Scott King sitting behind that table welcoming people into the room. I couldn't believe it."

Kovac wheeled up to Mrs. King and remembers she had the biggest smile on her face and her eyes were radiating with warmth and love. "She was so warm and friendly, and she didn't know me or remember me and I said, 'I am a Vietnam Veteran and you probably don't remember me, Mrs. King, but I met you at the Democratic Convention in New York in 1976. I was actually wheeling up to the table to ask the woman where the restaurant was, and that is when I realized who she was. It was more like, Mrs. King? I was surprised," confessed Kovic. He told me he said, "It is an honor to meet you again." Then he asked what was going on inside the ballroom. Kovic told her his name and she told him that the meeting was the annual gathering of the Martin Luther King Center for Non-Violent Change. Kovic continued, "She called me by my first name. She said, 'Ron, would you like to join us tonight? We are having our last dinner meeting of the conference.' She invited me to be a guest--just by sheer coincidence. I had gotten off at the wrong floor! I told her it would be an honor and I would be there later that night. She told me it would begin at seven, and I thanked her. I cancelled my flight. I changed everything because this doesn't happen every day. I couldn't help but feel there was something spiritual and part of destiny. It wasn't a coincidence, it was different. This was unusual. Later that night, I attended the event. I knew no one." He told me the attendees were very gracious and he listened to many speeches while seated at a table near the front of the room. "Mrs. King spoke and then something really remarkable happened that I will never forget. The evening ended with everyone in the room making a great circle and holding hands, and I became part of that circle. And we all sang, 'We Shall Overcome.' I was singing with all of them, with all the people who worked with Dr. King. Then, glancing to my left, I realized I was holding hands with Dr. King's father," Kovic said.

Kovic told me he will never forget the day he rolled into history when he accidentally pushed the wrong button in an elevator on the way to breakfast and ended up being invited to Coretta Scott King's dinner. "When I held Dr. King's father's hand, I had tears in my eyes--as I do now remembering the story so many years later," Kovac said. "Martin Luther King, especially his commitment to peace and non-violence, had a profound effect on me when I arrived home from the Vietnam War--and I remain committed to Dr. King's principles of peace and non-violence to this day."

Ron Kovic told me he will always remember that trip when there was no place for him at the inns, and a cab driver drove him to a motel in Atlanta where he would find a room and meet Mrs. King and Dr. King's father. Lastly, every 20th of January, Kovic reflects on the life of Martin Luther King because that same day, he was shot and paralyzed in Vietnam. "Sometimes I think of the other irony--it was that spring of 1968, January 20th, that I was shot and wounded and several months later while I was recuperating on Long Island with other Marines is when Dr. King was shot. I will always remember that day. It is a reminder to love and forgive. There is something higher and something else going on. Only a few years



Ozzie Antuna.

after I held 'Daddy King's' hand, he died," Kovic said.

Learning more about Dr. Martin Luther King, Jr., his life and his family, along with the encounters of others, broadens the story of the great American we celebrate this January 16.

Resolutions

rate was 42 percent, some of which can be blamed on unrealistic goals that set the bar too high. "Don't make yours a marathon if you're not running," Dr. Armstrong said.

There are two kinds of associates who can make or break another person's will to succeed, in Armstrong's experience. Friends, relatives, co-workers and bosses either fall into the "support" or "thwart" category, and she says to watch out for the naysayers in the latter group.

Avoid sharing your goals with co-workers who will sabotage your inspiration for self-improvement. Instead, look for trusted people around work who share the goals and will support them. Don't talk about your goals to someone you believe is pulling for you to fail, Dr. Armstrong said. "You know who those people are. Trust your gut," she added.

A recently published book for employers and employees about well-being in the workplace cautions goal-setters to expect challenges sticking to their fitness and food plans at the office. Author Leigh Stringer in her work and research for Harvard School of Public Policy writes that nutrition at work often takes a backseat to meetings and deadlines, both of which are beyond the employee's control.

A culture of wellness among employees starts when employers and companies decide to assist their workers in eating better, exercising and not sitting at a desk all day, and interacting more with their officemates and co-workers. She cites case studies of companies that encouraged employees to change their 9 to 5 habits and grew their profits while lowering employee healthcare costs.

