

# Hawthorne Press Tribune

The Weekly Newspaper of Hawthorne

Herald Publications - Inglewood, Hawthorne, Lawndale, El Segundo, Torrance & Manhattan Beach Community Newspapers Since 1911 - Circulation 30,000 - Readership 60,000 (310) 322-1830 - April 18, 2013

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## Workplace Success Fair Connects Employers with Youth Job Seekers



The South Bay Workforce Investment Board (SBWIB), in partnership with the City of Inglewood, the State Department of Rehabilitation, the State of California Employment Development Department, the Airport Area Chamber of Commerce and the South Bay One Stop Business and Career Centers hosted this year's 13th Annual Blueprint for Workplace Success Youth Job Fair at Rogers Park in Inglewood. Representing 41 schools throughout the South Bay, 110 Blueprint for Workplace Success certified participants, who completed job readiness training received face-to-face interviews and 102 of these youth were offered jobs on the spot. Photo courtesy of SBWIB.

## Community Walking Program Gets Hawthorne on Its Feet

By Nancy Peters

When David Roberts joined the ranks of employees in the City of Hawthorne as the new Human Resources Manager, he brought with him some new ideas, stemming from a volunteer position with his local church, to build employee morale and use his past experience in promoting health and fitness for employees at his previous job. Building on the 2010 "Let's Move" campaign begun by First Lady Michelle Obama, Roberts is convinced that the City of Good Neighbors can become a more cohesive community by a city-wide walking program, shared among the neighbors and neighborhoods.

*"I think this is a doable program in Hawthorne. The employees want to be more healthy and fit."*

With plans to install new vending machines that will have healthy snacks and less sugary content items, the first place to see health and fitness will be geared toward those who work in City Hall. He also hopes to bring the Farmer's Market to Civic Plaza on 126<sup>th</sup> Street to allow City employees to purchase fresh vegetables and fruits for their families one day a week.

"The country is recognizing that health and fitness is paramount now. No more fast food, less sugar-based drinks, more exercising and easy ways to accomplish all of these things are what you hear people talking about all the time," said Roberts. "I think this is a doable program in Hawthorne. The employees want to be more healthy and fit."

The Hawthorne Community Walking Program was presented to the City Council and Roberts received a consensus that this was a program that they approved. With very active Homeowners' Associations (HOAs), the members of HOAs

will be asked to spearhead the Walking Program in their areas.

Community parks will become pathways, with markers for the tracking of equivalent steps to specific mileage--half-mile, one-mile, two miles will all be marked by new signage. HOAs will be asked to assign a Resident Walking Advisor to keep a roster of walkers from their organization when the competition starts--and there are plans for HOA competitions. Individuals and groups can be rewarded for the most participants, the most steps walked by an individual, by a family, and by the HOA as a group.

Each month, awards will be given for new participants and those with the most steps and most mileage. Each quarter, participation awards will be given out counting up the cumulative walking statistics. Vendors in the city will be part of the participation program with gift certificates, gym memberships and discounts, free pedometers to new participants, and other to-be-determined gifts. Presentations will be made at various City events, such as the Health Fair, the Service Providers Fair, Good Neighbors Day, and City Council meetings, as appropriate.

"We will be posting routes for the Community Walking Program on the City website soon," continued Roberts. "We will be setting up the signage in the eight City parks within the next 30 days, or hopefully by April 1."

The Community Walking Program will be expanded to other routes outside of the parks with specific routes in various neighborhoods and along major thoroughfares. Two-and-a-half mile routes will be marked out so that participants will know that a round trip from those specific starting points will be a five-mile walk. The same will be designated at one-mile markers for two-mile round trip walks.

Participants will have an opportunity to sign up for the program on the City website and keep track of their own steps over time. The

website will include safety tips, fitness tips, recommendation for shoes, stretching exercises, tips on hydration, and other vital information.

"We are looking forward to vendors in the city sponsoring routes, much like the 'Adopt-A-Highway' program," said Roberts. "We want businesses to market their participation in the Community Walking Program by putting signage in their windows, along the routes, advertising what they have sponsored and thereby bringing customers into their storefronts, and giving citizens of Hawthorne a reason to walk that extra half-mile, etc. to get that gift certificate for whatever it is the vendor is giving away to participants in the program."

The Community Walking Program will be geared for adults and children with an emphasis on making the program one in which families can participate together. The hope is that the HOAs will form adult walking teams.

Roberts intends to include the Hawthorne and Wiseburn school districts and will encourage the children to form teams with classmates and playmates and have walking competitions among the elementary and middle school groups, as well as including all the magnet and private schools in the city.

Roberts is hoping to work with the Chamber of Commerce to market the Community Walking Program and have Chamber members sponsor routes, participate in the gift certificate incentive program and become advocates of the Community Walking Program--also hoping for some individuals who may want to be sponsors of a group, a participant, or a class from one of the schools.

Anyone interested in becoming a sponsor for signage, route(s), incentives, or rewarding participants should contact David Roberts, HR Manager, at City Hall by calling 310-349-2950 or sending an email to droberts@cityofhawthorne.org. •

## Weekend Forecast

**Friday**  
Sunny  
77°/59°



**Saturday**  
Sunny  
70°/58°



**Sunday**  
Sunny  
70°/58°



# Calendar

**ALL CITIES**

**SATURDAY, APRIL 20**

• Household Hazardous Waste & E-Waste Roundup, Apr. 20, 9 a.m.-3 p.m., Betty Ainsworth Center, 3851 W. El Segundo Blvd.

**ONGOING**

• Free 10k walk Club -Hawthorne/Lawndale. All age groups. For more information contact Terry at (310) 469-1935 or (323) 201-7253 or email10kwalkclub@gmail.com.

• Recovery International Meetings, Fridays 10 a.m., South Bay Mental Health Center, 2311 El Segundo Blvd. For more information call Deanna at (310) 512-8112.

**HAWTHORNE**

**TUESDAY, APRIL 23**

• City Council Meeting Council, 6- 10 p.m., City Council Chambers, 4455 W 126th St. For more information call (310) 349-2915.

