

Hawthorne Press Tribune

The Weekly Newspaper of Hawthorne

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South Bay Brings in the New Year



Planning Commission Saga Continues in Hawthorne; Vargas and Brown Show Open Animosity

By Nancy Peters

The Planning Commissioners' dismissal at a Friday night special meeting was an unprecedented move by the Hawthorne City Council back in November. At the time, an unanswered question hung in the air. Would outgoing Mayor Danny Juarez make a last-minute appointment of five new Planning Commissioners before he stepped off the dais?

That answer was soon apparent when six names were part of an agenda published for a Wednesday night, December 4 special meeting just six days before new Mayor Chris Brown took the oath of office prior to conducting his first City Council meeting. And despite what was described as a "wrong way to handle" the matter, the five new Commissioners were each appointed and sworn in after a vote of 3-1 with one abstention.

Within seven days, Brown called his special meeting for Tuesday, December 17 for the sole purpose of dismissing those five appointees. The various moves within a 32-day period left the City without Planning Commissioners.

The topic of the Planning Commission was not mentioned at Brown's first meeting on December 10. The spirit of cooperation was a goal for the newly seated members of the City Council. One week later at the special meeting with one agenda item—dismissal of the new Planning Commission—the atmosphere was ambivalent, especially between Brown and Councilmember Alex Vargas.

Vargas called Brown's dismissal of the newly appointed Planning Commission a "travesty." He explained that the new Commissioners were all highly qualified and their contributions to the City would not be known. Then, he made statements aimed at Brown personally.

Vargas accused Brown of not giving the same answers to the same questions in several interviews. He criticized the new mayor for not being involved civically and of being complicit with a former mayor and former elected officials. Vargas also cited his suspicions of special deals, special appointments promised, and stated action for dismissal of the new Planning Commission was just an

assertion of power by Brown.

Brown responded that he met Vargas before former Mayor Larry Guidi—who suggested he (Brown) run for mayor. He also stated that no former elected officials are being considered for appointments or hiring. Mayor Brown said problems with Vargas have surfaced since the election.

Councilmember Olivia Valentine supported this agenda item to dismiss the new Planning Commissioners, stating the original dismissal was "wrong" at that time. She believed action planned for this third special meeting was the right thing to do.

Mayor Pro Tem Angie Reyes-English requested a legal confidential from the City Attorney to advise on the accusation made during the oral communications accusing the group of a Brown Act violation between the special meetings. She mentioned she did not believe appointments needed to be effective for 90 days prior to any dismissal vote, as had been suggested by a different citizen at the podium.

Brown called for the motion to dismiss the Planning Commission. The vote was 3-2, with Brown, Valentine and Councilmember Nilo Michelin in favor and Reyes-English and Vargas dissenting.

The public forum on December 4 when applicants were considered for appointment to the Planning Commission included only two comments from the public. One comment from Patricia Donaldson seemed like a prediction of the December 17 meeting. That comment was cited by a community activist who did not indicate a city at the podium, accusing Brown of not being honest about where he lives, being unprofessional and disrespectful to his office within his first week. Sylvia Ortiz told Brown, "I'll be watching you and reporting suspicious activities to the District Attorney."

At the December 4 special meeting, Valentine criticized the first dismissal and appointments that could be made, requesting the City Clerk transcribe her remarks verbatim for the record. She expressed concern that the then-soon-to-be-sworn-in mayor would

inherit inexperienced Commissioners. She was skeptical of the reason for the original dismissals, saying she could not support new appointments that "hinder moving the City forward."

In addition, Valentine suggested any new appointments be handled by the new mayor after taking office. Despite whatever qualifications applicants have, her opinion was simply that Juarez's motivation was a political move—a last hurrah.

On the other hand, Vargas welcomed changing Planning Commissioners with an infusion of new people to interact with City staff. Vargas expressed moving the City forward is possible with new Commissioners, which included some applicants with planning backgrounds. He stated that the previous Commission, with several members serving 10 to 15 years, caused stagnation for far too long.

Vargas added that many people had asked how to be appointed to the Planning Commission, but there were no vacancies. Vargas also requested that his remarks be transcribed verbatim for the record.

There were six applications filed with the City Clerk's office between November 15 and December 4. Appointments require a majority vote for each applicant. On December 4, Juarez motioned for each applicant to be appointed to the Planning Commission. Each vote received an affirmative from him, Reyes-English, and Vargas, with no votes from Valentine and abstentions from Michelin.

The new members of the Hawthorne Planning Commission were Gregory Guerrero, an architect; Miguel Talleda, a businessman and founder of the 9/11 Wounded Warriors organization; Donald Harris, former president of the Chamber of Commerce; Juan Carlos Ortiz, a businessman; and Viviana Franco, a member of the Parks and Recreation Commission. The sixth applicant's name did not come up for a vote. These new members were sworn in by the City Clerk and appointed for a four-year term, which only lasted 11 days.

As of December 17, Hawthorne had no Planning Commission. •

Weekend Forecast

Friday
Mostly Sunny
71°/51°



Saturday
Partly Cloudy
74°/49°



Sunday
Sunny
75°/47°



Time flies when you're having fun...



Newspaper Fun!

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...friends will stand the test of time too!



It's time to get the grandfather clock checked and oiled. It's a beautiful way to tell time, but most of the day I use a wristwatch or cell phone.

Sunrises and sunsets are natural ways to mark time.

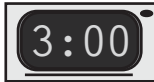
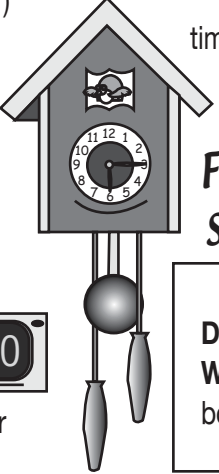


It's About Time!

When we speak about time we talk about the past, present or the future.