The danger of putting off exercise until after work or weekends is there's not enough time to meet the weekly target of 150 minutes, Stringer writes. Cramming workouts into Saturdays and Sundays increases the risk of injury for "weekend warriors" and do-it-yourselfers with home improvement projects, yard work and family obligations to meet, she cautions. "The same goes for nutrition, stress reduction and sleep. Waiting for the weekend won't cut it,"

she writes in *The Healthy Workplace - How* to Improve the Well-Being of Your Employees - and Boost Your Company's Bottom Line, published last year by the American Management Association.

Some easy-to-do suggestions in the book can be adapted to fit the New Year's resolutions that Americans made for 2017, based on the survey results at Statisticbrain.com. Number one on the list was to lose weight and eat healthier, followed by self-improvement and life changes, smarter financial choices, quit smoking, experience more excitement, and spend time with family and friends.

Stringer suggests taking the stairs more instead of riding elevators, and walking across the room or down the hall for a face-to-face conversation with a co-worker or boss instead of calling or emailing. "But walking, by itself, is not always a recipe for creating radical new ideas," she writes. "For that, we need to bump into people and break out of our comfort zone a bit."

from front page

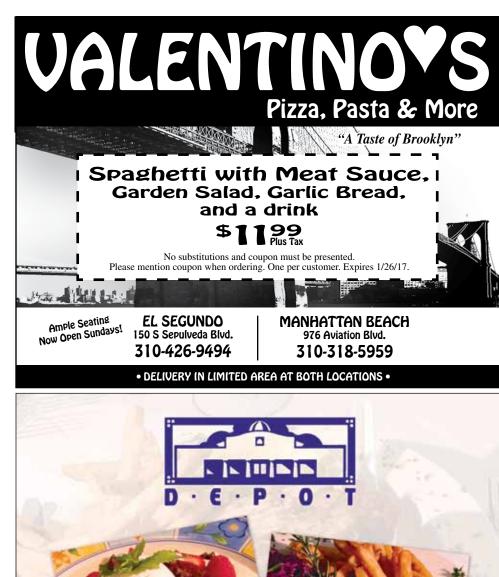
One study Stringer cites in *The Healthy Work-place* touts the benefits of walking to stimulate creativity and problem-solving. While walking outdoors brings a change of scenery and fresh air, strolling indoors or in a small, enclosed patio area also unleashes brain activity that is missing when people concentrate on a single task, she found. Walking also has been linked to better attention and short-term memory.

Eating habits suffer at work and Stringer's data shows it. Only one-third of U.S. workers take a lunch break and a majority of them eat at their desks, according to an online survey done by Right Management. The human resources consultant learned that workers who ate as they worked felt less full after a meal compared with their counterparts who pushed away from the desk for lunch. "Eating while you work is not just bad for digestion," Stringer writes. "You actually eat more and get hungrier later."

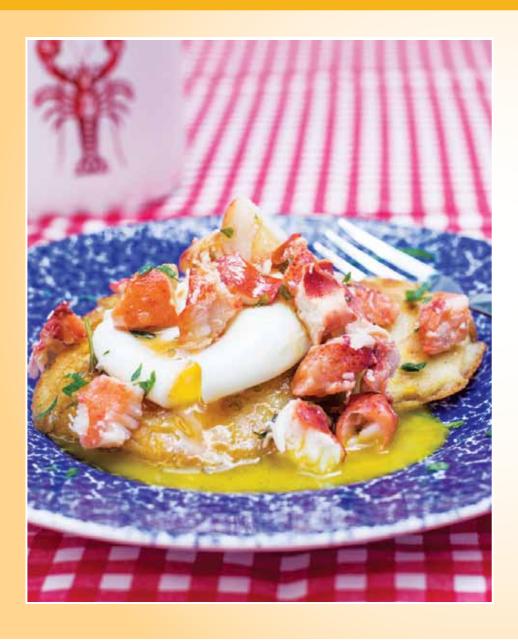
Stringer's tips to improve energy, creativity and physical movement within the workplace

See Resolutions, page 7





Johnny Cakes and Lobster Eggs Benedict



Ingredients

310.785.7501 • www.depotrestaurant.com

- 1 cup stone ground white corn meal
- 1 1 teaspoon sugar
- 1 1/2 teaspoon salt
- 1 3/4 cup corn kernels
- 1 1/4 cups boiling water
- 2 tablespoons melted butter
- 1 teaspoon vanilla extract • butter for greasing pan

• Maple Brown Butter

- 4 tablespoons butter • 3 tablespoons real maple syrup
- 1 teaspoon fresh tarragon, chopped
- 4 Eggland's Best Eggs (large)
- 1/2 pound cooked lobster meat, pulled into pieces
- 1 tablespoon fresh flat leaf parsley, finely chopped