**MONDAY, MAY 13**

• Blood Drive (American Red Cross), 9 a.m.-3 p.m. Bloodmobile behind City Hall, 4455 West 126th St. Appointments: www.redcrossblood.org and enter sponsor code

“City of Hawthorne”, or contact Rosalinda Martinez at (310) 349-1646.

**ONGOING**

• Wiseburn Food Fest gourmet food truck event benefiting the Wiseburn Education Foundation, 5:30-8:30 p.m. the last Friday of every month at R.H. Dana Middle School.

**INGLEWOOD**

**SATURDAY, APRIL 20**

• Citywide Yard Sale & Recycling Event, 7 a.m.-3 p.m., Hollywood Park Gate 8 off of Pincay/90th Street. For more information call Joi Aldridge at (310) 412-5333.

**LAWDALE**

**UPCOMING**

• Youth Day Parade, April 27 10:00 a.m. at Alondra Park.

**ONGOING**

• Lawndale Certified Farmer’s Market, 2-7 p.m., every Wed., lawn of the Lawndale Library, 14615 Burin Ave.

• Food Truck Fridays, every Friday - Beginning April 12, 5:30-9 p.m., FD Roosevelt Elementary School, 3533 Marine Ave. www.LESDEF.org •

# Police Report

**MON 4/1/13 TO SUN 4/7/13**

**ROBBERY**

**Robbery** 4800 W 119th Pl Apartment/Condo

Date/Time Reported Thu 4/4/13 18:52  
Crime Occurred: Thu 04/04/13 17:00

Property Taken: White Apple iPhone 5 with a pink case

**Robbery** 4600 W Imperial Hy Other

Date/Time Reported Fri 4/5/13 20:06  
Crime Occurred: Fri 04/05/13 20:06

Property Taken: blk Guess wallet w/vic’s CDL/Chase Card/BofA Card, Chase card bearing Richard Palomo’s name (vic’s dad), victim’s CDL, gold pearl necklace

**Robbery** 2800 W 120th St Hardware Store

Date/Time Reported Sun 4/7/13 18:59  
Crime Occurred: Sun 04/07/13 18:59

Property Taken: Unknown denominations of US currency

**BURGLARY**

**Comm Burglary** – Commercial 11500 S Hawthorne BI Office Supply Store/Warehouse

Date/Time Reported Mon 4/1/13 13:00  
Crime Occurred: Mon 04/01/13 10:00 To: Mon 04/01/13 10:30

Property Taken: Phones

Property Taken: White Galaxy S3 cell phone

Method of Entry: Opened POE: Unknown  
Entry Loc: Front

**Res Burglary** – Residential 11900 S Freeman Av House

Date/Time Reported Tue 4/2/13 12:04  
Crime Occurred: Tue 04/02/13 11:45 To: Tue 04/02/13 12:05

Method of Entry: Opened POE: Sliding window  
Entry Loc: Front

**Comm Burglary** – Commercial 14600 S Aviation BI Hotel & Motel Office

Date/Time Reported Thu 4/4/13 14:10  
Crime Occurred: Fri 03/22/13 07:00 To: Thu 04/04/13 12:00

Property Taken: 5- commercial light/lamp fixtures

Method of Entry: Opened

**Res Burglary** – Residential 2100 Saint Andrews Wy House

Date/Time Reported Fri 4/5/13 02:08  
Crime Occurred: Fri 04/05/13 02:19

Method of Entry: Unknown

**Res Burglary** – Residential 3600 W Rosecrans Av Apartment Common Areas

(Lndry,Clb Hse,Etc)

Date/Time Reported Fri 4/5/13 15:19  
Crime Occurred: Fri 04/05/13 10:00 To: Fri 04/05/13 10:55

Property Taken: 18 K Diamond ring

Method of Entry: Unlocked  
**Res Burglary** – Residential 5400 W 142nd Pl House

Date/Time Reported Fri 4/5/13 15:32  
Crime Occurred: Fri 04/05/13 15:32

Method of Entry: Smashed

**Comm Burglary** – Commercial 11200 S Hawthorne BI Parking Lot

Date/Time Reported Fri 4/5/13 16:39  
Crime Occurred: Wed 03/20/13 12:00 To: Fri 04/05/13 16:30

Property Taken: \$20 in US currency, Millan black navigation system

Method of Entry: Unknown  
**Res Burglary** – Residential 12100 S Birch Av House

Date/Time Reported Fri 4/5/13 17:13  
Crime Occurred: Fri 04/05/13 17:13

Property Taken: Green bag, pillow case

Method of Entry: Pried POE: Single swing door  
Entry Loc: Front

**Comm Burglary** – Commercial 2700 W 120th St Department Store

Date/Time Reported Fri 4/5/13 17:59  
Crime Occurred: Thu 04/04/13 12:00 To: Fri 04/05/13 16:10

Property Taken: 26 electronic items

Method of Entry: Opened  
Arrest

**Res Burglary** – Residential 2100 Saint Andrews Wy Other

Date/Time Reported Sat 4/6/13 01:08  
Crime Occurred: Sat 04/06/13 01:08

Property Taken: Black Toshiba 15 inch laptop with green design, black LG 46”

LVD TV, black Xbox 360 gaming console w/ 2 controllers, (5) Xbox 360 video games, white Nintendo Wii gaming console, pink Nintendo DSi handheld gaming device, red Sony digital camera

Method of Entry: Removed

**Res Burglary** – Residential 14800 S Yukon Av House

Date/Time Reported Fri 4/5/13 23:40  
Crime Occurred: Fri 04/05/13 21:00 To: Fri 04/05/13 23:00

Method of Entry: Opened

## Pet of the Week

**Lucky** South Bay  
SS# 13-01711 Pet Adoption Center  
Domestic Short Hair 12910 Yukon Avenue  
7 years Hawthorne, CA 90250  
Male 310-676-1149



My owner was allergic to me, so now I am here at the shelter awaiting a new home. I love to talk and will purr the minute you touch me. I would love to lounge in your lap and make your home my very own. Come visit me and don't forget the catnip! •

## Love to our Dispatchers



Julie Ruiz and Betsy Maerker.

