

# 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 - September 29, 2016

## Inside This Issue

Certified & Licensed Professionals .....	5
Classifieds .....	3
Finance.....	4
Hawthorne Happenings ...	3
Legals .....	2, 6-7
Pets .....	8
Police Reports.....	3
Seniors.....	7
Sports.....	5

## Hawthorne Falls to Rival Leuzinger for Mayor's Cup



Hawthorne High School could not overcome a slow start in a 68-7 loss to rival Leuzinger last Friday. Hawthorne gave up 61 points in the first half. The Cougars will look to bounce back when they begin league play against Beverly Hills on Friday. Photo by Eric Ramos.

## Hawthorne Police Dept. Gets National Recognition, Funding for Cutting Edge Law Enforcement Gear

By Derrick Deane

Hawthorne's police department received a big boost in recognition and equipment at the latest city council meeting on Tuesday.

In 2011, the police department developed the Coffee with a Cop program, an event that allowed citizens to discuss community issues with local law enforcement at a restaurant in the city.

"I'll be the first to admit that it was an internal initiative selfishly driven because we wanted to better our relationship right here in our community," Fager said. "If you asked us then how far do you think it could go we never would have dreamed of where it has gone."

The program has literally gone worldwide with Fager stating that a dozen countries are implementing some facet of the Coffee with a Cop program.

"Shortly after starting the program we built positive relationships back in D.C. and the police office under the Department of Justice took a liking to our idea and awarded us nearly a half a million dollar grant to build it out," Fager said.

"It has literally impacted law enforcement everywhere," Fager continued. "It has literally impacted communities and bettered relationships and we take exceptional pride that the work that we've done this year has been to the extent that whereby now the Department of Justice has made October 7 the National Coffee with a Cop Day."

To celebrate the event, Fager says the Hawthorne Police Department will be going back to its roots and host the event at their first location, McDonalds on 5310 Rosecrans Boulevard at 8 a.m.

"We're going to roll out the group that built this [program] and reconnect with our own community," Fager said. "We'll be inviting the media both national and local and we're going to hopefully use that as the step-off point for encouraging and inviting every agency who runs Coffee with a Cop to do so with their

own community on that day."

Fager says the city will also be inviting agencies that have been "sitting on the fence," and have yet to implement the program.

"I think it goes without saying that the social challenges, law enforcement based scrutinies, and just trust-building is at the forefront at every level now – state and especially nationally," Fager said. "Something as simple as Coffee with a Cop helps break down barriers. It doesn't set out agendas, and it allows agencies to reconnect with their constituency. It allows citizens to once again buy in and understand the role of law enforcement and equally, I always emphasize, law enforcement staff who partake in the event equally get a reconnection of why they took the original oath and why they have a job of going out to serve the good people of the community."

While the national recognition was a nice boost for the police department, there are of course practical matters such as equipment that need to be addressed.

The city council approved three ordinances that total to more than \$500,000 of new and updated equipment for various departments of law enforcement.

Hawthorne SWAT officers will be getting new tactical entry vests at the cost of \$88,000 while the city will also be getting a Portable Surveillance Camera Trailer for \$75,000.

"Ballistic vest have a shelf life and are guaranteed to protect for a certain number of years and we have reached that year," Fager said about the need to replace the tactical vests.

Fager says the city recently used El Camino College's police trailer in the Holly Park area due to recent criminal activity in the area.

"We got rave reviews when we put that trailer out at the park," Fager said of the resident's reaction. "Basically, we shut it down and they didn't want us to return it to El Camino."

"It's mobile, it's deployable, we can put it up for public events, we can put it up based on criminal activity, or we can put it up for

special lease," Fager said of the surveillance trailer.

The biggest expense though goes to the purchase of an armored-ambulance rescue vehicle at more than \$339,000. The vehicle is designed and fabricated for the protection, rescue and medical treatment of citizens and first-responders during situations of extreme harm.

"We didn't invent tactical medicine and the concepts, but your police department has taken [on] a critical new need," Fager said. "Armed people, significant weaponry, mass casualties. How do you get to them or your own officers if they're the targets?"

The armored ambulance is designed much like the SWAT Bearcat vehicles, but is engineered to be used in a medical capacity.

"The purpose of this is to supplant the program that we have and bring a regional footprint of critical, life-saving capacity to primarily Hawthorne and its residents but also to the South Bay region," Fager said.

Money used to make these purchases will not come out of the city's General Fund but rather an Asset Forfeiture Fund.

"It is funding that the government gives back to us to use to continue the fight against crime," Fager said in simplifying where the money in the fund comes from.

The use of the funds is controlled by Fager and his office and is strictly written to not be used for basic city services.

"I couldn't take this money, give it to the city, and then the city goes and builds a park," Fager said as an example. "It allows me to take a significant amount of money and apply it directly to law enforcement and public safety needs without burdening the city's General Fund."

Fager adds that there are no issues regarding funds in the Asset Forfeiture Account adding that the purchases are "part of a long term master plan that I have," as he anticipates "forthcoming needs of significant expense coming down the road." •

## Weekend Forecast

**Friday**  
Sunny  
73°/63°



**Saturday**  
Partly  
Cloudy  
73°/62°



**Sunday**  
Partly  
Cloudy  
70°/60°



**PUBLIC NOTICES**

**Fictitious Business Name Statement  
2016204245**

The following person(s) is (are) doing business as ARCESE RESTAURANT Y PUPUSERIA, 15122 INGLEWOOD AVE., LAWDALE, CA 90260, LOS ANGELES COUNTY. Registered Owner(s): JAIRO SURIN FLORES, 8680 CRANFORD AVE, SUN VALLEY, CA 91352. This business is being conducted by an individual. The registrant commenced to transact business under the fictitious business name or names listed above on: 8/16/16. Signed: JAIRO S. FLORES, OWNER. This statement was filed with the County Recorder of Los Angeles County on AUGUST 16, 2016. NOTICE: This Fictitious Name Statement expires on AUGUST 16, 2021. A new Fictitious Business Name Statement must be filed prior to AUGUST 16, 2021. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). El Segundo Herald: Pub. 9/8, 9/15, 9/22, 9/29/2016 **H-1497**

**Fictitious Business Name Statement  
2016220836**

The following person(s) is (are) doing business as EXIT 44 ENTERTAINMENT, 424 HILLCREST, EL SEGUNDO, CA 90245, LA COUNTY. Registered Owner(s): 1.) TYLER JAMES LEISHER, 424 HILLCREST, EL SEGUNDO, CA 90245. 2.) ED MORRONE, 5111 RALEIGH STREET, LOS ANGELES, CA 90004. 3.) ERIC BRODEUR, 553 N. PACIFIC COAST HWY SUITE B #172, REDONDO BEACH, CA 90277. This business is being conducted by a GENERAL PARTNERSHIP. The registrant commenced to transact business under the fictitious business name or names listed above on: 09/2016. Signed: TYLER JAMES LEISHER, OWNER. This statement was filed with the County Recorder of Los Angeles County on SEPTEMBER 7, 2016. NOTICE: This Fictitious Name Statement expires on SEPTEMBER 7, 2021. A new Fictitious Business Name Statement must be filed prior to SEPTEMBER 7, 2021. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). El Segundo Herald: Pub. 9/15, 9/22, 9/29, 10/6/2016 **H-1509**

**Fictitious Business Name Statement  
2016217931**

The following person(s) is (are) doing business as SOUTHBAY FIREWOOD AND CHARCOAL, 4881 W. ROSECRANS BLVD., HAWTHORNE, CA 90250, LA COUNTY. Registered Owner(s): BERRY FIREWOOD, LLC 4881 W. ROSECRANS BLVD., HAWTHORNE, CA 90250, CA. This business is being conducted by a LIMITED LIABILITY COMPANY. The registrant commenced to transact business under the fictitious business name or names listed above on: 08/2016. Signed: BERRY FIREWOOD, LLC, MATTHEW BERRY, OWNER. This statement was filed with the County Recorder of Los Angeles County on SEPTEMBER 1, 2016. NOTICE: This Fictitious Name Statement expires on SEPTEMBER 1, 2021. A new Fictitious Business Name Statement must be filed prior to SEPTEMBER 1, 2021. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). El Segundo Herald: Pub. 9/15, 9/22, 9/29, 10/6/2016 **HH-1510**

**Fictitious Business Name Statement  
2016218043**

The following person(s) is (are) doing business as SUBZERO GAMING, 20505 WOOD AVE, TORRANCE, CA 90503, LA COUNTY. Registered Owner(s): SCRIBE SUPPLIES INC, 20505 WOOD AVE, TORRANCE, CA 90503, CA. This business is being conducted by a CORPORATION. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: SCRIBE SUPPLIES INC, DO YOUNG LEE, CEO. This statement was filed with the County Recorder of Los Angeles County on SEPTEMBER 1, 2016. NOTICE: This Fictitious Name Statement expires on SEPTEMBER 1, 2021. A new Fictitious Business Name Statement must be filed prior to SEPTEMBER 1, 2021. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). El Segundo Herald: Pub. 9/15, 9/22, 9/29, 10/6/2016 **HT-1511**

**Fictitious Business Name Statement  
2016217952**

The following person(s) is (are) doing business as 1.) REMESAS ENVIA, 12035 S. BROADWAY APT. B, LOS ANGELES, CA 90061, LA COUNTY. 2.) P.O. BOX 1884, HOLLYWOOD, CA 90028. Registered Owner(s): JORGE ALARCON, 12035 S. BROADWAY APT. B, LOS ANGELES, CA 90061. This business is being conducted by an individual. The registrant commenced to transact business under the fictitious business name or names listed above on: 09/2016. Signed: JORGE ALARCON, OWNER. This statement was filed with the County Recorder of Los Angeles County on SEPTEMBER 1, 2016. NOTICE: This Fictitious Name Statement expires on SEPTEMBER 1, 2021. A new Fictitious Business Name Statement must be filed prior to SEPTEMBER 1, 2021. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). El Segundo Herald: Pub. 9/15, 9/22, 9/29, 10/6/2016 **H-1512**

**Fictitious Business Name Statement  
2016219937**

The following person(s) is (are) doing business as PAR OFFICE PRODUCTS, 415 MAIN STREET, EL SEGUNDO, CA 90245, LOS ANGELES COUNTY. Registered Owner(s): MCCORMICK BROS. INC, 415 MAIN STREET, EL SEGUNDO, CA 90245. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: 08/2016. Signed: MCCORMICK BROS. INC, KEVIN MCCORMICK, President. This statement was filed with the County Recorder of Los Angeles County on September 6, 2016. NOTICE: This Fictitious Name Statement expires on September 6, 2021. A new Fictitious Business Name Statement must be filed prior to September 6, 2021. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). El Segundo Herald: Pub. 9/15, 9/22, 9/29, 10/6/2016 **H-1513**