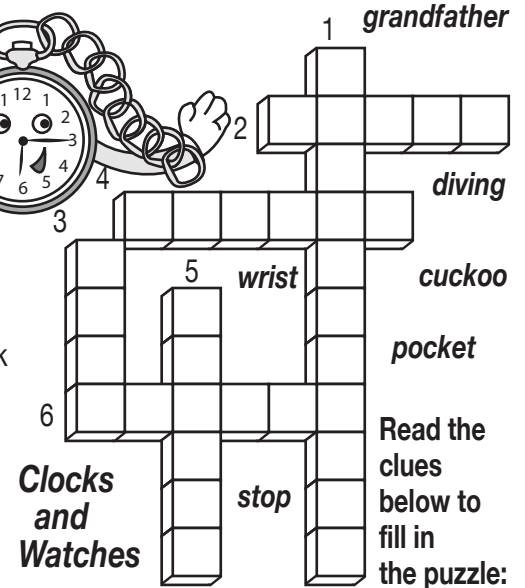
Read the clues to fill in the puzzle:

- one hundred years
- common way to tell time
- shows events in order of when they happened
- tool to keep track of activities, days and months
- fun way to capture a moment in time (item is dug up later)
- Baby _____ Year is full of energy to start the year
- there are 24 time _____ throughout the world
- _____ clock shows what time it is anywhere on the planet – often shown by a series of clocks on a panel
- something that isn't affected by the passage of time
- _____ Father Time is tired after working all year; he is often shown with a long beard, sundial and sickle
- the start of each morning, dawn
- time that has yet to pass
- period of time marked by important events
- parts of the year that mark the temperature and weather
- twenty-four hours



Free Stuff

Come to print out free puzzles:
Dream Big, "S" is For Santa, Fun When the Day is Done and holiday bookmarks @
www.readingclubfun.com



Clocks and Watches

Read the clues below to fill in the puzzle:

Many kinds of clocks and watches have been invented through the years. A watch was even made for engineers to help them run the trains on time.

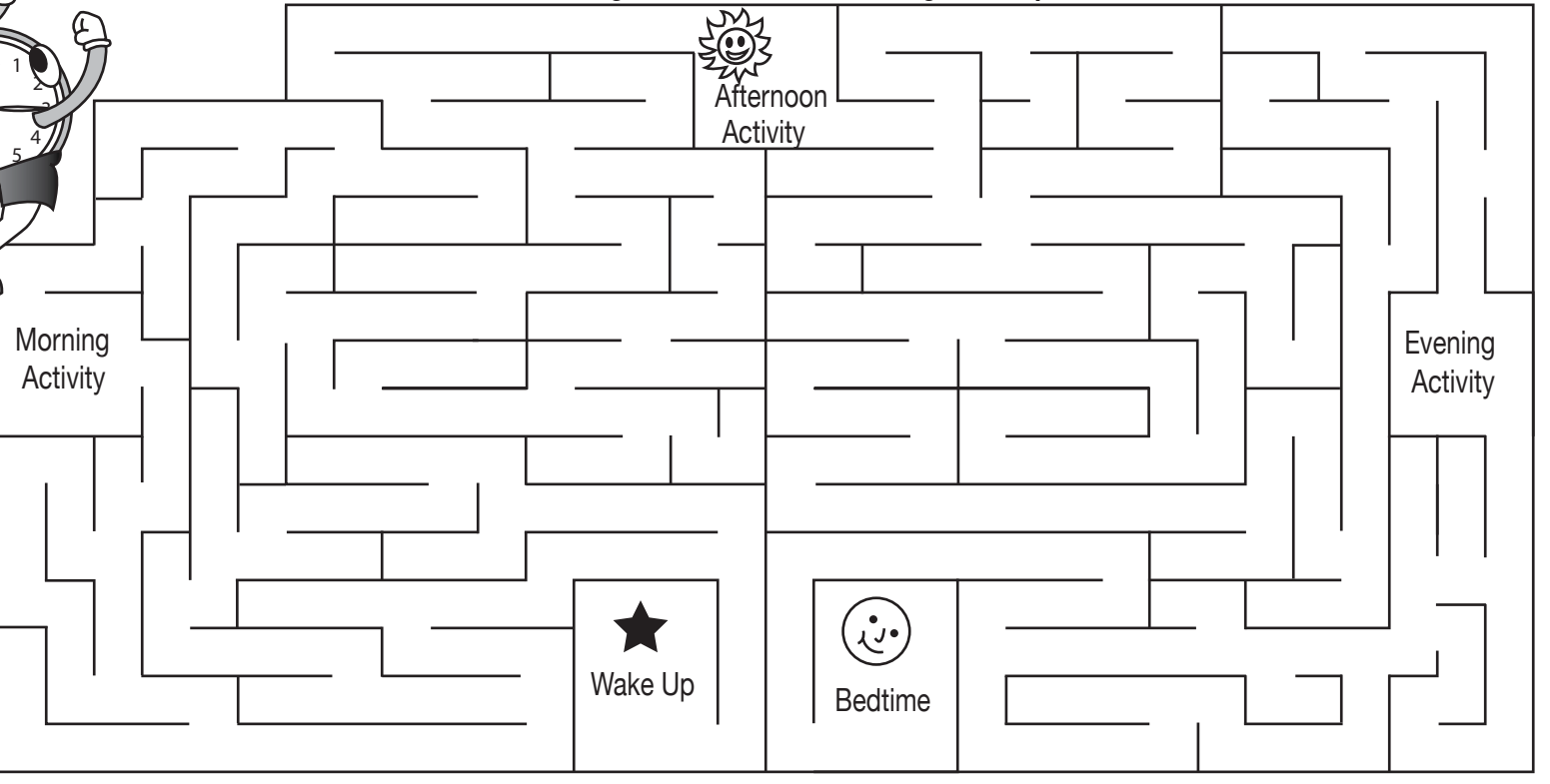
- _____ clock, tall standing clock with swinging pendulums
- _____ watch, timepiece you can wear to school
- _____ watch, great for measuring races
- _____ watch, can be underwater without being damaged
- _____ clock, hangs on the wall and sings a song every hour
- _____ watch, often on a chain and kept in a small pouch on vest



A Race Against Time!

Every day is packed with chores, activities and fun. Can you find the shortest way through this maze from morning wake-up to bedtime?

- Start at the star ★ wake up to a new day!
- Next, find your way to the *morning activity*.
- Then, go to the *afternoon activity*.
- Travel along to your *evening activity*.
- Finally, end your day at *bedtime*!

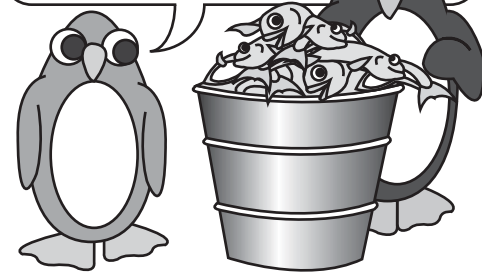


Time Talk

Match up each saying about time to its meaning:

- | | |
|---------------------------------|--|
| A. a race against time | 1. not worth the effort |
| B. all the time in the world | 2. a break in the action |
| C. waste of time | 3. doing a task well now can save effort later |
| D. time flies | 4. group of people eating in a noisy, untidy way |
| E. time out | 5. life moves quickly |
| F. it's feeding time at the zoo | 6. rush to beat a deadline |
| G. a stitch in time saves nine | 7. plenty of time |

Geesh! Please tell me that they aren't talking about us when they say "feeding time at the zoo!" We are so nice and neat.