Preparation

- 1. Combine cornmeal, sugar and salt in a medium mixing bowl. Add corn kernels. Slowly whisk boiling water into dry mixture. Combine butter and vanilla in a small bowl then stir into batter. Let batter sit for 5-10 minutes.
- Heat an electric or 12-inch non-stick skillet on medium heat. When hot, lightly grease with a little butter. Drop batter by the soup spoonful onto skillet, making a 3-1/2 to 4-inch circles. It will make about eight. Cook for 5-6 minutes or until slightly brown on edges and golden. Turn and cook 4-5 more minutes until golden.
- 3. For the Maple Brown Butter, melt 4 tablespoons butter in a 8-inch skillet on medium low heat. Cook and watch carefully until it turns frothy and slightly brown. Remove from heat immediately. Stir in maple syrup and tarragon. Meanwhile, bring 4 cups water to a simmer in a 10-inch nonstick skillet. Carefully crack eggs, one at a time into the low simmering water. Poach for about 3 minutes or to desired doneness.
- **4.** Dip lobster meat into poaching water for 30 seconds to heat then remove.
- Place and overlap two Johnny Cakes onto each plate. Place one egg onto two Johnny Cakes. Top with equal portions of lobster and drizzle maple brown butter over all. Sprinkle on parsley and serve. •

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

Outside sales: Looking for Outside Sales Representative to sell display ads in Torrance. Sales experience a plus. Work from home, but must call on customers and attend events. Flexible hours, approximately 20 hours a week. \$15/hr, plus 10% commission to start, 20% of sales after probation. Interested parties send resume to management@ heraldpublications.com.

EMPLOYMENT

Graphic artist needed: We are looking for a graphic artist to work 20 hours per week. The job entails doing classifieds, DBA notices, ad changes and learning newspaper layout. Must be familiar with Mac computers and work with InDesign, Photoshop,

etc. Interested parties please email your resume to management@ heraldpublications.com

APARTMENT FOR RENT

3Bd/1Ba, \$1900/Mo - Charming, spacious, sole upper unit. Freshly painted, blinds, granite countertops, tile/carpet, w/d hookup, carport. No pets. A must see & Avail now!! (310)

APARTMENT FOR RENT

1.Bd.1Bth. lower unit in E/S gated bld. onsite laundry, swimming pool, pond with waterfall 1. parking spc. available Now. \$1,595 per.mo. 310-322-7166

FOR RENT

Single Family Home in El Segundo, 2 BD/ 1BA, \$3200/ MO, 2 Car Parking, Available January 15th For Further information please call: Bill Ruane 310-647-1635

FOR RENT

Single Family home in El Segundo. 2BD/ 1BA, \$3500/MO, 2 Car Parking, Available Now. For further information please call: Bill Ruane - 310-647-1635

FOR RENT

Single Family Home in El Segundo, 3BD/ 2BA, \$5500/MO, Parking Included, Available Now, For further information please call: Bill Ruane -310-647-1635

FOR RENT

Condo in El Segundo, 2BD/2BA, \$2500/MO. 2 Car Parking Included, Available Now, For further information please call: Bill Ruane – 310-647-1635

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City Council

from front page

Unique about the Walnut Storm Water Capture and Groundwater Replenishment Basin is that it accomplishes all three project requirements established by The WaterSMART Grants: Water and Energy Efficiency Grant program. Formerly known as Challenge Grants, WaterSMART Grants Reclamation provides half-and-half cost share funding to localities, including irrigation and water districts, tribes, states and any entities with the jurisdiction to manage water or power delivery.

"Projects should seek to conserve and use water more efficiently, increase the use of renewable energy, protect endangered species, or facilitate water markets," states the United States Bureau of Reclamation website (https://www.usbr.gov/watersmart/weeg/).

All projects are chosen via a competitive process that focuses on proposals to be completed within 24 months, and that will help sustainable water supplies in the Western United States.

"The Walnut Basin Project/Walnut Storm Water Capture and Groundwater Replenishment Basin Project would divert water from the Los Angeles County Flood Control District storm drain on 238th Street (just west of Western Avenue) back into the existing Walnut Basin," states the staff report. "The cost estimate for the Walnut Storm Capture and Groundwater Replenishment Basin Project is \$900,000."