**Fictitious Business Name Statement  
2016223272**

The following person(s) is (are) doing business as BIG GIRL PANTS PICTURES, 6355 W. 80<sup>TH</sup> ST., LOS ANGELES, CA 90045, LOS ANGELES COUNTY. AI #ON: 3190588. Registered Owner(s): SMALL FISH STUDIOS, INC., 6355 W. 80<sup>TH</sup> ST., LOS ANGELES, CA 90045. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: SMALL FISH STUDIOS, INC., DAVID KELLETT, Vice President. This statement was filed with the County Recorder of Los Angeles County on September 9, 2016. NOTICE: This Fictitious Name Statement expires on September 9, 2021. A new Fictitious Business Name Statement must be filed prior to September 9, 2021. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). El Segundo Herald: Pub. 9/15, 9/22, 9/29, 10/6/2016 **H-1514**

**Fictitious Business Name Statement  
2016220629**

The following person(s) is (are) doing business as 1.) MINNIE AND MICKEY ICE CREAM, 12305 INDUSTRIAL AVE, INGLEWOOD, CA 90303, LA COUNTY. 2.) 1624 E 87<sup>TH</sup> PL, LOS ANGELES, CA 90002. Registered Owner(s): ANGELES PEREZ, 1624 E. 87<sup>TH</sup> PL, LOS ANGELES, CA 90002. This business is being conducted by an individual. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: ANGELES PEREZ, OWNER. This statement was filed with the County Recorder of Los Angeles County on SEPTEMBER 6TH, 2016. NOTICE: This Fictitious Name Statement expires on SEPTEMBER 6TH, 2021. A new Fictitious Business Name Statement must be filed prior to SEPTEMBER 6TH, 2021. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). El Segundo Herald: Pub. 9/22, 9/29, 10/6, 10/13/2016 **HI-1515**

**Fictitious Business Name Statement  
2016226367**

The following person(s) is (are) doing business as HOLLYMAIN LIQUOR, 404 MAIN ST., EL SEGUNDO, CA 90245, LA COUNTY. AI #ON: 3015079. Registered Owner(s): YOONFINITY, INC., 404 MAIN ST., EL SEGUNDO, CA 90245, CA. This business is being conducted by a CORPORATION. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: YOONFINITY, INC., JIMMY S YOON, PRESIDENT. This statement was filed with the County Recorder of Los Angeles County on SEPTEMBER 13, 2016. NOTICE: This Fictitious Name Statement expires on SEPTEMBER 13, 2021. A new Fictitious Business Name Statement must be filed prior to SEPTEMBER 13, 2021. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). El Segundo Herald: Pub. 9/22, 9/29, 10/6, 10/13/2016 **H-1516**

**Fictitious Business Name Statement  
2016229255**

The following person(s) is (are) doing business as 1.) AVOMII, 21151 S. WESTERN AVENUE #175, TORRANCE, CA 90501, LA COUNTY. 2.) EPMESH. AI #ON: C2172188. Registered Owner(s): INFLECTION TECHNOLOGIES CORPORATION, 21151 S. WESTERN AVENUE #175, TORRANCE, CA 90501, CA. This business is being conducted by a CORPORATION. The registrant commenced to transact business under the fictitious business name or names listed above on: N/A. Signed: INFLECTION TECHNOLOGIES CORPORATION, DAVID EPPERLY, PRESIDENT. This statement was filed with the County Recorder of Los Angeles County on SEPTEMBER 16, 2016. NOTICE: This Fictitious Name Statement expires on SEPTEMBER 16, 2021. A new Fictitious Business Name Statement must be filed prior to SEPTEMBER 16, 2021. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). El Segundo Herald: Pub. 9/22, 9/29, 10/6, 10/13/16 **HT-1517**

**Fictitious Business Name Statement  
2016222120**

The following person(s) is (are) doing business as 1.) ZITTO E MANGIA, 15506 ERMANITA AVE, GARDENA, CA 90249, LA COUNTY. 2.) PO BOX 1028, HAWTHORNE, CA 90251. Registered Owner(s): SIMONA GARLICK, 15506 ERMANITA AVE, GARDENA, CA 90249. This business is being conducted by an individual. The registrant commenced to transact business under the fictitious business name or names listed above on: 05/2015. Signed: SIMONA GARLICK, OWNER. This statement was filed with the County Recorder of Los Angeles County on SEPTEMBER 08, 2016. NOTICE: This Fictitious Name Statement expires on SEPTEMBER 08, 2021. A new Fictitious Business Name Statement must be filed prior to SEPTEMBER 08, 2021. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). El Segundo Herald: Pub. 9/29, 10/6, 10/13, 10/20/2016 **H-1518**

**PUBLISH YOUR PUBLIC NOTICES HERE**

**ABANDONMENTS: \$125.00**  
**ABC NOTICES: \$125.00**  
**DBA (Fictitious Business Name) \$75.00**  
**NAME CHANGE: \$125.00**

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

THE PUBLISHING COST IS \$75 FOR MORE DETAILED INFORMATION CALL 310-322-1830



LIKE US ON FACEBOOK



Every issue always available online! New Issues/Old Issues

- *Out-of-town?* Read the Herald newspapers online
- Interested in an article from a prior date? *See it online*
- *Excited* about an ad, photo, or article? Refer your friends, family and associates to the website, so they can see it too
- Want to read the Torrance Tribune or other Herald newspapers not in your area? *All available on our website!*



Check it out! [www.heraldpublications.com](http://www.heraldpublications.com)



# Hawthorne Happenings

## JOB FAIR TODAY

“Step Into Success” Job Fair will be held on Thursday, September 29th from 10 a.m. to 1 p.m. at the Memorial Center. The job fair is sponsored by the LA County Office of Education and SBWIB. Bring your resume and dress for success and you should walk away with a job.

## “COFFEE WITH THE COP” NATIONAL DAY

The Hawthorne Police Department started the internationally acclaimed “Coffee With The Cop” in 2006. It has spread to law enforcement agencies around the world. The US Department of Justice now has designated the first Thursday in October as “Coffee with the Cop” National Day. Our HPD officers will be returning to the site of the very first event at the McDonald’s on Rosecrans by Costco on Thursday, October 6th. They will be there to talk with Hawthorne residents beginning at 8 a.m. As we know, conversations like this are needed all across our country.

## SEXUAL ASSAULT PREVENTION WORKSHOP

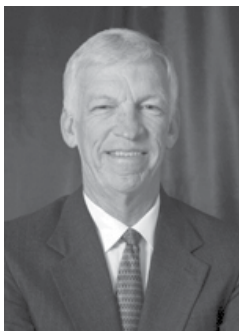
Resolve To Rise will be hosting a sexual assault prevention workshop on Saturday, October 15 from 10 a.m. to 11:30 a.m. at the Hawthorne Teen Center located at 3901 El Segundo Blvd. This workshop is meant for teens and their parents to become aware of the dangers surrounding them. Participants are asked to register in advance by calling 310-973-1091.

Pancake Breakfast and E-Waste Roundup and Shredding Even

The Ramona Neighborhood Association is planning a pancake breakfast to be held on Saturday, October 29th at Ramona Park. More details will be forthcoming.

## ONE MILLION MARTIANS

Elon says that we could have a settlement on Mars that would have a population of one million earthlings. He revealed his plan to send 100 to 200 space travelers to the red planet by 2026 and populate Mars in the next 60 to 100 years. He did indicate that these travelers would have the option of returning to earth. It would not be just a one-way ticket. Why



would we want to populate Mars? Mr. Musk says that we have two options, either we inhabit another planet or humans will no longer live due to some disastrous event that will bring about our extinction here on earth. Being a somewhat biblical person, this concept of living on another planet raises some very interesting questions. The Old Testament story of the Tower

of Babel comes to mind. There is no doubt that God has given us the minds and skills to build amazing rockets and do amazing things. From my worldview, I just wonder if we are putting our trust in our own ingenuity too much or are we trusting in God’s almighty power.

## 100 MILES

Setting goals is a very admirable thing to do. Goals are meant to challenge us to do better, give us a target to aim for, or just measure how well we are doing. My brother-in-law who lives in Oregon has been a long distance runner for many years. He has completed marathons; 50-mile runs, and last weekend finished a 100-mile run. He is in his 50’s. Wow! That is an amazing feat. I can’t even imagine what it took physically for him to keep running and not give in to his body telling him to stop all along the route. Why did he do it? Because of the sheer joy and sense of accomplishment of reaching his goal. That internal satisfaction can never be taken away. He didn’t do it to receive glory from other people. Don’t we see the same in our lives? Maybe not running 100 miles, but when we do something simply for our own satisfaction, it may bring us more joy than any external incentive. You all know what I recommend you do to celebrate reaching a goal, go home and have a real, cold one. You all know that it’s October this Saturday. You all know what that means. Octoberfest is here. Let’s just skip the part about running of 100 miles and go right to the celebration part. •

Contact email: [norbhuber@gmail.com](mailto:norbhuber@gmail.com) (If you do enjoy my weekly column, please shoot me an email. I love to hear from my readers.)

# Police Reports

## MON 9/12/16 TO SUN 9/18/16

- ATTEMPT ROBBERY** 12800 S Prairie Av Fast Food Store  
Mon 9/12/16 06:29
- BURGLARY – RESIDENTIAL** 4700 W 118Th St Duplex/Fourplex  
Mon 9/12/16 08:24  
Property Taken: 1 Large Suitcase With Clothing, Misc Documents  
With Personal Information  
Method Of Entry: Unlocked
- ATTEMPT ROBBERY** W 136Th St/S Prairie Av Auto Repair  
Company Street, Highway, Alley  
Tue 9/13/16 13:51
- ROBBERY** W 136Th St/S Hawthorne Bl Street, Highway, Alley  
Tue 9/13/16 17:40  
Property Taken: Gold Necklace With A Cross Pendant
- ATTEMPT ROBBERY** 13900 S Prairie Av Park-Playgrounds  
Tue 9/13/16 23:16
- ROBBERY** W 134Th St/S Florwood Av Other  
Wed 9/14/16 15:22  
Property Taken: Cell Phone Jewelry/Precious Metal  
Property Taken: Gold Necklace With Cross Pendant, Gold Ring With An “A” Emblem, Gold Galaxy S7 Edge, Us

- Currency
- BURGLARY** 14500 S Hindry Av  
Wed 9/14/16 11:19  
Property Taken: 1 Womans Purse, 1 Womans Wallet, 1 Ca Drivers License 1 Arizona State Id Card, One Thousand Dollars Us Currency, 1 Pr Prescription Prada Glasses, Misc Identification Items Including Medical Id
- ROBBERY** 13700 S Doty Av Apartment/Condo  
Thu 9/15/16 20:36  
Property Taken: (1) Apple Iphone 6 (Gold), (1) Set Of Keys To Victim’s Car (Kia)
- BURGLARY – RESIDENTIAL** 13200 S Isis Av House  
Fri 9/16/16 18:13  
Property Taken: (2) Sets Of Diamond Earrings .5K, Ylw Gold  
Wedding Band 1 Stone, Double Strand Pearl Necklace,  
Dodge Car Key Fob, Pink Wallet/Mira Costa Id-Fiona Dowdee  
Inside, Wooden Jewelry Box  
Method Of Entry: Opened
- BURGLARY – COMMERCIAL** 3900 W Rosecrans Av Jewelry Store  
Sat 9/17/16 01:36  
Method Of Entry: Pried
- BURGLARY** 13200 S Doty Av  
Sun 9/18/16 18:01 •

# Classifieds

The deadline for Classified Ad submission and payment is Noon on Tuesday to appear in Thursday’s paper. Advertisements must be submitted in writing by mail, fax or email. You may pay by cash, check, or credit card (Visa or M/C over the phone).