- | | |
|------------------------------|------------------------------|
| A. there's no time to lose | 1. cause someone trouble |
| B. time is up | 2. no time left |
| C. pressed for time | 3. stop working on something |
| D. not given the time of day | 4. enjoy yourself |
| E. give a hard time | 5. be rushed to do something |
| F. time to call it a day | 6. you need every moment |
| G. have a whale of a time | 7. not getting attention |

Calendar

ALL CITIES

TUESDAY, JANUARY 7

• Quarterly Meeting of the Crenshaw/LAX Transit Project Community Leadership Council (CLC), 6-8 p.m., St. John Chrysostom Church, Parish Hall, 530 E Florence Ave., Inglewood.

SATURDAY, JANUARY 11

• Documentary film screening- "King: A Filmed Record...Montgomery to Memphis", noon, AC Bilbrew Library, 150 E. El Segundo Blvd. For more information call (310) 538-3350.

HAWTHORNE

THURSDAY, JANUARY 9

• Book of the Month Club, 7-8 p.m., Wiseburn Library, 5335 W. 135th St. For more information call (310) 643-8880.

ONGOING

• Hawthorne Museum open Tuesdays 10 a.m.-2 p.m. and Saturdays, 11 a.m.-1 p.m., Hawthorne Museum, corner of 126th and Grevillea Ave.

INGLEWOOD

SATURDAY, JANUARY 11

• Final Pick-up day for Clean Christmas trees, up to 10 feet in length without stands and ornaments, picked up curbside on regularly scheduled service day.

THURSDAY, JANUARY 23

• Bingo for kids and teens, 4 p.m., Inglewood Library, 101 W. Manchester Blvd.

For more information call (310) 412-5645.

ONGOING

• Third Tuesday Family Movie at the Library. 10 a.m. Gladys Waddingham Library Lecture Hall, Main Library, 101 W. Manchester Blvd. Call 310-412-5645 for more information.

LAWDALE

THURSDAY, JANUARY 9

• Final Pick-up day for Christmas Tree Recycling by Consolidated. Remove all ornaments, flocking and stands before placing at the curb.

MONDAY, JANUARY 13

• Candidate nomination period ends. If you are interested in running for office, contact Pam in the City Clerk's Department at (310) 973-3213.

SATURDAY, JANUARY 11

• Yoga for Teens and Adults, 11 a.m.-12 p.m., Lawndale Library, 14615 Burin Ave. For more information call (310) 676-0177.

ONGOING

• Lawndale Farmers Market, every Wednesday, 2-7 p.m., 147th St. in front of Lawndale Library. For information call (310) 679-3306.

• Commodities Free Food Program, every Wednesday at 10 a.m., Community Center, 14700 Burin Ave. For information call (310) 973-3270.

Hawthorne Happenings

News for the 'City of Good Neighbors'

**From City Clerk Norb Huber
HAPPY NEW YEAR!**

It's time to reflect on the past and look forward to the future. It's time to evaluate how we did last year and look at what changes we want to make in 2014. It's time to set goals and try to break bad habits. It's time to think about what is really important to us in life and set priorities to put those people and things at the top of our list of things to take care of. Yes, it's that time of year. A fresh start, a new beginning, another chance to do things better, these thoughts all come to mind as we hit January 1st. So much of the time during the year we are occupied by our duties. If we are fortunate enough to be employed, we go to work to provide money to live on. If we are blessed to have a family, we take care of the needs of our children, our spouses or our elder parents. If we want to stay healthy, we are concerned about eating healthy food and getting some exercise. After all of our "daily duties" are taken care of, we may still have time to choose what to do with "my time". Over the years, I have found that I get the greatest satisfaction and real joy from giving my time to others. By volunteering at our churches, at service clubs, at community events we give back to others. It may just be helping our neighbor with a chore. It may be seeing a need and doing something about it. By being involved, we become good neighbors. By giving up our selfish, lazy, or apathetic ways, we find a real satisfaction from knowing we helped someone or our community.



associations are always looking for more members to participate. Let's make 2014 a year of giving to others. (If you wish to volunteer for or help with a Hawthorne club or event, please contact me at 310-292-6714 or at norbhuber@gmail.com)

2014 HAWTHORNE WISH LIST

Here are a few things that would be great if they were to happen this year.

I wish . . .

1. The high unemployment rate in Hawthorne would go down.
2. The Hawthorne Police Department would have a safe year and crime in our city would continue to decline a plan to redevelop the Hawthorne Mall be put in motion.
3. All of the homeless or nearly homeless people living on the streets of Hawthorne would find a warm place to sleep and a place to eat.
4. The store owners who had their businesses burn up in the Hawthorne Blvd. fire prior to Christmas would rebuild and return to success as soon as possible.
5. All of the students in our public, charter and private schools would return to a safe and peaceful environment in which to learn and grow to become productive citizens in this ever changing world
6. The newly elected mayor and city council would find the resources and the skills needed to lead Hawthorne in the direction of economic development.
7. All of the residents of our fine city would be able to avoid those irritations like parking tickets, red light camera tickets, illegal fireworks exploding over their homes, getting rear ended while stopped at a stop sign, or spending hundreds of dollars on the lottery and never winning.

No matter what 2014 brings, I wish you and all of my good neighbors in Hawthorne the very best. (Don't cry, we all get a parking ticket eventually if we live here long enough.)

Police Reports

**MON 12/16/13 TO SUN 12/22/13
ROBBERY**

4300 W 133RD ST APARTMENT/CONDO
Tue 12/17/13

Property Taken: CELL PHONE
Property Taken: grey galaxy 2 cell phone, blue case with "monkey"

ATTEMPT ROBBERY
4000 W 141ST ST STREET, HIGHWAY, ALLEY
Wed 12/18/13

ROBBERY
12900 S PRAIRIE AV STREET, HIGHWAY, ALLEY
Thu 12/19/13
Property Taken: GOLD CHAIN NECKLACE

ROBBERY
12500 S HAWTHORNE BL
Thu 12/19
Property Taken: Black LG Motion Metro PCS cell phone, PS Vista portable gaming console (white), Black LG Lucid 2 Verizon cell, phone, Black square double side speaker box

ROBBERY
11900 S INGLEWOOD AV
Sat 12/21/13
Property Taken: CURRENCY
Property Taken: 15 Samsung cell phones brand new in boxes, mixed denominations US currency, bb gun, (revolver replica), 3 cartons of cigarettes

ROBBERY
13900 S PRAIRIE AV
Sun 12/22 21:40
BURGLARY - RESIDENTIAL
4200 W 139TH ST HOUSE
Mon 12/16/13

Property Taken: JEWELRY/PRECIOUS METAL

Property Taken: silver swiss army chronograph watch
BURGLARY - RESIDENTIAL
13300 S ISIS AV HOUSE
Mon 12/16/13

Property Taken: credit card currency jewelry/precious metal
Property Taken: approximately \$3000 US currency, business/personal checks, gold mens ring with jewels