The project has been selected for the state--but in order to apply for the grant monies, each public agency interested must approve a resolution that would assign a public works director to sign the required agreement and any addendum. Furthermore, a city must commit to providing the required matching funds, which will be obtained from Proposition 1 State Grant dollars.

Torrance Sister City Association to Host Alumni Reunion at Ken Miller Rec Center

The Mayor and City Council agreed to subsidize the rental fees associated with using the Ken Miller Recreation Center for the Torrance Sister City Association Alumni Reunion Luncheon scheduled for Saturday, January 14 from 9:30 a.m. to 1:30 p.m.

Funding for the approved fee-waiver request, \$643, is available in the 2016-2017 City Council Municipal Legislative Policy Program Budget. With the approved subsidy, the remaining budget is \$10,455.35 to be used for future community events. The request to subsidize the TSCA luncheon was received on January 4 by Mayor Furey.

Since September 2016, with the 2016-2017 City Council Municipal Legislative Policy Program Budget, the City has subsidized events for Assemblymember David Hadley and Senator Ben Allen (use of George Nakano Theatre for town hall meeting to address homelessness); the American Cancer Society; Vietnam Veterans of America, South Bay Chapter 53; and most recently, the Torrance Sister City Association--for all

CLASSIFIED ADS

The deadline for classified copy and payment is NOON on Tuesday. We reserve the right to reject, edit, and determine proper classification of classified ads. Email ad copy to: class@heraldpublications.com.

> 4x 1x 3 Lines \$40 \$50 \$60 \$70 4 Lines \$45 \$55 \$65 \$75

Need more lines? Additional line charge of \$5 per line

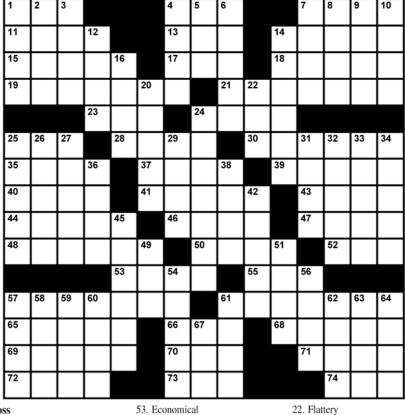
ALL SIX NEWSPAPERS - FOR ONE PRICE!

Herald Publications newspapers: El Segundo Herald, Hawthorne Press Tribune, Inglewood Daily News, Lawndale Tribune, Manhattan Beach Sun and Torrance Tribune. We take Visa and MasterCard. Please always include your phone number with your submission. Payment must be received before ad is published.



WEEKLY CROSSWORD

See Answers Next Week



Across

- 1. Toothed tool
- Mata Hari, e.g.
- _fan" movie 11. Identical
- 13. Green or China 14. Christmas wish
- 15. Packed away
- 17. Joan of
- Guardian
- 19. Unknown affair
- Most popular
- 23. Air, land and
- 24. Sensation 25. Dearest
- 28. Gossip
- 30. Stock-market failures
- 35. Statutes 37. Pants part
- 39. Topical 40. Bangladesh continent
- 41. "The door's open!"
- 43. Press 44. Chicken parts
- 46. Flag
- 47. Cheap mag
- 48. Show White dwarf 50. Fail to include
- 52. Track action
- 10. Soften

7. Shipped 8. Engage in

55. Quick doze

57. Vacationist

68. Leather strip

69. Depends on

1. Flower stalk

3. Mental keenness

Host's request

Miles __ gallon

6. Luxury sea going vessel

Begone

lands

Remain

71. Stag

72. Book

Sorry

74.

Down

65. Unexpected sports outcome

61. Looks

- 14. Guard
- 16. Penury
- 20. Bonus
- 9. Frozen desserts
- 12. Butterfly catchers

- 24. Post
- 25. Strategizes 26. Chart holder
- 27. Doubly
- 29. Monthly money 31. Early course
- 32. Do away with
- 33. Golden or bald?
- 34. Hit the hay 36. Reason to want something
- done
- 38. Duration
- 42. Jockey holds them 45. Divides
- 49. Okay!
- Knocks
- 54. Travel guide
- 56. Guinea pigs, maybe
- 57. Whistle it!
- 58. Unlock
- 59. Worn
- 60. Roulette bets
- 61. Seasoned
- 62. Daw
- 63. Cock-and-bull story 64. Radio ad
- 67. The 60's was a protest _

Last Week's Answers

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	8	5	3	7	9	4	2	6	1		
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	6	2	7	1	8	9	4	3	5		
	5	1	4	2	6	3	7	9	8		
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	4	6	8	9	7	5	3	1	2		
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6							1
	7		9	4			
		6	5		9	3	4
4				8			7
			6	9	1		

Each Sudoku puzzle consists of a 9X9 grid that has been subdivided into nine smaller grids of 3X3 squares. To solve the puzzle each row, column and box must contain each of the numbers 1 to 9.