Errors: Please check your advertisements immediately. Any corrections and/or changes in an ad must be requested prior to the following Tuesday deadline in order to receive a credit. A credit will be issued for only the first time the error appears. Multiple runs will only be credited for the first time the error appears. No credit will be issued for an amount greater than the cost of the advertisement.

Beware: Employment offers that suggest guaranteed out-of-state or overseas positions may be deceptive or unethical in nature. If you have any doubts about the nature of a company, contact the local office of the Better Business Bureau, (213) 251-9696. Herald Publications does not guarantee that the advertiser’s claims are true nor does it take responsibility for those claims.

## EMPLOYMENT

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

## EMPLOYMENT

**We are hiring caregivers** who would love to help other seniors. Flexible hours! Ideal candidates are compassionate people who want to make a difference! Must be local and willing to drive. Please apply by visiting the Careers page of our website [www.inhomecarela.com](http://www.inhomecarela.com) or by calling our office at (310) 878-2045.

## EMPLOYMENT

**Senior SQL Database Administrator**, Sirius Computer Solutions, Inc., Torrance, CA – Responsible for the design of DBA (database administration) solutions for customers/clients. Develop and implement enterprise wide and SQL database platforms, including stability, performance, integrity, and security. Must have a Bachelor’s degree or foreign degree equivalent in Engineering, Mathematics, or a related field, and a minimum of five (5) years of experience as a SQL Database Administrator in an enterprise production environment.

Send resumes to Budd Bowen (YG), 10100 Reunion Place, Suite 500, San Antonio, TX 78216.

## HELP WANTED/DRIVERS

**Drivers: Local Long Beach & La Mirada Flatbed and Container Openings.** Great Pay, Benefits! 1yr CDL-A Exp. Estenson Logistics. Apply: [www.goelc.com](http://www.goelc.com) 1-855-922-2556

## WANTED

**Storage space wanted** for new El Segundo Resident. Access can be limited. Just household goods. Please help. 480-322-7542

## GARAGE SALE

**Moving Sale!** Furniture-tools-home décor-clothes-shoes-housewares! Saturday 10/1/16 7AM start time/ 913 Dune st. El Segundo

## GARAGE SALE

**Garage Sale**, Saturday 10/1, 8AM, no early birds. 538 whiting st. in alley

## GARAGE SALE

**GARAGE SALE**, Saturday October 1st 7 AM to 11 AM, 1117 E. Acacia Ave. El Segundo Please use side gate and go to Backyard.

## APARTMENTS FOR RENT

**Apartment for rent.** Open House 10/1, 10AM-12. 2 BD/2 bath Prime Southwest location, fresh and new on the inside. Single car garage, spacious ground floor unit, very clean, 147 whiting Street #1 No pets. \$2800 Month Email rental application

to [Americashpaul@aol.com](mailto:Americashpaul@aol.com) or call 310 422 9595

## HOUSE FOR RENT

**3BD/3BA, ES home.** Ocean View, Fenced Yard, 2-car Garage, Pets OK, 2500 sq.ft., No smoking, Avail. 10/7/16, \$3,975/mo., (310) 322-5849

## HOUSE FOR RENT

**Great opportunity** - El Segundo 3 Bed, 2 bath, Galley Kitchen, Fireplace, Lg. Covered Patio, rear yard w/fruit trees, garage. 915 Cypress, Avail 10/1 \$3300 S & L PPTY MGMT 310/350-4096

## HOUSE FOR RENT

**LARGE E.S. House** 2 BD/2B, living and family room, 1600sq. 2 Car Garage w/ WD Hook-up’s. Avl. 10/1. No pets. 3,450.00, one year lease. 310-322-6090

## HOUSE FOR RENT

**3 bdrm 2 ba** front house. 215 W Walnut. 3800, dep. cr ck. ref’s. 530-318-2406. Avail. now.

## HOUSE FOR RENT

**4BD/3BA, 2 story**, all hardwood floor, granite, recently remodeled, 2 car garage. new roof, new plumbing, enclosed yard, sound proof system. walk to the beach. 4,400.00/month 310-663-9898

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

“It always seems impossible until it’s done”

- NELSON MANDELA



**Patsaouras Plaza reopens October 10.**

# Metro Briefs

## SOUTH BAY

### Union Station Patsaouras Plaza Upgrades near Completion

Renovations to Patsaouras Bus Plaza on the east side of Union Station will be completed October 10. Once open, the plaza will be restricted to buses and shuttles only. Private vehicles should use the new Union Station East Pick-up/Drop-off Facility, accessible on Vignes St. Thank you for your cooperation during this effort.

### Metro Proposes Measure M

On November 8, 2016, LA County voters will be asked to authorize a Los Angeles County Traffic Improvement Plan called Measure M. Currently, there are 10.2 million people living in LA County, and we are projected to grow by 2.3 million people in the next 40 years. Angelenos spend an average of 81 hours a year stuck in traffic, and congestion and air pollution are expected to get worse with more growth. The measure is intended to raise funding to meet those needs. Get educated before you vote at [metro.net](http://metro.net).

### Older Adult Transportation Expo

Join us for Metro’s 1st Annual Older Adult Transportation Expo on Tuesday, October 4. You’ll learn everything there is to know about using public transportation. Programming will include services geared to the older adult audience. For more information and to RSVP, please contact Lilly Ortiz at (213) 922-2299 or at [OrtizL@metro.net](mailto:OrtizL@metro.net).

### Rideshare Week is October 3–7

Want to reduce countless hours wasted on freeways, traffic congestion and pollution? Have a chance to win \$50 and \$100 gift cards and more when you take the train or bus, ride a bike, carpool or vanpool. Try a new commute and register to win at [ridematch.info](http://ridematch.info).



**Metro**

[metro.net](http://metro.net)  
[@metrolosangeles](https://twitter.com/metrolosangeles)  
[losangelesmetro](https://www.facebook.com/losangelesmetro)

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



## Board Looks to School Year with New Initiatives

By Haleemon Anderson

As the school year settles in, The Wiseburn Unified Board of Directors met last week with a focus on several new initiatives and phase two of the highly anticipated Wiseburn High School project.

Deputy Superintendent Chris Jones reported gearing up for two rounds of professional development. He will meet with the newly commissioned technology mentors who were trained this summer. They will be looking at future-ready initiatives and projecting for the needs of Wiseburn students in an ever-changing technology-driven future.

"What the world is going to be," Jones said. "That's what we need to be preparing them for." The second half-day training will involve cultural sensitivity training. Jones said staff will be looking at ways to bring "the most welcoming, nurturing environment to our schools."

Jones said two Wiseburn teachers have been trained to deliver programming from Project Lead The Way, a non-profit that uses training in the sciences and engineering to encourage critical and creative thinking among students. Jones said the training is a means to build internal capacity within Wiseburn, as the training is shared among staff.

Director of Facilities Planning Vince Madsen reported having a long meeting with the Division of the State Architect. He said there are six open items still on the table, but most are small detail items. Madsen said he hopes to have final approval to launch phase two of the high school construction soon.

By phone, Superintendent Tom Johnstone agreed the district is anticipating approval shortly. "We are likely to have our stamped plans by the end of this week," Johnstone said. Phase two of Wiseburn High School includes the swimming pool, gymnasium and soccer field. Additional site work includes a parking area behind the high school and all planting and landscaping. The high school, Wiseburn's first, will house all three DaVinci charter schools and is set to open in the 2017 academic year.

Johnstone also reported on the rollout of a new language development program coming next year to Hawthorne residents. He said every household in the 90250 zip code will have access to Footsteps 2 Brilliance, an entirely online program which promotes language acquisition and enhances vocabulary development. Johnstone said the program's goal "is to increase literacy and vocal language skills."

Because Wiseburn schools fall into the 90250 zip code, the districts' parents and students will have access. The program can be used on smartphones, tablets or computers.

It encourages parents to engage in learning opportunities with their children and provides pre-K through 3<sup>rd</sup> grade kids with early literacy enhancements.

Johnstone cited a study that suggests there is a large gap in vocabulary acquisition between students of varying socio-economic groups. Referred to as the "30-million-word gap," Johnstone said by the age of four, children from middle and high economic backgrounds are exposed to 45 million words, whereas, in disadvantaged communities, that exposure is as low as 13 million words.

"That gap can linger forever," Johnstone said. Footsteps 2 Brilliance addresses this gap with interactive games and literacy exercises, delivered in English and Spanish. Various apps cover "phonics, phonemic awareness, vocabulary, comprehension, fluency and writing," according to the Footsteps@ Brilliance website.

A public hearing was opened on textbook and materials compliance for the school year. The board addresses this state mandate at the beginning of each school year, confirming that the district has safe facilities, capable teachers, and enough texts and instructional materials to provide all students an equitable educational environment. There were no public comments and the routine resolution passed unanimously.

Board Member Neil Goldman reported on the Wiseburn Education Foundation and the positive response to choice blocks. He said it is inspiring to see the community step up, and it is a pleasure to be in such good company.

Board Member Roger Banuelos noted he has two sons at Dana and one just starting at Burnett. He attended open house, and despite having to scramble with three different grades to check on, he deemed the open house a great event.

Board President Mora reported on his travel to Washington, D.C. to receive a district award from the XQ Foundation. Mora said he has been visiting the schools with the goal of spending time at each school. At Burnett, he was delighted, "to see how the kids were so engaged."

In other business, the board approved numerous change orders to the ongoing construction at Wiseburn High. Contracts were approved with STAR for GATE services, increased hours for crosswalk attendants and painting at Cabrillo.