BURGLARY - COMMERCIAL
14600 S OCEAN GATE AV OTHER
Tue 12/17/13
BURGLARY - RESIDENTIAL
12100 S MANOR DR APARTMENT/CONDO

Tue 12/17/13
BURGLARY - RESIDENTIAL
4900 W 118TH PL STORAGE SHED
Wed 12/18/13 02:30 02:30 Crime Occurred:
Date/Time Reported Wed 12/18/13

Property Taken: box containing garbage bags, gry push bar to a toyota truck, red kawasaki leaf blower

BURGLARY - RESIDENTIAL
13800 S DOTY AV APARTMENT/CONDO
Wed 12/18/13
BURGLARY - COMMERCIAL
2700 W 120TH ST SHOPPING CENTER
Thu 12/19/13

BURGLARY
3900 W ROSECRANS AV
Fri 12/20 09:01
BURGLARY
3800 W 135TH ST
Sun 12/22 13:40 •

Lawndale's Last City Council Meeting of 2013; Nominations Open for Mayoral and Council Elections

By Nancy Peters

The Lawndale City Council met for the last time in 2013, a year of change for the City. From a changing of the guard at the Sheriff's Department assignments to the new Fire Department Battalion Chief to the death of the Mayor, it was an eventful time. So the last meeting only touched on a few topics to close out the year.

A public hearing took place to receive input for a change to the trash collection fees from Consolidated Disposal Services for the 2014 annual adjustment built-in to the contract at the rate of 2.4% or less than \$0.43 cents for most commercial trash and approximately \$0.50 for the 35-gallon residential container. The increase will cover fuel, labor and equipment costs. The actual cost calculator is available with a link on the City website home page. There was one residential letter of protest received in the City Clerk's office. The Council voted unanimously to accept the change effective Jan. 1, 2014.

A public hearing took place for the change to building codes to be in compliance with County and State codes for energy-efficient building standards that lead to a zero-net energy footprint, meet accessibility standards for Americans with Disabilities Act code requirements, and application to CALGreen standards for modifications or additions to any existing construction. The cost of the new building codes is approximately \$2,290 and \$11 per month when amortized over 30 years, but the savings in energy efficiency is \$6,200 or \$27 per month, for a net savings of \$16 per month. The Council unanimously adopted the ordinance to match building codes in the municipal code with all County and State building codes as delineated in the Los Angeles County California Green Building Code, the Building, Electrical, Mechanical, Plumbing, Fire and Residential codes, and the California Green Building Standards Code, effective Jan. 1, 2014.

The last public hearing was to present the Community Development Block Grant (CDBG) for 2014 in the amount of \$306,000 to be spent on senior citizen nutrition programs and also to be allocated for additional street repair projects to be completed throughout the year. The CDBG funds are earmarked at 15% for special programs and the balance may be spent on specific projects that the City deems necessary when general funds are not available.

The Assistant City Clerk announced that the nomination cycle for the upcoming election

began on Monday, Dec. 16 and will continue through 6 p.m. on Jan. 13, 2014. Any citizen who is a resident of Lawndale and a registered voter may cast their name in nomination for the municipal election on Tuesday, April 8, 2014. At that time, a Mayor of Lawndale will be elected for a two-year term and two seats on the City Council will be filled for a four-year term. In addition, an election will be held for City Clerk on a four-year term. Nomination paperwork can be obtained from the City Clerk's office by appointment. Call (310) 973-3213 and Pamela Giammario can provide the information.

The municipal code was changed with an approval of the new ordinance that adds Chapter 9.30 prohibiting the sale, distribution and use of psychoactive bath salts, psychoactive herbal incense and other synthetic drugs. These drugs are available on the street and at other locations under the guise of "legal" purchases, but are extremely harmful if ingested.

The Council recognized the speakers at the podium, in particular a Master's degree candidate at George Washington University who is a local resident educated in the Lawndale Elementary School District. He voiced his support of the Youth Advisory Committee of which he had been a member when he attended Redondo Union High School. As a major in political programs, he stated that this kind of program can prepare students for a life of public service. Youth are encouraged to submit their applications through the City Clerk's office for consideration and appointment to the Youth Advisory Committee.

The volunteers for the Santa Sleigh during the holiday season worked more than 243 hours assisting with all the children who were visited by the sleigh.

The Public Safety report included a request for any information about the white Cadillac involved in a hit and run of a bicyclist at 149th Street and Hawthorne Boulevard on Dec. 4. The driver left the scene of the accident in which the young rider was severely injured and hospitalized. The ongoing investigation will continue until the suspect is apprehended.

The City Manager advised that any code violations should be reported to his office with as much information as possible so that violators can be investigated and advised to make corrections.

The Lawndale City Council will hold the first meeting of 2014 on Monday, Jan. 6 at 6:30 p.m. in the Council Chambers. •

Finance

Why Was Your Credit Card Transaction Denied?

By Jason Alderman

We've all had these moments: You're at a romantic restaurant and the evening went great. But just as you and your date are readying to leave, an embarrassed waiter appears and whispers, "I'm afraid your card has been denied." So much for romance.



so learn your issuer's policy before attempting one.

Other common triggers for credit card denials include:

Outdated or incorrect personal information – for example, when you're asked to enter your zip code at a gas station. Always alert your card issuer whenever you move.

Also, make sure you don't mistype your credit card number, expiration date, security code, address or other identifying information.

Expired card. Always check the card's expiration date. You should receive a replacement card several weeks beforehand. It's often mailed in a plain envelope, so be careful what you toss. If the new card doesn't arrive, contact the issuer to ensure it hasn't been stolen.

You've reached your credit limit. For the sake of your credit score, try to keep your overall and individual card credit utilization ratios (credit available divided by amount used) as low as possible – ideally below 50, or even 30, percent.

A temporary hold has been placed on your card – say for a rental car or hotel reservation – that puts you over your credit limit. Always ask whether a hold will be placed, how much and for how long, and factor that into your remaining balance calculations.

You miss a monthly payment. Card issuers may let this slide once or twice, depending on your history with them, but eventually if you don't make at least the minimum payment due, your card will probably be frozen.

The primary cardholder made changes on the account and forgot to tell other authorized users – for example, reporting his or her card stolen, lowering credit limits or removing you from the account.

On last thought: If your card is denied, don't shoot the messenger – he's only following instructions. Rather, call the card issuer and find out what happened. Embarrassment aside, it's nice to know that someone is trying to ensure your card isn't being used fraudulently. •

The same thing can happen at the grocery store, when shopping online or worst of all, when you're traveling and don't have a back-up means of payment. Why do credit card transactions get denied and what can you do to prevent it?

Banks and other credit card issuers have developed complex algorithms that track credit card behavior and highlight unusual usage patterns commonly associated with card theft or fraud.