Police Reports from page 2

and takes property/clothing.

Theft Betw. 12/28 1:30:00 PM & 12/29 7:00:00 AM 2600 BLOCK 182ND ST. Suspect(s) defeats locks on vending machine and takes property/cash.

Theft Betw. 12/28 & 12/28 9:00:00 AM 2000 BLOCK 185TH ST. Suspect(s) takes victim's vehicle's catalytic converter.

Thursday, December 29

Vandalism Betw. 12/29 10:20:00 PM & 12/30 4:30:00 AM 1900 BLOCK GRAMERCY AVE. Suspect(s) throws raw eggs at victim's vehicle.

Auto Theft-All Betw. 12/29 7:00:00 PM & 12/30 5:40:00 PM 3800 BLOCK 182ND ST Stolen vehicle: '90 Honda Accord.

Burglary-Auto Betw. 12/29 5:00:00 PM & 12/30 4:00:00 AM 2200 BLOCK 230TH PL Suspect(s) enters vehicle by unknown means, ransacks/no loss.

Burglary-Residential Betw. 12/29 12:00:00 PM & 12/29 9:00:00 PM 4500 BLOCK DEELANE ST. Suspect(s) smashes sliding glass door for entry, ransacks/unknown if property loss at time of report.

Theft Betw. 12/29 10:00:00 AM & 12/29 11:11:00 AM 22900 BLOCK ARLINGTON AVE. Suspect(s) takes property from porch/delivered parcel.

Burglary-Commercial Betw. 12/29 3:40:00 AM & 12/29 5:04:00 AM 18100 BLOCK WESTERN AVE. Suspect(s) smashes window for entry and ransacks/no loss at time of report.

Burglary-Commercial Betw. 12/29 3:33:00 AM & 12/29 3:36:00 AM 24300 BLOCK CRENSHAW BLVD. Suspect(s) smashes door glass for entry and ransacks/no loss at time of report.

Burglary-Auto Betw. 12/29 & 12/29 8:00:00 AM 17100 BLOCK WILTON PL Suspect(s) smashes window for entry, ransacks and takes property/tablet, sunglasses.

Friday, December 30

Burglary-Auto Betw. 12/30 10:00:00 PM & 12/31 5:00:00 AM 4800 BLOCK MAYOR DR. Suspect(s) enters vehicle by unknown means and takes property/power tools.

Auto Theft-All 12/30 5:38 PM 5100 BLOCK LEE ST. Stolen vehicle: '11 Toyota Prius.

Auto Theft-All Betw. 12/30 4:50:23 PM & 12/30 4:50:52 PM 3600 BLOCK PACIFIC COAST HWY. Stolen vehicle: '16 Honda Civic.

Burglary-Auto Betw. 12/30 10:35:00 AM & 12/30 2:25:00 PM 3500 BLOCK CARSON ST. Suspect(s) enters vehicle by unknown means and takes property/third row seats.

Vandalism Betw. 12/30 8:07:00 AM & 12/30 8:27:00 AM 3400 BLOCK 171ST ST. Suspect intentionally urinates on victim's bed.

Burglary-Commercial Betw. 12/30 8:05:00 AM & 12/30 8:07:00 AM 3500 BLOCK PACIFIC COAST HWY. Suspect(s) smashes door for entry and takes property/safe, cash, cash register.

Auto Theft-All Betw. 12/30 2:00:00 AM & 12/30 1:30:00 PM 3400 BLOCK MARICOPA ST. Stolen vehicle: '15 Chevrolet Suburban.

Saturday, December 31

Theft Betw. 12/31 12:00:00 PM & 12/31 1:00:00 PM 21700 BLOCK HAWTHORNE

BLVD. Suspect(s) takes property left by victim in restroom/cell phone.

Auto Theft-All 12/31 4:11 AM 16100 BLOCK VAN NESS AVE. Stolen vehicle:

'01 GMC Yukon.