The next regular meeting of the Wiseburn Unified School District Board will be held on Oct. 13, at 7 p.m. The board meets every second and fourth Thursday, unless otherwise announced; the meeting is preceded by a one-hour closed session. •

## Finance

### 5 Signs Your Financial Institution Cares About You



(BPT) - When choosing a financial institution, it's important to think beyond credit cards and home loans. You want your bank or credit union to be there for you when you need them, wherever you need them, because that's what peace of mind is all about. So seek out a trusted organization that really cares about you, and if you're being taken care of, you can rest easy knowing that your bottom line - not just theirs - is also being taken care of.

So how do you know they care? Here are five tell-tale signs.

#### They're "There" Anytime, Anywhere

When you need support, you need it. It doesn't have to always be an emergency situation, but isn't it nice to know even at 3 a.m. you could talk to someone about your credit card's APR if you really needed to?

You should have options when it comes to handling your finances. Visit a branch, go online, call or use your phone - whichever works best for you. Having the confidence in any situation that your financial institution can support your lifestyle with 24/7 customer service and mobile banking is priceless.

at Navy Federal. "For example, you want to work with an institution to find a loan that best fits your situation, so you can focus on searching for that perfect home."

And let's say things get more complex down the road. The right financial institution should also be able to provide both personal financial counseling as well as investing and retirement services. Both banks and credit unions provide these kinds of support services. Not-for-profit institutions, like credit unions, are member owned and therefore tend to put members' needs first when it comes to any and all decisions.

#### Security Is A Priority

When it comes to banking, security is a top priority. Think of your financial institution as your partner in this. You should be able to trust them to keep your information confidential, and they should give you the tips and tools to be able to protect yourself in this ever-changing security environment.

When researching, pay attention to features like fraud protection on cards, automated alerts for transactions or foreign purchases, and a secure mobile banking app. In addition, look

*The right financial institution should also be able to provide both personal financial counseling as well as investing and retirement services*

#### Someone Else Says They Care

There's nothing like third-party validation. It's non-biased and can give you a sense for what a financial institution is actually known for. You wouldn't trust a bank with your home loan just because it won an award for "Best Parking" now, would you? Hopefully not. So instead, look for awards from reputable organizations that highlight aspects of banking, such as best in banking or superior customer service or anything else that's directly related to the services that are provided to you.

Take for example Navy Federal Credit Union - a credit union serving the men and women in uniform. In addition to being a FORTUNE Magazine top place to work for five consecutive years, the credit union was recently ranked first in the Full-Service Banking category according to the Forrester Research report, The US Customer Experience Index, 2016. As Navy Federal President and CEO Cutler Dawson puts it, "We're number one because we make our members number one." And that makes sense - happy employees equals happy customers.

#### Service Comes Before Selling

When you're with a financial institution that puts you first, you can trust that your financial well-being takes precedence over pushing products and services. Case in point: you don't want to end up with a loan or mortgage you can't afford. "Every homeowner's scenario is unique and complex," says Katie Miller, vice president of mortgage lending

for a credit union or bank that promotes fraud prevention from an educational perspective. You'd be surprised at the number of simple steps you can take to proactively prevent fraud and identity theft and improve security on all of your accounts.

#### It's The Little Things

We've all heard it before - "it's the little things that count." So ask yourself, is your financial institution doing things right and doing the right things? When you walk through the doors of their branch, are you greeted by name? Do you feel like a welcomed member of the community? A positive experience means being treated like a real person with specific needs, rather than numbers in an account.

Another way to get a good sense is to check out their social media presence. Check out their Facebook page, Twitter and Instagram accounts to see what they're doing. Are they pushing products or financial advice? Are they responding to customer questions and concerns? Top banks and credit unions use these channels as a way to get to know their customers or members, educate them on various financial topics and answer their questions.

The truth is there really are financial institutions that care about the people that bank with them. Now you're equipped to find the ones that do. And if switching is on your mind, a good credit union or bank will gladly help you do that, too! •

*Navy Federal is federally insured by NCUA and an Equal Housing Lender.*

**CHOOSE CAR SEAT:  
BY AGE & SIZE**

THE NUMBER  
OF PEOPLE  
**WHO  
THINK**  
THEY HAVE  
THEIR CHILD  
IN THE RIGHT  
SEAT.

THE ONES  
**WHO  
ACTUALLY  
DO.**

**KNOW FOR SURE**  
**IF YOUR CHILD IS IN THE RIGHT CAR SEAT.**

VISIT [SAFERCAR.GOV/THERIGHTSEAT](http://SAFERCAR.GOV/THERIGHTSEAT)



# Sports

## Hawthorne Falls to Rival Leuzinger in a Rout

Article and Photos by Eric Ramos

Leuzinger dominated Hawthorne in every facet of the game to win in convincing fashion, 68-7, last Friday at Halcap field. The Olympians' offense scored on every possession in the first half. Leuzinger took home the Mayor's Cup with the win over rival Hawthorne.

Leuzinger quarterback Kaymen Cureton got the Olympians on the board first when he hit Tariq Culpepper for a 16-yard touchdown. On the next possession, Cureton and Culpepper connected again, this time for a 30-yard score, to give the Olympians a 13-0 lead in the first quarter.

"We just wanted to come out and execute and do our job," Cureton said. "We wanted to run our uptempo offense and use the pass to set up the run."

Hawthorne quarterback Andrew Kalinowski hit wide receiver Carlos Jacobo on a 53-yard touchdown to cut the lead, 13-7, with 6:24 remaining in the first quarter. That's the closest the Cougars would get. On the ensuing drive, Cureton threw a 36-yard touchdown pass to Demontti Peoples, extending the lead, 19-7, in the first quarter.

"I'm so proud of my team in the way they prepared for this game," Leuzinger head coach Dameon Porter said. "It's a rival game so you never know how the kids are going to come out emotionally. I thought we played a complete game."

Leuzinger running back Daniel Carmicle took the handoff and rumbled 70-yard for a touchdown. Carmicle punched in the two-point conversion to give the Olympians a 27-7 lead with 1:57 left in the first quarter. Culpepper added an 11-yard touchdown catch and the rout was on.



Leuzinger quarterback Kaymen Cureton passed for 331 yards and six touchdowns in the win over Hawthorne last Friday.

"It's a big game to a lot of people but to us, it's another game," Culpepper said. "We play every game with our hearts out and until the clock says zero."

After a 35-7 lead on Culpepper's 11-yard touchdown catch, Culpepper hauls in a 70-yard touchdown to extend the lead, 42-7, with 5:24 left in the second quarter.

On the following drive, Kalinowski is picked off by Jeremiah Smith, who returns it for a touchdown, giving Leuzinger a 49-7 lead. On the next possession, Cureton hit Danthony Jones for a 19-yard touchdown, extending the lead, 55-7, with 2:34 left in the second quarter. Leuzinger adds another score on defense when Jones scooped up the fumble and returned it for a touchdown, giving Leuzinger a 61-7 lead

going into halftime.

"There were some things we thought we could take advantage of and it worked out just how we planned it," Porter said. "This is the best game the defense has played all season. It was our best defensive effort so far."

Cureton completed 13 of 14 passes for 331 yards and six touchdowns in the first half. Culpepper finished with nine receptions for 202 yards and four touchdowns.

Hawthorne (1-4) will begin league play when they travel to Beverly Hills (0-5) Friday for a 7 p.m. kickoff.

### LAWNDALE VS. SAN PEDRO

Lawndale trailed 30-20 with just over a minute left in the game. That's when Lawndale quarterback Jalen Hamler connected with Hunter Williams on a 70-yard touchdown to cut the lead to three. The Cardinals recovered the onside kick and marched down the field in a hurry to San Pedro's 14-yard line.

Lawndale had one last shot at the end zone but Raymond Ghea broke up the pass to Williams as time expired to lift San Pedro to the 30-27 win last Friday. The Cardinals let a winnable game get away. Hamler completed 22 of 31 passes for 353 yards with four touchdowns and an interception. Williams finished with 11 catches for 304 yards and three touchdowns.

Hamler dropped back to pass, eluded several defenders and found Williams in the end zone for a 6-yard touchdown to cut the Pirates lead, 23-20, in the third quarter. San Pedro running back Kai Kaneshiro extended the Pirates lead on a 12-yard touchdown run with just under two minutes left in the game.

Lawndale (1-3) played well in a lot of areas but they could not overcome miscues. The Cardinals will regroup before they head to

Zamperini Field to take on Torrance Friday in a nonleague matchup. Kick off is set for 7 p.m.

### INGLEWOOD VS. PIONEER

The Sentinals ground game ran wild in a 22-19 win over Pioneer last Thursday. Inglewood amassed 391 yards rushing, led by junior running back Teshawn White who finished with 254 yards on 20 carries and a touchdown.

Inglewood took an 8-7 lead into halftime. The Titans added two touchdowns in the second half but they didn't have an answer for the Sentinals' running game. Junior running back Tyaire Dunlap added 124 yards on 17 carries and a touchdown.

Senior defensive lineman Robert Manning led the defense with 10 tackles for Inglewood. Linebacker Teshawn White added four tackles and three sacks. The Sentinals (3-2) will begin league play when they travel to Palos Verdes (2-2) Friday. Kick off is scheduled for 7 p.m. •



The Mayor's Cup stays at Leuzinger High School.

## CERTIFIED AND LICENSED PROFESSIONALS

**handyman**

**TOUCHSTONE**  
PAINTING • PLASTERING  
HANDYMAN  
Reasonably Priced - Referrals Upon Request  
**310-517-9677**  
30 Year Business and Resident in the South Bay

**YOUR AD HERE**  
Email to reserve your space  
marketing@heraldpublications.com

**handyman**

**BILL'S HOME & APARTMENT MAINTENANCE**  
CONTRACTOR QUALITY at Handyman Prices.  
We cover everything from A-Z.  
Bill Henrichon  
Cell: 310-890-7531  
Office: 310-542-3470  
billhenrichon@sbcglobal.net  
Henrichon & Associates Inc.  
CA ST LIC# 1011547 / Licensed & Insured  
BEST OF THE BEST 2011, 2012, 2013  
Serving the South Bay for 25 years  
FREE ESTIMATES

**painting**

**PAINTERS PLUS**  
INTERIOR • EXTERIOR PLUS IMPROVEMENTS • REPAIRS  
FREE ESTIMATES  
LOWEST PRICES • GUARANTEED QUALITY  
5 YEAR FREE MAINTENANCE  
SERVING THE BEACH CITIES FOR OVER 20 YEARS  
CALL DON **310-798-0450**  
LIC # 726089

**plumbing**

**MATTUCCI PLUMBING**  
24 Hour Service • Free Estimates  
Since 1990 • Lic # 770059 • C-42 C-36 C-34 C20 A  
PLUMBING, HEATING & COOLING  
Full Service Plumbing • Heating • Cooling  
Sewer Video Inspection • Rooter Service • Copper Repipes  
**310-543-2001**

**YOUR AD HERE**  
Email to reserve your space  
marketing@heraldpublications.com

**handyman**

**Bob Boice**  
Quality Work Since 1966  
Home Repairs  
Carpentry/Painting - Ceramic Tile/Masonry Repairs - Most Other Repairs and Improvements - Small Jobs O.K.! - Please no plumbing calls.  
**310-316-3435**  
Lic#817498 B.H.I.C.