### Protecting the Three

I am the Officer, follow me  
Preserving the peace is where I'll be  
I am the torch that lights the way  
In darkness my courage will pave a way  
Leading the others, that is me  
I am the Officer guiding the three

I am the Fire Fighter, follow me  
Into the flames is where I will be  
I am he who battles the beast  
To protect that on which it would feast  
Leading strength to the others, that is me  
I am the Fire Fighter supporting the three

I am the Medic, follow me  
Easing the pain is where I will be  
I am the one who helps them survive  
Lifting the fallen to keep them alive  
Treating the others, that is me  
I am the Medic healing the three

I am the Dispatcher, don't follow me  
Agony and chaos is where I will be  
Working in obscurity, this forgotten place  
Not death, but insanity is the danger I face  
Answering the call, that is me  
I am the Dispatcher protecting the Three

- This was posted on a dispatcher's Facebook page this week. Author unknown.

Happy National Public Safety Telecommunications Week.

## 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.

**Schofield Realty**

We receive 50 phone calls a month for rental units in town. We need homes & apartments to lease. Call KEN about our Mgmt. program for Homes & Apartments.

**310-322-4660**

**APARTMENT FOR RENT**

**1BD/1BA.** Well maintain, upper level unit, bright & sunny, carpet/tile, well loc., and great tenants in bldg., W/D on premises. Prkg. garage. Water incl. \$1,255/mo. Call (310) 594-2766.

**1BD.** ES. Lower unit. Deluxe w/ hwdw floors, SS stove, DW, Micro, fridge, granite counters, stack W/D, A/C, 1-car garage. \$1600/mo. Avail 5/1. 764 Main St. (310) 963-7653.

**Bright 2BD/2BA.** Huge living room. Central air. 1250 sq. ft. Storage bin in garage. Two security parking spaces. Year lease. \$1650/mo. Call: (714) 465-9296 eve. or (310) 408-7733.

**3BD/2BA.** Great Family home. 2 fireplace, family room, hardwood floors, large covered patio off family room. Large rear yard w/fruit trees and garden area. Can be shown anytime, Won't Last. \$3,300 S&L Property (310) 350-4096.

**EMPLOYMENT**

**Display Ad Sales Position.** We need an experienced Display Ad Salesperson for Herald Publications. Territories include Torrance, El Segundo and Hawthorne. Full or part-time positions are available. 20% commission on all sales. If interested please email your resume to management@heraldpublications.com. No phone calls please.

**GARAGE SALE**

**645 W. Sycamore.** ES. Sat., 4/20, from 8 am. to 1pm.

**HOUSE FOR RENT**

**3BD/2BA.** ES. Small private yard, deck, W/D, stove, fridge, hardwood floors, 1/2 of double garage. \$2,650/mo. (310) 433-4562.

**PERSONALS**

**Julie,** Belize was a great place to meet you. Please contact me, Jeff, from the cabin next door. jakbelize@yahoo.com.

**ROOM FOR RENT**

**Nice private room** in El Segundo. Walk to beach. \$150/wk, electric included. Bob @ The Grand (310) 322-5203.

To appear in next week's paper, submit your Classified Ad by Noon on Tuesday.



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ON TWITTER  
@HERALDPUB



## Pets Without Partners

Please join Animals Rule Rescue at The Family Pet Expo held at the Orange County Fairgrounds in Costa Mesa from April 19-21--Friday 10 a.m. to 6 p.m., Saturday 10 a.m. to 7 p.m., and Sunday 10 a.m. to 6 p.m.

**Lexi** is a beautiful, bi-colored, purebred Cocker Spaniel who was born May 1, 2005.



Lexi

Lexi's prior owner was recently diagnosed with cancer and made the decision to owner surrender her two dogs. Lexi came in with her sister Marley. They can be placed separately. Lexi is a little love of a dog. She has beautiful chocolate-brown eyes and lovely long Cocker ears. She loves to play with toys and is great with all other dogs and good with children. Lexi is housebroken and would make a great addition into any home situation. This is a breed that will require a grooming schedule. Please remember this when budgeting for a dog. Lexi is spayed, current on vaccinations, de-wormed, microchipped, housebroken, loves everyone she meets, is good with other dogs and good with children.

**Sunshine**, a super cute Terra-Poo (Terrier/Poodle mix), is a spectacular little puppy. She has personality-plus and a tail that wags so much it might cause her to take flight like a helicopter. She was born on December 24, 2012. Sunshine is darling, to say the least, and will be a small breed dog. She is a very happy little pup full of energy and loves to play. She gets along great

with our other little puppies and just adds so much "sunshine" to your day. Sunshine will be spayed when of age, is current on vaccinations, de-wormed, microchipped, and is good with other dogs and with children.

To learn more about these and other wonderful dogs, visit our website at [www.animalsrule.org](http://www.animalsrule.org). If a dog is on our website, it's available. Or come on April 27 back to our Saturday adoption events from 11 a.m. to 3 p.m. at 305 North Harbor Boulevard in San Pedro (just off the 110 near the cruise port). We are always in need of donations for veterinarian bills and our senior dogs. Donations can be made through our website or by sending a check payable to: Animals Rule Placement Foundation at 305 North Harbor Blvd., San Pedro, CA 90731. All donations are tax-deductible. We are a registered 501©3 non-profit organization.

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

90731. All donations are tax-deductible. We are a registered 501©3 non-profit organization.

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



Sunshine

## Hawthorne Happenings

### News for the City of Good Neighbors

#### From City Clerk Norb Huber 42 and More

Each generation passes on their values and traditions to the next. It takes years to change the views of what we learned from our parents. Young children learn from watching and listening to their parents at a very early age. Our two-year-old grand daughter remembers and says things that she hears from the adults around her. She knows that if mommy is mad sometimes a bad word slips out. So, recently we heard this bad word come out of our granddaughter's mouth. After our shock, we were reminded that what we say or do makes a lasting impression on the young child's mind. A child picks up on what we say and how we treat others. They learn from our actions.