"Unusual activities" that jump out to card issuers include:

When you ordinarily use your card only rarely, but suddenly make several charges in one day.

Making multiple purchases at the same store (or website) within a few minutes of each other.

An unusually large purchase – say for a major appliance, furniture or jewelry. Alert your card issuer before making large purchases.

One small purchase quickly followed by larger ones. Thieves will test the waters to see if a small purchase is denied; if it's not, they'll quickly run up major charges.

Exceeding daily spending limits. Some cards limit how much you can charge per day, even if you have sufficient remaining credit.

Making large purchases outside your geographic area.

Multiple out-of-town purchases in short succession. (Always tell your card issuer when you'll be traveling.)

International purchases, whether online or while traveling. In fact, some card issuers automatically decline international transactions because of the high potential for fraud,

Seniors

Eye Diseases May Go Unnoticed in Individuals with Diabetes

(BPT) - With more than 8 percent of the American population having been diagnosed with diabetes, regular dilated eye exams are critical to prevent vision loss.

Diabetes is a disease that interferes with the body's ability to use and store sugar, which can cause many health problems. Too much sugar in the blood can cause damage throughout the body, including the eyes. Over time, diabetes affects the circulation system of the retina, the light-sensitive lining at the back of the eye.

"Many eye problems show no symptoms until they are in an advanced stage, and that is why we recommend that people with diabetes in particular have an eye examination by a doctor of optometry at least once a year," says Doctor of Optometry Tina MacDonald, a Certified Diabetes Educator and a member of the AOA's Health Promotions Committee. "When the eyes are dilated, an eye doctor is able to examine the retina for signs of diabetic eye disease and prescribe a course of treatment to help preserve an individual's sight."

Only 32 percent of respondents are aware that diabetic eye disease often has no visual signs or symptoms, according to the AOA's 2013 American Eye-Q consumer survey. Additionally, only 39 percent know that diabetes can be detected through a comprehensive eye examination.

People with diabetes are at a significantly higher risk for developing eye diseases including glaucoma, cataracts and diabetic retinopathy, one of the most serious sight-threatening complications of diabetes.

Those with diabetes are 40 percent more likely to suffer from glaucoma than people without. Glaucoma is a group of eye diseases characterized by damage to the optic nerve resulting in gradual peripheral vision loss.

Many people without diabetes will get cataracts, but those with the disease are 60 percent more likely to develop this eye condition. People with diabetes also tend to get cataracts at a younger age and have them progress faster. With cataracts, the eye's clear lens clouds, blocking light and interfering with normal vision.

Diabetic retinopathy is a condition that causes progressive damage to the retina. Damage to the tiny blood vessels that nourish the retina causes swelling of retinal tissue and clouding of vision. If left untreated, diabetic retinopathy may lead to blindness.

Since early warning signs of diabetic eye and vision disorders are often subtle or undetected, the AOA recommends that high-risk individuals look for initial signs and contact a doctor of optometry if any of the following symptoms are present:

- Sudden blurred or double vision
- Trouble reading or focusing on near-work
- Eye pain or pressure
- A noticeable aura or dark ring around lights or illuminated objects
- Visible dark spots in vision or images of flashing lights

In addition to having a yearly, comprehensive eye exam, the AOA offers the following tips to help prevent or slow the development of diabetic eye disease:

- Take prescribed medication as directed
- Keep glycohemoglobin test results consistently under 7 percent
- Stick to a healthy diet that includes omega 3s, fresh fruits and vegetables
- Exercise regularly
- Control high blood pressure
- Avoid alcohol and smoking

For additional information visit www.aoa.org/diabetic-retinopathy.xml. •

Looking Up

Cassini Sees Saturn and Its Moons in Holiday Dress

By Bob Eklund

This holiday season, feast your eyes on images of Saturn and two of its most fascinating moons, Titan and Enceladus, in a care package from NASA's Cassini spacecraft. All three bodies are dressed and dazzling in this special package assembled by Cassini's imaging team. The new images are available online:

- <http://www.nasa.gov/cassini>
- <http://saturn.jpl.nasa.gov>
- <http://ciclops.org>

"During this, our 10th holiday season at Saturn, we hope that these images from Cassini remind everyone the world over of the significance of our discoveries in exploring such a remote and beautiful planetary system," said Carolyn Porco, Cassini imaging team leader, based at the Space Science Institute, Boulder, Colorado. "Happy holidays from all of us on Cassini."

Two views of Enceladus are included in the package and highlight the many fissures, fractures and ridges that decorate the icy moon's surface. Enceladus is a white, glittering snowball of a moon, now famous for the nearly 100 geysers that are spread across its south polar region and spout tiny icy particles into space. Most of these particles fall back to the surface as snow. Some small fraction escapes the gravity of Enceladus and makes its way into orbit around Saturn, forming the planet's extensive and diffuse E ring. Because scientists believe these geysers are directly connected to a subsurface, salty, organic-rich, liquid-water reservoir, Enceladus is home to one of the most accessible extraterrestrial habitable zones in the solar system.

Packaged along with Saturn and Enceladus is a group of natural-color images of Saturn's largest moon Titan, highlighting two of Titan's most outstanding features. Peering through the moon's hazy, orange atmosphere, the Cassini narrow-angle camera spots dark, splotchy fea-

tures in the polar regions of the moon. These features are the lakes and seas of liquid methane and ethane for which the moon is renowned. Titan is the only other place in the solar system that we know has stable liquids on its surface, though in Titan's case, the liquids are ethane and methane rather than water. At Titan's south pole, a swirling high-altitude vortex stands out distinctly against the darkness of the moon's un-illuminated atmosphere. Titan's hazy atmosphere and surface environment are believed to be similar in certain respects to the early atmosphere of Earth.

But the planet that towers over these moons is a celestial wonder itself. The north and south poles of Saturn are highlighted and appear drastically different from each other, as seen in new natural-color views. The globe of Saturn resembles a holiday ornament in a wide-angle image overlooking its north pole, bringing into view the hexagonal jet stream and rapidly spinning polar vortex that reside there. And the planet's south pole, now in winter, looking very different than the springtime north, displays brilliant blue hues, reminiscent of a frosty winter wonderland.

"Until Cassini arrived at Saturn, we didn't know about the hydrocarbon lakes of Titan, the active drama of Enceladus' jets and the intricate patterns at Saturn's poles," said Linda Spilker, the Cassini project scientist at NASA's Jet Propulsion Laboratory, Pasadena, California. "Spectacular images like these highlight that Cassini has given us the gift of knowledge, which we have been so excited to share with everyone."

Launched in 1997, Cassini has explored the Saturn system for more than nine years. NASA plans to continue the mission through 2017, with the anticipation of much more groundbreaking science and imagery to come. •

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Tips to Achieve Wholesome Health in 2014

You're all too familiar with that one, dreaded moment when the festivities end. It hits you every year like a bad hangover. You promise yourself that once the last sip of eggnog has been guzzled and the cookie jar has been emptied, you'll get healthy.