**painting**

**FREDERICK'S PAINTING OF EL SEGUNDO**  
Interior & Exterior  
NO Job too Small  
Free Estimates  
Call Fred **310-910-4841**  
LIC # 948597

**plumbing**

**SECOND CITY PLUMBING & Rooter Service**  
Phone/Text **310.738.7094**  
23 YEARS EXPERIENCE  
Sewer Video • Hydrojetting • Bonded • Insured  
CA LIC. #980971

**plumbing & heating**

**MELVIN'S PLUMBING, HEATING & AC REPAIRS**  
13% Off!!  
Since 1976!  
24 Hrs/7 Days Service in 30 minutes!  
• Installations of bath tubs, toilets, vanities, shower pans, bathroom remodels.  
• Heaters, gas lines, broken pipes, repipes, drains, unclogged.  
• Price start at \$59+ through clean-out, over 400 ft. of cable  
• We go on the roof, trenchless sewer, in-street sewer replacement.  
• Workers compensation & liability insured!  
• Commercial/Industrial Apartments/Homes  
• Installations of grease traps  
Free Estimates! Trucks are in your area now.  
• Water heater installations, 50 gal. \$946, 40 gal \$846.  
**310.671.8851 • 310.640.2010**  
**310.533.4028 • 323.759.6176**  
Lic #745-669

**roofing**

**NICK'S ROOFING SERVICE**  
Small jobs OK!  
**310-697-9147**  
CA License # 1009097

**roofing**

**RAMEY ROOFING INC.**  
Old Fashioned Values...  
50 Years and Counting.  
New Roofs and Repairs  
**310-322-4129**  
CA St. Lic. #558797, Bonded, Insured

**YOUR AD HERE**  
Email to reserve your space  
marketing@heraldpublications.com

**painting**

**RICH'S PAINTING**  
Specializing in exterior  
Quality interior work  
Reliable • Reasonable Rates  
**310-640-9465**

**plumbing**

FOR ALL YOUR PLUMBING NEEDS  
We offer Senior Discounts  
We match any pricing  
Open 24/7  
Free Estimates  
License # 537357  
**1-310-782-1978**

**YOUR AD HERE**  
Email to reserve your space  
marketing@heraldpublications.com

OVER 40 THOUSAND PAPERS DELIVERED WITHIN MILES OF YOUR HOME OR BUSINESS.

## PUBLIC NOTICES

T.S. No. 043632-CA APN: 4078-018-019 NOTICE OF TRUSTEE'S SALE Pursuant to CA Civil Code 2923.3 IMPORTANT NOTICE TO PROPERTY OWNER: YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 2/5/2003. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On 10/5/2016 at 10:30 AM, CLEAR RECON CORP., as duly appointed trustee under and pursuant to Deed of Trust recorded 3/17/2003, as Instrument No. 03 0751044, of Official Records in the office of the County Recorder of Los Angeles County, State of California executed by: MARIO QUIROA, A MARRIED MAN, AS HIS SOLE AND SEPARATE PROPERTY WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK DRAWN ON A STATE OR NATIONAL BANK A CHECK DRAWN BY A STATE OR FEDERAL CREDIT UNION, OR A CHECK DRAWN BY A STATE OR FEDERAL SAVINGS AND LOAN ASSOCIATION, SAVINGS ASSOCIATION, OR SAVINGS BANK SPECIFIED IN SECTION 5102 OF THE FINANCIAL CODE AND AUTHORIZED TO DO BUSINESS IN THIS STATE: BEHIND THE FOUNTAIN LOCATED IN CIVIC CENTER PLAZA, 400 CIVIC CENTER PLAZA, POMONA, CA 91766 all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as: MORE FULLY DESCRIBED ON SAID DEED OF TRUST The street address and other common designation, if any, of the real property described above is purported

to be: 14907 BURIN AVE LAWDALE, CA 90260 1437 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be held, but without covenant or warranty, express or implied, regarding title, possession, condition, or encumbrances, including fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to pay the remaining principal sums of the note(s) secured by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is: \$55,964.54 If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or

may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (844) 477-7869 or visit this Internet Web site WWW.STOXPOSTING.COM, using the file number assigned to this case 043632-CA. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. FOR SALES INFORMATION: (844) 477-7869 CLEAR RECON CORP. 4375 Jutland Drive Suite 200 San Diego, California 92117 Lawndale Tribune Pub. 9/15, 9/22, 9/29/16 HL-25279

**NOTICE OF PETITION TO ADMINISTER ESTATE OF JUNE CROOMS CASE NO. 16STPB02862**  
To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of JUNE CROOMS  
APETITION FOR PROBATE has been filed by Kevin Taylor in the Superior Court of California, County of Los Angeles.  
THE PETITION FOR PROBATE requests that Kevin Taylor be appointed as personal representative to administer the estate of the decedent.  
THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.  
A HEARING on the petition will be held on **October 18, 2016 at 8:30 A.M. in Dept: "11" located at: 111 N. Hill Street, Los Angeles, CA 90012**  
IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.  
OTHER CALIFORNIA statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.  
YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a formal Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.  
**Bruce A. Dybens, ESQ., SB# 70722 Attorney For Petitioner**  
**Bruce A. Dybens, A Professional Corporation**  
400 Oceanside, Suite 800 Long Beach, CA 90802  
Reporter# 107036  
Published in: Hawthorne Tribune  
Pub Dates: September 15, 22, 29, 2016  
Hawthorne Press Tribune Pub. 9/15, 9/22, 9/29/16  
HH-25285

**NOTICE OF PUBLIC LIEN SALE  
US STORAGE CENTERS  
14680 AVIATION BLVD.  
HAWTHORNE, CA. 90250  
(310) 536-7100**

In accordance with the provisions of the California Self-Storage Facility Act, Section 21700, ET seq. of the Business and Professions Code of the State of California the undersigned will be listed on www.storage treasures.com for public auction and will close on OCTOBER 19, 2016 at 3:00 PM. General household goods, electronics, tools, office & business equipment, furniture, instruments, appliances, clothing, collectibles & antiques, and or miscellaneous items stored at 14680 AVIATION BLVD. HAWTHORNE, CA. 90250, County of Los Angeles, by the following persons: MATTHEW RYAN WOOD, CATHY PIERCE, CARMEN GONZALEZ, JOSEPH KOLEMAN FLEISCHAKER, JAYSON RENE JOHNSON. These are sold on an "AS IS BASIS". There is a refundable \$100 cleaning deposit on all units. Sale is subject to cancellation 9/29, 10/6/16  
CNS-2929615#  
Hawthorne Press Tribune Pub. 9/29, 10/6/16  
HH-25297



**NOTICE OF PETITION TO ADMINISTER ESTATE OF:  
LOUIS WHITWORTH  
CASE NO. 16STPB03375**

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of LOUIS WHITWORTH.  
A PETITION FOR PROBATE has been filed by AUDREY WHITWORTH in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that AUDREY WHITWORTH be appointed as personal representative to administer the estate of the decedent.  
THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.  
A HEARING on the petition will be held in this court as follows: 10/05/16 at 8:30 AM in Dept. 29 located at 111 N. HILL ST., LOS ANGELES, CA 90012  
IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the

court before the hearing. Your appearance may be in person or by your attorney.  
IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.  
Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.  
YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.  
Attorney for Petitioner  
PAUL R. HAMMONS - SBN 210773  
LAW OFFICES OF PAUL R. HAMMONS  
8616 LA TIJERA BLVD. STE 505  
LOS ANGELES CA 90045  
9/15, 9/22, 9/29/16  
CNS-2922710#  
Inglewood Daily News Pub. 9/15, 9/22, 9/29/16  
HI-25277

APN: 4074-010-040 TS No: CA08004359-15-1 To No: 02-15056650 NOTICE OF TRUSTEE'S SALE (The above statement is made pursuant to CA Civil Code Section 2923.3(d)(1). The Summary will be provided to Trustor(s) and/or vested owner(s) only, pursuant to CA Civil Code Section 2923.3(d)(2).) YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED May 1, 2008. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On October 14, 2016 at 09:00 AM, near the fountain located in the Civic Center Plaza, 400 Civic Center Plaza, Pomona, CA 91766, MTC Financial Inc. dba Trustee Corps, as the duly Appointed Trustee, under and pursuant to the power of sale contained in that certain Deed of Trust recorded on May 9, 2008 as Instrument No. 20080824804, of official records in the Office of the Recorder of Los Angeles County, California, executed by WILLIAM CURTIS LINDSAY AND SHERRYLL REYNOLDS LINDSAY HUSBAND AND WIFE AS JOINT TENANTS, as Trustor(s), in favor of FAA FIRST FEDERAL CREDIT UNION as Beneficiary, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER, in lawful money of the United States, all payable at the time of sale, that certain property situated in said County, California describing the land therein as: AS MORE FULLY DESCRIBED IN SAID DEED OF TRUST The property heretofore described is being sold "as is". The street address and

other common designation, if any, of the real property described above is purported to be: 4171 WEST 161ST STREET, LAWDALE, CA 90260 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made without covenant or warranty, express or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the Note(s) secured by said Deed of Trust, with interest thereon, as provided in said Note(s), advances if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligations secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of this Notice of Trustee's Sale is estimated to be \$375,155.27 (Estimated). However, prepayment premiums, accrued interest and advances will increase this figure prior to sale. Beneficiary's bid at said sale may include all or part of said amount. In addition to cash, the Trustee will accept a cashier's check drawn on a state or national bank, a check drawn by a state or federal credit union or a check drawn by a state or federal savings and loan association, savings association or savings bank specified in Section 5102 of the California Financial Code and authorized to do business in California, or other such funds as may be acceptable to the Trustee. In the event tender other than cash is accepted, the Trustee may withhold the issuance of the Trustee's Deed