Some of us are old enough to remember the days in America where discrimination and racism were much more prevalent. We learned that some people were different in skin color or looks and we heard adults say bad things about them. Even though we have made great strides to dissolve these evils, they have not completely disappeared. The recently released movie "42" chronicles the story of Jackie Robinson and his breaking of the color barrier in major league baseball. The world of sports is now color blind. It does not matter what race you belong to, as long as you are good at hitting a ball, sinking a basket or catching a pass you can make a living playing games.

I was reminded recently of how far we have come in Hawthorne and America when my City Clerk staff discovered several city ordinances passed in 1942 that directed all Japanese/Americans, along with German/Americans and Italian/Americans to leave Hawthorne immediately. A world war brought a certain fear and racism to Hawthorne. If we were all judged by our race and were suspects based solely on our nationality, then all of us would be locked up or sent away. Our country was founded on the Judea/Christian belief that "all men are created equal". We will never reach that perfect goal. But as citizens of the greatest country on earth we can all strive to look at each other out of respect as "Good Neighbors".

#### Volunteers to be Honored

A good community is made good by



the number of programs and organizations that build it up. Volunteers are the backbone of these charitable organizations. The value of volunteers in dollars and cents cannot be accounted for. It's much more than any monetary savings. It's the hard work, sweat and even tears that individuals put into their passion. Hawthorne is blessed with hundreds of volunteers.

Some of these volunteers will be honored this Sunday afternoon at the 39th Annual Volunteer Appreciation Day event to be held at the Memorial Center starting at 2 p.m.

#### Relay for Life

It is not too late to form a team to participate in the American Cancer Society's Relay for Life Event to take place at the Hawthorne High School's track on Saturday and Sunday, April 27 and 28. All the money raised from the event goes to support the fight to find a cure.

State of the City – Friday, May 10

Mayor Juarez will be delivering his State of the City address on Friday, May 10 starting at 11:30 a.m. at the Memorial Center. Individual tickets and tables are available. Contact the City Managers office for more information at 310-349-2900.

#### Upcoming Events:

Chamber of Commerce Mixer – Thursday, April 18 – 5:30 p.m. to 7:30 pm – BodyTone Fitness • Rock-Around-the-Block – Wiseburn Education Foundation – Saturday, April 20 • Volunteer Appreciation Day – Sunday, April 21 – Memorial Center 2 p.m. • Relay for Life – Hawthorne High School – April 27-28 - 9 a.m. • Wounded Heros Golf Tournament – Thursday, May 9 • State of the City and the State of the Region Luncheons – Friday, May 10 • Hawthorne 5K Run and Health Fair – Saturday, May 11 – Betty Ainsworth Center • Taste of Hawthorne – Sunday, May 19 – Hawthorne Airport • Presidents' Council K-9 Community Dinner – May 23 – 5 p.m. Memorial Center • Service Providers Fair – Saturday, June 1 – Memorial Park • Good Neighbors Day – Saturday, July 20 - Civic Center

#### Comments or Questions

If you would like to contact me regarding this column or anything to do with the City of Hawthorne, please email me at [norbhuber@gmail.com](mailto:norbhuber@gmail.com).

Visit us online: [www.heraldpublications.com](http://www.heraldpublications.com)

## Fleas, Mosquitos Like Warm Weather Too

#### By Dr. Greg Perrault

Even though we've had some extra cool weather lately, the warm weather we all love is just around the corner and great for walking the dog to shed a few pounds.

However, there are two unwelcome pests that also enjoy the warm weather that can be more than just a nuisance, namely, fleas and mosquitos. These parasites can transmit dangerous diseases to you and your pet. Now is the time to take a few simple steps to help reduce an infestation of these parasites in your home and yard to keep your whole family safe.

Fleas thrive and can maximize their reproduction when temperatures climb above 70 degrees and the humidity increases. Just a few fleas can become thousands in a week or two during warm weather.

Fleas can transmit dangerous diseases like feline infectious anemia in cats and Typhus in people. Murine typhus is caused by a small bacteria called *Rickettsia typhi*, found in infected fleas and their feces. Fleas defecate

while biting and feeding on animals and humans. When a person scratches the bite, the bacteria from the feces can enter the wound and into the blood stream. People can also become infected by transferring the bacteria to their eyes, nose or mouth, or inhaling crushed or dried feces of an infected flea.

Understanding the flea lifecycle will help you target your efforts to eliminate these dangerous parasites.

Fleas, like all insects, have 4 life stages. The egg, maggot or larval stage, pupa or cocoon stage, and finally the adult flea. About 95 percent of the flea life cycle is in the egg, maggot and cocoon stages in the environment. The adult flea makes up only 5 percent of the flea population and is the only life stage that lives on your pet.

Flea control applied to your pet once per month can miss the big problem in the house and yard. Even the best medicine will lose efficacy over the course of a month and allow fleas to live long enough to lay eggs and reproduce leading to a frustrating cycle

of endless fleas. There are safe and effective products that are easy to apply to your house and yard. You will want to get a product with an insect growth regulator. These products are extremely safe for people and pets and last up to 6 months with one application. Check with your veterinarian for recommendations on the best product for your individual needs.

Mosquitos have been increasing every year in Southern California. Mosquito season in California begins in the spring and goes into November. These parasites can transmit heartworm to your cat and dog and West Nile Virus to you. It's difficult to say how many cases of heartworm we have in Southern California for a couple of reasons.

Not all pets get tested yearly and unlike human medicine, not all positive cases get reported. However, of the cases that were reported in one study, about 40 percent of the dogs had not traveled outside of Los Angeles County. Meaning, they contracted the disease in our area.

Mosquitos cannot transmit heartworm to

people but they can transmit West Nile Virus. In 2012 there were 163 reported human cases in LA County.