But what does healthy mean? We're bombarded with visions of steel abdominal muscles and gazelle-like limbs. For most people, however, achieving health can't be reduced to a lower health club membership deal or a dieting pill. Rather, the road to health is a lifelong journey encompassing mind, body and spirit.

That said, there are manageable steps you can take in your daily life to experience and sustain a healthier, balanced lifestyle. 1) Everything in moderation. 2) Walk 3) Floss 4) Eat fruits and veggies 5) Lots of water and 6) whole grains.

Popcorn, low in calories and high in fiber, whole grains and antioxidants, can help. One of the oldest and most beloved snacks for any age, popcorn is also a treat to lift the spirit.

Start your day with this balanced whole-grain toasted berry granola recipe from Jolly Time Pop Corn that is good for both your body and your soul.

Whole-grain Toasted Berry Granola

Makes about 11 cups



Ingredients

- 10 cups popped JOLLY TIME Butter Light Microwave Pop Corn made with the Smart Balance unique blend of oils
- 2 cups barley flakes
- 1/4 cup oat bran
- 1/4 cup wheat germ
- 1/2 cup honey
- 3 tablespoons light olive oil
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger or cardamom
- 2 teaspoons vanilla
- 1/4 teaspoon salt
- 1/3 cup dried blueberries
- 1/3 cup dried cranberries

Directions

Preheat oven to 250 F. Line a large-rimmed baking sheet with foil. Mix popcorn (remove any unpopped kernels), barley flakes, oat bran and wheat germ in a large bowl. Mix honey, oil, spices, vanilla and salt in a glass measuring cup until well blended. Pour over popcorn mixture; toss to coat. Pour mixture onto baking sheet in an even layer. Bake about 40 minutes or until crisp, stirring occasionally. Stir in blueberries and cranberries. Cool completely; store in airtight container.

To learn more about healthy, satisfying snacking with popcorn during the holidays, and to access exclusive recipes and features, visit www.jollytime.com.

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Sports

To Sit or Not to Sit

By Adam Serrao

If you're a Los Angeles sports fan like I am, then you must have found it just as painful to watch the two most popular teams in Los Angeles play sports lately. When I say painful, I mean it. The players on both the Los Angeles Lakers and the Los Angeles Dodgers just can't stay healthy lately. The "Boys in Blue" seemed to look more like the "Boys in Black and Blue" over their past two seasons of play and with the Lakers...well, the unthinkable has happened. Kobe Bryant has met his match. No, it's not LeBron James and no, Michael Jordan hasn't resurrected his career again to make a comeback. It is Father Time who has walked right up to Kobe and smacked him in the face. Or the Achilles... Perhaps it is fitting or ironic even that one of the toughest, most durable players to ever set foot on an NBA court is being hampered by a tendon called Achilles. As invulnerable as Kobe has always seemed to those who have watched him play here in L.A., this injury may be the one that slowly does him in. With time no longer on his side, the riveting question has now become do you sit Kobe Bryant out for the rest of this year, or play him as soon as he returns from his latest injury.

Kobe's latest injury is in fact not his Achilles tendon tear. Bryant returned from that injury rather successfully and was beginning to look a lot better in his sixth game of the season against the Memphis Grizzlies when he suddenly broke a bone in his knee. Initially, Kobe tried to play through it like he always does and actually finished the game without

pause. In the following days, however, the pain would not subside. Kobe took an MRI, learned that he had broken a bone and would be back watching from the sidelines for a minimum of six weeks. "You hate it for Kobe," Lakers head coach Mike D'Antoni said. "He's worked so hard to get back." Now, Kobe will have to begin that work once again, but for just how long?

The timetable for Bryant's return is in fact six weeks and knowing Kobe, he'll try to make it back before that amount of time. But maybe, just maybe, the Lakers should think about sitting him out for the rest of the season. Sure, the two-year, \$48.5 million contract that Bryant just signed to make him the wealthiest athlete in the game of basketball certainly does not support that point. But signing Kobe to that contract was more of a symbol than anything else--a reward, if you will, for 17 years of dedication, hard work and five championship rings. Whether Kobe plays this year or not, the Lakers are not going to win a championship let alone get out of the first round of the playoffs. If Kobe does return in six weeks, it will most likely come right after the All-Star break in a game against his old pal Dwight Howard and the Houston Rockets. That would mean that Bryant will have missed right around 30 games, give or take a couple, and that the Lakers will most likely be well out of playoff contention. Sure, that's speculation, but following Bryant's injury, the Lakers quickly dropped two of their first three without the superstar, losing to Golden State by 19 points and Phoenix by

27. Aside from Jordan Farmar's return from injury, things do not look to be on the up and up for the Lake Show.

The Lakers are, of course, always better to watch when Kobe Bryant is on the court. He is the face of the franchise and the man who brings in the money for the Lakers. For that reason and that reason alone, management would most likely much rather have him competing and out there on the court. He drives ratings and he drives sales. Unfortunately, Bryant cannot do that if he is injured. That's why it will be in the best interest for the Lakers to sideline Bryant for the rest of the season, have him heal his injuries and come back next season when he is able to have a training camp and get himself into basketball condition. As it stands, Bryant cannot train with the injuries that he currently has. That means that if and when he tries to return from his latest injury, he will need at least another few weeks to get back into the basketball condition that has sustained his career for as long as it is currently tenured. Knowing Bryant, however,

he will believe that he is already in that kind of shape, thus injuring himself even further and jeopardizing his entire career.

If he is capable, there is no way that Kobe will ever agree to sit on the sideline when he could instead be contributing to his team. That being said, expect to see Bryant back in purple and gold come mid-February. But perhaps the smart, yet unpopular decision would be for Bryant to take it easy this year. Bottom line, this team as it is currently constructed is not a contender for the title. Bryant's legacy will be about championships won--not games played or minutes logged. A lot of things can change in a year, especially with a free agent class and draft class like the ones that will arrive next season. Sitting out the remainder of the season can both enhance the longevity of Bryant's career and help him win that much-coveted sixth championship trophy that he longs oh-so deeply for. At a time like this, it is in the Lakers' and Kobe's best interest to focus on the future. Unfortunately for Kobe, that future is in six weeks. •



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Fictitious Business Name Statement 2013249691

The following person(s) is (are) doing business as GO2LAX4LESS TRANSPORTATION SERVICE. 1. 12035 S. BROADWAY #B, LOS ANGELES, CA 90061. 2. P.O. BOX 1884, HOLLYWOOD, CA 90078. Registered Owner(s): Jorge Alarcon, 12035 S. Broadway #B, Los Angeles, CA 90061. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed: N/A. Signed: Jorge Alarcon, Owner. This statement was filed with the County Recorder of Los Angeles County on December 05, 2013.