Upon Sale until funds become available to the payee or endorsee as a matter of right. The property offered for sale excludes all funds held on account by the property receiver, if applicable. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee and the successful bidder shall have no further recourse. Notice to Potential Bidders If you are considering bidding on this property, you should understand that there are risks involved in bidding at a Trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a Trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same Lender may hold more than one mortgage or Deed of Trust on the property. Notice to Property Owner The sale date shown on this Notice of Sale may be postponed one or more times by the Mortgagee, Beneficiary, Trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that

information about Trustee Sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call In Source Logic at 702-659-7766 for information regarding the Trustee's Sale or visit the Internet Web site address listed below for information regarding the sale of this property, using the file number assigned to this case, CA08004359-15-1. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Date: September 7, 2016 MTC Financial Inc. dba Trustee Corps TS No. CA08004359-15-1 17100 Gillette Ave Irvine, CA 92614 Phone: 949-252-8300 TDD: 866-660-4288 Miguel Cochoa, Authorized Signatory SALE INFORMATION CAN BE OBTAINED ON LINE AT www.insourcelogic.com FOR AUTOMATED SALES INFORMATION PLEASE CALL: In Source Logic AT 702-659-7766 Trustee Corps may be acting as a debt collector attempting to collect a debt. That information obtained may be used for that purpose. ISL Number 16938, Pub Dates: 09/22/2016, 09/29/2016, 10/06/2016, LAWDALE TRIBUNE (NEWS) Lawndale Tribune Pub. 9/22, 9/29, 10/6/16  
HL-25293

## NOTICE INVITING BIDS

DISTRICT	HAWTHORNE SCHOOL DISTRICT
PROJECT IDENTIFICATION	Upgrade HVAC Units
PROJECT NO	Service Bid Number M16-17-4
BIDS DUE BY	October, 26, 2016; 10:00 AM Sharp!
SUBMIT BIDS TO	Hawthorne School District 13021 S. Yukon Ave. Hawthorne, California 90250
BID AND CONTRACT DOCUMENTS AVAILABLE	http://www.hawthorne.k12.ca.us/bids
MANDATORY PRE-BID CONFERENCE AND JOB WALK	October 4, 2016 9:00 AM Sharp! Hawthorne School District 13021 S. Yukon Ave Hawthorne, CA 90250
DEADLINE FOR RFIs	October 11, 2016; 4:00 PM

NOTICE IS HEREBY GIVEN that the Hawthorne School District of Los Angeles County, California, acting by and through its Governing Board, hereinafter referred to as the "Owner" or "District", will receive prior to the above stated time and date sealed bids for the award of a Contract for the following: **SERVICE BID NO. M16-17-4 Upgrade HVAC Units.** All bids shall be made and presented only on the forms presented by the Owner. Bids shall be received in the Office of the Hawthorne School District Purchasing Department at 13021 S. Yukon Ave., Hawthorne, California 90250 and shall be opened and publicly read aloud at the above stated time and place. Any bids received after the time specified above or after any extensions due to material changes shall be returned unopened. CONTRACTOR should consult the General Conditions, Supplementary Conditions, and General Requirements regarding Milestones and Liquidated Damages. Bids shall be received in the place identified

above, and shall be opened and publicly read aloud at the above-stated time and place. There will be a mandatory **Pre-Bid Conference and Job Walk** at the Hawthorne School District on **Tuesday, October 4, 2016 at 9:00 AM.** Any Contractor bidding on the Project who fails to attend the entire mandatory job walk and conference will be deemed a non-responsive bidder and will have its bid returned unopened. **Allocate extra time due to parking restrictions in the area.** Each bidder shall be a licensed contractor pursuant to the California Business and Professions Code, and be licensed to perform the work called for in the Contract Documents. The successful bidder must possess a valid and active **Class A or C20 License** at the time of bid and throughout the duration of this Contract. The Contractor's California State License number shall be clearly stated on the bidder's proposal. Subcontractors shall be licensed pursuant to California law for the trades necessary to perform

the Work called for in the Contract Documents. Each bid must strictly conform with and be responsive to the Contract Documents as defined in the General Conditions. In accordance with California Public Contract Code Section 22300, the Owner will permit the substitution of securities for any moneys withheld by the Owner to ensure performance under the Contract. Each bidder's bid must be accompanied by one of the following forms of bidder's security: (1) cash; (2) a cashier's check made payable to the District; (3) a certified check made payable to the District; or (4) a bidder's bond executed by a California admitted surety as defined in Code of Civil Procedure section 995.120, made payable to the District in the form set forth in the Contract Documents. Such bidder's security must be in an amount not less than ten percent (10%) of the maximum amount of bid as a guarantee that the bidder will enter into the proposed Contract, if the same is awarded to such bidder, and will provide the required Performance and Payment Bonds, insurance certificates and any other required documents. In the event of failure to enter into said Contract or provide the necessary documents, said security will be forfeited. Prevailing wages are applicable to the Project. The Contractor and all subcontractors shall comply with the requirements set forth in Division 2, Part 7, Chapter 1 of the Labor Code. The District has obtained from the Director of the Department of Industrial Relations the general prevailing rate of per diem wages and the general prevailing rate for holiday and overtime work in the locality in which this work is to be performed for each craft, classification or type of worker needed to execute the Contract. These per diem rates, including holiday and overtime work, as well as employer payments for health and welfare, pension, vacation, and similar purposes, are on file at the District and are also available from the Director of the Department of Industrial Relations. Pursuant to California Labor Code Sections 1720 et seq., it shall be mandatory upon the Contractor to whom the Contract is awarded, and upon any subcontractor under such Contractor, to pay not less than the said specified rates to all workers employed by them in the execution of the Contract. A contractor or subcontractor shall not be qualified to bid on, be listed in a bid proposal,

subject to the requirements of Section 4104 of the Public Contract Code, or engage in the performance of any contract for public work, as defined in the Labor Code, unless currently registered and qualified to perform public work pursuant to Labor Code section 1725.5. It is not a violation of this section for an unregistered contractor to submit a bid that is authorized by Section 7029.1 of the Business and Professions Code or by Section 10164 or 20103.5 of the Public Contract Code, provided the contractor is registered to perform public work pursuant to Section 1725.5 at the time the contract is awarded. The Contractor and all subcontractors shall furnish certified payroll records as required pursuant Labor Code section 1776 directly to the Labor Commissioner in accordance with Labor Code section 1771.4 on at least on a monthly basis (or more frequently if required by the District or the Labor Commissioner) and in a format prescribed by the Labor Commissioner. Monitoring and enforcement of the prevailing wage laws and related requirements will be performed by the Labor Commissioner/ Department of Labor Standards Enforcement (DLSE). All bonds (Bid, Performance, and Payment) must be issued by a California admitted surety as defined in California Code of Civil Procedure section 995.120. Where applicable, bidders must meet the requirements set forth in Public Contract Code section 10115 et seq., Military and Veterans Code section 999 et seq., and California Code of Regulations, Title 2, Section 1896.60 et seq. regarding Disabled Veteran Business Enterprise ("DVBE") Programs. Any request for substitutions pursuant to Public Contract Code section 3400 must be made at the time of Bid on the Substitution Request Form set forth in the Contract Documents and included with the bid. No telephone or facsimile machine will be available to bidders on the District premises at any time. Separate payment and performance bonds, each in an amount equal to 100% of the total Contract amount issued by a California admitted surety as defined in California Code of Civil Procedure Section 995.120, are required, and shall be provided to the Owner prior to execution of the Contract and shall be in the form set forth in the Contract Documents. It is each bidder's sole responsibility to ensure

its bid is timely delivered and received at the location designated as specified above. Any bid received at the designated location after the scheduled closing time for receipt of bids shall be returned to the bidder unopened. Bid Security. Each Bid Proposal shall be accompanied by Bid Security in an amount Ten Percent (10%) of Maximum amount of Bid. Failure of any Bid Proposal to be accompanied by Bid Security in the form and in the amount required shall render such Bid Proposal to be non-responsive and rejected by the District. No Withdrawal of Bid Proposals. No Bidder shall withdraw its Bid Proposal for a period of ninety (90) days after the award of the Contract by the District's Board of Education. During this time, all Bidders shall guarantee prices quoted in their respective Bid Proposals. Substitute Security. In accordance with the provisions of California Public Contract Code §22300, substitution of eligible and equivalent securities for any moneys withheld by the District to ensure the Contractor's performance under the Contract will be permitted at the request and expense of the Contractor. The foregoing notwithstanding, the Bidder to whom the Contract is awarded shall have thirty (30) days following action by the District's Board of Education to award the Contract to such Bidder to submit its written request to the District to permit the substitution of securities for retention. The failure of the Bidder to make such written request to the District within said thirty (30) day period shall be deemed a waiver of the Bidder's rights under California Public Contract Code §22300. If the Contractor submits a valid request, securities equivalent to the amount withheld shall be deposited with the District, or with a state or federally chartered bank as the escrow agent, who shall then pay such moneys to the Contractor at the expense of the Contractor. Upon satisfactory completion of the Contract, the securities shall be returned to the Contractor. Waiver of Irregularities. The District reserves the right to reject any or all Bid Proposals, make multiple awards, or to waive any irregularities or informalities in any Bid Proposal or in the bidding. Award of Contract. The Contract for the Work, if awarded, will be by action of the District's Board of Education to the responsible Bidder submitting lowest responsive Bid Proposal. If the Bid Proposal requires Bidders to propose prices for Alternate Bid Items, the District's

selection of Alternate Bid Items, if any, for determination of the lowest priced Bid Proposal and for inclusion in the scope of the Contract to be awarded shall be in accordance with this Notice and the Instructions for Bidders. Inquiries and Clarifications. The Bidder is advised that all inquiries and clarifications about the Bid Documents, Drawings, Specifications, etc., shall be submitted to the District in writing at least Nine (9) days before the bid opening date. The District will respond at its earliest possible opportunity. Verbal communication by either party with regard to this matter is invalid. Inquiries shall be sent in writing to Aneska Ines Kekula at ikekula@hawthorne.k12.ca.us or mailed to Ms. Kekula at Hawthorne School District, 13021 S. Yukon Ave., Hawthorne, CA 90250. All inquiries must be received by **October 11, 2016, at 4:00 PM.** The District will not respond to any inquiries after this time. Bidders are solely responsible for ensuring their written inquiry is received prior to this deadline and the District is not responsible for any delays or errors in delivery. The District will issue responses to all inquiries through its website at <http://www.hawthorne.k12.ca.us/>. Bidders are responsible for reviewing the District's website and incorporating any and all clarifications provided therein into their Bid. It is each bidder's sole responsibility to ensure its bid is timely delivered and received at the location designated as specified above. Any bid received at the designated location after the scheduled closing time for receipt of bids shall be returned to the bidder unopened. Aneska Ines Kekula  
Purchasing Director  
HAWTHORNE SCHOOL DISTRICT  
Los Angeles County, State of California  
FOR: The Board of Trustees  
Publication:  
Herald Publication and Hawthorne School District online  
1st Publication: September 22, 2016  
2nd Publication: September 29, 2016  
Hawthorne Press Tribune Pub. 9/22, 9/29/16  
HH-25291





# 5 Simple Secrets For Overcoming Gym Intimidation

(BPT) - No one really relishes the idea of growing older and experiencing the health issues that can accompany aging. If there was one thing you could do to significantly improve your chances of staying mentally sharp, physically healthy

Exercise has health benefits for people of all ages, and it's especially important for seniors. Regular exercise can allow people 65 and older to live independently, reduce their risks of falling and breaking bones, and lower their chances of developing serious illnesses like cancer, heart disease, joint issues, diabetes and high blood pressure, according to the Centers for Disease Control and Prevention. Yet only about 40 percent of Americans between 65 and 74 meet physical activity guidelines, and activity levels decrease even more as people grow older, the CDC says.