There are safe and effective medicines to prevent heartworm in your cat and dog that your veterinarian can prescribe. These medicines also treat and prevent other internal parasites, such as roundworms. Mosquitos reproduce in standing water. Even tiny amounts of water can be home to hundreds of larva. Here are some tips to reduce the places where mosquitos can hide. Get rid of mosquito breeding sites by emptying standing water from flower pots, buckets and barrels. Change the water in pet dishes and replace the water in birdbaths weekly. Drill holes in tire swings so water drains out. Keep children's wading pools empty and on their sides when they are not being used.

Now is the time to start prevention measures to control these harmful pests. Let's enjoy our summer, flea and mosquito free.

Dr. Greg Perrault owns and operates Cats & Dogs Animal Hospital in Long Beach. •

# Sports

## Joe's Sports

### Hawthorne Routs Culver City, Morningside

By Joe Snyder

Hawthorne High's softball team is off to a good start in the Ocean League after rolling over Culver City and Morningside last week at home. On April 9, the Cougars downed the Centaurs 9-3. Last Thursday, Hawthorne crushed the Monarchs 16-1.

Against Morningside, the Cougars (2-0 in league) spotted the Monarchs a run in the top of the first inning and then dominated the remainder of the game starting with seven runs in the bottom of the inning. Hawthorne added back-to-back four-run innings in the bottom of the second and third and added one in the fourth in a game that ended after five innings due to the 10-run-plus mercy rule.

The Cougars had a balanced offensive attack, led by Alexis Delich and Carrie Ludman who each went three for three and drove in three runs. Delich also scored two runs and Ludman added one.

Espie Villafan was three for four, drove in two runs and scored twice. Fine Prescott, also a standout on the Cougars' girls' basketball team that placed second in the Ocean League and made the CIF-Southern Section Division IIIA playoffs, was two for two with two RBIs and two runs scored. Miranda Aguilar also went two for two with two RBIs and one run. Ludman pitched three innings and struck out all nine batters. Ludman and Villafan, who pitched two innings, combined for a two-hitter.

Against Culver City, the Cougars led 6-3 before breaking the game open with three runs in the bottom of the sixth. Senior Delich was three for three, drove in two runs and scored three. Freshman Alysha Casillas was two for three with one RBI and Miranda Aguilar drove in two runs. Junior Ellis Marin went 5 2/3 innings, allowing three earned runs and five hits, while striking out two batters and walking one.

#### LAWDALE FALLS TO WEST

Lawndale High's softball team played a non-league game at West Torrance and fell 11-2 last Saturday. The Cardinals visit Torrance at Wilson Park Friday at 3:30 p.m.

#### COUGARS GET SWEEP BY SANTA MONICA

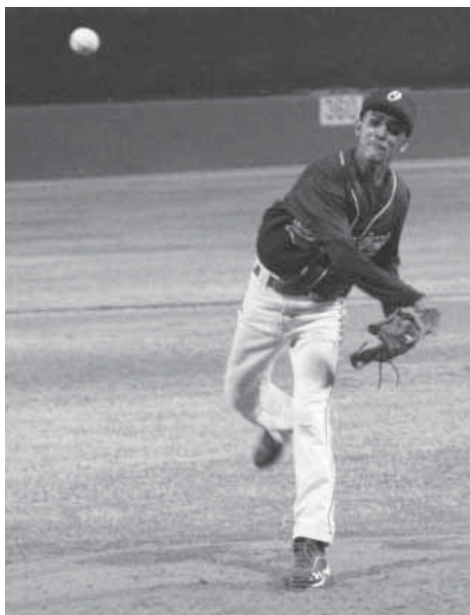
Hawthorne High's baseball team started the Ocean League at 0-2 after losses to Santa Monica last week. At Hawthorne on April 9, the Cougars fell to the Vikings 4-1. Last Thursday, Hawthorne lost at Santa Monica 5-1. Keying the Cougars at Hawthorne was Javier Martinez, who had a hit and drove in a run.

The Cougars mustered just two hits in their loss at Santa Monica on Thursday. Andrew Banuelos drove in a run with a hit and Johnny Marquez had the other hit for Hawthorne. With the losses, Hawthorne fell to 11-6-1 overall.

The Cougars continue the rigid start of league with a two-game series against Culver City this week. After visiting the Centaurs on Tuesday, Hawthorne will host Culver today at 3:15 p.m. The Cougars will visit Beverly Hills at La Cienega Park next Tuesday at the same time.

#### MORNINGSIDE DOWNS INGLEWOOD

Morningside High's baseball team scored an 8-2 Ocean League win at cross-town rival Inglewood last Thursday. The Monarchs (1-0 in league) visited Beverly Hills on Tuesday



Leuzinger High pitcher Shawn Ansari lets ball go toward a Redondo batter during last Friday's Bay League baseball game. Photo by Joe Snyder.

and will host the Normans in their fourth Ocean League game today at 3:15 p.m. Morningside will travel to Santa Monica for another 3:15 p.m. league game next Tuesday.

The Sentinels (0-1 in Ocean play) hosted Santa Monica last Tuesday and will visit the Vikings today at 3:15 p.m. Inglewood is at home against Culver City next Tuesday at the same time.

#### REDONDO OVERWHELMS LEUZINGER

Having problems in the rugged Bay League for several years and being shorthanded due to a rash of academic ineligibilities is already proving too much for Leuzinger High's baseball team as it began the Bay League with two games against Redondo last week. At Leuzinger on April 10, the Olympians were humiliated by the Sea Hawks 18-1. At Redondo last Friday night, it was a complete nightmare for Leuzinger in a 34-0 thrashing. Both were five-inning mercy rule games.

The Olympians had one run in their first game when Cesar Carpio scored after Jose Campos was hit by a pitch with the bases loaded in the bottom of the fourth inning. Last Friday, Redondo scored 11 runs apiece in the first two innings and continued to pour it on from there.