Auto Theft-All Betw. 12/31 12:30:00 AM & 12/31 11:00:00 AM 2700 BLOCK MARTHA AVE. Stolen vehicle: '95 Honda Accord. •

Resolutions

from page 4

align with the top goals Americans have for themselves in 2017. Employees can improve their chances of having success meeting personal goals with Post-It notes placed around their desk or workstation. Visual reminders help to keep people on track with weight-loss goals, for example, when there's cake or candy in the office for a special occasion.

Dr. Armstrong believes in talking about personal goals for 2017 with supportive people in the workplace, and not entirely skipping group lunches. Instead, consider cutting down on portions at office potlucks or when going out with co-workers to a restaurant for lunch, she advises.

An assistant who leaves for lunch or for a mental health break is going to be missed. Communicate with officemates or a supervisor or boss if a change of routine will disrupt the normal routine. If someone calls while you're on a break or in the lunchroom, they'll know why.

Rather than setting unrealistic goals that

are clearly out of reach, a better idea is to set small daily goals and make a checklist of maybe five doable tasks, Dr. Armstrong recommends. A checklist can be as simple as "take the stairs" three times and "eat healthy snacks" twice. Checking off items throughout the workday can have another payoff: the immediate gratification of meeting a goal.

The downside to making annual resolutions is the fail rate is high and most people hate to fail. That might explain why 42 percent of people surveyed In the Statisticbrain.com poll said they don't ever make New Year's resolutions. Those who do, however, are willing to risk failure.

"We often have much more power than we think, but we're afraid to engage it or we don't trust it," Dr. Armstrong said, adding "or we resist using it."

Whatever resolutions you've made, good luck and remember—there's always next year. •





PUBLIC NOTICES

Fictitious Business Name Statement 2016301187

The following person(s) is (are) doing business as DREAM INN MOTEL. 320 W IMPERIAL HWY, INGLEWOOD, CA 90303, LA COUNTY. AI #ON: C2905556 Owner(s): AUM NAMO SHIVA CORPORATION, 3201 W IMPERIAL HWY, INGLEWOOD, CA 90303, CA This business is being conducted by A CORPORATION. The registrant fictitious business name or names listed above on: 12/2006. Signed: AUM NAMO SHIVAI CORPORATION, KHUSHMA KHUSHMA PATEL, PRESIDENT, This statement was filed with the County Recorder of Los Angeles County on DECEMBER 13, 2016. NOTICE: This Fictitious Name Statement expires on DECEMBER 13, 2021. A new Fictitious Business Name Statement must be filed prior to DECEMBER 13, 2021 The filing of this statement does not of itself authorize the use in this state of a 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. 12/22 12/29, 1/5, 1/12/2017

Fictitious Business Name Statement 2016289909

The following person(s) is (are) doing business as SAVEURVAPE, 1963 DEL AMO BLVD, TORRANCE, COUNTY. Registered Owner(s) SV PACKAGING LLC. 1963 DEL AMO BLVD, TORRANCE, CA 90501, 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: 07/2016. Signed: SV PACKAGING LLC. LONNIE BOZEMAN County Recorder of Los Angeles County on NOVEMBER 30, 2016. NOTICE: This Fictitious Name Statement

NOTICE: This Fictitious Name Statement expires on NOVEMBER 30, 2021. A new Fictitious Business Name Statement must be filed prior to NOVEMBER 30, 2021. The filing of this statement does not of itself authorize the use in this state of a 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). TORRANCE TRIBUNE: Pub. 12/22, 12/29, 1/5, 1/12/2017 HT-1565

Fictitious Business Name Statement 2016304235

The following person(s) is (are) doing business as 1.) WRITE TOGETHER, 2422 N. ARDMORE AVENUE, MANHATTAN BEACH, CA 90266, LA COUNTY. 2.) P.O. BOX 3706, MANHATTAN BEACH, CA 90266. Registered Owner(s): ANDREA CUSTER, 2422 N. ARDMORE AVENUE, MANHATTAN BEACH, CA 90266. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: 12/2016. Signed: ANDREA CUSTER, OWNER. This statement was filed with the County Recorder of Los Angeles County on DECEMBER 15, 2016.

expires on DECEMBER 15, 2021. A new Ficitious Business Name Statement must be filed prior to DECEMBER 15, 2021. The filing of this statement does not of itself authorize the use in this state of a 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). EI Segundo Herald: Pub. 12/22, 12/29, 1/5, 1/12/2017 H-1566

Fictitious Business Name Statement 2016298579

following person(s) is (are) as CAMPEAU AND person(s) doing business ASSOCIATES, 41ST BEACH, CA MANHATTAN 90266 LA COUNTY. Registered Owner(s) BRIAN CAMPEAU, 217 41ST STREET MANHATTAN BEACH, CA 90266, CA This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: 10/2015. Signed: BRIAN CAMPEAU OWNER. This statement was filed with the County Recorder of Los Angeles County on DECEMBER 9, 2016.