NOTICE: This Fictitious Name Statement expires on December 05, 2018. A new Fictitious Business Name Statement must be filed prior to December 05, 2018. 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 News: December 12, 19, 26, 2013 and January 02, 2014. **HI-1019.**

Fictitious Business Name Statement 20132511080

The following person(s) is (are) doing business as MEGISYS, LLC. 8429 HOLY CROSS PLACE, LOS ANGELES, CA 90045-2634. Registered Owner(s): Megisys, LLC, 8429 Holy Cross Place, Los Angeles, CA 90045-2634. This business is being conducted by a Limited Liability Company. The registrant commenced to transact business under the fictitious business name listed: December 19, 2005. Signed: Megisys, LLC, Carla Ann Cuadros Pera, Manager. This statement was filed with the County Recorder of Los Angeles County on December 06, 2013.

NOTICE: This Fictitious Name Statement expires on December 06, 2018. A new Fictitious Business Name Statement must be filed prior to December 06, 2018. 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 News: December 12, 19, 26, 2013 and January 02, 2014. **HI-1020.**

Fictitious Business Name Statement 2013248294

The following person(s) is (are) doing business as BULLDOG FARMS. 555 W. 5TH STREET 31ST FLOOR, LOS ANGELES, CA 90013. Registered Owner(s): Christopher J. Hamner, 555 W. 5th Street 31st Floor, Los Angeles, CA 90013. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed: November 30, 2013. Signed: Christopher J. Hamner, Owner. This statement was filed with the County Recorder of Los Angeles County on December 04, 2013.

NOTICE: This Fictitious Name Statement expires on December 04, 2018. A new Fictitious Business Name Statement must be filed prior to December 04, 2018. 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 News: December 12, 19, 26, 2013 and January 02, 2014. **HI-1021.**

Fictitious Business Name Statement 2013235961

The following person(s) is (are) doing business as JOEYWATTS.COM. 813 CENTER STREET, EL SEGUNDO, CA 90245. Registered Owner(s): Joseph Conley Raymond Watts, 813 Center Street, El Segundo, CA 90245. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed: N/A. Signed: Joey Watts, Owner/Registrant. This statement was filed with the County Recorder of Los Angeles County on November 14, 2013.

NOTICE: This Fictitious Name Statement expires on November 14, 2018. A new Fictitious Business Name Statement must be filed prior to November 14, 2018. 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: December 12, 19, 26, 2013 and January 02, 2014. **H-1017.**

Fictitious Business Name Statement 2013248314

The following person(s) is (are) doing business as FAMOUS NAILS. 2215 REDONDO BEACH BLVD, GARDENA, CA 90249. Registered Owner(s): Khanh Mai Nguyen, 15516 Lemoli Ave, Gardena, CA 90249. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed: N/A. Signed: Khanh Nguyen, Owner. This statement was filed with the County Recorder of Los Angeles County on December 04, 2013.

NOTICE: This Fictitious Name Statement expires on December 04, 2018. A new Fictitious Business Name Statement must be filed prior to December 04, 2018. 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: January 02, 09, 16, 23, 2014. **HT-1026.**

Fictitious Business Name Statement 2013249828

The following person(s) is (are) doing business as BALLERS. 140 E. TAMARACK AVE, INGLEWOOD, CA 90301. Registered Owner(s): Nima Nicholas Shafiee, 32650 Nantasket Dr #96, Rancho Palos Verdes, CA 90275. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed: N/A. Signed: Nima Nicholas Shafiee, Owner. This statement was filed with the County Recorder of Los Angeles County on December 05, 2013.

NOTICE: This Fictitious Name Statement expires on December 05, 2018. A new Fictitious Business Name Statement must be filed prior to December 05, 2018. 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 News: December 12, 19, 26, 2013 and January 02, 2014. **HI-1018.**

Order to Show Cause for Change of Name Case No. YS025583

Superior Court of California, County of Los Angeles
Petition of: Meghan Michelle Sepanik for Change of Name
TO ALL INTERESTED PERSONS:
Petitioner Meghan Michelle Sepanik filed a petition with this court for a decree changing names as follows:
Meghan Michelle Sepanik to Jaskaram Kaur Khalsa

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: 2/14/14, Time: 8:30 a.m., Dept.: B, Room: n/a
The address of the court is Superior Court Southwest District 825 Maple Avenue 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: Los Angeles
Date: 12/23/13
Mark S. Arnold
Judge of the Superior Court
Torrance Tribune Pub. 1/2, 1/9, 1/16, 1/23/14

HT-24082



Fictitious Business Name Statement 2013244643

The following person(s) is (are) doing business as BRONZE BAR. 2041 ROSECRANS AVE #170, EL SEGUNDO, CA 90245. Registered Owner(s): C. Ashley Davis, 707 Hermosa Ave, Hermosa Beach, CA 90254. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed: N/A. Signed: C. Ashley Davis, Owner. This statement was filed with the County Recorder of Los Angeles County on November 26, 2013.

NOTICE: This Fictitious Name Statement expires on November 26, 2018. A new Fictitious Business Name Statement must be filed prior to November 26, 2018. 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: December 12, 19, 26, 2013 and January 02, 2014. **H-1022.**

Fictitious Business Name Statement 2013257507

The following person(s) is (are) doing business as 1. SIMPLE THINGS. 2. SIMPLIFIED NATURALS. 11708 WILKIE AVE, HAWTHORNE, CA 90250. Registered Owner(s): Oscar Becerril, 11708 Wilkie Ave, Hawthorne, CA 90250. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed: N/A. Signed: Oscar E. Becerril, Owner. This statement was filed with the County Recorder of Los Angeles County on December 17, 2013.

NOTICE: This Fictitious Name Statement expires on December 17, 2018. A new Fictitious Business Name Statement must be filed prior to December 17, 2018. 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 Tribune: December 26, 2013 and January 2, 9, 16, 2014. **HH-1025.**

Fictitious Business Name Statement 2013243212

The following person(s) is (are) doing business as 1. DANCEWEAR U. 2. COSTUME U. 3. KIDPACK U. 640 LOMITA STREET, EL SEGUNDO, CA 90245. Registered Owner(s): Cindy A. Beckett, 640 Lomita Street, El Segundo, CA 90245. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed: September 01, 2013. Signed: Cindy A. Beckett, Owner. This statement was filed with the County Recorder of Los Angeles County on November 25, 2013.