Currently, Leuzinger has only 10 players on its roster, just one above the minimum starting nine. Things won't get any easier as the Olympians have two games this week against Mira Costa, who many observers feel will be this year's Bay League favorite. After visiting the Mustangs on Wednesday, Leuzinger hosts Mira Costa Friday at 3:15 p.m. The Olympians then are at home against Palos Verdes next Wednesday at the same time.

#### SENTS COMPETE IN P.V. INVITATIONAL

Inglewood High's boys' and girls' track and field teams had a few good showings in last Saturday's First Annual Palos Verdes Invitational at P.V. High. In the girls' 200-meter dash, Jamilah Grate finished in second place with a time of 24.68 seconds, just .04 of a second shy of winner Kirstin Hamlin of Redondo (24.64).

For the boys, Eddie Reyes had a third place finish in the 200 at 23.21 and fourth in the 100, clocking 11.71. •

### How the Mighty Has Fallen

By Adam Serrao

A broken wrist, a sprained ankle, hip and elbow bursitis, right shoulder surgery, another sprained ankle, a back injury, an injured index finger, right knee surgery, a torn ligament in his shooting wrist and a torn ligament in his pinky are all injuries that Kobe Bryant has had to deal with throughout his 17-year NBA career. Certainly no injury has been as crucial or as debilitating as the one that the five-time champ and 15-time All-Star suffered last Friday night in the fourth quarter against the Golden State Warriors, however. Though the Lakers won the game and kept hope alive in this year's playoff chase, they were forced to continue on their run for a championship without their best player for the first time in what has been his long and illustrious career. With news dropping that Kobe will now be out six to nine months following surgery to repair his torn Achilles tendon in his left leg, there is now some question as to whether or not Kobe will ever be able to return to the Staples Center floor at all.

Kobe Bryant is one of the most polarizing athletes of all time. Whether you love him or hate him, there is no doubting his unquestionable threshold for pain and his undying attitude to help his team win, whatever the cost may be. The cost, this time, is his season and quite possibly his career. "I made a move that I've made a million times, and it just popped," Bryant somberly said of his now torn Achilles. "I can't walk. I tried to maybe put pressure on my heel, but there was nothing there." It was a devastating blow to both Kobe and a Laker squad that has been dealing with injuries all season long. Perhaps Lakers' longtime trainer Gary Vitti put it best in what seemed to be his monologue: "If you look at our season, it's been a nightmare. We had a player come in with a surgery, which was Dwight Howard. Then we had Steve Nash break his leg. Then we had Steve Blake have an abdominal surgery. Then we had Jordan Hill with a hip surgery. Then we had Metta with a knee surgery. We also had Dwight with a [torn] labrum in his shoulder. Antawn Jamison will have surgery after the season is over on his wrist. So when you try to look at the whys, it's bad luck." It was a nightmare filled with nothing but bad luck indeed, and as of this writing, the Lakers had to try to put it together with Kobe doing nothing more but coaching from the sideline.

When you try to answer the question that Vitti was asked, however, there quickly becomes a number of possible answers. Why? Why did Kobe Bryant sustain this injury so late in the season and at such a crucial time for the Lakers? Well, after 54,051 minutes, over 1,200 games and 17 years in the National Basketball Association, Kobe's body has worn down. While on the verge of missing the playoffs, Bryant was forcing himself to play 48 minutes per game, every game, in order to try to push his team over the top and into the postseason. Some people want to blame the coach for playing Kobe too many minutes, but truth is that when it came down to it, Kobe wouldn't have let Mike D'Antoni take him out of the game. Kobe

is the quintessential competitor and only an injury like this would keep him from playing another 48 minutes tomorrow. Unfortunately for Bryant, now it will.

So, how bad is it? Well, Bryant's injury was described as a "complete rupture" by Vitti. "It's gone," Vitti said. "So, it has to be sewn back together." Bryant crumbled to the floor with just over three minutes remaining in the game in which he had previously played every single second. His 32 points, including back-to-back three-pointers to tie the game, were what saved the Lakers' night and quite possibly their entire season. "I was just hoping it wasn't what I knew it was," Bryant said. "I've never really had to deal with something like this. It's a new experience for me." When asked what his next steps were going to be, Bryant simply stated, "MRI, surgery and then recovery." The MRI and surgery are both out of the way, but now Kobe will have to recover while doing something that he is truly not used to doing--watching from the sidelines.

Now that Kobe has become a glorified coach on the bench until he is fully recovered, an opportunity has opened for Howard to get the 30, 40 or even 50 touches a game that he has been looking for should he stay in L.A. past the end of this season. If the Lakers made the playoffs (and if Kobe doesn't return for the start of next season), Steve Nash will become the primary ball-handler and will look more like that guy that we saw scrambling around with the rock in his Phoenix days. Statistically, the team is better on defense without Kobe in the game. Furthermore, Laker fans everywhere can now almost rest assured that Kobe's plans to retire after next season will certainly crumble and his career will now be extended an additional year or two. In the meantime, however, the Lakers should now become Dwight Howard's team--something that the center was looking for before he hesitantly agreed to come to Los Angeles in the first place. It can be his own team where he can shine and show how good of a player he actually is. An injury to a key player of the team is never good, let alone if it's Kobe Bryant. Kobe's injury, however, might just be the driving force that helps keep Dwight Howard in Los Angeles as a Laker for many years to come.

In the blink of an eye, everything changed for Kobe Bryant and the Los Angeles Lakers. The Lakers will, of course, go on as an organization and hopefully remain a successful one at that, but Kobe may never be the same. As Bryant said himself though, "One day, the beginning of a new career journey will commence. Today is NOT that day." There is no quit inside of number 24. LeBron James may have said it best: "If there's anybody and I mean *anybody* who can come back from that injury, it would be him." Father Time eventually catches up to everybody, but he hasn't met Kobe Bryant just yet. While the injury is severe and could keep Bryant away from the court for almost a year, he will be back. The last thing that Kobe Bean Bryant would ever do is let an injury end his career. •

*"I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."*

~ Michael Jordan



# PET LOVERS EVENT

SUNDAY, APRIL 21

11AM - 3PM



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- DOG & CAT ADOPTIONS!**
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## PUBLIC NOTICES

### Fictitious Business Name Statement 2013052693

The following person(s) is (are) doing business as V VIP LIMO INC. DBA LAX VIP LIMO. 5151 W. ROSECRANS AVE, HAWTHORNE, CA 90250. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name listed March 1, 2013. Signed: Khaliloh Ghorbani, CEO. This statement was filed with the County Recorder of Los Angeles County on March 15, 2013. NOTICE: This Fictitious Name Statement expires on March 15, 2018. A new Fictitious Business Name Statement must be filed prior to March 15, 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: March 28, 2013 and April 4, 11, 18, 2013. HH-900.