NOTICE: This Fictitious Name Statement expires on DECEMBER 9, 2021. A new Fictitious Business Name Statement must be filed prior to DECEMBER 9, 2021. The filing of this statement does not of itself authorize the use in this state of a 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). El Segundo Herald: Pub. 12/22, 12/29, 11/2/2017 H-1567

Fictitious Business Name Statement 2016308241 The following person(s) is (are) doing

business as 1.) TORRANCE REDONDO/
PRAIRIE 76 GAS STATION, 4000
REDONDO BEACH BLVD., TORRANCE,
CA 90504, LA COUNTY. 2.) 23215
CARLOW BLVD., TORRANCE, CA 90504.
Registered Owner(s): JAMSHAID IQBAL,
23215 CARLOW RAOD, TORRANCE,
CA 90504.This business is being
conducted by an Individual. The registrant
commenced to transact business under
the fictitious business name or names
listed above on: N/A. Signed: JAMSHAID
IQBAL, OWNER. This statement was filed
with the County Recorder of Los Angeles
County on DECEMBER 20, 2016.
NOTICE: This Fictitious Name Statement

expires on DECEMBER 20, 2021. A new Fictitious Business Name Statement must be filed prior to DECEMBER 20, 2021. The filing of this statement does not of itself authorize the use in this state of a 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). TORRANCE TRIBUNE: Pub. 12/29, 1/5, 1/12, 1/19/2017 HT-1568

Fictitious Business Name Statement 2016307660

The following person(s) is (are) doing business as RGM AND ASSOCIATES. 1036 THICKET DRIVE, CA 90746, LA COUNTY. THICKET Registered Owner(s): REBECA GONZALEZ, 1036 THICKET DRIVE, CARSON, CA 90746. This business is being conducted by A CORPORATION. The registrant commenced to transact business under the fictitious business name or names listed above on: 10/2016. Signed: REBECA GONZALEZ, CEO. This statement was filed with the County Recorder of Los Angeles County on DECEMBER 20, 2016. NOTICE: This Fictitious Name Statement expires on DECEMBER 20, 2021. A new Fictitious Business Name Statement must be filed prior to DECEMBER 20, 2021. The filing of this statement does not of itself authorize the use in this state of a 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) El Segundo Herald: 1/12, 1/19/2017 Pub. 12/29, 1/5,

Fictitious Business Name Statement 2016290889

The following person(s) is (are) doing business as 1.) CHEF KATE'S KITCHEN, 3748 W. EL SEGUNDO UNIT B, HAWTHORNE, CA 90250, LA COUNTY. 2.) 402 CONCORD ST, EL SEGUNDO, CA 90245. Registered Owner(s): 1.) SANTOS ROBINSON ENT, 402 CONCORD ST. EL SEGUNSO, CA 75075. 2.) ROMEO SANTOS JR., 402 CONCORD ST, EL SEGUNDO, CA 90245. 3.) KRISTA D. ROBINSON, 1904 GLENWICK, PLANO TX, 75075. 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: 11/2016. Signed: ROMEO SANTOS JR, PARTNER. This statement was filed with the County Recorder of Los Angeles County on DECEMBER 1, 2016. NOTICE: This Fictitious Name Statement expires on DECEMBER 1, 2021. A new Fictitious Business Name Statement must be filed prior to DECEMBER 1, 2021. The filing of this statement does not of itself authorize the use in this state of a 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 TRIBLINE: Pub 12/29, 1/5, 1/12, 1/19/2017