"Everyone wants to discover the fountain of youth, that medicine or treatment or face cream that will keep them looking and feeling great well into old age," says Brian Zehetner, director of health and fitness for Planet Fitness and co-author of "Working Out Sucks (And Why It Doesn't Have To)." "But that secret has already been discovered. It's exercise, and it works just as well for senior citizens as it does for people of any age group."

If you've never really exercised before, or want to increase your current exercise level, you may have thought about joining a gym.



You may have even walked into one intending to join - and walked right back out when you saw it was crowded with young, fit people. Your experience wouldn't be unique; a Planet Fitness survey of seniors who don't go to the gym found more than a third say they find the gym intimidating, and more than half of those who are intimidated say they fear being judged by other members.

"We call that 'gym-timidation,'" Zehetner says. "It's that feeling that others in the gym will judge you for being less than perfect, and it can keep people of all ages, including seniors, from getting the exercise they need. But it doesn't have to."

People older than 60 who exercise on a weekly basis feel 12.3 years younger than their real age, the Planet Fitness survey found. In comparison, those who don't exercise claim to feel only 5.6 years younger than their actual age. Gym-going seniors say they go to feel better physically (91 percent), live a longer life (70 percent), feel better mentally (64 percent) and socialize (37 percent).

Zehetner offers some advice for seniors to overcome gym-timidation:

- **Start slowly.** Whether you're new to exercise in general or just new to a gym environment, everyone has limitations. It's important to know and respect yours. It's

frustrating to injure yourself while trying to improve your health, and as you get older it takes longer to recover from injuries. Be safe and smart by going slowly, and establishing a foundation that encompasses cardiovascular conditioning, strength training and flexibility.

- **Don't be afraid to ask for help.** New and unfamiliar exercise equipment can be intimidating, but it's important to work out safely. Your gym's trainers and staff are there to help ensure you know how to use the equipment safely and effectively.

- **Don't be too distressed or discouraged by discomfort.** People of all ages can experience stiff joints, muscle soreness and other minor discomforts when they begin to exercise. These are all signs your body is aware of the stress you're putting it through and is responding and adapting - it's part of the process of getting more fit. Exercise will become easier over time, and it won't take you as long to recover from discomfort.

- **Find a workout buddy.** Having a friend along can be motivational when you try something new. Even better, working out side-by-side with a buddy can help you measure the intensity of your workout. If you can carry on a conversation while working out, you're getting a moderate level of activity. If you can't talk without pausing for breath every few words, you're getting a more vigorous workout. •

## PUBLIC NOTICES

### Order to Show Cause for Change of Name Case No. LS028528

Superior Court of California, County of Los Angeles

Petitioner of Lorene Romero for Change of Name TO ALL INTERESTED PERSONS:

Petitioner Lorene Romero filed a petition with this court for a decree changing names as follows: Sophie Frances Perez to Spinelli Frances Perez. The Court orders that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

Notice of Hearing:  
Date: 10/27/2016, Time: 8:30 AM, Dept.: I, Room: 520

The address of the court is:

6230 Sylmar Avenue  
Van Nuys, CA 91401

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: Inglewood Daily News

Date: Sept. 15, 2016

HUEY P. COTTON  
Judge of the Superior Court  
Inglewood Daily News Pub. 9/22, 9/29, 10/6, 10/13/16

HI-25292

### Order to Show Cause for Change of Name Case No. ES020842

Superior Court of California, County of Los Angeles

Petitioner of: Suzanna Gavgavyan for Change of Name

TO ALL INTERESTED PERSONS:  
Petitioner Suzanna Gavgavyan filed a petition with this court for a decree changing names as follows:

Suzanna Gavgavyan to Lora Suzanna Gavgavyan

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: Oct. 14, 2016, Time: 8:30 AM, Dept.: A

The address of the court is:

300 East Olive Avenue  
Burbank, CA 91502

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: Inglewood Daily News

Date: Aug. 23, 2016

DARRELL MAVIS  
Judge of the Superior Court  
Inglewood Daily News Pub. 9/15, 9/22, 9/29, 10/6/16

HI-25276

### NOTICE OF PUBLIC HEARING REGARDING ISSUANCE OF MULTIFAMILY HOUSING REVENUE BONDS FOR PACIFIC RIM APARTMENTS

NOTICE IS HEREBY GIVEN that, at 7:00 p.m., or as soon thereafter as the matter can be heard, on Tuesday, October 18, 2016, at the Council Chambers, One Manchester Boulevard, Inglewood, California, the City Council of the City of Inglewood (the "City") will conduct a public hearing as required by Section 147(f) of the Internal Revenue Code of 1986, at which it will hear and consider information concerning a proposed plan of financing providing for the issuance by the California Public Finance Authority of multifamily housing revenue bonds in one or more series issued from time to time, including bonds issued to refund such revenue bonds in one or more series from time to time, and at no time to exceed \$5,000,000 in outstanding aggregate principal amount, to finance the acquisition and rehabilitation of a 40-unit multifamily rental housing project located at 230 S. Greville Avenue, Inglewood, California. The facilities are to be owned by Pacific Rim Preservation, L.P. (the "Borrower") or related entities, operated by Monrif Inc., and are generally known as Pacific Rim Apartments (the "Project").

Those wishing to comment on the proposed financing and the nature and location of the Project may either appear in person at the public hearing or submit written comments, which must be received by the City prior to the hearing. Written comments should be sent to City of Inglewood at One Manchester Boulevard, Inglewood, California 90301, Attention: City Clerk, CITY CLERK, CITY OF INGLEWOOD  
Dated: September 29, 2016  
Inglewood Daily News, Pub. 9/29/16

HI-25296

### NOTICE OF PETITION TO ADMINISTER ESTATE OF: JOHNNIE W. BROWN CASE NO. 16STPB03534

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of JOHNNIE W. BROWN.

A PETITION FOR PROBATE has been filed by REGINA YOUNG in the Superior Court of California, County of LOS ANGELES.

THE PETITION FOR PROBATE requests that REGINA YOUNG be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests the decedent's WILL and codicils, if any, be admitted to probate. The WILL and any codicils are available for examination in the file kept by the court. THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held in this court as follows: 10/24/16 at 8:30AM in Dept. 99 located at 111 N. HILL ST., LOS ANGELES, CA 90012

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.

Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

Attorney for Petitioner  
LAUREN F. BINDER  
LARWILL & WOLFE  
1631 BEVERLY BLVD  
LOS ANGELES, CA 90026-5746  
9/29, 10/6, 10/13/16  
CNS-2927335#

Inglewood Daily News Pub. 9/29, 10/6, 10/13/16

HI-25295

### NOTICE TO CREDITORS OF BULK SALE AND OF INTENTION TO TRANSFER ALCOHOLIC BEVERAGE LICENSE (UCC Sec. 6101 et seq. and B & P 24073 et seq.)

Escrow No. 8922-AK

NOTICE IS HEREBY GIVEN that a bulk sale of assets and a transfer of alcoholic beverage license is about to be made. The name(s) and business address of the Seller(s)/Licensee(s) are: NATY ENTERPRISES INC, A CALIFORNIA CORPORATION, 10021 HAWTHORNE BLVD, INGLEWOOD, CA 90304

Doing Business as: TRANS LIQUOR  
All other business names(s) and address(es) used by the seller(s)/licensee(s) within the past three years, as stated by the Seller(s)/Licensee(s), is/are: NONE

The name(s) and address of the Buyer(s)/Applicant(s) is/are: MEHRAN NABIFAR AND BAHAR NARGESS MOHAMADI - 10021 HAWTHORNE BLVD, INGLEWOOD, CA 90304

The assets being sold are generally described as: FURNITURE, FIXTURES, EQUIPMENT, TRADENAME, GOODWILL, LEASE, LEASE-HOLD IMPROVEMENTS, COVENANT NOT TO COMPETE, AND ABC 21-OFF-SALE GENERAL LICENSE #461379 and is/are located at: 10021 HAWTHORNE BLVD, INGLEWOOD, CA 90304

The type of license to be transferred is/are: Type: 21-OFF-SALE GENERAL, License

Number: 461379 now issued for the premises located at: SAME

The bulk sale and transfer of alcoholic beverage license(s) is/are intended to be consummated at the office of: DETAIL ESCROW, INC, 13017 ARTESIA BLVD, STE D106 CERRITOS, CA 90703 and the anticipated sale date is OCTOBER 20, 2016

The Bulk sale subject to California Uniform Commercial Code Section 6106.2.

The purchase price of consideration in connection with the sale of the business and transfer of the license, is the sum of \$180,000.00, including inventory estimated at \$30,000.00, which consists of the following: DESCRIPTION, AMOUNT: CASH \$180,000.00; TOTAL \$180,000.00

It has been agreed between the Seller(s)/Licensee(s) and the intended Buyer(s)/Transferee(s), as required by Sec. 24073 of the Business and Professions code, that the consideration for transfer of the business and license is to be paid only after the transfer has been approved by the Department of Alcoholic Beverage Control.

Dated: AUGUST 31, 2016  
NATY ENTERPRISES INC, A CALIFORNIA CORPORATION, Seller(s)/Licensee(s)  
MEHRAN NABIFAR; BAHAR NARGESS MOHAMADI, Buyer(s)/Applicant(s)  
LA1708927 INGLEWOOD NEWS 9/29/16  
Inglewood Daily News Pub. 9/29/16

HI-25298

### CITY OF INGLEWOOD INVITATION TO SUBMIT BID (Specifications and Conditions Governing Bid Award)

Project Subject to Bid: Vincent Park Soccer Field Parking Area Grind and Cap

Project: CB NO. 16-13

The City of Inglewood, California hereby extends an invitation to submit a proposal in accordance with this bid, to provide labor and materials and/or completing the above designated project. The City makes no representation that any agreement will be awarded to any firm/company responding to this request.

A pre-bid conference and walk thru for interested bidders will be conducted on **Thursday, October 6, 2016 at 3:30 PM at Vincent Park Soccer field**. The Park address is 700 Warren Lane, City of Inglewood, California, 90302. Call Boytress Osias (Senior Engineer) or Kenrick Sanderlin (Senior Engineering Technician), at (310) 412-5333 should you require further information.

Each bid to be considered must be delivered to and received by the City Clerk no later than **11:00 AM on Wednesday, October 19, 2016** at the Office of the City Clerk, Inglewood City Hall, One Manchester Boulevard, Inglewood, CA 90301.