### Fictitious Business Name Statement 2013052695

The following person(s) is (are) doing business as LA VIP LIMO INC. DBA V VIP LIMOUSINE. 5151 W. ROSECRANS AVE, HAWTHORNE, CA 90250. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name listed March 10, 2013. Signed: Khaliloh Ghorbani, CEO. This statement was filed with the County Recorder of Los Angeles County on March 15, 2013. NOTICE: This Fictitious Name Statement expires on March 15, 2018. A new Fictitious Business Name Statement must be filed prior to March 15, 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: March 28, 2013 and April 4, 11, 18, 2013. HH-901.

### Fictitious Business Name Statement 2013051378

The following person(s) is (are) doing business as NATURAL PURE LIVING. 309 N. SYCAMORE AVE, APT 32, LOS ANGELES, CA 90036. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed March 14, 2013. Signed: Heather Levine, Principal. This statement was filed with the County Recorder of Los Angeles County on March 14, 2013. NOTICE: This Fictitious Name Statement expires on March 14, 2018. A new Fictitious Business Name Statement must be filed prior to March 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). Inglewood News: March 28, 2013 and April 04, 11, 18, 2013. HI-902.

### Fictitious Business Name Statement 2013042380

The following person(s) is (are) doing business as ONE KING CLOTHING. 16919 S BERENDO AVE, GARDENA, CA 90247. This business is being conducted by a General Partnership. The registrant commenced to transact business under the fictitious business name listed N/A. Signed: Frank A Farris. This statement was filed with the County Recorder of Los Angeles County on March 4, 2013. NOTICE: This Fictitious Name Statement expires on March 4, 2018. A new Fictitious Business Name Statement must be filed prior to March 4, 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: March 28, 2013 and April 4, 11, 18, 2013. HH-905.

### Fictitious Business Name Statement 2013056898

The following person(s) is (are) doing business as INTERSTATE 405 TRANSMISSION AND COMPLETE CAR CARE. 5140 W. EL SEGUNDO BLVD, HAWTHORNE, CA 90250. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name listed March 21, 2013. Signed: Samson Transmission, President. This statement was filed with the County Recorder of Los Angeles County on March 21, 2013. NOTICE: This Fictitious Name Statement expires on March 21, 2018. A new Fictitious Business Name Statement must be filed prior to March 21, 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: March 28, 2013 and April 4, 11, 18, 2013. HH-906.

### Fictitious Business Name Statement 2013058542

The following person(s) is (are) doing business as MONIK'S CREATIVE MOVEMENT. 1111 S. ATLANTIC BLVD UNIT B, ALHAMBRA, CA 91803. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed March 18, 2013. Signed: Monik C. Jones, Founder and Director. This statement was filed with the County Recorder of Los Angeles County on March 25, 2013. NOTICE: This Fictitious Name Statement expires on March 25, 2018. A new Fictitious Business Name Statement must be filed prior to March 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). Inglewood News: April 11, 18, 25, 2013 and May 02, 2013. HI-912.

### Fictitious Business Name Statement 2013065565

The following person(s) is (are) doing business as ARIEL'S BEAUTY SALON. 10420 INGLEWOOD AVE, INGLEWOOD, CA 90304. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name listed November 1, 2012. Signed: Ariel Beauty Salon, Inc., Owner. This statement was filed with the County Recorder of Los Angeles County on April 02, 2013. NOTICE: This Fictitious Name Statement expires on April 02, 2018. A new Fictitious Business Name Statement must be filed prior to April 02, 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: April 11, 18, 25, 2013 and May 02, 2013. HI-915

### Fictitious Business Name Statement 2013065566

The following person(s) is (are) doing business as ARIEL BEAUTY SALON. 10018 INGLEWOOD AVE, INGLEWOOD, CA 90304. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name listed November 1, 2012. Signed: Ariel Beauty Salon, Inc., Owner. This statement was filed with the County Recorder of Los Angeles County on April 02, 2013. NOTICE: This Fictitious Name Statement expires on April 02, 2018. A new Fictitious Business Name Statement must be filed prior to April 02, 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: April 11, 18, 25, 2013 and May 02, 2013. HI-916

### Fictitious Business Name Statement 2013070879

The following person(s) is (are) doing business as SOUL ENERGY GUIDANCE. 166 VIA LOS MIRADORES, REDONDO BEACH, CA 90277. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed June 1, 2012. Signed: Susan Mathiesen Lamont, an individual. This statement was filed with the County Recorder of Los Angeles County on April 09, 2013. NOTICE: This Fictitious Name Statement expires on April 09, 2018. A new Fictitious Business Name Statement must be filed prior to April 09, 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: April 11, 18, 25, 2013 and May 02, 2013. HI-917