Fictitious Business Name Statement 2016290891

2016290891
The following person(s) is (are) doing business as 1.) SNOWY WHITE COIN LAUNDRY, 3748 W EL SEGUNDO UNIT A, EL SEGUNDO, CA 90245, LA COUNTY. 2.) 402 CONCORD ST, EL SEGUNDO, CA 90245. Registered Owner(s): 1.) ROMEO SANTOS JR, 402 CONCORD ST., EL SEGUNDO, CA 90245. 2.) KRISTA ROBISON, 1904 GLENWICK, PLAINO, TX 75075. This business is being conducted by A 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: 01/2016. Signed: ROMEO SANTOS JR, PARTNER. This statement was filed with the County Recorder of Los Angeles County on DECEMBER 1, 2016. NOTICE: This Fictitious Name Statement expires on DECEMBER 1, 2021. A new Fictitious Business Name Statement must be filed prior to DECEMBER 1, 2021 The filing of this statement does not of itself authorize the use in this state of a 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). El Segundo Herald: 1/12, 1/19/2017 Pub. 12/29, 1/5, **H-1571**

Fictitious Business Name Statement 2017005833

The following person(s) is (are) doing business as ELIZABETH'S WORLD OF ART GLASS, 655 WEST MAPLE AVENUE, EL SEGUNDO, CA 90245-2006, LA COUNTY. Registered Owner(s): ELIZABETH CLARA RUSSELL, 655 WEST MAPLE AVENUE, EL SEGUNDO, CA 90245-2006. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: 12/2016. Signed: ELIZABETH CLARA RUSSELL, OWNER. This statement was filed with the County Recorder of Los Angeles County on January 9, 2017.

NOTICE: This Fictitious Name Statement expires on January 9, 2022. A new Fictitious Business Name Statement must be filed prior to January 9, 2022. The filing of this statement does not of itself authorize the use in this state of a 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). El Segundo Herald: Pub. 1/12, 1/19, 1/26, 2/2/2017 H-1572

Fictitious Business Name Statement 2017004821

The following person(s) is (are) doing business as TCJ AND ASSOCIATES, 4001 INGLEWOOD BLVD BLDG 101 UNIT 708, REDONDO BEACH, CA 90278, LA COUNTY, Registered Owner(s): ATHENIA PARKER, 4001 INGLEWOOD BLVD BLDG 101 UNIT 708, REDONDO BEACH, CA 90278, CA. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: ATHENIA PARKER, OWNER. This statement was filled with the County Recorder of Los Angeles County on January 6, 2017. NOTICE: This Fictitious Name Statement expires on January 6, 2022. A new

Angeles County on January 6, 2017.

NOTICE: This Fictitious Name Statement expires on January 6, 2022. A new Fictitious Business Name Statement must be filed prior to January 6, 2022. The filing of this statement does not of itself authorize the use in this state of a 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). El Segundo Herald: Pub. 1/12, 1/19, 1/26. 2/2/2017

Fictitious Business Name Statement 2017005322

The following person(s) is (are) doing business as ALL SEASONS CATERING, 20927 AMIE AVE APT 17, TORRANCE, CA 90503, LA COUNTY. Registered Owner(s): OSBORN LARAY FOWLER, 20927 AMIE AVE APT 17, TORRANCE, CA 90503, CA. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on: 01/2017. Signed: OSBORN LARAY FOWLER, OWNER. This statement was filed with the County Recorder of Los Angeles County on January 9, 2017.

NOTICE: This Fictitious Name Statement expires on January 9, 2022. A new Fictitious Business Name Statement must be filed prior to January 9, 2022. The filing of this statement does not of itself authorize the use in this state of a 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). TORRANCE TRIBUNE: Pub. 1/12, 1/19, 1/26, 2/2/2017 HT-1574

PUBLISH YOUR PUBLIC NOTICES HERE

ABANDONMENTS: \$125.00 ABC NOTICES: \$125.00

DBA (Fictitious Business Name) \$75.00 NAME CHANGE:

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Other type of notice? Contact us and we can give you a price.

For DBA's email us at:

Alex Abad Real Estate

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3 Bedroom | 3 Bathroom 1768 Sq | 17923 Sq Lot Offered at \$1,439,000



4 Bedroom | 2 Bathroom 2817 Sq | 5859 Sq Lot Offered at \$1,495,000



4 Bedroom | 4 Bathroom 2433 Sq | 8063 Sq Lot Offered at \$1,695,000



Main House | 3 Bedroom | 2 Bathroom Pool House | 3/4 Bathroom

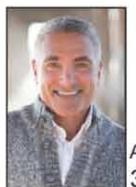
Main House 1880 Sq | Pool House Apx. 400 Sq | 8680 Sq Lot



3 Bedroom | 1 Bathroom 1066 Sq | 5915 Sq Lot Offered at \$595,000



4 Bedroom | 4 Bathroom 2528 Sq | 7300 Sq Lot TBD



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