Each bid shall be submitted and completed in all particulars using the form entitled, "Bidder's Proposal and Statement" attached hereto. The submitted bid must be enclosed, together with the requisite bid security, in a sealed envelope addressed to the City Clerk with the designation of the project: **Vincent Park Soccer Field Parking Area Grind and Cap**

Project appearing thereon.

Each bid shall state the unit price of each item if called for on the Bidder's Proposal and Statement form. In the event alternative bids are called for in said form, each alternative bid shall be completed.

Bids will be opened in public in the **City Clerk's Office** and will be announced to all persons present.

Specifications and other bid documents for the project are on file in the Public Works Department, and may be obtained upon request. Each bid must be accompanied by a deposit in the form of cash, a cashier's or certified check made payable to the City of Inglewood, or a bid bond, for an amount of not less than ten percent (10%) of the aggregate of the bid. This is a guarantee that the successful bidder will, within the time specified, enter into an agreement as provided in the bid document. Bidder shall furnish bonds when required in the Special Provisions: One for faithful performance in the amount of the contract sum, and another for contractor's labor and materials in the amount of the contract sum.

The City Council reserves the right to reject any or all bids and to waive any irregularities in any bid, and to take bids under advisement for a period not to exceed sixty (60) calendar days from and after the date bids are opened and announced.

Attention is directed to the provisions of Sections 1777.5 and 1777.6 of the California Labor Code concerning the employment of apprentices by the Contractor or any subcontractor under them. The Contractor and/or any subcontractor shall comply with the requirements of said

sections regarding employment of apprentices. Information relative to apprenticeship standards and administration of the apprenticeship program may be obtained from the California Department of Industrial Relations, Division of apprenticeship with the District office address at 160 Promenade Circle, Suite 300, Sacramento California, or the local District office at 320 W. 4th Street, 4th floor, Los Angeles, California 90013. See division 1, section 13.

Notice is hereby given that the City Council has ascertained the prevailing rates of per diem wages in the locality in which the work is to be performed for each craft or type of workman or mechanic needed to execute the contract in accordance with the provisions of Section 1770, et seq. of the Labor Code. Said prevailing rates are on file in the Office of the City Clerk and are incorporated herein by reference. Copies shall be made available to any interested party on request.

Attention is directed to the provisions of California Public Contract Code Section 10164 concerning Contractor's licensing laws. This contract requires at least a valid California State Contractors License with a classification of "A" at the time of the bid.

The successful bidder must obtain and maintain a current Inglewood City Business License until completion of the project.

This notice is given by order of the City Manager of the City of Inglewood, California, and is dated this 29th day of September, 2016.

Artie Fields, City Manager  
City of Inglewood, California  
Inglewood Daily News Pub. 9/29/16

HI-25300



# PETSPETS **Pets** PETSPETS

## Purrrfect Companions



Robert

Looking to add a little love in your life with a new best friend? As with every homeless pet, these kitties are looking for special people who will love them forever in their new home.

**Robert** was rescued as an underage kitten from the L.A. City Shelter system. He is a graduate of our Kitten Rescue Nursery and being a "bottle baby", he is insanely sweet and loving with people. Big for his age, this floppy 5-month-old kitty is a snuggle bug and has a soft chatty personality. While he does love to chatter, he's actually very quiet, never raising his voice past a soft meow. Robert is very high energy and must have a kitty companion to play with. It takes him a solid 1-2 weeks to adjust to a new kitty, so ideally he'd love a home with a kitty he's already buddies with. His current best friend is Beans; they cuddle, hang out together, and play. Robert is a bit of wild child, all over the place and constantly checking everything out, so Beans is a nice mellowing personality for him.

**Beans** was rescued from under a car where he was eating beans. This 9-month-old kitten is very sweet and loving; once he knows you, he will purr and knead his paws during lap time. Beans loves people, but would do best with adults or older children as chaos can be a bit scary for him. It takes him a week or two to adapt to a new environment, so he would prefer a home where he won't be moving often. Beans was born with a condition called eyelid agenesis, meaning he did not have any upper eyelids. His left eye had to be removed due to infection and structural abnormalities. Beans does not need special medical care beyond a simple, over the counter nighttime lubricant ointment given once per day. (A tube is around \$10 and lasts



Beans

several months.) He's a playful boy who loves to romp with other kitties. Currently, Beans is good buddies with a lynx point Siamese, Robert, and they would love to be adopted together. Once he knows them, Beans gets along with all other kitties and would ideally have a forever kitty friend in his home.

**Gingi** is a short-haired classic orange tabby with beautiful markings and color. He is the largest in a litter of four and will be a big handsome marmalade cat when he matures. He is a very active and friendly kitten and very socialized to people and petting. Gingi was rescued as a very young kitten together with mother Cleo and three siblings. He is still with his mother in foster care and is healthy and well adjusted, but now he needs a home of his own. He would do well with another cat and gets along with the foster family dog.

**Cleo** is a long-haired, smoky calico and white tabby girl with a beautiful plume of a tail. She was rescued with her four tiny kittens from the yard of a non-profit after-school facility. She is a very special too-young mother cat who faithfully cared for her kittens under dire circumstances. Just barely a year old, Cleo is in a foster home raising her healthy, happy kittens who are now ready to go out on their own and be adopted. Cleo is also looking for a safe and quiet home for herself, too. Cleo is the softest, quietest, most loving and docile cat this foster caretaker has ever met. She is wise beyond her tender age and radiates peace and quiet. She would probably do best in a quiet environment with adults or older children and likes nothing more than to sit in your lap and purr.

**Lulu** and **Pitti Pat** are two more of Cleo's kittens (and Gingi's siblings). Lulu is a female short-haired calico with white mittens and very pretty orange facial markings. She is the smaller female of the litter and has a very sweet passive nature and loves to be held and cuddled. Her sister, Pitti Pat, is also a short-haired calico with white mittens. She is the largest girl of the group and will be a lovely big cat when she matures. She is very active and independent and would do very well with older children or adults. Both are healthy and well adjusted, and would do well with another cat. They also get along with the foster family dog.

Last, but not least of Cleo's family, is **Jesse**. He is a short haired black tipped Agouti tabby with a white bib and mittens. He has classic eye markings and a lovely even pattern. This friendly boy will become a large and beautiful cat as he grows up. Jesse is very active and very playful. He needs a family that will play with him or a kitty playmate - maybe his brother Gingi? He gets along with the



Gingi



Cleo

other kitties at his foster home and foster family dog.

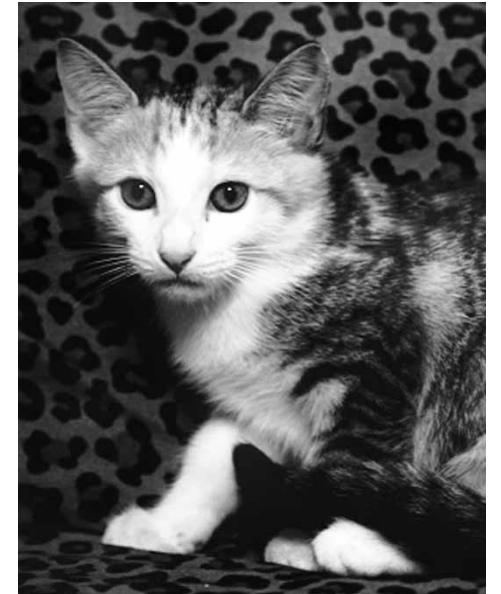
These kitties are available for adoption through Kitten Rescue, one of the largest cat rescue groups in Southern California. All of our kitties are spayed/neutered, microchipped, tested for FeLV and FIV, dewormed and current on their vaccinations. For additional information and to see these or our other kittens and cats, please check our website [www.kittenrescue.org](http://www.kittenrescue.org) or email us at [mail@kittenrescue.org](mailto:mail@kittenrescue.org). Your tax deductible donations

for the rescue and care of our cats and kittens can be made through our website or by sending a check payable to Kitten Rescue, 914 Westwood Blvd. #583, Los Angeles, CA 90024.

On Saturdays, we have adoptions from noon to 3:30 p.m. in Westchester at 8655 Lincoln Blvd. just south of Manchester Ave. and also in Mar Vista at 3860 Centinela Ave, just south of Venice Boulevard. Our website lists additional adoption sites and directions to each location. •

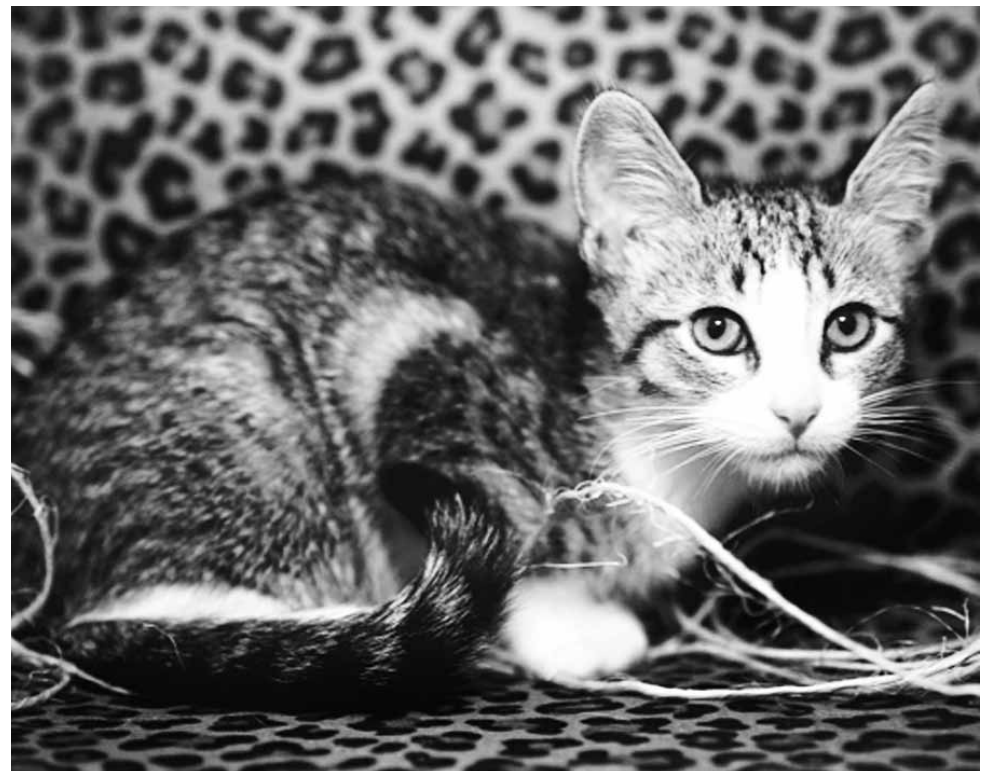


Lulu



Pitti Pat

*Be kind. Save a life,  
Support animal rescue.*



Jesse