### Fictitious Business Name Statement 2013058985

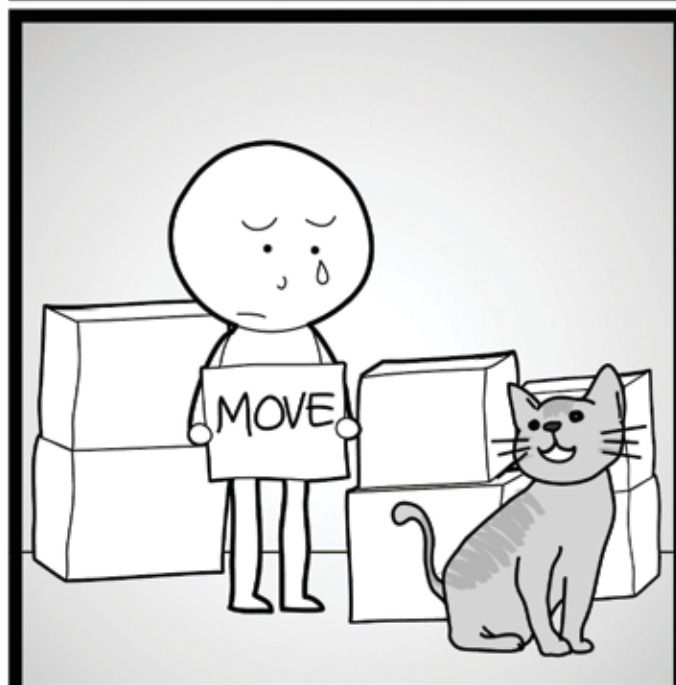
The following person(s) is (are) doing business as MIR HANDY CLEAN. 529 E HILLSDALE ST, INGLEWOOD, CA 90302. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed March 21, 2008. Signed: Jose Socorro Orozco, Owner. This statement was filed with the County Recorder of Los Angeles County on March 25, 2013. NOTICE: This Fictitious Name Statement expires on March 25, 2018. A new Fictitious Business Name Statement must be filed prior to March 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). Inglewood News: April 18, 25, 2013 and May 02, 09, 2013. HI-920.



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# it's not a cat's fault

by TheShelterPetProject.org




Kids will spend 8 minutes decorating their little brothers.

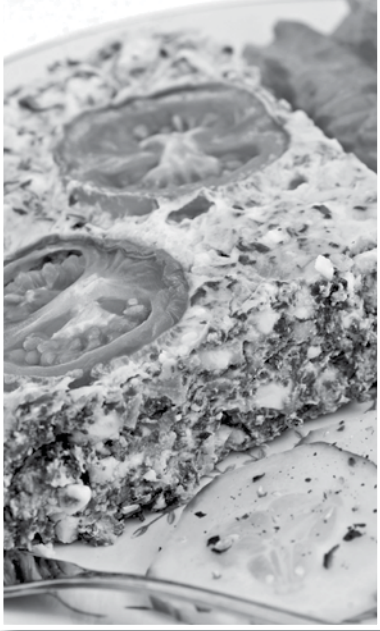
How about two minutes to brush their teeth?

Brushing for two minutes now can save your child from severe tooth pain later. Two minutes, twice a day. They have the time. For fun, 2-minute videos to watch while brushing, go to [2min2x.org](http://2min2x.org).






# FOOD & DINING



## Meal Makeovers for Busy Parents

Spring is the perfect time to remember your families New Year Resolutions to think about healthier eating, and how to do so in the easiest way possible. Here are some great simple ideas to consider because we know that people have many ways of eating and it's hard to change daily habits and behaviors.

Instead of trying to make sweeping changes that might not last because they are not easy or enjoyable, we want to make small, gradual changes that can help us be healthier in the long run. One of the simplest ways to make small changes in our food choices is to add healthy ingredients to family-favorite recipes. Meal makeovers help families enjoy favorite dishes and drinks without sacrificing time or nutrition!

If you're a busy parent who enjoys coffee or tea to get the day off to a good start, try adding steamed (or heated) fat-free milk to make a latte. Not a coffee drinker? Use milk instead of water for your hot cocoa or oatmeal for the same benefits. Bottom line: Start your day with breakfast, including milk. A real, simple ingredient, milk provides an irreplaceable package of nutrients- so you and your family can get one-third of the daily-recommended calcium, plus vitamin D, potassium and even the protein you need to keep going strong all morning long.

Macaroni and cheese is a family favorite that can become a healthier meal option when you use low-fat milk, whole-wheat pasta and mix in additional food-group foods. Broccoli, cauliflower, even some diced, pre-cooked chicken can create a one-pot meal packed with vitamins and nutrients. Bottom line: Even if you only make one small change to a family favorite, it can provide better nutrition.

Research shows that small changes can lead to big results over time. These are two small changes and three is the ideal number- so start thinking about other meals you can make over with simple add-ins. For additional nutrition-rich recipes visit [GotMilk.com/Recipes](http://GotMilk.com/Recipes). Learn what foods are best for your family with this interactive tool at [HealthyEating.org/MyWay](http://HealthyEating.org/MyWay). •

Courtesy of Trina Robertson, M.S., R.D.



## Light and Easy Mac & Cheese Cups



Serves 6-8

### Ingredients:

2 cups whole wheat pasta  
 1/2 cup reduced sodium chicken broth  
 1 tsp. salt  
 1/2 tsp. freshly ground pepper  
 1 cup 1% milk  
 1 1/2 cups nonfat shredded cheddar cheese  
 1 cup of chopped broccoli, blanched  
 1 cup grape or diced tomatoes  
 1/2 cup of asparagus, cut into 1/2 inch strips, blanched  
 1 cup of cooked turkey breast, cut into 1/2 inch cubes  
 1 cup of dried bread crumbs  
 Vegetable cooking spray  
 Olive oil, for drizzling

### Directions:

Preheat the oven to 375°F. Spray 12 small ramekins or a 12-cup muffin pan with vegetable cooking spray. Using a spoon, sprinkle some bread crumbs inside of each cup and shake off any excess.

In a large pot, bring salted water to a boil over high heat. Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes. Drain and place in a large bowl. Add broth, milk, cheese, turkey, salt and pepper and stir well until all pasta is well coated.

Spoon prepared pasta mixture into the muffin cups until about 2/3 full. Place a few pieces of tomato, broccoli and asparagus on top of each cup. Top with a thin layer of breadcrumbs and drizzle with a little bit of olive oil.

Bake 20 minutes or until golden brown on top. Let cool for a few minutes before carefully unmolding with a fork.

Per serving: 179 calories, 7 g fat, 14 g protein