NOTICE: This Fictitious Name Statement expires on November 25, 2018. A new Fictitious Business Name Statement must be filed prior to November 25, 2018. 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: December 19, 26, 2013 and January 2, 9, 2014. **H-1015.**

Fictitious Business Name Statement 2013254676

The following person(s) is (are) doing business as 1. GARDEN MAVEN DESIGNS. 2. DENISE MAYNARD DESIGN & STYLING. 1720 GATES AVE, MANHATTAN BEACH, CA 90266. 222 N. SEPULVEDA BLVD. #2000, EL SEGUNDO, CA 90245. Registered Owner(s): Denise Maynard, 1720 Gates Avenue, Manhattan Beach, CA 90266. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed: January 01, 2012. Signed: Denise Diane Maynard, Owner. This statement was filed with the County Recorder of Los Angeles County on December 12, 2013.

NOTICE: This Fictitious Name Statement expires on December 12, 2018. A new Fictitious Business Name Statement must be filed prior to December 12, 2018. 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: December 19, 26, 2013 and January 2, 9, 2014. **H-1024.**

Fictitious Business Name Statement 2013251875

The following person(s) is (are) doing business as LA MECHA RESTAURANT. 7831 S. ALAMEDA ST, LOS ANGELES, CA 90001. 1675 E. 111TH PLACE, LOS ANGELES, CA 90059. Registered Owner(s): Maria Elizalde, 1675 E. 111th Place, Los Angeles, CA 90059. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed: N/A. Signed: Maria Elizalde, Owner. This statement was filed with the County Recorder of Los Angeles County on December 9, 2013.

NOTICE: This Fictitious Name Statement expires on December 9, 2018. A new Fictitious Business Name Statement must be filed prior to December 9, 2018. 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 Tribune: December 19, 26, 2013 and January 2, 9, 2014. **HH-1023.**

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Wowzer Schnauzer

Let's see if we can give these furry kids a Happy Tails ending of their own!

"Even though my name is **Miley**, please don't confuse me with the other one. I'm not a twerker, but I will tweak your heartstrings if you give me a chance. My original owner, whose information is on my microchip, gave



Miley

me and my pal Cyrus away. The new owner had us for six months and then surrendered us to an LA County shelter. When the shelter scanned my microchip after I was spayed, they discovered that he wasn't the registered owner. I had to wait another two weeks for them to

contact the previous owner before I was rescued. Although I'm a little chunky--about 15 pounds--for a five-year-old, purebred, female Miniature Schnauzer, I am a real sweetheart and I get along great with other dogs. In fact, I would love to go to a home that already has a doggie pal or two since I've never been an only dog. I just had a dental and now have a great set of pearly white teeth, so please come to our pet adoptions and see what a great smile I have."

"I know for a fact that my name is **Gina**. However, my pedigree is somewhat questionable. Based on my coloring, I could be a Schnauzer/Yorkie mix. Then again, since I have a little "smooshie" face, I could also be part Brussels Griffon. Whatever my true heritage is, one thing for certain is that I'm petite at only eight pounds and just a real cutie. I'm a two-year-old female who was rescued from an LA County shelter where I was brought in as a stray. Because I'm a little self-conscious about my "smooshie" face, I'm very camera shy, so my picture really doesn't do justice to the real me! The MSFR folks think I'm very sweet and I have a great time playing with other dogs. You really have to come to our pet adoptions and see just how adorable I am."

"My family named me **Jack** and right now I'm so heartbroken, I don't know what to do. I'm only seven or maybe eight months old, but I had a great life with my first family,



Gina

I loved their toddler and we were the best of buddies. Then my family surrendered me because they were moving. No family, no toddler, no home! Is it any wonder that I'm a bit nervous and shy? I get along well with dogs and kids, but I need to be introduced slowly to new people and situations. I am a very sweet, male Terrier mix. I'm very gentle when handled and only weigh 20 pounds, so it's easy to give me hugs. Since I'm currently residing at a boarding facility, folks can't tell whether or not I'm housebroken, but everyone thinks it's a good possibility that I am. If you would like to be my forever family, I can be seen anytime at Yellow Brick Road Doggie Playcare in El Segundo. Call 310-606-5507.

Hi! My name is **Cyrus** and I was rescued along with my Miley from an LA County shelter. My original owner gave me and my pal Miley,

away. The new owner had us for six months and then surrendered us to the shelter. When the shelter scanned my microchip after neutering me, they discovered that he wasn't the registered owner. I had to wait another two weeks for them to contact the previous owner to see if he wanted to reclaim me before I was eligible for adoption. I'm an 18-pound, purebred, male Miniature Schnauzer with a dazzling smile, thanks to my dental, and a terrific personality. I am about five years old, very playful and get along great with other dog friends. However, I could probably use some training. My play is very enthusiastic and I get easily distracted, but I do try my best. My Christmas wish is to find a forever home with a family with a doggie pal since I've never been by myself. If you check out our pet adoptions, I'll bet I'm just the dog you've been looking for." •



Cyrus



Jack

Happy Tails

A "Christmas" Wish Comes True

Congratulations to **Justin** and his new forever family. Justin was our Carson shelter rescue who was adopted, but regretfully was returned when his adopter developed health issues. His new family lost their 12-year-old Schnauzer to heart failure and opened their heart to our sweet boy. Justin is now living in Anaheim with two human brothers and two human sisters (one brother and sister are twins). Once again he has been renamed **Charlie** (they decided that before they knew his former name was Charlie). It appears that he is destined to have the name Charlie! •

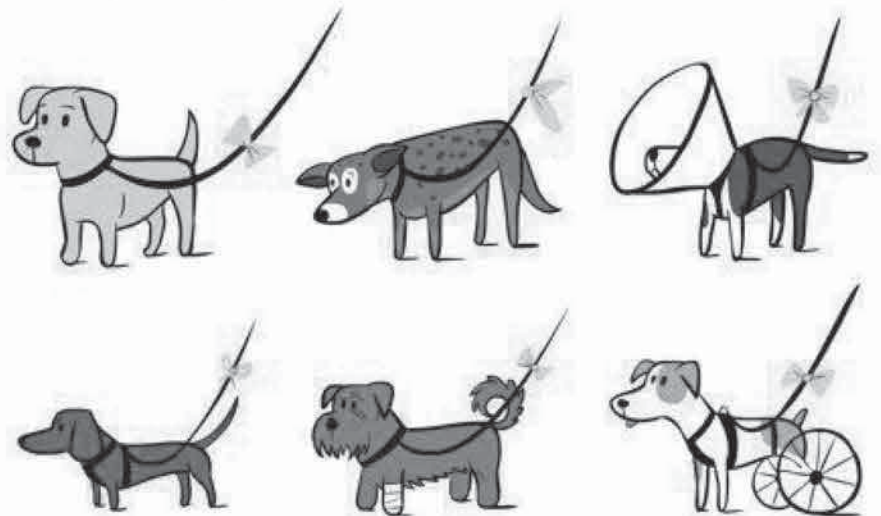


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- BEING REHABILITATED
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THANK YOU!

Those of us who own these dogs appreciate your help and respect!



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